

Appalachia Service Immersion Formation Sessions Outline 2011

Session 1

Opening Prayer

Check In

Present the Road Map for Where We are Going

- Present, add to and discuss expectations for formation and each other
- Sign up for Opening Prayer & Snack:
 - Grounding for prayer: come from a place of authenticity
- Discussion of Catholic Worker presentation
 - Each member of the group will be asked to research a Catholic Worker community and present back to the group.
 - For a complete list of Catholic Worker Communities go to www.catholicworker.org
 - Students might consider signing up for the Catholic Worker Listserv. Emails will provide students with insights, reflections, protest and events occurring in the CW communities.
- Simplicity/Hospitality - Give people their posters
- Hand out Binders/Folders

Discussion

- Reflect on Ivan Illich - To Hell With Good Intentions & Kolvenbach - Santa Clara Address & Romero - A Reflection for Those Who Serve

Creed & (Closing Prayer)

Announcements/Collect any remaining Funds

- Email with Catholic Worker Website & Communities Page

Session 2

Opening Prayer

Quick Check In

Expectations:

Clear expectations for formation and each other

- Empowerment
 - “we have many things to offer, we don’t have everything to offer...”
- Creating a Safe Space
- Speaking from your heart and receiving other from theirs.
 - Using “I” language
 - Creating room at the table
 - Dealing with conflict

Creed: Revisiting our Creed

- Are there any roadblocks?
- Any additions

Social Location/Privilege

- Exercise and discussion
- Preface:
 - explain that this exercise will prepare us to understand who we are before entering into another culture or community
 - This will help us to identify what we know about various areas of our social reality: help us to recognize what we already know and areas we might not know
- Use any of the three exercises in the leader manuals
 - Powerwalk
 - Location Quilt
 - Social Identity Wheel
- Allow students time to read through the handouts and fill out

Works of Mercy/works of Justice Challenge:

- Hand out posters
- Water usage, wearing the same clothes for a week, eating simply, no electricity days, bike/busing, technology for entertainment, only use public computers, only drink water, etc....
- Think about this, next week we’ll discuss our commitments

Sign up for CW Presentations/ Prayers/ Snack

- Explanation
- Pass around sign up sheet
- email the group to designate the community you’ll reporting on...1st email gets the community

Closing Prayer: 3 Candles

Session 3

Opening Prayer -

Social Location: Worksheets and discussion -

How to recognize yours, recognize others' and build authentic & respectful relationship

Check in: Works of Mercy challenge -

Are we making commitments to things for the rest of the quarter? Any way to formalize this?

Community building/Communication Exercise

Ice breaker: Tennis balls, cones, rings and strings

- set cones at opposite ends of the room.
- Place a tennis ball on 1 of the cones.
- Break students into groups of 4 or 5
- Give each group a ring with strings connected
- Inform students that they are to hold onto a piece of string attached to the ring.
- The objective is to use the ring to pick up the tennis ball and carry it across the room to the cone on the opposite side of the room.
- The only thing that may come in contact with the tennis ball is the ring or the string.
- Students must hold onto their string and may not wrap the string around their fingers to shorten their distance from the ring.
- if the ball hits the floor the group must start over.
- Once the group has carried the ball across the room, they must set the ball down on the cone and remove the ring without dropping the ball.

(If students are struggling with picking up the ball stop the action and ask what is working, what's not working, what is your strategy, what would be helpful, who's voice are you hearing, who's voice is quiet?)

Announcements:

- Jacket Drive: for the homeless in and around our neighborhood
- Fundraising Updates and information

Closing Prayer: 3 Candles

- Explain the ritual of using the 3 candles for prayer. 3 candles-3 people offer prayers. Each person will light a candle and offer a prayer for the group, regarding their time in group, current events in the world, or what is on their hearts and minds.

Session 4

Opening Prayer:

Catholic Worker Report:

Community Building Activity

Catholic Worker Presentation

- Reflect on Dorothy Day - Aims & Means -
- Invite a Catholic Worker from Tacoma or Seattle-
 - Document: Starting A Catholic Worker (Copies)
 - Review *The Catholic Worker After Dorothy*
- Video Clips of Various Communities (STCN 210)
 - LA Catholic Worker
 - <http://lacatholicworker.org/> &
 - www.youtube.com/watch?v=K1xMAxzBqXM
 - Hippie Kitchen: www.youtube.com/watch?v=RpH-2OFSXcc&feature=related
 - Resistance: www.youtube.com/watch?v=uFOFDEMqjhl&NR=1
 - Open Door Community: Atlanta
 - <http://opendoorcommunity.org/>
 - 25th Anniversary Video: <http://opendoorcommunity.org/resources/25th-anniversary-video>

- Stories of Jeff D & John W & Murphy

- Stories of transformation: St. Ignatius & Dorothy Day

Announcements:

Closing Prayer: 3 Candles

Session 5

Opening Prayer: Amanda

Catholic Worker Report:

Catholic Social Teaching & Ignatian Spirituality

- Powerpoint Presentation & Discussion
- Handouts
 - [Busy Christians Guide to Catholic Social Teachings](#)
 - Themes from CST Cards (7) & handout (10)
 - *Keeping up with the Jones* by Arthur Simon
 - The Examen

- **Reflection Questions**
 - To what end does your faith serve?
 - What do you believe it means to work “with” the poor rather than “for” the poor?
 - What does it mean to experience conversion and be on the side of the poor?
 - What is most challenging for you about the preferential option for the poor? What is most joyful?
 - What does a person need to live with dignity?
 - Share an experience or encounter you’ve had with someone who has been labeled poor or marginalized
 - What comes to mind when you hear the word "solidarity?"
 - What is an image or symbol that captures your concept of solidarity?
 - When you hear the word "solidarity," what emotions or feelings arise?

Announcements

- Fundraising Update
- Sweater and Jacket Drive
- Emergency Contact Information and Copies of Health Insurance Cards

Closing prayer: 3 Candles

Session 6

Opening Prayer -

CW Report -

Appalachia Pastoral letters: This Land is Home to Me & At Home in the Web of Life

- History of Buffalo Creek Flood: 132 million gallons of sludge, Feb. 1972
 - 125 people killed, 1100 injured, 4000 homeless.
 - Coal Company
 - Knew the damn was weakening 24 hrs in advance but didn't warn the community.
 - Called it an act of God.
 - Methodology: See, Judge, Act
- Copies of Pastoral letters for the group
 - break students in to groups of 2 or 3
 - have them review a section of the pastoral and come up with 3 main themes or points from their section: Write them on post it paper and present to group
 - Section 1: Appalachia as Symbol - Where will we get it from?
 - Section 2: Church's Social Teaching
 - Section 3: Process of Dialogue and Testing - stop at To begin this process.
- **Reflection Questions:**
 - What are your impressions of these documents?
 - What do you find consoling? Challenging? Shocking?
 - Connecting with Catholic Social Teaching:
 - What do you believe it means to work "with" the poor rather than "for" the poor?
 - What does it mean to experience conversion and be on the side of the poor?
 - What is most challenging for you about the preferential option for the poor? What is most joyful?
 - Share an experience or encounter you've had with someone who has been labeled poor or marginalized
 - What comes to mind when you hear the word "solidarity?"
 - What is an image or symbol that captures your concept of solidarity?
 - When you hear the word "solidarity," what emotions or feelings arise?

Announcements:

- Emergency Contact Information and Copies of Health Insurance Cards
- Fundraising update

Closing Prayer: 3 candles

Session 7

Opening Prayer:

CW Report:

History of Appalachia

- Introduction slide show from Leadership Training
- PBS Documentary: History
 - Poverty in America
 - Stereo types
 - White Poverty

Announcements

- Fundraising Update
- Sweater and Jacket Drive:
- Copies of Health Insurance Cards

Closing prayer (place prayer cloth, pillar candle and tea lights in the center of the group)

- Call the group to silence, to become aware of their breathing
- Light the center candle
- Invite each person to come forward (1 at time) to light a tea light and share what their works of mercy act will be with a brief explanation of why.
- Close with the final prayer: See handout

Session 8

Opening Prayer -
CW Reports -

Ice breaker: Concentric Circles

- Have group form 2 circles: ½ the group forms an inside circle and ½ the group is the outside circle.
 - Leader asks a question and each person shares their answer with the person across from them.
 - Quick responses and then outside circle moves one person to the left.
 - What is the best book you've read in the past year?
 - Share something significant to you about your family
 - What is the most beautiful place you've ever visited
 - What is something you've done that people might find hard to believe.
 - When things get busy, how do you re-center, unwind, or de-stress?
 - Who is a person you deeply admire and why?
 - Is there a motto or philosophy that guides your life? What is it?

- **Healthcare:**
 - Health-care Issues Video Clips
 - *Unnatural Causes...is inequality making us sick?* - "In Sickness and In Wealth" (Chapter 1 "Health in America" - Chapter 7 "Biology of Stress")
 - Available at Lemeux Library
 - "Appalachia and Beyond: Health care in America" Washington Times:
<http://www.vimeo.com/6548909> 5:52
 - Bill O'Reily Commentary:
<http://www.youtube.com/watch?v=FLkc6LJmtNs&feature=related> 3:43
 - Reflection Questions (via pass the insurance card!):
 - Is there anything you found surprising?
 - What are challenges for people seeking to remove themselves from the cycles of poverty? & What is our responsibility to assisting them?
 - Is health care a universal right?
 - If a person's health is influenced by environmental causes, what responsibilities do business, person, government have to protecting citizens?
 - Is there anything that hits close to home?
 - What would need to be changed to make health outcomes more equal for people in the Appalachia region?
 - What does it mean that Appalachia has some of the highest presentations of diseases that have been correlated with socio-economic disparities?
 - What are challenges for people seeking to remove themselves from the cycles of poverty?
 - What is our responsibility to assist/facilitate people seeking to remove themselves from poverty?
 - Is health care a universal right?
 - How might we explain why West Virginia has some of the highest occurrences of common diseases?

- If a person's health is influenced by environmental and social factors, what role should fellow citizens, businesses and governments have in protecting people from these factors?
- What would these issues look like in rural communities as opposed to urban communities?
- What questions do you want to gain more information about on our trip to West Virginia?

Announcements

- Fundraising Update
- Sweater and Jacket Drive:
- Copies of Health Insurance Cards
- Community Night Information

Closing prayer: 3 Candles

Session 9

Prayer:

CW Reports

Mountain Top Removal & Fracking

- Saving the Cumberland Plateau, WV: 3:22
<http://www.youtube.com/watch?v=sXWtu6RCVdc&feature=player>
- Last Mountain Standing (film in Sean's office)
- **Mining**
 - Working in the Mines: 3:19
 - <http://abcnews.go.com/video/playerIndex?id=6857678>

Discussion:

- What does Catholic Social Teaching and the Appalachian Bishops Pastoral Letters in tension with these environmental concerns?
- What are environmental concerns around our community?
- How does our electricity consumption impact our environment and the Appalachia region?
- How do we balance our need for energy with care for the environment?

Role-play:

- Break students into two groups.
- Have students sit in a circle
- Place name tags at the foot of each chair (EPA, Miner, Environmentalist, Kayford Mountain resident, energy consumer, Elected Official)
- Read Scenario cards and have each student respond from their role
- Once every one has gone switch seats and respond from this new position
- Continue until everyone has spoken from each viewpoint.

Announcements:

Closing Prayer: 3 Candles

Session 10

Jolly Room

Opening Prayer -

CW Reports -

Poverty:

- A closer look at the struggles of getting out of poverty: 5:03
<http://abcnews.go.com/video/playerIndex?id=6877614>
- Advise from a Community Partner for working with marginalized people.
 - When encountering marginalized/vulnerable people:
 - Consider where in your life you experience poverty (Think internal vs external)
 - Turn Judgment into reflection
 - Be sincere
 - Share your story so they can share theirs
 - Come from a place of mutual understanding
 - Don't be afraid!
 - Treat people as friends & neighbors
 - Appropriate touch is important
 - Look people in the eyes
 - Sharing a meal! It's sacramental
 - Eat whatever's offered
 - Hospitality is very important here
 - To them, they are offering a part of themselves
 - To them, you are rejecting them
 - The gift of self...
 - Be self reflective
 - prayer & reflection
 - Gospel?
 - Jesuit identity?
 - Others?
 - This is not an isolated experience
 - Has more to do w/ lives back home than time here
 - Look reflectively at problems in own community
 - Be able to apply reflection and experience at home
 - Jump right in: Be confident - don't just stand around & be nervous
 - Be realistic
 - Helping an organization in specific ways to better achieve their own mission of service to community
 - Exercise in humility
 - I can't do everything
 - Case Scenarios (**Print Out**)
 - Have students read through, act out scenarios and discuss

Logistics:

- **Itinerary:**
 - **Saturday, March 19th**
 - **4:00 AM Leave Bell Turnaround**
 - Bring money for airport meals/food
 - **6:00 AM Departure - SeaTac**
 - **5:25 PM Arrival - Charleston, WV**
 - **8:00 PM Arrive Spencer, WV**
 - **Friday, March 25th**
 - **10:00 AM Leave Spencer, WV**
 - **5:55 PM Departure - Charleston, WV**
 - **11:00 PM Arrival - SeaTac**
 - **12:00 AM Arrive Bell Turnaround**
- **Van Drivers:**
 - Need volunteers to drive group to and from SeaTac in SU Van
- **Things to Bring:** See Handouts
 - Sleeping bag, pillow, toiletries, T-shirts, sweatshirt, coat, jeans, work boots (a must), work gloves (will save your hands), although ponchos are suave, they are not practical--bring a rain coat - , watch, camera, journal. Pack lightly and tightly, don't bring anything you don't want lost, broken, eaten or stolen by others. (Pack one carry-on only!)
- **Do not forget:**
 - medications for allergies, asthma, diabetes or other conditions needing regularly prescribed drugs. Dogs, cats, hay, pollen, dust and an occasional fellow student can cause a reaction.
- **Leave in the Van:**
 - electronics and music (we like the quiet), junk food (critters like the sweets), cell phones (they don't work here anyway).
- Copies of Health Insurance Cards?
- Release forms (signed at meeting)

Announcements

- Old School Custard/Fundraising Update
- Sweater and Jacket Drive:

Closing prayer: 3 Candles

Session 11
Jolly Room

Opening prayer:

- Tourist or Pilgrim Prayer & Child Of Wonder Prayer (**Print out**) **Pick One**

Logistics:

- **Itinerary:**
 - **Saturday, March 19th**
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 - Bring money for airport meals/food
 - **6:00 AM Departure - SeaTac**
 - **5:25 PM Arrival - Charleston, WV**
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 - **Friday, March 25th**
 - **10:00 AM Leave Spencer, WV**
 - **5:55 PM Departure - Charleston, WV**
 - **11:00 PM Arrival - SeaTac**
 - **12:00 AM Arrive Bell Turnaround**
- **Van Drivers:**
 - Confirm that paperwork has been turned into Public Safety
- **Things to Bring:**
 - Sleeping bag, pillow, toiletries, T-shirts, sweatshirt, coat, jeans, work boots (a must), work gloves (will save your hands), although ponchos are suave, they are not practical--bring a rain coat - , watch, camera, journal. Pack lightly and tightly, don't bring anything you don't want lost, broken, eaten or stolen by others. (Pack one carry-on only!)
- **Do not forget:**
 - medications for allergies, asthma, diabetes or other conditions needing regularly prescribed drugs. Dogs, cats, hay, pollen, dust and an occasional fellow student can cause a reaction.
- **Leave in the Van:**
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- **Final Questions???**

Opening Prayer:

- Romero - Master Builder (**Print Out**)