

# How to Use the Work Booklets

on Wednesday, 14 July 2010.

Each year, before Advent, you will receive a collection of 9 work booklets. Each one is intended for one phase of each stage. Each of the four years into which the project is divided, is called a stage:

Stage 1: Quid Prodest (2011)

Stage 2: Patris mei (2012)

Stage 3: Caritas Christi (2013)

Stage 4: Spiritus Domini (2014)

Each of the nine sections, into which each of the four stages is divided, is called a phase. The phases coincide with the liturgical calendar or, in the case of Ordinary Time, with some part of it, depending on its timings.

Booklet 1: Advent

Booklet 2: Christmas

Booklet 3: Ordinary Time I

Booklet 4: Lent

Booklet 5: Easter

Booklet 6: Ordinary Time II

Booklet 7: Ordinary Time III

Booklet 8: Ordinary time IV

Booklet 9: Ordinary Time V



Each booklet consists of 32 pages, in A4 format. Apart from the general plan of The Forge project in our daily lives, you will find:

Short reflections on the topic. The point of these reflections is not so much to expand the contents as to highlight those that touch more directly on the processes of human and spiritual growth, according to our Claretian charism.

Suggestions for practical exercises: questionnaires, impact of photographs etc.

Suggestions for the daily practice of the “lectio divina”: appropriate quotations from biblical texts, liturgical memorials and feast days, Claretian commemorations and short notes connecting the biblical texts (especially the Gospel) with each year’s key stage (Quid Prodest, Patris Mei, Caritas Christi and Spiritus Domini). We are not talking about exegetical or spiritual mini-commentaries, but about emphases.

Various helpful hints for the preparation of the interview with your guide, for the community meeting etc.

A section which includes some texts (reflections, testimonies etc...) which will help to go deeper into the topic.

At the beginning of each phase, bearing in mind how long it lasts and the contents of the booklet, you can decide on the timings to suit yourself. It's important to bear in mind that:

The best policy would be to put aside a time each day for completing your personal work. As you proceed, you will gradually discover the approach and pace that suits you best.

The booklet is not a text to be read like a book of meditation, but rather as an "instruction manual" which reveals what you can do in each phase of the journey. Given that it is only for you, you can underline and highlight whatever catches your attention, and also make notes in the margins.

Some written exercises can be done in the same booklet. In this case, it will be clearly suggested and an appropriate space will be provided. Others, given their length, will have to be completed in your own personal notebook. This is the part that will occupy most of your time. The exercises are important to put your own personal imprint on the contents.

Other texts that will help you to go deeper and complete the topic of each booklet will be found on the following webpage: [www.lafraguacmf.org](http://www.lafraguacmf.org). Try to log on to this page from time to time, especially at the beginning of each phase.