



REFLECTION QUESTIONS FOR SMALL GROUPS BASED ON

“Come and Be Fed - Conversations with Archbishop Etienne” video series

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Archbishop Etienne filmed a series of videos on the key topics he highlighted in his pastoral letter [The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle](#), including three videos with local young adults discussing real issues and the challenges we face today and how the Eucharist can truly nourish us.

These videos may be used as the starting point for discussions with small groups around the three topics listed below. Under each topic are the names of the two brief videos, which can be found on the Archdiocese of Seattle website: https://archseattle.org/be_fed

REAL PRESENCE IN THE EUCHARIST

- The Eucharist: Real Presence – Archbishop Etienne
- Real Presence of Christ – Conversation with Diana

UNITY AND THE EUCHARIST

- The Eucharist as a Source of Unity – Archbishop Etienne
- Our House Is Divided – Conversation with Cris

CHARITY AND THE EUCHARIST

- The Eucharist as a Source of Charity – Archbishop Etienne
- Extending Christ’s Love to Others – Conversation with Orlando

Each video is 2-5 minutes in length. The following is one way to structure your small group discussions, but feel free to adapt it to what works best for your group:

Suggest a series of three one-hour discussions, each covering one of the topics, with a designated facilitator.

Suggested agenda for each discussion:

- 5 min: Opening prayer, introduce the topic and agenda
- 2 min: Play the first video with Archbishop Etienne, which gives a good introduction to the topic
- 10 min: Go through the first set of questions
- 3-5 min: Play the “conversation” video
- 30 min: Go through the rest of the questions

REAL PRESENCE IN THE EUCHARIST

Watch “The Eucharist: Real Presence,” then discuss:

- What resonated with you?
- Did you hear anything new or something said in a different way that revealed something to you?
- Have you struggled with believing that Jesus is truly present in the Eucharist or do you know others who do? What are ways that might help you believe that Christ truly present in the Eucharist?

Watch “Real Presence of Christ – Conversation with Diana,” then discuss:

- Did Diana share something that you relate to? If so, what?
- Do you find yourself escaping into social media or other media or virtual environments? What are you searching for or seeking to satisfy?

- Have you been able to receive Christ in the Eucharist recently?
What are the struggles or obstacles that keep you from attending Mass in person?
- When you realistically assess how much time you spend on the screen, social media or the internet, can you carve out 10-15 minutes a day to spend time with Jesus in prayer? How will that make a difference?
- Do you have the courage to ask Jesus to transform your life as he transforms the bread and wine into his body and blood?

UNITY AND THE EUCHARIST

Watch “The Eucharist as a Source of Unity,” then discuss:

- Archbishop Etienne invites us to ponder unity through Christ. This is easier said than done.
What comes to mind when you think of unity?
- How does Christ in the Eucharist unite us as Catholics?

Watch “Our House Is Divided – Conversation with Cris,” then discuss:

- Did anything that Cris said resonate with you in your personal experience? If yes, share your experience.
- What unites us with our parish/school community? With our Catholic family throughout the world?
- What ways can Christians be instruments of unity in our increasingly polarized world?
- Unity is not easy. How does unity require give and take? How can we find common ground to build unity?
- What are things we all do during Mass that unite us?
- To be united in Christ’s Body is to carry out the mission of Christ in the world.
How can we be a witness to Christ in the world?

CHARITY AND THE EUCHARIST

Watch “The Eucharist as a Source of Charity,” then discuss:

- What resonated with you? Did you hear anything new or something said in a different way that spoke to you?
- Have you ever thought of the Eucharist as charity? What do you think the archbishop means by this?

Watch “Extending Christ’s Love to Others – Conversation with Orlando,” then discuss:

- In the video, Orlando struggles with connecting his Catholic faith to acts of love and service to others.
Do you have any of these same struggles?
- After watching these videos, how has your understanding of charity expanded?
- Pope Benedict XVI wrote, “Faith without charity bears no fruit, while charity without faith would be a sentiment constantly at the mercy of doubt.” He further writes, “Material aid, however necessary it may be, is not the be all and end all of charity, which is participation in Christ’s love, received and shared.
Every authentic charitable action is thus a tangible manifestation of God’s love for men and women and thereby becomes a proclamation of the Gospel.” Do these statements challenge how you tend to think about charity?
- How is the celebration and reception of the Eucharist an important part of your life?
How does receiving the Eucharist at Mass on Sunday impact your life the rest of the week?
- What are ways you can live out your faith with acts of love and service? How can you be the hands and feet of Christ to others in your parish and your community?

SELF EXAMINATION - PASTORAL PLAN

For any of the sessions, if there is time left, consider leading the group through a silent self-examination.

Archbishop Etienne launched a new Pastoral Plan for the Archdiocese of Seattle in May 2021, calling us to really know Jesus Christ and embrace his mission by encountering Jesus, becoming disciples and making disciples. As part of this, he calls us to a prayerful, interior discernment. The following are a series of questions for the facilitator to read out loud and for everyone to silently reflect upon. (read each question, allowing about 10-15 seconds after each one):

- How well are you living our faith?
- What is your life with Christ and His life in you?
What are ways that you can grow closer in friendship with Christ?
- What mission do you think Christ has sent you to accomplish?
- How well are you accomplishing the mission of the church, which is to go out into the world to witness the resurrection?

After you read each one and if there is any time left, ask the group if anyone is willing to share.

RESOURCES:

Archbishop Etienne’s Pastoral Letter: [“The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle”](#)