These are sample outlines for the four learning sessions without mentors as recommended by the CPCF. These outlines assume six people learning the prayer with no mentors (experienced companions) available. Modify to meet your group’s needs. The first learning session takes about two hours. Subsequent sessions are about 90 minutes each. The durations shown for each activity are estimated minutes. Adding the start times for each activity can help the presenters stay on track.

If possible, offer a separate introductory presentation before the first learning session.

**First Learning Session** (date, time & location)

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Activity** |
| --- | --- | --- | --- |
|  | 15 | Large group | 1. **Opening** 2. Welcome 3. Opening prayer 4. Introductions (everyone introduces themselves) 5. Scripture reading, e.g., 1st Samuel 3:1-9 *(not Lectio Divina)* |
|  | 15 | Large group | 1. **About the learning experience** 2. Brief overview of what happens when:   ▪ Four learning sessions experiencing the prayer and learning to companion each other  ▪ Opportunity to continue in weekly prayer meetings  ▪ A one- or two-day retreat   1. Primarily learning from your experiences of praying and companioning (experiential learning rather than lecture) 2. Read Bishop Quinn’s remarks (and hand it out) 3. Briefly discuss the Disclaimer   ▪ Any questions? (The Disclaimer will be handed out at the end of this first session.)   1. Discuss sharing and confidentiality   ▪ Any questions?   1. Discuss the applicable Safe Environment principles.   ▪ Any questions?   1. Discuss journaling (and provide journals as needed) |
|  | 15 | Large group | 1. **How to pray**    1. Briefly describe how praying with a companion works: Acknowledge that most of this will not make much sense until after they have experienced the prayer.   ▪ One person reads, the other has eyes closed and prays.  ▪ We will begin with six prayer movements, with instructions within each part; not yet the full Companioned Prayer.  ▪ Includes awareness of how we physically feel.  ▪ What we pray about (*ASKING GOD*); and taking it to the loving heart of Jesus (*GOD’S LOVE AND ACCEPTANCE*).   * 1. Read the “General Guidelines for Praying”   ▪ Read the first 5 bullets (do not read the 6th bullet)   * Any questions?   ▪ Read the last 4 bullets (do not read the 6th bullet)   * Any questions?   *Do not describe each prayer movement in detail.  Do not discuss sharing of symbols.* |
|  | 15 | Large group | 1. **How to companion** 2. Hand out the ***Introduction to the Loving Heart of Jesus***Companioned Prayer form (not the standard CP form). 3. It’s easy: just read the bold text. Italic is instructions for you, the companion   ▪ *OPENING PRAYERS* are extemporaneous (what is provided is only a sample). Always invite the person to say a prayer silently or out loud, and to say “Amen” when they are finished.   1. Read the first 6 bullets of “Guidelines for the Companion”   ▪ Any questions?   1. Read remainder of “Guidelines for the Companion”   ▪ Any questions?   1. Remind everyone that the companion ends the prayer with a blessing or prayer said out loud, and then invites the person to write in their journal. |
|  | 40 | Small groups | 1. **Participants companion each other in groups of two**   Separate into small groups throughout the church nave and take turns companioning each other using the ***Introduction to the Loving Heart of Jesus***form. |
|  | 10 | Large group | 1. **Group sharing/discussion**   *Try to maintain silence until group sharing begins*  a. Individual sharing of their prayer experiences  b. Discussion of what it was like to be the companion |
|  | 5 | Large group | 1. **Closing**   a. Hand out:   * the “Disclaimer” * “Confidentiality and Sharing” * the standard CP prayer form for Ordinary Time * the “Guidelines for Praying” * the “Guidelines for the Companion”   b. Closing prayer |

**Second Learning Session** (date, time & location)

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Activity** |
| --- | --- | --- | --- |
|  | 5 | Large group | 1. **Opening**   a. Welcome  b. Opening prayer  c. Scripture reading, e.g., Matthew 11:28-30  *(not Lectio Divina)* |
|  | 20 | Large group | 1. **How to pray**    1. Brief Q&A from previous meeting    2. Hand out the standard ***Companioned Prayer form for Ordinary Time*** prayer form.   ▪ Same as the previous prayer form but with two additional movements.  ▪ Ignore the sharing or reflecting of symbols for now.   * 1. Discuss the new prayer movement, *LETTING GO INTO THE LOVING HEART OF JESUS*   ▪ An opportunity to continue, and to discern if there is more.   * 1. Discuss the new prayer movement, *BEING OPEN TO GOD’S SPIRIT*   Review cycling and following any changes  ▪ Noticing more, cycling, and ending  ▪ Respond to “b” with a “yes” or “no”  ▪ Review how to let your companion know when you are finished with this movement. |
|  | 50 | Small groups | 1. **Participants companion each other in groups of two**   Separate into small groups throughout the church nave and take turns companioning each other using the standard ***Companioned Prayer for Ordinary Time***prayer form. |
|  | 10 | Large group | 1. **Group sharing/discussion**   *Try to maintain silence until group sharing begins*  a. Individual sharing of their prayer experiences  b. Discussion of what the two new prayer movements were like |
|  | 5 | Large group | 1. **Closing** a. (no handouts)   b. Closing prayer |

**Third Learning Session**  (date, time & location)

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Activity** |
| --- | --- | --- | --- |
|  | 5 | Large group | 1. **Opening**   a. Welcome  b. Opening prayer  c. Scripture reading, e.g., John 15:4-5a,9 *(not Lectio Divina)* |
|  | 15 | Large group | 1. **How to pray** 2. Q&A from previous meeting   ▪ Recognition that it may take a few times to become familiar with the cycling in *BEING OPEN TO GOD’S SPIRIT*.   1. Discuss symbols (hand out the CP form again)   ▪ Read the 6th bullet of the “Guidelines for Praying”  ▪ Read the last bullet on the first page of the “Guidelines for the Companion”  ▪ For this learning session, encourage sharing of symbols so everyone can have that experience.  ▪ Q&A |
|  | 50 | Small groups | 1. **Participants companion each other in groups of two**   Separate into small groups throughout the church nave and take turns companioning each other using the standard ***Companioned Prayer for Ordinary Time***prayer form. |
|  | 10 | Large group | 1. **Group sharing/discussion**   *Try to maintain silence until group sharing begins*  a. Individual sharing of their prayer experiences  b. What it was like sharing and reflecting symbols  ▪ Remind everyone that sharing of symbols is optional,  but reflecting shared symbols is not optional  c. Q&A |
|  | 5 | Large group | 1. **Closing** 2. (no handouts) 3. Closing prayer |

**Fourth Learning Session** (date, time & location)

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Activity** |
| --- | --- | --- | --- |
|  | 15 | Large group | 1. **Opening** 2. Welcome 3. Opening prayer 4. Introduce Lectio: Scripture reading, e.g., Luke 24:32-36 (read three times, with pauses, then sharing) |
|  | 5 | Large group | 1. **Brief check-in** 2. Any questions from last time? |
|  | 45 | Small groups | 1. **Participants companion each other in groups of two**   Separate into small groups throughout the church nave and take turns companioning each other using the standard ***Companioned Prayer for Ordinary Time***prayer form. |
|  | 5 | Large group | 1. **Group sharing**   *Try to maintain silence until group sharing begins*  a. Individual sharing of their prayer experiences |
|  | 15 | Large group | 1. **Discussion of continuing** 2. Continuing as a weekly prayer Companioned Prayer group   ▪ Including Lectio divina   1. Planning new Companioned Prayer outreach and ministry experiences   ▪ Discuss inviting other parishioners to a Companioned Prayer learning experience (hand out any flyers)   1. After further experience with the prayer, consider:   ▪ How they might use the prayer in ministry  ▪ Mentor preparation for future offerings  ▪ Attending a Companioned Prayer retreat |
|  | 5 | Large group | 1. **Closing** 2. Read Bishop Quinn’s quotes 3. Hand out the “Summary of Companioned Prayer” 4. Closing prayer |