



SCHOENSTATT

- Schoenstatt International is a twentieth century renewal Movement within the Catholic Church. It started in Germany, was tested through two World Wars, and has spread to all continents.
- It is a lay Movement of formation, education, and leadership. Although it has a few schools around the world its main 'learning space' is the small group living in community, inspired and challenged by its mentors – on retreat, in camps, in liturgy, and in permanent communities.
- Schoenstatt's spiritual way promotes commitment in love, trust in God as Father, becoming, in freedom, the unique person called forth by the Spirit, and the greatness of each one's personal mission. It is inspired by its founder, Fr Joseph Kentenich, in loving the Church. It remains close to Jesus in the Eucharist, and to Mary as mother and educator.

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Parish Programs

Reflection Morning

Reflection Day

Regular Group Meetings

"How good and pleasant it is, when Brothers sit together" Ps
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Brothers 4 Soul

A Ministry of The Schoenstatt Mens Fellowship
A program of renewal for men of all ages.



Introduction

How do we live our life more meaningfully as Father and child? How do we learn to become more sensitive without losing our 'masculinity'?

With an ever changing world and more and more pressure mounting on performance and results, the struggle to survive becomes more and more challenging. The possibility for nurturing and spiritual growth, which takes time, is more important than ever in order to reach a well balanced approach to our existence.

The support of other men of all ages and walks of life - positive role models – becomes a powerful means for helping us to cope with our own issues as we endeavour to become the modern man, able to help the Kingdom founded by Christ to influence today's busy world.

Aim

The Schoenstatt Mens community wants to serve the men of the Church in this struggle. It wishes to provide an opportunity for Catholic men to find the right balance between the demands of family and work, and to gain spiritual nourishment, through encouragement for individual growth in a supportive and non-judgemental environment.

We wish to support men in their local Parishes by providing an opportunity to achieve a new sense of purpose and mission.



Self education will help grow inner **harmony and peace** towards a balanced lifestyle

Reflection Morning

A quiet morning ending at midday.
Can be a one-off or be offered as a short series.

- Mass
- Breakfast run by a special parish support group
- Group Meeting: presentation, groupwork and group prayer
- Reconciliation offered throughout the day
- Final gathering and sharing, finish with prayer.

A Reflection Day

A day at the parish or at another venue

- Mass
- Breakfast run by a special parish support group
- Group Meeting 1: presentation, groupwork and group prayer
- Lunch
- Adoration of the Blessed Sacrament
- Group Meeting 2: presentation, groupwork and group prayer
- Reconciliation offered throughout the day
- Final gathering and sharing, finish with prayer.

Regular Group Meetings

For a small group that wants to meet regularly for fellowship and prayer

- Tea or Coffee
- Prayer
- Presentation
- Small group sharing and prayer

MEETING TOPICS

Living with Soul
Effective Communication
The Power of Thoughts
Process of Addiction / Dependency
Relationships

Creating change
Spirituality
Self esteem
Grief & Anger management



Freedom through Forgiveness
Coping styles and strategies
From Fear to Love
Family Dynamics
Dynamic Balance

