



# Faith Superheroes: Session 1

## Hope on the Road to Emmaus

April 30, 2020

# Welcome & Digital Etiquette

- Thank you for joining us this evening.
- Your microphone is muted until you are ready to speak.
- There is a chat box to use for questions or for sharing your reflections. This will be monitored.
  - Let's try out chat by writing hello and share with us what parish and town where you attend.
- Regarding the video camera, if there is a glare behind you, you may want to close the blinds or adjust your angle so your face is not washed out.
- This session will be recorded.

# Session Overview

- Welcome & Digital Meeting Etiquette
- Prayer Experience with Scripture – The Emmaus Story from the Gospel of Luke 24:13-35
  - “We were hoping...” Take some time and name your “hopes” that have been dashed over the past few months or into this spring and summer.
  - “But they urged him, ‘Stay with us’...” Take some time and think about the times over the last few months you have invited Jesus into your life...into your hopes...into your sadness. If you have yet to do this, consider doing it now.
  - “Then the two recounted what had taken place on the way...” Take some time and think about where you have unexpectedly discovered joy. How did you share that joy with someone else?
- How did Jesus accompany others and how am I called to do it?
- Examples of Grace
- Closing Prayer

Lectio Divina  
with Luke  
24:13-35

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred.

And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?"

Lectio Divina  
with Luke  
24:13-35

They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him.

**But we were hoping** that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive.

Lectio Divina  
with Luke  
24:13-35

Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?”

Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther. **But they urged him, “Stay with us,** for it is nearly evening and the day is almost over.” So he went in to stay with them.

Lectio Divina  
with Luke  
24:13-35

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.

Then they said to each other, “Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” **Then the two recounted what had taken place on the way** and how he was made known to them in the breaking of bread.

Lectio Divina  
with Luke  
24:13-35

**Reflection Questions to ponder:**

- “We were hoping...”
  - Take some time and name your “hopes” that have been dashed over the past few months or into this spring and summer.
- “But they urged him, ‘Stay with us’...”
  - Take some time and think about the times over the last few months you have invited Jesus into your life...into your hopes...into your sadness. If you have yet to do this, consider doing it now.
- “Then the two recounted what had taken place on the way...”
  - Take some time and think about where you have unexpectedly discovered joy. How did you share that joy with someone else?



## Reflection

A few thoughts on the passage from Luke:

- Why did Jesus appear to two who were 'downcast' in resurrection day? (Luke 24:17)
- Jesus didn't do the very thing that would have broken this despair, by identifying himself. Why?
- Why were these two traveling away from Jerusalem after they themselves admit there were reports of Jesus being alive?
- Is this our reality today in the midst of the COVID-19 pandemic? It is tough watching the news, being asked to shelter-in-place for the common good, watching the economic upheaval affecting us, our family and our neighbors, and yet it is the Easter season.

## Reflection

**A few thoughts on the passage from Luke:**

- **What did Jesus teach the travelers? Through first five books attributed to Moses and then the rest of the Old Testament, he revealed His horrific suffering, death, and resurrection were the plan written down hundreds of years before.**
- **What appears as terrible failure was precisely God's plan. Perhaps it takes a time like this for us to grasp how this lesson impacted those who first heard it.**
- **Jesus wants the Emmaus disciples to see for themselves that God had not lost control of His Creation, even in the disaster they had recently experienced in Jerusalem.**

## Reflection

A few thoughts on the passage from Luke:

- Once the Emmaus disciples had confidence in God's plan to keep His promises, they were ready to recognize Jesus in the breaking of the bread. Here is where the Church learned that the Table of the Word prepares us for the Table of the Eucharist.
- It was the fullness of knowledge of Jesus from both Scripture and the Eucharist that dazzled the disciples: "Were not our hearts burning within us while He spoke to us on the way and opened the Scriptures to us?" (Lk 24:32)
- Father, teach me to have confidence in Your plan of goodness for Your Creation. I need to remember that You know what You're doing.

What does it  
mean to  
accompany  
others?

- Spiritual accompaniment is the **apostolate** of **intentional relationship** that is oriented towards a definitive direction of **growth in holiness and transformation** in the person of Christ.
- Key things to consider:
  - always in the direction of Christ
  - a significant part of this is the relationship is known by both parties
  - it is an apostolate meaning that it is not something that requires parish organization
  - it is an initiative that is taken on because of our identity as a baptized daughter and son
  - this intentional relationship's goal is a deeper life in Christ, not just for the individual(s) being accompanied but by the person who is accompanying as well

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- Accompaniment is also very intuitive once we get used to it. We first need to think back to those who have accompanied us in our journey. We have all had head teachers, coaches, clergy, lay ministry leaders but not all have walked with us on our journey and become mentors.
- The word accompaniment may be new and fashionable right now but as we see in the Road to Emmaus and even further back in Genesis, we see the concept and practice of accompaniment is not new.

## Perceived Challenges

- We rely on the ministry professionals to frame our identity as a disciple. This is what Father and Sister do...not me.
  - Begin with what comes naturally for you as a disciple. God has given you unique gifts to use when being present to the person right in front of you. Be YOU and let Jesus be YOUR rock and foundation.
  - Perhaps this time is helping you realize that you are God's beloved. This doesn't just apply to the clergy, or those amazing Catholic speakers you see at a conference or who come and put on your parish mission.

## Perceived Challenges

- **Accompaniment is not unidirectional similar to this ZOOM session or a parish formation session.**
  - **A relationship with Jesus is not one way, as is when we spiritually accompany someone else.**
  - **Jesus tends to ask three times more questions than he answers. Do we do the same?**
  - **How do we cultivate a relationship with another person as a pathway to deepening our faith in Jesus?**

## Perceived Challenges

- **Am I asking too personal of questions? Will this other person think I am prying?**
  - In these days, many people are hoping people will ask a serious question about them
  - What does it feel like not being able to go to Mass?
  - What does it feel like to worry about elderly parents or a loved one with chronic health conditions and you are not able to visit with them face-to-face and they are not good at social media?
  - 1 in 3 millennials tell researchers they feel lonely.
  - In in 4 millennials tell researchers they have no friends.
- **Let the person know you will bring her/his concerns to prayer. This is a real opportunity for accompaniment.**



## Perceived Challenges

- I am fearful of trying to accompany too many people. I am not resistant to this, but how do I begin?
- Begin with people you know and being S.H.A.R.P.
  - Who are the people who live on your **S**treet?
  - Who are the people in your lives who may be **H**urting?
  - Who are people in your **A**ffinity groups (book clubs, alumni groups, etc.)?
  - Who are we **R**elated to?
  - Who is in your smart **P**hone book as contacts?

## Examples of Grace

- As mentioned Tiffany and her family – notes of encouragement with an outreach to those who are feeling lonely to call the family.
- Stations of the Cross in a neighborhood. Children painted or drew a different Station and posted it on their window for Good Friday. Families were encouraged to walk and pray the Stations in their neighborhood, mindful of physical distancing, during Good Friday.

## Examples of Grace

- A college buddy who has adult children, and now grandchildren, told me he thinks of this time the way he does as being a dad: it is about showing up.
  - Showing up to make a call to a coworker he hasn't seen since working at home,
  - Showing up to visiting with a neighbor he sees in their yard while out for a walk and getting to know her/him and offering a pleasant word,
  - Showing up to sending a text with a funny picture or a joke to someone who is a good acquaintance but not a close friend.
- How about you? How do you journey with others?

## Closing Prayer

*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.*

*At the foot of the Cross you participated in Jesus' pain, with steadfast faith.*

*You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:*

*He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.*

*We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.*

*Amen*