

# Path of Grace



A Guide for Spirit and Truth Communities



# Path of Grace

Lisa Fiamingo

Edited by Lisa Epperson

“I watched with awe as God raised up Spirit & Truth and am convinced that it is part of his plan for genuine renewal in the Church.”

Fr. Tim Hepburn

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To my husband and children who have a sincere devotion to this ministry and allowed me to work overtime to finish this book.

## A Huge Thank you to...

Mike Judge who was pivotal in the success of this ministry. His personal devotion and hard work is one of the reasons Spirit & Truth is touching so many lives. Without him, this ministry would never have gotten off the ground.

Karen Gay whose untiring service has made Spirit & Truth reach so many young adults. She is the glue that holds this whole ministry together, and she is the reason you have this book in your hands today.

*"Many of us have searched for ways to serve God and work to further His Kingdom, only to find that we had to officially work for the church or leave all that we have and become missionaries. We have tried various options such as becoming a CCD teacher or volunteering as a Life Teen Core Member. But as we longed to keep our current jobs and remain college students, we have felt lost in trying to share Christ with our peers as there are so few programs that serve this population. Spirit & Truth allows us the unique opportunity to maintain our professional daily lives and still become a part of an amazing community. It is a program that quickly becomes a lifestyle. Many of those young adults who began attending Spirit & Truth in its infancy stage have now taken leadership roles by starting other communities. It is in these communities that spiritual growth fosters and develops and we are able to more clearly see what God's will is for us."*

*Terri Pandolfo  
Atlanta, GA*

October 24, 2003

Spirit & Truth, developed to evangelize and to give spiritual support to a critical segment of our young adult community, is awesome. It started at Kennesaw State University and has exploded on the local scene, with groups forming all over the nation.

There has never been an effective program in our Archdiocese to serve the needs of young people during the period between ages 18 and 25, unless a person was affiliated with one of our six universities and colleges with a Campus Ministry Center serving them. During this critical period when young people have gone to college, live at home and commute to college, have gone to work, or have recently graduated from college, there was no place for them to go. They were too old for youth ministry programs of the parish and they were not comfortable with older young adult programs of the Archdiocese like Theology on Tap and Holy Grounds. Spirit & Truth provides them a bridge over this critical period when often they have their faith challenged by college professors, peers, and the secular world surrounding them.

I have complete faith in the spirituality and orthodoxy of Mike and Lisa. I am completely familiar with the format, content, and methodology of Spirit & Truth. Their program receives guidance from two remarkable priests of our diocese who serve the young adult community: Father Tim Hepburn (Emory University Chaplain and Assistant Archdiocesan Vocations Director) and Father Linus DeSantis, O.F.M. (KSU Campus Minister and Spiritual Director for the TEC young adult retreat movement). They also consult and work closely with Kersti O'Farrell, Senior Director, Young Adult and Adult Ministry.

You can rest assured that Spirit & Truth is Trinitarian, Christocentric (specifically centered on the Mass and Eucharistic Adoration), devoted to the Blessed Virgin Mary, at the service of the Church and Archbishop Donoghue, and loyal to the Magisterium. In fact, Spirit & Truth epitomizes the total – catechesis approach Pope John Paul II endorsed in his Apostolic Exhortation, Catechesis in Our Time (1979), which forms the basis for modern catechetical methodology as reflected in the Catechism of the Catholic Church no. 6 (USCC 2<sup>nd</sup> Ed. 2000), the General Directory for Catechesis nos. 85 – 86 (Cong. for Clergy 1997), and the Rite of Christian Initiation for Adults no. 75 (USCC 1988).

Please call me (404-697-5115) if you have any further questions.

Sincerely yours in Christ,  
Rev. Mr. Lloyd Sutter  
Senior Administrator  
Office of Religious Education

Cc: Most Reverend John F. Donoghue

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# **Mission Statement**

*The mission of Spirit & Truth is to bring young adults into relationship with Christ through worship of Jesus in the Blessed Sacrament, study of church teachings and sacred scripture and celebrations of Catholic traditions, while forming a community of life-giving relationships.*



# *Introduction*

It is with great pleasure that we share this book with you. We can't tell you how happy we are to have found a tool that will reach our generation. We used to sit in our college classes, at parties, in bars, and at work looking at the people around us wishing there was a way to share what's inside us, to share what we know and have experienced. At one time or another, we have all wanted to bring a friend to Mass but were afraid they wouldn't know what was going on and we wouldn't know how to explain it. We know our Catholic faith is a treasure, but we didn't know how to help people find it.

We know now that they can find all that the Church teaches by bringing them to Spirit & Truth. Spirit & Truth is a great tool to share the faith because each community strives to be ONE, HOLY, CATHOLIC and APOSTOLIC.

Spirit & Truth is ONE in that we value our community. Being young these days is hard, and it's equally hard to find people who you can trust and call true friends. We strive to be honest with one another and compassionate. Many of us have gone far from the path of goodness, and we find acceptance from the community as we try to straighten our ways. We don't judge each other, and we try to love each unconditionally. We are ONE in our devotion to each other.

Spirit & Truth is HOLY. Christ is the center of all that we are and do as all events revolve around Eucharistic Adoration and Benediction. This desire to be HOLY is in all of us, and we seek to help others satisfy that desire. We share with others the value of seeking holiness.

Spirit & Truth is CATHOLIC through and through. We are universal in our connection with others throughout the world who also make Christ their center through Eucharistic Adoration. We love the long-standing traditions and great teachings of our faith. We try to make these come alive for all that come to our events. We love music. We love modern upbeat music that leads us into deep worship the minute we enter in, and we also love traditional music and chants that keep us rooted in our identity as CATHOLIC. We love our Pope and our priests and want to help them accomplish all they are trying to do in the Church. We are part of the Universal CATHOLIC Church.

Spirit & Truth is APOSTOLIC. It's all about sharing the message of Christ with others, evangelization. Going into a Spirit & Truth meeting, you will discover so many different ways to pray. You will discover the value of spoken prayer, silent reflection, powerful worship, traditional prayers, liturgical rites, and so much more. Each person who enters into that prayer time, finds something that draws them closer to God. That is our APOSTOLIC mission, to bring everyone we meet to full understanding of the beauty of the Catholic Church. Our focus is always to bring new people and to welcome them the way Christ welcomed his friends. By introducing new people to so many spiritualities in one prayer meeting, we find that every person takes away something that draws them closer. They then take that and multiply it in their own lives by starting their own

groups, teaching others, working for the church and spreading the message with more people. This is truly APOSTOLIC.

We long to bring renewal to the Church by sharing the message of Christ with our friends. It's not very complicated. We have found Christ and we want to share Him with others. It's a principle we all learned in kindergarten: to share. If you truly have Christ in your heart, you can't keep it hidden. Now, as young adults, we have a tool to do that.

Spirit & Truth is the tool. We hope this tool is helpful for you in your call to evangelize. We hope this book helps you bring the message of Christ to your friends, family, co-workers and neighbors. We pray that you will have the courage and love to share with everyone you meet the freedom of knowing Christ.

The Spirit & Truth Team

# Overview of Spirit & Truth

We firmly believe in the power of Christ in the Eucharist to transform lives. That is why Eucharistic Adoration is the heart of Spirit & Truth. Many young adults suffer from lives that are overbooked and overstressed. Each week Spirit & Truth offers young adults the opportunity to stop and simply revel in the glorious presence of our Lord. As young adults are exposed to the transforming love and power of Christ in the Eucharist, the natural response is one of thanksgiving and praise. These weekly gatherings strive to teach young adults how to truly worship God in prayer, song, and silence.

In addition to worship of the Blessed Sacrament, Spirit & Truth desires to expose young adults to Holy Scripture, teachings of the Church, and the fullness of Catholic Tradition. The weekly format allows for some nights that will break open Scripture, other nights will include talks on specific teachings and Traditions of the Catholic Church. Every topic, whether in Scripture or Tradition, seeks to be relevant to today's young adults and help lead them to deeper conversion. We have implemented various spiritualities into a single Spirit & Truth meeting in order to expose young adults to the fullness of the Church. Each week, young people can get a taste of Benedictine prayer, Catholic Orthodoxy, Marian Devotions, Spontaneous worship, Ignatian spirituality, Traditionalism, Apologetics, and so much more.

The development of strong Catholic community is a vital part of Spirit & Truth. All too often the experience of faithful young adults is of isolation. Each night concludes with an opportunity for young adults to socialize and create bonds with their Catholic peers. For both new-comers and regulars, there is a heavy concentration on hospitality and making people feel welcome. As we grow in relationships with each other, our common goal remains the same, to evangelize and catechize our generation. We share Spirit & Truth with everyone we meet, hoping they will come and experience the power of God in the Blessed Sacrament.

*"I saw the young people in Atlanta turned to the Eucharist in Awe! It left such an impression on my heart, Jesus brought it to Miami with me. It is amazing to see that from this first step of saying yes to God's call how a community has developed- literally centered around the Eucharist! A group of Young Adults continues to grow and learn from Christ and each other! Through Jesus' inspiration, we called them and gathered them and Jesus Himself has kept them!!!! It is as simple as saying YES.*

*Melissa DSouza, Coordinator, Spirit & Truth Miami*

## ***Where are Spirit & Truth Communities?***

Spirit & Truth Communities are located on college campuses and in Catholic parishes. We believe that there is a great need to have a strong and vibrant presence on college campuses. Many colleges have a great Christian presence, often protestant, and it's time for us to give Catholics an exciting, youthful place to experience their faith. And because there are many young adults who are not in college, it is important to offer this ministry in parishes as well. Many Campus Ministries and Parishes are ready to let young people express their faith with the natural zeal that is inside them and are finding renewed faith and life from their energy.

Some benefits from being attached to a parish or campus ministry, rather than just meeting in houses or bars:

### *Accountability*

Each group is supported by the Church, rather than trying to make it on their own. The Church embraces the young people and tries to meet their needs. If young adult groups only meet in homes or restaurants, the greater community cannot see the work or the needs of this age group, and they are often forgotten. With the active involvement of the priests, parishes and campuses, the needs of the group can be met more effectively. The young people can also be accountable for the activities of their group and the influence it has on other's lives.

### *Service*

By being part of a bigger institution, there are more opportunities to serve and give back all that God is giving us. Spirit & Truth Communities work closely with the Bishop/Pastor/Campus Minister and make themselves available for any projects that may be needed on the grounds or with the people. Often opportunities for service help young adults realize their very important role in the universal Church.

### *New Life in the Church*

What's more infectious than a happy Christian? A happy young Christian. The world is full of depressed, self-centered young people. Right now, the older generations are very concerned as to where we are headed morally, financially, spiritually and physically. If Spirit & Truth works the way it should, the hearts of those involved will be transformed and the people who watch the transformation will begin to feel hope and joy for the future of our world. If young people really give their lives over to God and spend time with Him in prayer on a regular basis, they will become more peaceful, confident and joyful, and their transformation will affect the entire Church

# ***Why this mission?***

What drives us to fulfill the mission of Spirit & Truth? Simply put, we are following a desire God has placed on our hearts. Our reward comes in the satisfaction of knowing that we are helping other young people find hope and peace in our Eternal God. There is also an immense amount of grace. We know that God is purifying us in our commitment to this project. Most importantly though, we are honored to fulfill the mandates given to us in the Holy Scriptures, those given to us from our Holy Father, and others great leaders in the Catholic Church. Here are a few:

*“But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit & truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit & truth.”*

Jesus Christ (Gospel of John 4:23-24)

*“I have come to set the earth on fire, and how I wish it were already blazing!”*

Jesus Christ (Gospel of Luke 12:49)

*“Therefore, gird up the loins of your mind, live soberly, and set your hopes completely on the grace to be brought to you at the revelation of Jesus Christ...do not act in compliance with the desires of your former ignorance, but, as he who called you is holy, be holy yourselves in every aspect of your conduct, for it is written, “Be holy because I am holy.”*

St. Peter (First Letter 1:13-16)

*“I charge you in the presence of God and of Christ Jesus who is to judge the living and the dead, and by his appearing and his kingdom: preach the word, be urgent in season and out of season, convince, rebuke, and exhort, be unfailing in patience and in teaching. For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own likings, and will turn away from listening to the truth and wander into myths. As for you, always be steady, endure suffering, do the work of an evangelist, fulfill your ministry.”*

St. Timothy (Second Letter 4:1– 5)

*“The encounter with Jesus in the Eucharist leads the Church and every Christian to give witness and to evangelize. We must thank the Lord and not be reluctant to show our faith in public. The Eucharist leads us to solidarity with others, making us promoters of harmony, peace and especially of sharing everything with the needy...John Paul II exhorts all members of the Church -- bishops, priests, other ministers, seminarians, consecrated persons, lay faithful, especially young people, to do what they can to make the Eucharistic Year a success.”*

Cardinal Arinze, Oct. 8, 2004

Presentation of Apostolic Letter for Eucharistic Year, John Paul II

*“Conviction is the basis of courage; certitude is the foundation of peace. The secret of achievement is to have the peaceful courage of possessing the truth and acting on this conviction in everything we do.”*

Fr. John A. Hardon, S. J., from Who's Who in America (p.1466)

## **A letter from our Holy Father**

*“Youth is the time in which you... ask yourselves what to do with your lives, how to contribute to make the world better, how to promote justice and make peace...” Listen!* Do not tire of training yourselves in the difficult discipline of listening. Listen to the voice of the Lord who speaks to you through the events of your daily lives, through the joys and suffering that accompany you, the persons who are next to you, the voice of conscience thirsty for truth, happiness, goodness and beauty... If you are able to open your hearts and minds willingly, you will discover “your vocations,” the plan that from everlasting God in his love has designed for you. And you will be able to create a family, founded on marriage as a bond of love between a man and a woman who are committed to a communion of stable and faithful life. You will be able to affirm with your testimony that, despite all the difficulties and obstacles, it is possible to live Christian marriage in its fullness as an experience full of meaning and as “Good News” for all families. You will be able to be, if this is your calling, a priest or religious, giving your life with an undivided heart to Christ and to the Church and thus become a sign of the loving presence of God in today's world. You will be able to be, like so many before you, bold and tireless apostles, vigilant in prayer, joyful and welcoming in the service of the community. Yes, you can also be one of these. I know well that in face of such a proposal you feel hesitant. But I say to you: Do not be afraid! God does not let himself be outdone in generosity! After almost 60 years of priesthood, I am happy to give here, before all of you, my testimony: It is beautiful to be able to give one's all for the cause of the Kingdom of God! “Start on the way!” Do not be content to discuss; do not wait for occasions to do good that perhaps will never occur. The time has arrived for action! At the beginning of this third millennium, you also, young people, are called to proclaim the message of the Gospel with the testimony of your lives. The Church has need of your energies, of your enthusiasm, of your youthful ideals to make the Gospel permeate the fabric of society and bring about a civilization of real justice and love free of discriminations. Now more than ever, in a world often without light and without the courage of noble ideals, it is not the time to be ashamed of the Gospel (see Romans 1:16). Rather, it is the time to preach it from the housetops (see Matthew 10:27). The Pope, your bishops, the whole Christian community count on your commitment, on your generosity, and follow you with trust and hope: Young people... start on the way. The Lord walks with you. Have the cross of Christ in your hands. Have the word of Life on your lips. Have the salvific grace of the Risen Lord in your hearts! Arise! It is Christ who is speaking to you. Listen to him!

Pope John Paul II, June 6, 2004  
Address to Youth in Switzerland



# **Your Own Spirit & Truth Community**

*“Our generation has had to fight unprecedented battles.*

*The battle of contraception: We had to fight to exist; we had to fight to be conceived. The battle of abortion: We had to fight to be born--If deemed undesirable then murder in the womb was our fate. 45 million of us didn't make it. The battle of the family: We had to fight to be loved, not neglected or abandoned. Many of us had broken homes, parents struggling with addictions or given over to materialism. The battle for truth: Our schools taught us opinion, not fact. The battle for virtue: Our culture, our entertainment, brainwashed us to worship the god of pleasure. The battle for faith: Our churches taught us that the cowardice of tolerance was the best religion. Ridden with battle scars, we seek healing. Lost we seek guidance. Confused we seek truth. All the answers, all our solace, all our healing, all our strength can be found at His feet, at the feet of Jesus truly present in the Holy Eucharist. In the monstrance, He stands enthroned as the victorious King, infinitely desiring to heal us, guide us, and strengthen us for battle. Then, healed and on our knees, He can use us to turn the tide so that others of our generation might not fall, but survive, fight and win.”*

*Amalia Zea*

*Producer, Life on the Rock, EWTN  
Worship Leader, Spirit & Truth Birmingham*

# Steps to Start

Now that you have an idea of how we came to be and where we are headed, we'd love for you to consider joining our mission. If you feel the Holy Spirit tugging at your heart to be part of this ministry, follow the steps below to start your own community.

- ❑ Find a priest or deacon to be the Spiritual Director
- ❑ Ask your Spiritual Director to contact your local bishop for permission. (Don't try to do this yourself. Have your priest do it for you)
- ❑ Begin praying with a group of people who are committed to this mission. (the suggested number is 10)
- ❑ Form the leadership team and go over the goals of your group.
- ❑ Decide on a name. If using the name "Spirit & Truth", send in your license agreement, signed and dated. (see pages 39-45)
- ❑ Register on the website [www.sandt.org](http://www.sandt.org) even if you choose a name other than Spirit & Truth. (to review the benefits of registering, read page 51)
- ❑ Pick a start date and begin to spread the word.
- ❑ Consecrate your group to Jesus through Mary (see Consecration Prayer).
- ❑ Get ready for God to bless you in ways you never imagined☺.

## Consecration Prayer

Lord, Jesus Christ, I consecrate this mission to bring Spirit & Truth to the young adults in our area to you and your Mother. I allow you to have full control of all the plans and want you in the center of all that we do. May you reign as King of our lives and of this group. I also consecrate my life to you.

"I (name), an unfaithful sinner, renew and ratify today, through you, my baptismal promises. I renounce forever Satan, his empty promises, and his evil designs, and I give myself completely to Jesus Christ, the incarnate Wisdom, to carry my cross after him for the rest of my life, and to be more faithful to him than I have been till now. This day, with the whole court of heaven as witness, I choose you, Mary as my Mother and Queen. I surrender and consecrate myself to you, body and soul, as your slave, with all that I possess, both spiritual and material, even including the value of all my good actions, past, present, and to come. I give you the full right to dispose of me and all that belongs to me, without any reservations, in whatever way you please, for the greater glory of God in time and throughout eternity."

*Taken from "Preparation for Total Consecration to Jesus through Mary"  
St. Louis Marie de Montfort*

# ***The Weekly Meeting***

The format is simple. It is a weekly meeting that consists of an

1. **Opening Question**
2. **Scripture, traditions or Magisterium (teachings)**
3. **Eucharistic Adoration**
4. **Discussion**
5. **Social**

## **1. Opening Question**

Trust is vital to a prayer community. One way to get a group to begin trusting each other is to offer a time for them to get to know each other. What works for us is something we call the *Stupid Question*. The questions are sometimes completely ridiculous and other times more meaningful. Some people answer with humor, others with wisdom and some decide to not share at all, but the end result is always the same: a group of strangers who feel a little closer to each other, and in turn, more capable of being vulnerable with each other in prayer.

The other reason we think this question idea works is that it is a great transition from work, traffic and everyday life to an experience of prayer with their peers. It seems to help people feel more comfortable if they have a little fun before praying together, letting go of the stress of daily life. The *Stupid Question* helps us lighten up a little.

One suggestion for this segment of the night is that it does not take place in the same room as the Blessed Sacrament. Due to the silliness of some of the answers, it might be counterproductive to one of the goals of Spirit & Truth, which is to develop a deep respect and reverence for Jesus in the Blessed Sacrament. If this is not possible or you need help figuring this out, speak with your Spiritual Director. (see page 28 for a list of *Stupid Questions*)

## **2. Scripture, traditions and the Magisterium**

Before Adoration of the Blessed Sacrament, you should offer an experience that will inspire the young adults on an intellectual level. Studying the Bible, introducing our rich traditions and sharing a Catholic teaching are three ways to meet the need to learn more about our faith. Preparing for this part takes some creativity. Look over the planning section to get some tips.

### **Scripture**

A scripture study can be incorporated into the meeting by having a group sharing, small group discussions or a homily given by the priests or deacon. It can be presented before or after adoration. The priest/deacon can share their homily during Adoration. It is also possible to have people contribute a verse for everyone to memorize each week. Whatever you decide to do, it will be appreciated, as many Catholics feel insecure in their knowledge of the Bible.

## **Sacred Tradition**

Sacred Tradition refers to the handing down of God's revealed word from apostolic times to our own day. This is the general definition of Sacred Tradition. In Spirit & Truth we help young adults understand the traditions of the Catholic Church that came from this handing down of God's revealed word.

As Jesus came to fulfill the law of the Jewish people, he gave us customs and traditions that are still practiced today. Still more were given to us through the years from other holy people. Many of our traditions are more than 2000 years old. Incorporating traditions into your Spirit & Truth nights helps expose young adults to the richness of our history and culture. Meet with your spiritual director and planning team to find ways to teach and use the rosary, devotional prayers, novenas, chaplets and other Catholic rituals. Make their faith come alive. Be sure to get all traditions approved with your Spiritual Director as some are not permissible during Eucharistic Adoration

## **Magisterium**

One of the most popular components of most Spirit & Truth groups is the teachings. The teaching aspect of Spirit & Truth is so sought after because our generation is starving for truth. Young adults often feel ignorant to the true teachings of the Church and are eager to begin learning them. Once or twice a month, the night will include a talk on a particular teaching of the Church. The topics should be relevant to those attending. Some resources for topic ideas are the Catechism, great saint writings, early Church fathers, Church history, sacraments, and morality. The Catholic Church possesses the fullness of the faith. You will never run out of things to learn and discover. The teaching can occur before or after Adoration, except when done by a priest or deacon. In that case, they may give a homily during Adoration. It is also important to ask the experts in your area to give a teaching. Seek out the Priests, Deacons, RCIA instructors, Youth Ministers, parishioners, or local professional Catholic speakers. Call your diocese and ask if there are speakers they can recommend.

### **3. Adoration of the Blessed Sacrament**

When asking a group of young people what they received by praying in the Presence of the Blessed Sacrament, these are the words they used: Peace ➔ Comfort ➔ Joy ➔ Constancy ➔ Freedom ➔ Connection ➔ Confidence ➔ Fulfillment ➔ Intimacy. It's like a mini-retreat.

Spirit & Truth is a weekly communal time of Eucharistic Adoration that consists of Exposition, worship, inspired readings of scripture, silence and Benediction. The most amazing thing that happens in a Spirit & Truth Eucharistic Adoration Meeting is that new people are being taught how to pray by merely watching their peers. So many have said that they never knew what do in Adoration until they attended a Spirit & Truth. By being vocal in our prayers, we teach others how to pray.

The format for Adoration follows the rubrics of Benediction and Adoration given to us from the Church. To see the detail and find more information on Adoration and Benediction, see the resource section.

#### **4. Discussion**

During the prayer time, God speaks to us in the silence of our hearts. We need God's daily bread and words of wisdom to persevere in the Christian life. The closing discussion is an expression of that interaction we have with God in prayer. It is an opportunity to share what God has placed on our hearts and others can benefit from this sharing. The closing discussion is also very important because it helps new people figure out what to do during Adoration. When people share bible verses or inspiring thoughts that they received during Adoration, new people get a better idea of what to do during the prayer time. It also serves as a time for people to challenge and strengthen each other. This time of discussion happens after the Blessed Sacrament is reposed, and is facilitated by one leader.

#### **5. Social**

Some might think that this part of the evening can be pushed aside as it might not seem important in meeting the spiritual needs of young people. What a misconception! This social time is imperative for relationships to grow in the group. Many young adults are on their own, usually living without family, and in deep need of community. The world provides no place for spiritual young adults to be real, with no defenses or pretenses. We need to provide this for them. One easy way to provide this fellowship time is to invite the group to a local restaurant after the formal meeting time is over.

*“As a student at Georgia Tech, my life got really bad....but when I got a call from my high school youth minister, I realized immediately that things were going to change. She asked me if I was interested in helping out with a Eucharistic centered young adult group. The first time we met, we prayed, bowed before our Lord and sung songs with all of our hearts and began discerning the group. It took a while for my life to change, it wasn't one of those next day changes, but my life has been turned completely around. After about a year of leading music at Spirit & Truth at Kennesaw State University, it occurred to me that my friends that I drank with weren't the type of friends I wanted in my life. I had now built this relationship of weekly prayer with God and was steadily building friendships with other people struggling in the same way I was. Today things are so different in my life mostly through the prayer and community of Spirit & Truth. I never thought I would take a weekly holy hour and now I have two. I never thought that I would attend mass during the week, and now I try to make it every day... Spirit & Truth has provided me an opportunity to grow deeply to the Holy Eucharist and build amazing community with his followers.”*

Christopher Vigil  
Franciscan University, Steubenville, OH

# ***More Ideas***

The main ingredient to a Spirit & Truth ministry is the weekly meeting, and many groups survive just fine with only this. However, as the community grows, people get excited about their newfound faith and want to give back to God. It is encouraged for Spirit & Truth Communities to offer opportunities to share this zeal. Service projects, retreats or mission trips are great ways generate new leaders and bring new people into your community.

**Service projects** are opportunities the group can do together to enhance the community and draw others to the Spirit & Truth ministry. People are often more likely to jump into something new if it doesn't entail a lot of initial vulnerability, and helping others usually takes away that pressure. A great place to start is in your parish or college. Seek out the needs of the community and help out where you can. You can begin a project we call "Service Saturdays." It involves advertising in the local Church bulletin that you will help the elderly, handicapped, pregnant women, etc. with any house projects they can't get done. You organize teams and send them out, and then meet up after for lunch to discuss your experiences.

**Retreats** are amazing tools to draw new people and to nourish your existing members. You can seek resources for existing retreats or create it on your own. The outcome is amazing, young people excited about their faith and full of the Holy Spirit. A great retreat experience is TEC. To find out more about TEC, this visit <http://www.yam.org/yam.cgi/programs/tec/>

**Mission Trips** challenge everyone involved to deeper conversion. One of the organizations that we are connected with is Mustard Seed Communities. If you would like to get involved, visit them at <http://www.mustardseed.com> .

**Sports** are also an excellent way to draw people together for a non-threatening event and subtly share the message of Spirit & Truth. In Atlanta, there is an amazing Catholic Sports League. See <http://www.atlantacatholicsports.org> to find out how to start this same thing in your city.

# ***Leadership Positions***

Part of the process for starting Spirit & Truth is to gather a leadership team. Below is a description of some of the necessary positions within the team.

## **Spiritual Director**

The Spiritual Director in every Spirit & Truth group must be a priest or deacon. According to the Code of Canon Law 943, the minister of exposition of the Blessed Sacrament must be a priest or a deacon. The Spiritual Director would help form the vision and direction of the group. Since Spirit & Truth groups meet weekly and it is a significant time commitment, the priest or deacon may want to give permission for an Advisor to oversee the group. If the priest is extra busy, another option would be that one priest take on the Spiritual Director role, yet have a rotation of other priests and deacons who facilitate Eucharistic Adoration. A monthly visit and conversations with the coordinator may be all that is needed to make sure this community thrives in the Church.

## **Advisor**

This person would serve as an assistant to the priest and advisor to the coordinator. Some groups utilize an Advisor and have the priest or deacon come in only for the Exposition and Benediction part of the evening. It's no secret that priests are overworked, and another ministry could be quite a burden. The Spiritual Director and/or Advisor needs to be directly involved with the leadership team to ensure that the group remains focused on the mission. This person must be knowledgeable about the Catholic faith and understanding of the needs of young adults. We also suggest that this person be settled in their dating life. Many young adults will open up to this person and it will be vital that they can trust this person to have pure intentions. It is helpful to have both male and female Advisors.

## **Coordinator**

The position of Coordinator is to be filled by one who is organized, able to relate to many different types of people and has a passion for serving God. This position is a mix of between behind-the-scenes service and the up-in-front group leader. The Coordinator spends much of their time making phone calls, coordinating people, planning events and keeping communications flowing. He/she is the main representative of the Spirit & Truth group, allowing him/her to be the contact for new people, the one who schedules speakers, priests and all other events for the weekly meetings. He/she works very closely with the spiritual director in scheduling weekly topics and discerning the direction of the group. He/she also sets up and begins the meeting, makes announcements and regulates the flow of the night. One option may be to take a team approach with this position. Sharing the responsibility for all these jobs may make it more feasible.

It will be imperative that this person be very prayerful. Spirit & Truth is dependent on prayer. We provide only a structure for the group. Each group must provide the content and substance for each meeting. This will require that the Coordinator go to God and ask how to meet the needs of the people in the

group. Because we are trying to enrich the souls of young adults, it really is important that the leadership team ask the Creator of all souls how to do this.

It will be important for the Coordinator to be flexible. Many Spirit & Truth meetings will go differently than expected and he/she will have to be creative and open to coming up with a new plan on the spot. Say, for instance, that the speaker doesn't show up. An immediate prayer time with the musician or someone else on your team will be needed, and a quick resolution will be necessary, all while keeping patience and inner peace.

The coordinator will also have to be nice! That's a simple way to say it, but in reality not something so easy to live out. When people start criticizing the Coordinator for the decisions he or she has made or someone gets mad for something the team never intended to say or do, it will be critical that you are able to take the high road and be charitable.

### **For the whole Team...**

The following is a list of general tasks that need to be done. It is not the job of the Coordinator to do everything. Rather an effective Coordinator should delegate the responsibilities. When people take ownership, the group will grow, and each leader will grow personally. So, let others help. Trust that they can do just as good a job, and let God be the center of the entire ministry.

### **Job Checklist**

- ❑ Calendar planning - topics, speakers, discussion and events
- ❑ Coordinate with the Spiritual Director/Priest
- ❑ Coordinate meetings with the leadership team
- ❑ Contact priests and speakers for the events that are planned
- ❑ Communicate the plan to those attending via weekly email
- ❑ Gather email addresses from all participants on a weekly basis
- ❑ Set up the weekly meeting with all necessary supplies and proper environment
- ❑ Open, close and be responsible for the location of the meeting
- ❑ Fast, pray weekly for all those who attend
- ❑ Plan music and worship time for the each meeting
- ❑ Plan the weekly social time after the meeting
- ❑ Plan service projects, retreats, mission trips or sports to further the mission of evangelization.

**Important Note:** We strongly urge the team to limit sending emails to your group only once a week. We don't want to get the reputation as people who annoy others with emails. We are also adamantly opposed to selling any Spirit & Truth email lists.

### **Musician**

The Musician for Spirit & Truth should be one who is gifted in leading worship. There are lots of musicians in the Church, but very few know how to lead people into worship. This person should be very prayerful and open to using new music



that will engage young people. He/she will need to be prepared, as Spirit & Truth meetings are very reverent and any disorganization will be evident to the group. When planning the music, he/she will need to pray and get heavenly suggestions. If the goal is always to bring people closer to Christ, rather than entertain, the meeting will be great.

Worship leaders should work to keep the music fresh and new while allowing the songs enough time to be memorized by the people. Once the young adults know a song by heart, they can put their song sheets down and really worship with their hearts. In regards to obeying copyright laws and copying music, worship leaders should follow the guidelines expressed on the following websites:

<http://www.ccli.com/UnitedStates.cfm>

<http://www.ccli.com/Visitors/FAQ.cfm>

### **Intercessors**

Intercessors are silent partners. Their work is rarely seen by anyone. They commit to praying for the group, its leaders and the mission. They sacrifice in ways that others are not willing, often taking on the spiritual pain of the group, by fasting, praying rosaries, going to Mass and much more for everyone involved. Sometimes, they will get insights in their prayer for the group and share these with the Coordinator. Intercessors also help keep the peace in times of turmoil. Without Intercessors, Spirit & Truth will fail. We must be held up in prayer or else we will be defeated.

### **The Character of a Spirit & Truth Leader**

Leaders should be practicing Catholics, in good standing with the Church and living moral lives by following the 10 Commandments and laws of the Church. Those in leadership should strive for holiness and be faithful to the teachings of the Catholic Church in a spirit of love and acceptance of all people. Each leader should be open to receiving and courageously using the gifts of the Holy Spirit. The leadership team as a whole should be one of unity, seeking to treat each other with honor and respect for the gifts that God has bestowed on each of them. There should never be any elements of competition or gossip. When conflicts or problems arise, each team member should approach the other(s) in honesty and humility, through prayer and love, hoping for a resolution that is for the betterment of the entire community.

Finally, all leaders should be respectful and obedient to their authorities. As lay people, we must never forget our place in the hierarchy of the Catholic Church. It is never okay to disrespect or slander a priest or any other Church authority. If there are difficulties, more prayer is needed. God will help us through any difficulties and if it His will to have this initiative in your community, he will see you through the details. Never forget the three S's of holy leadership: Surrender, surrender, surrender to God's Almighty Will.

# ***Planning the Weekly Meeting***

The most important part of planning will be PRAYER. If you try to set up Spirit & Truth without prayer, you are just setting up another program for people to follow. Spirit & Truth is not a program; it is an initiative that requires a dependency upon the inspiration of the Holy Spirit to succeed. Only God knows the hearts of your people, and only He knows what needs to come next. Each team member should pray alone for ideas and the team should pray together.

Also, tap into the great resources that the Church has acquired in the last 2000 years. Seek topics from writings of the saints, the catechism, the Liturgy of the Hours, the early church fathers and the many modern writers who have found a unique way to reach those who live in the 21<sup>st</sup> century. You can even take current events and give them a Catholic twist. Enjoy the process. You have the opportunity to make this the most fulfilling event of the week for young adults!

## ***Monthly Rotation***

Week 1	Teaching
Week 2	Tradition
Week 3	Scripture
Week 4	Adoration only

The following Planning Forms will be helpful when planning.

*"Spirit & Truth is a life-changing experience for young adults. It brings them together in community to meet Jesus face-to-face. All of a sudden their relationship with Him begins to grow to a much deeper level, and the impact ripples throughout their lives."*

*Ann Blasick  
Director of Young Adult Ministry  
Archdiocese of Atlanta*

# **Spirit & Truth Planning Form**

## **SCRIPTURE NIGHT**

The goal is to help the young adults become more knowledgeable in the area of Scripture. This night allows for more discussion than usual. It opens with one of the young adults giving a discussion-style lesson on the chosen scriptures and allowing the others to share their thoughts. The thoughts are then brought to Jesus in the minds of each person and meditated upon during Adoration. Following Adoration, there is a discussion to share more thoughts that came to mind during prayer.

Date: \_\_\_\_\_

---

Stupid Question (10 min)

### **SCRIPTURE SHARING (30 min)**

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Leader

---

Topic

---

Verses

### **ADORATION OF THE BLESSED SACRAMENT (40 min)**

---

Worship leader

---

Priest/deacon

---

Candle Bearer

### **DISCUSSION (10 min)**

---

Leader

---

Announcements

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Social

**Spirit & Truth Planning Form**  
**TRADITION NIGHT**

The goal of this night is to expose the young adults to the traditions of our faith with the intention of helping them understand how and why we have these as central to our faith. Some traditions to offer may be: confession, rosary, Mass, novenas, chaplets, etc. The schedule varies according to the tradition. If Mass is offered, there will not be Eucharistic Adoration. All other experiences of Catholic traditions, should revolve around Adoration. For example, if confession is offered, the participants will Adore the Blessed Sacrament the entire meeting while those who wish, may quietly exit for confession and return for their penance. Consult with your Spiritual Director as to which traditions to do during Adoration, as some are not permissible.

Date: \_\_\_\_\_

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Leader

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TRADITION

Schedule:

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Announcements

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Social

**Spirit & Truth Planning Form**  
**TEACHING NIGHT**

The goal of this night is to provide everyone with a powerful message of truth. The speaker should be one that is polished and has some background in theology or Church teachings, maybe a priest, deacon, youth minister, CCD teacher, or someone with a dynamic speaking gift. The topic should be one that will pertain to the issues of this age group.

Date: \_\_\_\_\_

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Stupid Question (10 min)

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Opening prayer/song (10 minutes)

**TALK (20 min)**

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Topic

---

Speaker

**ADORATION OF THE BLESSED SACRAMENT (40 min)**

---

Worship leader

---

Priest/deacon

---

Candle Bearers

**DISCUSSION (10 min)**

---

Leader

---

Announcements

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Social

**Spirit & Truth Planning Form**  
**ADORATION ONLY NIGHT**

This night is one of deep prayer and meditation. Sometimes, we just need to pray and listen to the voice of God in our hearts. An Adoration Only Night allows that for a longer discussion period at the end to share our inspirations with each other.

Date: \_\_\_\_\_

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*Stupid Question* (10 min)

**ADORATION OF THE BLESSED SACRAMENT** (1 hour)

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Worship leader

---

Priest/deacon

---

Candle Bearer

**DISCUSSION** (20 min)

---

Leader

---

Announcements

---

Social

# ***Frequently Asked Questions***

## **What exactly is Spirit & Truth?**

Spirit & Truth is a prayer experience for young adults, commonly ranging from 18-35 years of age. It is a time for young people to come before God with their worries, troubles, sins and questions, in the company of like-minded people in search of the truth. This age group is often unsettled in their vocations and constantly questioning the world, the Church and themselves. Because of the intense prayer that occurs at a Spirit & Truth meeting, many people feel very clear and peaceful upon departing. It resembles a mini-retreat. Young adult life can also be a lonely time for many. Spirit & Truth becomes a very consoling place for those who desire to be in the company of others who are also in similar places in their lives. Rather than provide this age group with merely social events, this initiative offers young people the opportunity to go deep in their relationship with God while forming relationships that are rooted in more than good food and drink. The young people who attend Spirit & Truth will undoubtedly find peace in Christ, bonded friendships, the truths of our faith and life in the Holy Spirit.

## **What age group does Spirit & Truth target?**

Typically, all young people ages 18-35 years old. Some groups make exception for older people, but not younger. With liability issues and considering all that is already offered for teens in the Church, we feel it is not a necessary element to Spirit & Truth.

## **What is the atmosphere for a meeting?**

The room should be comfortable and intimate, with a non-threatening environment for those attending. When Adoration begins, there should be low lights, candles lit and an environment that is conducive to both community prayer and quiet prayer, where those attending will not feel inhibited from sitting in quiet reflection even in the midst of communal prayer. Low lights allow people to close their eyes, meditate and not feel like others are watching them. The opening prayer and icebreaking question should be held in a room separate from the tabernacle, in order to maintain respect for the Blessed Sacrament.

## **How many people should be required to start a group?**

We suggest 10. It seems to be the winning number. Groups that start with fewer than that typically don't make it. However, if you feel a strong conviction to begin praying with a few people in order to get the ball rolling, by all means do so. Maybe begin praying with those interested in leading for a few months in the presence of the Blessed Sacrament and allow God to show you how to get more people. It is ideal that your group make a six month commitment. You may have some rough spots, but after six months you will be sure whether the group is able to sustain itself or not.

### **What is the weekly rotation?**

Adoration of the Blessed Sacrament must be part of every Spirit & Truth weekly meeting. In addition to Adoration, each group offers a teaching, scripture study or tradition. A sample monthly schedule looks like this:

Week 1 Teaching / Speaker

Week 2 Tradition (Mass, confession, devotions)

Week 3 Scripture Study

Week 4 Just Adoration (take a whole hour to only pray with Jesus)

### **Are there any quarterly scheduling ideas?**

It is highly suggested that Mass and Confession are offered quarterly during the weekly meeting.

### **What are some Stupid Question Ideas?**

- Describe one item of clothing you love but probably should throw away.
- What toothpaste do you use?
- What deodorant do you use?
- What is the color of your toothbrush?
- If you could have any super power what would it be?
- What movie best describes your life?
- If you could be a fly on the wall of anyone's house, who's would it be?
- If you could be stuck in the elevator with anyone who would you choose? (dead or alive)
- Favorite toy growing up.
- Favorite song you jam out too when no one is looking.
- What was your first car? Did it have a name?
- Name a pet peeve you have.
- What is something about you that your parents would probably say is annoying?
- Favorite holiday tradition.
- Favorite meal for holiday season.
- Holiday tradition that your family has that you think is cool.
- When you were a kid, what did you want to be when you grew up?
- What cereal did you beg your parents for when walking down the cereal aisle as a child?
- What cartoons did you have to watch when growing up?
- What's your favorite 80's style?
- What song gets stuck in your head and you can't get it out?
- What food is not appetizing to you but is appetizing to most other people?
- Favorite expression?
- What was a gift that you knew you would re-gift as soon as you opened it?



# Overview of Eucharistic Adoration and Benediction

As Catholics, we believe that Jesus Christ is truly present in the Blessed Sacrament. The Blessed Sacrament is the Consecrated Host that we receive in communion during Mass. This Host is consecrated by the Priest and truly becomes the Body, Blood, Soul and Divinity of Jesus. It is this Body of Christ that unifies us with each other and with God. It is the center of our faith. All that we do as Catholics stems from this experience.

In Eucharistic Adoration, we take time to worship this same Body of Christ. We spend time in His Presence and listen to His voice. This takes place when the priest takes one of the Consecrated Hosts out of the tabernacle and exposes it to the people. This is called Exposition. We spend time with Christ in the Blessed Sacrament and adore Him. This is called Adoration. At the end of our time with the Blessed Sacrament, the priest gives us a blessing, which we call Benediction. When the Blessed Sacrament is placed back in the tabernacle, we call this Reposition.

This practice of Eucharistic Adoration and Benediction has been going on since the beginning of the Catholic Church. There is so much to read and know about the Eucharist and Adoration. Please take time to read and understand more.

The best website that we have come across in our study of this topic is <http://www.therealpresence.org/> Here you will find a wealth of information and many links to Papal documents and the writings of many other scholars.

One other source would be any books you can find written by Fr. John A. Hardon S.J. He has authored many books and articles on this subject that you will find helpful.

*"The first time I went to S&T, it was nice. I am 29, so I wasn't quite used to Praise and Worship music in the Catholic Church. It took me a few times to get used to it, but eventually I did. I went to Revive 2 in Atlanta, and that really helped me to feel the power of prayer through Praise and Worship. My first couple of times at Adoration, I kind of felt like, "What am I supposed to be feeling?" I felt like I had a block. But at one of our gatherings, we had Confession during Adoration. I went to Confession and then went back to Adoration and just felt a load was lifted and felt like I was closer to Christ than ever before. I would definitely say my favorite part of S&T has to be Adoration. That is the reason I go every week. Just knowing that I can spend 30-45 minutes with Jesus in the Blessed Sacrament every Thursday evening definitely gives me something to look forward to at the end of the week. I also enjoy our social time afterwards at the Mexican restaurant. It is good to be able to hang out with other Catholic young adults. I have a lot more friends to share my faith with now and there is never a dull moment."*

*Rea Roberson  
Birmingham, Ala.*



## The Rite of Eucharistic Exposition and Benediction

“Exposition of the holy Eucharist, either in a ciborium or in a monstrance, leads us to acknowledge Christ’s marvelous presence in the sacrament and invites us to the spiritual union with him that culminates in sacramental communion. Therefore it is a strong encouragement toward the worship owed to Christ in spirit and in truth. In such exposition care must be taken that everything clearly brings out the meaning of Eucharistic worship in its correlation with the Mass. There must be nothing about the appointments used for exposition that could in any way obscure Christ’s intention of instituting the Eucharist above all to be near us to feed, to heal, and to comfort us.”

(Holy Communion and Worship of the Eucharist Outside Mass, no 82)

**EXPOSITION** (HCWEOM, nos. 95&96) (Bishop, priest or deacon is celebrant)

### **Salutariu Hostia (or other appropriate Eucharistic song)**

O Salutaris Hostia,  
Quae caeli pandis ostium:  
Bella premunt hostilia,  
Da robur, fer auxilium.

O saving victim, op’ning wide  
The gate of heav’n to all below,  
Our foes press on from ev’ry side:  
Thine aid supply, thy strength bestow.

Uni trinoque Domino  
Sit sempiterna gloria  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

All praise and thanks to thee ascend  
Forevermore, blest One in Three;  
O grant us life that shall not end  
In our true native land with thee.  
Amen.

### ***Blessed Sacrament incensed***

**ADORATION** (HCWEOM, nos. 95&96)

The group can be silent, in whole or in part, including a Homily, Scripture Readings, Rosary, Songs, and/or Prayer. Typically, Spirit & Truth Communities will begin with songs of Worship and then lead into silent reflection, personal scripture reading and journaling.

### ***Blessed Sacrament incensed again***

**BENEDICTION** (HCWEOM, nos. 97-99)

### **Tantum Ergo Sacramentum (or appropriate Eucharistic song)**

Tantum ergo sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui;

Humbly let us voice our homage  
For so great a sacrament;  
Let all former rites surrender  
To the Lord’s New Testament;

Praestet fides supplementum  
Sensuum defectui.  
Genitori, genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit at benedictio:  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

What the senses fail to fathom,  
Let us grasp through faith's consent!  
Glory, honor, adoration  
Let us sing with one accord!  
Praised be God, almighty Father;  
Praised be Christ, his Son, our Lord;  
Praised be God the Holy Spirit;  
Triune Godhead, be adored!  
Amen.

**Celebrant:** You have given them bread from heaven.

**People:** Containing in itself all delight.

**Celebrant:** Let us pray.

Lord, give to our hearts the light of faith and the fire of love, that we may worship *in Spirit & Truth* our God and Lord, present in this Sacrament, who lives and reigns for ever and ever.

**Benediction** (Celebrant gives the Blessing)

**Recitation of the Divine Praises** (Echo Fashion)

Blessed be God.  
Blessed be His holy name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be His most Sacred Heart.  
Blessed be His most Precious Blood.  
Blessed be Jesus in the most holy Sacrament of the altar.  
Blessed be the Holy Spirit, the Consoler.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, virgin and mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His angels and in His saints.

Celebrant: Let us pray.

May the Heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection at every moment in all of the tabernacles of the world even to the end of time.

People: Amen.

**REPOSITION** (HCWEOM, no 100)

**The Blessed Sacrament is reposed back in the tabernacle.**

**Recessional Song**

We encourage you to copy these pages (Rite of Exposition and Benediction) and laminate it for your group.

Following is a list of items you will need in preparation:

1. Monstrance
2. Altar cloth
3. Four to six candles
4. Censor and incense boat
5. Humeral veil
6. Chair and kneeler for priest
7. Vesture for priest or deacon: alb and stole (cope optional)

To read further information concerning Holy Communion and Worship of the Eucharist Outside of Mass, see <http://www.ewtn.com/library/CURIA/CDWSACRA.HTM> or *Holy Communion and Worship of the Eucharist Outside Mass*, New York: Catholic Book Publishing Co., 1976.

An excellent resource for Eucharistic worship is Mary Welch Rogers, *BENEDICTION* © 1996 on CD. A copy can be obtained from most Atlanta area Catholic bookstores or from Mary Welch Rogers Music Ministry, P.O. Box 6450, Norcross, Ga.30091, 1-800-840-4822.

*"I started going to Spirit & Truth at Emory last summer. As a cradle Catholic, I admit I wasn't at all used to having music during adoration, so it took me a while to really get into it. After a while, I noticed that I was no longer just singing along – I was actually praising and worshipping Christ, who was sitting right in front of me in the monstrance. Spirit & Truth quickly became an important part of my week."*

*Kim Sanecki,  
Emory University, Atlanta, GA*



# Choosing a Name

When we began this ministry, one of our young adults felt certain that God wanted us to model our lives after John 4:23, “true worshippers will worship God in spirit & truth.” She couldn’t have been more right in her discernment. This verse has become our only mission to share with others.

We would love for you to also share our name. It really brings a bond between the communities and gives us common purpose. If you want to share this name with us, please read the following license agreement and have it signed by all the necessary people. Please don’t be intimidated by it. The main part of the agreement is in article 2. Our purpose for having you sign this is to protect the integrity of the mission of Spirit & Truth.

If you don’t feel called to be united in name, but would like to use the ideas in this book to create a ministry with a different name, please feel free. If this is the case, we would still like to be united in mission and would love it if you registered on our website. That way we can be in communication with each other and support each other. We will be hosting conferences and leadership training seminars that you might find helpful. You can find out about these through our website. To review the other advantages of using our website, please read the section on resources.

When you have the agreement signed, please mail (do not fax) to:

**Spirit & Truth Eucharistic Adoration Communities, Inc.**  
**1788 Boxwood Drive**  
**Acworth, GA 30102**

Some quick tips for the last page:

1. Director is Lisa Fiamingo.
2. The "Licensee" is a place. It is the church/parish/diocese/convent/catholic center that is adopting the ministry.
3. The "By" is the signature of the priest or deacon who signs on behalf of the organization.
4. The "It's" is the title of the person in number 3, ex: Pastor, Parochial Vicar, Deacon, Campus Minister, etc.
5. The signature of the Spiritual Director, which must be a priest or deacon
6. The signature of the Coordinator





## **LICENSE TO USE NAME, STYLE, LOGO, EMBLEMS AND INSIGNIA**

AGREEMENT made this \_\_\_\_ day of \_\_\_\_\_, between SPIRIT & TRUTH EUCHARISTIC ADORATION COMMUNITIES, INC., a Georgia nonprofit corporation, \_\_\_\_\_ (“Licensor”), \_\_\_\_\_ and \_\_\_\_\_, (“Licensee”).

WHEREAS, Licensor has the rights to the name “Spirit & Truth Eucharistic Adoration Communities” and the associated style, logo, emblems and insignia, (hereinafter collectively called “Name”), such Name being well known and recognized by the general public and associated in the public mind with Licensor and;

WHEREAS, Licensee desires to use the Name in connection with the development of a Faith Community, as hereinafter described;

NOW, therefore, in consideration of Ten Dollars (\$10.00) paid by Licensee to Licensor and other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged and in consideration of the mutual promises herein contained, it is agreed:

### 1. Grant of License.

(a) Upon the terms and conditions of this Agreement, Licensor grants to Licensee, and Licensee accepts the non-exclusive right, license and privilege of utilizing the Name solely and only in connection with the development and operation of a Faith Community at \_\_\_\_\_ (parish or college).

(b) The term of this license shall be effective upon the execution of this Agreement by the parties and shall continue for so long as Licensee operates a Faith Community as defined by this Agreement.

### 2. Faith Community.

(a) A Faith Community, for purposes of this Agreement, is a group that meets weekly to worship God in the Holy Eucharist, to learn more about the Catholic Faith and to share fellowship and complies with the following requirement:

(b) The group must have a Spiritual Director who is a priest or deacon;

(c) Before beginning weekly meetings, the Spiritual Director must obtain the approval of the pastor of the facility where the group will meet and the approval of the bishop of the diocese in which the group is located; and at all times thereafter the group shall maintain the approval of the pastor and bishop;

(d) The group must offer Eucharistic Adoration weekly meetings unless it is replaced by a Mass;

(e) All of the group's teachings must adhere to the Magisterium of the Catholic Church;

(f) The group must have a Coordinator who takes responsibility for all aspects of scheduling, coordinating leaders, reserving space and other logistics;

(g) If the Coordinator is changed, the new Coordinator must give the Licensor written notice of the change within 30 days and agree in writing to be bound by this Agreement, and

(h) Any document, letter or other written materials produced by Licensee or the group must contain a prominent statement that the document, letter or other written statement was produced by Licensee for its specific Faith Community.

3. Goodwill. Licensee recognizes the great value of the goodwill associated with the Name, and acknowledges that the Name and all rights therein and goodwill pertaining thereto belong exclusively to Licensor, and that the Name has a secondary meaning in the mind of the public.

4. Licensor's Title and Protection.

(a) Licensee will not, during the term of this Agreement, or thereafter, attack the title or any rights of Licensor in and to the Name or attack the validity of this license. Licensor hereby indemnifies Licensee and undertakes to hold it harmless against any claims or suits arising solely out of the use by Licensee of the Name as authorized in this Agreement, provided that prompt notice is given to Licensor of any such claim or suit, and provided, further, that Licensor shall have the option to undertake and conduct the defense of any suit so brought, and no settlement of any such claim or suit is made without the prior written consent of Licensor.

(b) Licensee shall assist Licensor to the extent necessary in the procurement of any protection or to protect any of Licensor's right to the Name, and Licensor, if it so desires, may commence or prosecute any claims or suits in

its own name or in the name of Licensee or join Licensee as a party thereto. Licensee shall notify Licensor in writing of any infringements or imitations by others of the Name which may come to Licensee's attention, and Licensor shall have the sole right to determine whether or not any action shall be taken on account of any such infringements or imitations. Licensee shall not institute any suit or take any action on account of any such infringements or imitations without first obtaining the written consent of the Licensor so to do.

5. Labeling.

(a) Licensee will cause to appear on or within all written, advertising, promotional, or display material bearing the Name the notice "Copyright © by Spirit & Truth Eucharistic Adoration Communities, Inc.—All Rights Reserved" and any other notice desired by Licensor and, where such written or advertising, promotional, or display material bears a trademark or service mark, appropriate statutory notice of registration or application for registration thereon.

(b) Licensee will cooperate fully and in good faith with Licensor for the purpose of securing and preserving Licensor's (or any grantor of Licensor's) rights in and to the Name. At the termination or expiration of this Agreement, Licensee will be deemed to have assigned, transferred, and conveyed to Licensor any rights, equities, goodwill, titles, or other rights in and to the Name which may have been obtained by Licensee or which may have vested in Licensee in pursuance of any endeavors covered hereby, and Licensee will execute any instruments requested by Licensor to accomplish or confirm the foregoing. Any such assignment, transfer, or conveyance shall be without other consideration than the mutual covenants and considerations of this Agreement.

(c) Every use of the Name by Licensee shall inure to the benefit of Licensor. Licensee shall not at any time acquire any rights in such Name by virtue of any use it may make of such Name.

6. Effect of Termination or Expiration. Upon and after the expiration or termination of this license, all rights granted to Licensee hereunder shall forthwith revert to Licensor, and Licensee will refrain from further use of the Name or any further reference to it, direct or indirect, or anything deemed by Licensor to be similar to the Name.

7. Licensor's Remedies.

(a) Licensee acknowledges that its failure to operate a Faith Community in full compliance with the provisions of Paragraph 2 shall terminate this Agreement and that its use of the Name after termination will result in the immediate and irreparable damage to Licensor and to the rights of any other licensee. Licensee acknowledges and admits that there is no adequate remedy at law for such use and that, in the event of such use, Licensor shall be entitled to

equitable relief by way of temporary and permanent injunctions and such other further relief as any court with jurisdiction may deem just and proper.

(b) Resort to any remedies referred to herein shall not be construed as a waiver of any other rights and remedies to which Licensor is entitled under this Agreement or otherwise.

8. Notices. All notices to be given shall be given or made at the respective addresses of the parties set forth next to their signatures unless notification of a change of address is given in writing, and the date of mailing shall be deemed the date the notice or statement is given.

9. No Joint Venture. Nothing herein contained shall be construed to place the parties in the relationship of partners or joint venturers, and Licensee shall have no power to obligate or bind Licensor in any manner whatsoever.

10. Assignment or Sublicense. This Agreement and all rights and duties hereunder are personal to Licensee and shall not, without the written consent of Licensor, be assigned, made subject to a security interest, sublicensed, or otherwise encumbered by Licensee or by operation of law. Licensor may assign but shall furnish written notice of assignment.

11. Waiver. None of the terms of this Agreement can be waived or modified except by an express agreement in writing signed by both parties. There are no representations, promises, warranties, covenants, or undertakings other than those contained in this Agreement, which represents the entire understanding of the parties. The failure of either party hereto to enforce, or the delay by either party in enforcing, any of its rights under this Agreement shall not be deemed a continuing waiver or a modification thereof and either party may, within the time provided by applicable law, commence appropriate legal proceedings to enforce any or all of such rights. No person, firm, group, or corporation (whether included in the Name or otherwise) other than Licensee and Licensor shall be deemed to have acquired any rights by reason of anything contained in this Agreement.

12. Governing Law. This Agreement shall be governed by and construed and enforced in accordance with the laws of the State of Georgia without giving effect to such state's conflict of laws rules.

13. Consent to Jurisdiction; Service of Process. The parties hereto irrevocably submit to the jurisdiction of the United States District Court for the Northern District of Georgia over any dispute arising out of or relating to this Agreement or any agreement or instrument contemplated hereby or entered into in connection herewith or any of the transactions contemplated hereby and thereby, and each

party hereby irrevocably agrees that all claims in respect of such dispute or proceeding shall be heard and determined in such court.

14. Severability. Whenever possible, each provision in this Agreement shall be interpreted in such a manner as to be effective and valid under applicable law. If any provision of this Agreement shall be prohibited or invalid under applicable law, such provision shall be ineffective to the extent of such prohibition or invalidity, without invalidating the remainder of such provision or the remaining provisions of this Agreement.

IN WITNESS WHEREOF, the parties hereto have caused this instrument to be duly executed as of the day and year first above written.

LICENSOR:  
SPIRIT & TRUTH EUCHARISTIC  
ADORATION COMMUNITIES, INC.

Licensor's address:  
1788 Boxwood Drive  
Acworth, GA 30102

By Lisa Fiamingo  
Director

LICENSEE:

\_\_\_\_\_  
Licensee's address:

By \_\_\_\_\_

Its \_\_\_\_\_

\_\_\_\_\_  
Spiritual Director

\_\_\_\_\_  
Logistics Coordinator



# ***Closing Thoughts***

## **In your service to Christ through Spirit & Truth, you'll find holiness**

Your service to Christ through Spirit & Truth will challenge you in ways you never dreamed possible. Your patience, your honesty, your ability to surrender, your love for others and much more will be challenged throughout your leadership. This is a great opportunity, because God will use this experience to make you holy. Your leadership will be 50% about your growth as a child of God and 50% about you leading others to that same relationship. Just when you think you've got it all together and you can lead those who need God more than you, you'll be given a new challenge in your own personal journey. Perseverance will be the key to your success. Hang in there. Remember the saints and their determination to be faithful to the end. You are doing something most people are afraid to do. And oddly enough in your weakness, He will be strong. "My grace is sufficient for you, for power is made perfect in weakness." 2 Cor. 12:10

## **You're not alone**

Know that we are all suffering with you. We are all on this journey together. We need each other to learn and grow. Take the challenges and choose the high road. Always do the right thing. If we all surrender to God, we will stay unified in this mission. Allow Christ to be the center. We must never let our egos get in the way of what God is trying to do.

## **How to relate to Priests**

When priests see us coming, we don't want them to run the other way. We want them to feel peaceful when we are around. We want them to know they have a community that will support them. We should offer to help in any way that the parish or college needs our help. We need to invite the priest to hang out with us if he has time. We also need to remember his birthday, anniversary and holidays. College priests always get a bum deal when those days come around, because college students are not the richest people around. Parish priests drown in baked goods, cards, gifts and money on special days. Let's remember those college priests, too.

And don't forget, you get more flies with honey. When you're trying to get a priest interested in your community, bring him cookies rather than judgmental remarks and stress. If he feels loved by you, he is more inclined to hear you than if you come at him with anger or frustration. He has given his life for Christ and the Church. Never forget that.

Always remember that our priests are overworked. Hopefully, your group will be one that helps him feel refreshed and renewed. Try not to overwork him while he's with your community. His presence alone is a blessing. Many priests get bogged down with confession every week at Spirit & Truth, and while it is great that many want to confess, encourage your people to attend regular confession times at your parish or campus ministry or to find a spiritual director or confessor to meet with on a regular basis. Schedule quarterly penance services for your Spirit & Truth community to help with this issue.

### **Know what to expect**

Remember the mission: to evangelize your generation! To evangelize is to share the initial proclamation of the Gospel. You merely have to provide an opportunity for people to have that initial encounter with Christ. This is very important to remember!!

As your people begin to mature in their relationship with Christ, they may begin to ask that you focus on one particular spirituality, one that they have come to love. You must remain steadfast in your mission to provide a taste of all spiritualities for your community. You are trying to draw all kinds of people to a new encounter with Jesus and if you focus on only one spirituality, you limit the affect you will have on your new people.

Let me explain. A common experience in a Spirit & Truth Community is when the group has been meeting for a while, some of the leaders will begin to lean toward one specific spirituality, like contemplative prayer, charismatic prayer, Marian devotions, etc. These are beautiful ways to pray. That's why we use them in our meetings. However, when the team begins to offer a specific kind of prayer more than the rest, it is time to protect the mission of Spirit & Truth. Complete silence is beautiful, but it is not going to draw this generation. If it did, the perpetual adoration chapels would be packed with young people already.

When you sense that your team is leaning toward a specific spirituality, remind them of the mission, to bring new people into relationship with Christ, while introducing them to various spiritualities of the Catholic Church. Encourage them to start a group that promotes that one spirituality in which they are drawn and encourage them to dive into it. But, make it on a different day with a different name and a different purpose. Encourage them to go after their relationship with God with zeal, but never forget where they found him. Help them to see that they need to move on, but also support the mission of Spirit & Truth. See if they will start this other group while remaining on the team for Spirit & Truth so they can pass on the gift of knowing Christ to others. They need to grow and mature. We need to be happy for them, rather than be sad for the changes. God has everything figured out way before it happens, so trust that. Your group will see many people come and go, but rarely does anyone leave to do nothing. Most people leave Spirit & Truth to a more advanced group and to serve the Church. That's an amazing gift to the Church.

Train your team from the beginning to replace themselves in leadership. Have them make an agreement that they won't leave you until they have someone completely trained to take their place.

With all that said, you can see how the numbers in your group are going to fluctuate constantly. You will need one person to hold it together, along with the Spiritual Director. Young adults, by their very nature, are transient folks, ever changing their addresses, phone numbers and email. That's why Spirit & Truth is so valuable to them. It's always there. It's a constant in an ever-changing world. They can go away for months and come back to open arms any time they want. It's all worth it when you hear the words that we have heard so many times, "Man, I knew you'd be here. I'm so glad to be back."



So, stick with the mission. When people long for silence, direct them the Adoration Chapel at your church. If there isn't one, make it a priority to petition for one. But, again, do it in love, prayer and kindness. And don't forget the cookies. Also, encourage them to start a group to meet their deeper spiritual needs. Make sure to find a place to get your spiritual needs met, too. Find a personal Spiritual Director, go to Confession often and daily Mass. Seek the silence in your own life. And when things get really tough, email us. We are here to support you and connect you with others who are on the same journey as you.

*“Adoration took place on Saturday night. I was anxious, I was nervous and I was a bit afraid. I didn't know what to do or what to say. So when the Blessed Sacrament was near, I closed my eyes and the first thing that came to me was to pray, “Jesus, come into my heart.” When I did that, I just broke down. I cried and kept saying, “I'm sorry” over and over again. I really don't remember how long adoration was, but I do remember I cried the entire time. I was so sorry for everything I had done in my life. That moment changed my life forever. It's as if I wasn't blind to sin anymore. I could see what was right and what was wrong. It wasn't just a set of rules I was living by, I was living my life for God. I started craving to read the Bible and to pray more often. I've really never been the same since that day.”*

*Paola Flores  
Atlanta*

## Personal Note from Lisa Fiamingo

I am delighted that you are taking the time to consider this ministry for your community. I will always be grateful to those who helped me begin a ministry like this for our teens when I was a youth minister. After several years in ministry, trying all kinds of new ideas to help them get to know Christ, we went on a YOUTH 2000 retreat that changed everything for us. At the end of the weekend, Ann Brawley, the national director, told us to follow up by starting an Eucharistic Adoration prayer group with our teens. We did, and it worked. I made more progress with that than anything else I tried. That was the beginning of my personal mission to teach others how to pray with Jesus in Adoration. We all owe a huge thanks to the CFR's in New York (Franciscan Friars of the Renewal) for their devotion to YOUTH 2000. Their hard work is reaping bountiful rewards.

I also owe a great deal of credit in my life to the Franciscan University of Steubenville, where I attended college. Without that experience, Spirit & Truth would not exist. I often wonder if Fr. Mike Scanlan understands just how much of impact he's had on the church and the world.

I want each of you to know that I am praying for you. I pray personally for everyone who reads this book. I also pray daily for all the Spirit & Truth Communities. I have a chart on my wall that lists each group, along with the day and time of each meeting. On that day, I offer my prayers and trials up for you. And as I do my best to offer prayers, I know I fall short. I am married and currently have three small children, and that takes up a great deal of time and energy. So in pursuit to have you covered in prayer, I approached the professionals for help. Spirit & Truth became prayer partners with 15 cloistered convents throughout the nation. They understand and appreciate our mission, and they have assured me that they are praying for us day and night. What a relief!! That doesn't excuse us from doing our part in prayer, but it sure does give me comfort knowing that we are protected by such powerful prayer warriors.

To close, I know you will find so much joy serving Christ through Spirit & Truth. Going to bed at night will be more peaceful than ever, knowing that you are making a difference on earth and in eternity. Thank you so much for your consideration of this initiative, and I pray God will guide you to His most perfect Will.

Yours in Christ,

Lisa

# Resources

## Website – [WWW.SANDT.ORG](http://WWW.SANDT.ORG)

We are able to sustain a worldwide community through our website. By registering, whether you use the Spirit & Truth name or not, you are allowing new people to find your group. When we meet people, we send them to our website to see if there are groups in their specific area. Please use this tool to draw new young adults to your community.

The other benefits to using the website:

- ❑ It provides a centralized place to funnel all S&T information.
- ❑ Gives us all the opportunity to share updates, events, photographs, music and experiences with one another.
- ❑ Enables you to send emails to your community.
- ❑ It gives you a place to get spiritual fed each day.

And it's FREE!!

## Start Up CD

This CD has everything you'd ever want to start your community. The contents include:

- ❑ Path of Grace – A Guide for Spirit & Truth Communities
- ❑ Spirit & Truth Booklet – used to seek Clergy Approval
- ❑ Official Spirit & Truth Logos
- ❑ Spirit & Truth Fact Sheet – used to create advertisements
- ❑ Tri-fold flyer
- ❑ New Person Information Form
- ❑ Business Cards
- ❑ Letterhead – for professional correspondence
- ❑ Note Cards
- ❑ Spiritual Offering Prayer Cards

And it's FREE!!

## Video of Spirit & Truth

St. Andrews Catholic Church in Roswell, GA has an amazing community. One night, we videotaped their Spirit & Truth meeting so that anyone who has never been to Adoration would have an idea as to how this whole thing works. We added no frills, nothing unattainable. We just presented it in all its simplicity. The editing and duplication process will be complete on **May 1, 2005**. If you want to see the real deal, let us know and we'll send you this Video. This is also FREE.

***We do take donations to cover the cost of materials and shipping/handling.  
To make a contribution, please read the following page.***

# **Donations**

As you can see, all of our materials and community support is free of charge. We sincerely long to bring conversion and renewal to the hearts of young adults. If you'd like to help support our efforts or contribute to the process of getting more materials out to young adults, we would be glad to accept your donations. We welcome your ideas, your service, your professional advice, and any financial contributions that you may offer.

Please know that all of your donations are used to further this mission. We don't throw big parties, have expense accounts or large salaries. In fact, we are all volunteers.

Your donations are tax-deductible.

You may make donations on-line at [www.sandt.org](http://www.sandt.org) or by mail. Checks can be made out to

**Spirit & Truth Eucharistic Adoration Communities, Inc.**  
**1788 Boxwood Drive**  
**Acworth, GA 30102**

***Thank you so much for your support. You will be in our prayers.***

*“Spirit & Truth leads young adults to a personal relationship with Jesus Christ in the Blessed Sacrament. Thus Jesus empowers us to grow in knowledge of Him through our sacred scriptures and traditions holding on to the most beautiful truth that has guided the church for two millennium.”*

*Fr. Stephen J. Lyness  
Chaplin, Georgia State University.  
Parochial Vicar, Cathedral of Christ the King, Atlanta.*

# Contact Us

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*"The desire of the young adults for the presence and working of the Spirit is inspiring. Their sincere pursuit of the Truth and the incorporating of that Truth into their every day lives gives new hope for the future of the Church and the world."*

*Fr. Linus DeSantis, OFM Conv.  
Director of Campus Ministry  
Kennesaw State University and Berry College*

