



Share with us in the chat:

1. Your name & where you are joining us from
2. What you are grateful for today

Queen of Heaven, pray for us.



V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Three overarching questions to be answered



1. *How has a woman's ability to discern, value and share her gifts to become a more effective leader changed through her participation in GIVEN?*
2. *How do GIVEN participants as young feminine leaders execute positive influence in the Church and the world?*
3. *How are women equipped to combat social ills and serve others through their exposure to and relationship with consecrated women religious?*

90% and above SA/A with these statements (Question 1, high to low)



- **I know I am capable of bringing goodness to the world.**
- I experience the feminine genius in other women at GIVEN.
- I recognize that God has called me to participate in GIVEN.
- I see clearly that my life is a gift.
- I recognize that God wants to use GIVEN to help me develop my gifts.
- I have a strong desire for on-going faith formation.
- I have experienced the unconditional love of God for me.

90% and above SA/A with these statements (Question 2, high to low)



- **I believe women leaders have a unique role in the Church.**
- I believe women leaders have a unique role in the world.
- I want to respond to God's generosity by using my gifts to serve others.
- I believe women have a unique type of leadership as compared to men.
- Learning about the feminine genius makes me a better leader.
- I see that my femininity is itself a gift.

90% and above SA/A with these statements (Question 3, high to low)



- **Sisters give witness to servant leadership.**
- During the Forum I spent time with religious sisters from various congregations.
- I see religious sisters as agents of positive change in the Church.
- I see religious sisters as agents of positive change in the world.
- Sisters give witness to self-gift.
- The work of the apostolates of religious sisters meets global needs.
- Sisters are living witnesses of the feminine genius.
- I witnessed religious sisters' call to live spiritual maternity.

69% or lower SA/A with these statements. (Question 1, low to high)



- I involve others' participation in my service activities.
- I clearly see how God wants me to serve Him in my profession.
- I see clearly what my vocation from God is.
- **I experience intimacy with God on a daily basis.**
- I am satisfied with the practice of my faith.
- I am engaged in activities for people in need.

69% or lower SA/A with these statements. (Question 2, low to high)



- I feel comfortable declining an opportunity.
- I feel comfortable setting boundaries.
- I involve others' participation in my service activities.
- I feel confident taking on new roles of leadership.
- **I consider myself an effective leader.**
- I have professional drive.
- I feel comfortable taking a leadership role.
- **I know how to integrate my spiritual life into my professional life.**

69% or lower SA/A with these statements. (Question 3, low to high)



- I serve alongside sisters in their ministries.
- The religious sister in my small group guided me in the further refinement of my Action Plan.
- Religious sisters influenced my action plan.
- I relate with religious sisters regularly.
- **I spend time with religious sisters outside of the Forum.**
- I work, or have worked in the past, with religious sisters in serving the community.
- I know of specific services religious sisters provide to others that I can participate in.
- The talks given by religious sisters guided me in the development of my Action Plan.



Did you experience healing (physical, mental, emotional, spiritual) through your participation in the GIVEN Forum? If so, which event(s) were most instrumental in your experience of healing?

"I experienced healing in feminine friendship. I had been struggling with the women in my life before the Forum. The Forum reminded me of the goodness of female friends and the necessity to foster those relationships."

"Yes. My action planning meeting was extremely healing - sharing my heart and mind to a stranger and receiving affirmation and encouragement back. God revealed himself to me in that 30 minute conversation through the mentor, and I am extremely grateful."

"Yes. I signed up for a spiritual direction session and the sister I signed up with walked me through the breaking of unholy soul ties. I literally felt a weight lift off my heart as soon as I finished that, and I have continued to feel that "lightness" of heart since then."

How has your participation in GIVEN helped you grow in appreciation for your own feminine genius?



“GIVEN is an affirmation like no other; this is a message stifled by the world and to see the witness of so many women living out their feminine genius and calling us to live it out was life-giving.”

“It's helped me see how incredibly rich the Church is in terms of its roles for women. There seem to be as many ways to serve Him as there are women.”

“It has helped me start to love the gentleness and sensitivity I have been told is weakness.”

“I learned to recognize myself and other women as being created as a woman for a specific purpose.”

“It sounds odd, but I feel like GIVEN gave me permission to be fully myself as woman. I have a stronger understanding of what it means to give and nourish life in the everyday and at work.”



**Do you see the Church as empowering women to be who they were meant to be?
Why or why not?**

“Yes and no. GIVEN is a huge source of light in this area. In my own personal experience, I have had beautiful and strong female mentors. However when it come to impacting change in the Church, when conflict arises, I've been advised by them to back off. I have experienced male leadership in the Church very often as saying they want reform and revitalization, but when challenged, refuse to open a path to change.”

“In events like GIVEN, yes. Through Church leadership in parishes, dioceses, and other Church hierarchical structures? Not really. I think this is because women do not know and understand that they SHOULD be there, because they do not know who they were created to be and therefore cannot answer God’s call to be there. GIVEN helps women understand this.”



Do you see the Church as empowering women to be who they were meant to be? Why or why not?

"Her teachings do, her people do not. We do not create environments that uphold and celebrate the needs of women - we actively have policies and programs in the church that do not uplift women. Women are not in enough decision making rooms. Female vocations are not funded as male vocations are. The church does not provide nearly as much formation for women as it does for men. We have no paid maternity leave, no comprehensive sex education, and don't actively educate our members on the equality of men and women. Women (who qualify for the position) are not chosen for positions of power over priests or lay men. Their fertility is often seen as a limiting factor, and accommodations are not made for mothers."

"Yes. I actually feel like the Church is more empowering to women right now than to men. For example, there is no "Given" for men and most churches have mostly women doing the volunteering. On the other hand, I think the Church puts too much emphasis on biological motherhood and having a Catholic family with lots of kids. It isolates both women and men who are single or infertile, and also women and men who don't feel called to that."

What spiritual benefits do you recognize as a result of this whole process?



"I feel significantly more peace in prayer. I desperately needed this time to hear more about the love of God to reignite my relationship with him with some fire. It's been a long pandemic without hearing that and having the ability to meditate on it."

"The religious sisters we walked with throughout the week taught me an intimacy in prayer that I've never tapped into before, and they did it only through their example. That kind of prayer, and confidence in my relationship with God, will stay with me forever I think."

"Healing from the mental effects of the COVID-19 pandemic, recognizing my own need for spiritual healing and to address it before I try to help others."

THE GAZE OF HIS MERCY

“For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion,
devotion with mutual affection, mutual affection with love.”

2 Peter 1:5-8

MERCY ON THE ROAD

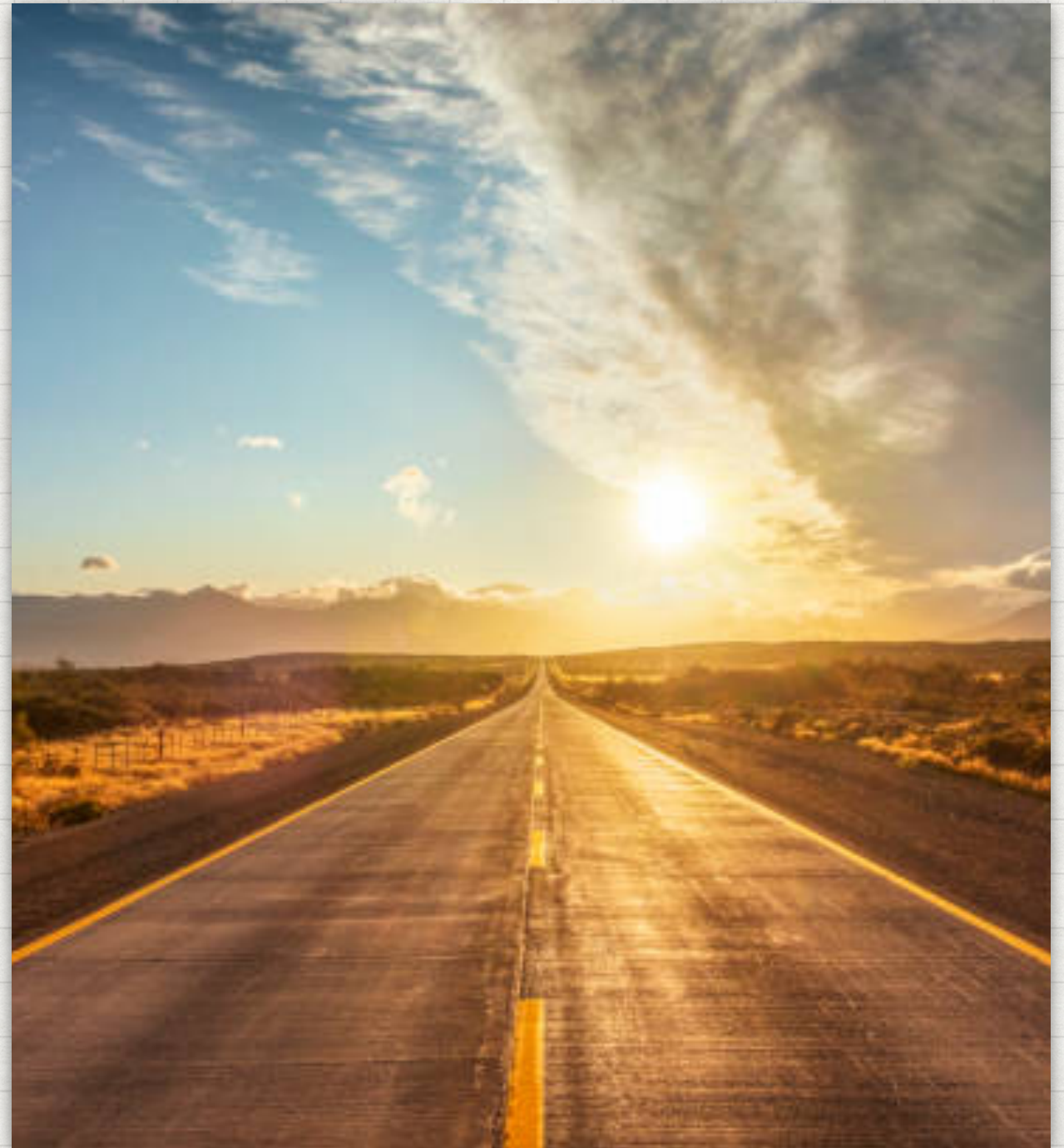
STUMBLING BLOCKS V. ROAD BLOCKS

Stumbling blocks: temporary, self-imposed blockages hindering action plan

Road blocks: not temporary, possible mental health issues that need further assistance to overcome to achieve action plan

How do we identify the difference?

Both can produce stress, anxiety and depressive characteristics.



WHATS THE DIFFERENCE?

| | Stress | Anxiety |
|----------|--|--|
| History | <p>Situational Triggered by events or environment Decreases when trigger is gone</p> <p>Goes away</p> | <p>Genetic or familial hx/organicity May not be presence of environmental trigger Does not decrease after situational stress is gone</p> <p>Does not go away</p> |
| Severity | <p>Maintains adequate level of functioning Responds to resources and help May not be observable by others as severe</p> <p>Self- correcting</p> | <p>Marked change in functioning Unable to respond to resources/help Observable by others as severe</p> <p>Not so much</p> |
| Time | <p>May not continue all day, every day May only exist during the time of situation</p> <p>Temporary</p> | <p>Continues more days than not for 6 months</p> <p>Not Temporary</p> |

REASONS FOR INCREASED MENTAL HEALTH ISSUES

STUMBLING BLOCKS

- Decreased practice of personal self-efficacy
- Increased external focus/decreased internal connection
- Increased black and white thinking
- Increased perceptions of trauma/traumatic events

EDIFICATION:

THE WORD EDIFICATION FINDS ITS ROOT IN
THE LATIN VERB *AEDIFICARE* WHICH
LITERALLY MEANS "TO BUILD UP"

OR

IN THE NEW TESTAMENT GREEK *OIKODOME*
WHICH TRANSLATES TO

"THE BUILDING OF A HOUSE"

MERCY IN ACTION



