Encounter Culture: The Method

1. **The Posture: an Open Heart**

- Enter the room in silence, leaving your busy week at the door. Invite the Holy Spirit to take over!
- Pick up the reflection sheet.
- Sit quietly and read the reflection sheet.
- The reflection is written about the piece of music that will be playing.
- After reading the reflection, sit and contemplate the piece of music and painting that will be on the screen.
- There will be 10-15 minutes after the start time to do this.

2. **Opening Prayer**
   (Prayer for the Heart of a Child, Leonce de Grandmaison)

- To become truly open and able to be fascinated and curious, we need to ask for the heart of a child and the playfulness and humility that that entails.

❖ Holy Mary, mother of God, preserve in me the heart of a child, pure and clean like spring water; a simple heart that does not remain in its own sadness; a loving heart that freely gives with compassion; a faithful and generous heart that neither forgets good nor feels bitterness for any evil.

Give me a sweet and humble heart that loves without asking to be loved in return, happy to lose itself in the heart of others, sacrificing itself in front of your Divine Son; a great and unconquerable heart which no ingratitude can close and no indifference can tire; a heart tormented by the glory Christ, pierced by His love with a wound that will not heal until heaven. Amen

3. **Intro to the Subject**

- Morgan will give a brief intro on the Subject--or its artist, writer, or composer.
- We will talk about some things to look for, be aware of, and observe while looking at the subject. These are called “Guides”.

4. **The Subject**

- We will look at the subject (by watching, reading, listening, etc).
- Keep in mind the Guides, and write down any thoughts or notes in your notebook.

5. **Group Discussion**

- We will utilize group discussion Questions, but we are by no means limited to them.
- It's important to let the Holy Spirit guide us, and be open to that.
- It is important to remember that we don't have to “like” something to grow from it or have it provoke us. Keep an open mind!

- It is also important to note that we are all different, and the Holy Spirit speaks to us in different ways. Sometimes we don't see things that others see, or we disagree with them. Be patient and listen—often we learn a lot from those who see differently.

6. Subjects for Expansion

- Sometimes there will be other Subjects to expand upon the Subject of the night.
- This might be books, other authors, an exhibit at the art museum, etc.
- We are free to pursue these things in our own time.
- Also, it is helpful to listen to the beginning piece of music again—with more attention and in a different context. This is a useful tool for the month.

7. Closing Prayer

(Fragrance Prayer, John Henry Cardinal Newman)

- This prayer reminds us that we have just encountered Christ and to share His presence with all those who encounter us in the coming month.

❖ Dear Jesus, help me to spread Your fragrance everywhere I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly,
That my life may only be a radiance of Yours.

Shine through me, and be so in me
That every soul I come in contact with
May feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!

Stay with me and then I shall begin to shine as You shine,
So to shine as to be a light to others;
The light, O Jesus will be all from You; none of it will be mine;
It will be you, shining on others through me.

Let me thus praise You the way You love best, by shining on those around me.
Let me preach You without preaching, not by words but by my example,
By the catching force of the sympathetic influence of what I do,
The evident fullness of the love my heart bears to You.

Amen.