

OVERVIEW

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Catholic Campaign for Human Development



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The JusticeWalking Vision

Set your hearts first on God's Reign and God's justice and all these other things will be given to you as well.

Matthew 6:33

Imagine what would happen to us and our world if we really tried to live the Gospel!

JusticeWalking (J-Walking) is a small-group process that initiates college students and adults into life-affirming relationships, applied Catholic social teaching, and gospel transformation,

J-Walking is an experiment in gospel living.

What would happen to our lives if we tried to live out the gospel teachings together?

This prayerful process brings adults and college students into a small Christian community in order to practice Gospel-based living. Over the course of seven sessions, J-Walkers dialogue, reflect, and experiment with the application of the Gospel and Catholic social teaching to their lives.

J-Walkers build relationships that deepen connections and broaden community.

What would happen to our friendships if we let the Gospels guide us?

Transformation happens through relationships. The friendships that develop during the J-Walking process are core to the process. J-Walking encourages young adults to broaden their circles of awareness and exposes them to the spirit of engaged compassion.

J-Walkers are pilgrims in pursuit of a better world.

If we put God's justice first, what and who would we care about? What would we be looking for in life?

The J-Walking process is a spiritual journey in which J-Walkers:

- look *at* current realities and their life experiences
- look *into* the depths of their own hearts
- look *through* the witness of prophetic people who reveal the potential of life lived with integrity and compassion.

J-Walking is inter-generational and co-facilitated.

How would the world change if the prophetic voices of young people were our guide?

J-Walking groups include five to ten participants and two coordinators (adults or college students experienced in ministry). Since we are all teachers and learners when it comes to walking justly, every participant is a J-Walker. Participants and coordinators facilitate sessions together.

Walking a Heart Path of Justice

The Spirit of the Lord is upon me because God has anointed me to bring good news to the poor. God has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim a year of God's favor.

Luke 4: 18-19

Imagine walking in the footsteps of Jesus today.

Where would we go? Who would we know? How would we grow?

J-Walkers are moving in a different direction.

This journey will lead young people along different paths, inspire uncommon life choices, offer faith-based perspectives on the events of our time, re-order life priorities, and relocate relationships.

J-Walkers do not follow the crowd but go against the flow.

J-Walkers look and listen, read and dialogue, pray and practice.

J-Walkers choose unconventional paths and cross boundaries.

J-Walkers form unlikely relationships and build community.

J-Walkers draw inspiration from the stories of those who have struggled to live justly.

J-Walkers engage in prophetic dialogue with our world.

Components of the JusticeWalking process

With the support of friends and family, J-Walkers commit to:

- Seven two-hour weekly or bi-weekly sessions
- Holding every other meeting at a local social service agency
- An Opening and Closing retreat
- A Justice Pilgrimage, prayerfully visiting eight local sites (over two days)
- Reading and reflecting together on two books
- Daily prayer and journal reflection
- Four spiritual practices or experiments in lifestyle adjustment
- Conducting a Public Dialogue with invited guests

“J-Walking goes far beyond twelve sessions. It is a way of life.
It changes the way you live your life!”

Allyson Ferry

JusticeWalking Components

“Dear young people, please, don’t be observers of life, but get involved. Jesus did not remain an observer, but he immersed himself. Don’t be observers, but immerse yourself in the reality of life, as Jesus did.”

Pope Francis

Meeting at the Margins

Jesus made a regular practice of crossing social boundaries. J-Walkers follow Jesus by walking where he walked and daring to examine and challenge some of the most prevalent social boundaries in our society. J-Walkers form a relationship with a local social service agency by gathering at the agency every other session. During the first hour of these sessions, J-Walkers form relationships, build understanding, and develop an awareness of the life experiences of those with whom they visit. In time, and with the help of dialogue and reflection, these relationships widen the circle of awareness of J-Walkers and help them to recognize the social constructs that might affect their own lives.

Praying the News

Every session begins by opening a newspaper and reflecting on current events through the lens of our faith. Holding these realities together in prayer allows the small group to draw the wider world into its circle of awareness. The J-Walker Journal also guides J-Walkers in their prayer and spiritual reading between sessions.

Spiritual Practices

Walking the gospel path detours us from the mainstream. J-Walking offers counter-cultural spiritual practices to address the gap between what we profess and how we live in the world. Between sessions, J-Walkers experiment with new ways of life and reflect on new perspectives. These challenges can lead to creative tension at home, at school, and at work. Each practice has two aspects: *fasting from* an activity or attitude and *embracing* an alternative. These spiritual practices are intended to open minds, soften hearts, and put J-Walkers on a path to gospel justice that begins at home in our ways of living and loving.

Justice Pilgrimage

J-Walkers take to the streets in their hometown to reframe the practice of pilgrimage. Groups visit a variety of sites where they reflect, pray, journal, and share insights on the realities before them. This inner and outer journey invites J-Walkers to localize the implications of gospel justice.

“Words and Witness” Public Dialogue

J-Walkers are empowered to speak with a prophetic voice. As part of this journey, J-Walkers work together to host a public event during which they testify to their struggle to live the Gospel, share the realities they are investigating, facilitate a faith-sharing dialogue, and challenge participants with steps for practical action. Parents, friends, teachers, and graduates of other JustFaith Ministries programs are typically invited to this two-hour event.

Resources and Requirements for the Journey

When he was at table with them, he took bread, blessed it and broke it, and gave it to them.

Then their eyes were opened and they recognized him...

Luke 24:30-31

Shared Leadership

J-Walking materials provide prayers, rituals, reflections and symbols for each gathering. Sessions are co-facilitated by coordinators and participants so that each participant shares in the tasks of leading prayer and dialogue.

Inspiring Resources

Reading and journal-keeping are central to J-Walking. Everyone is expected to read and reflect on two books that offer challenging perspectives on what it means to be moved by compassion and turned around to gospel justice. Additional resources include the J-Walker Journal, a DVD, and the companion CD, *Songs for JusticeWalkers* that Bryan Sirchio compiled for J-Walking.

Small is GREAT!

Forming small circles of care and prayer reflects the discipleship model we find in the Gospels. Smaller groups are conducive to deeper sharing; entering a social service agency with only a handful of people is less invasive. The ideal size of a J-Walking group is seven to twelve people total. The minimum recommended number for a J-Walking group is seven people (including two coordinators).

Families, Friends, Supporters, and JustFaith Ministries Graduates

The Public Dialogue provides an opportunity for the family, parish, and/or campus community to share in the J-Walking process. Participants in other JustFaith Ministries programs are encouraged to participate in this dialogue session and act as supporters of the process.

A Safe Environment

To ensure the safety of adults and young people, all adult J-Walkers must comply with campus or diocesan policies concerning ministry with youth. J-Walking groups should be sponsored by a recognized church, campus, or agency that can provide any necessary insurance coverage for events located outside the church or school campus.

Outline of the J-Walking Journey

While they were discussing, Jesus himself came near and went with them...

And he said to them, "What are you discussing with each other while you walk along?"

Luke 24: 15-17

JusticeWalking offers a flexible format of weekly or every other week sessions.

- **Opening Retreat**
- **Step One:**
 - **Session One** (two hours)*
 - **Session Two** (two hours)
 - **Session Three** (two hours)*
- **Justice Pilgrimage** (one day)
- **Step Two:**
 - **Session Four** (two hours)
 - **Session Five** (two hours)*
 - **Session Six** (two hours)
 - **Session Seven** (two hours)*
- **JusticeWalking Dialogue**
- **Commissioning Retreat**

**These Meeting at the Margins sessions take place at a local social service agency.*



**Image and Likeness
Session One**

Image and Likeness (2 hours)

Overview

In humankind we touch and are touched by a God-love, in the flesh. Every person's life is infused with God's indwelling. Suffering can both disfigure and transfigure a broken world. Compassionate living links and likens us to the God of justice.

Aim

J-Walkers reflect on God's image in the people who surround them. They investigate the meaning of compassion—the love that makes us like God.

Environment

In a designated meeting spot at the agency, arrange a circle of chairs. Place the prayer cloth, Bible, candle and newspaper in the center. Keep the other materials nearby. Write the session title (*Image and Likeness*) on the cloth. J-Walkers should bring their journals and pens.

SUPPLIES FOR THIS SESSION:	BROUGHT BY:
A piece of sidewalk chalk	
JW Prayer Cloth	
A pillar candle and matches	
A recent newspaper	
A cross or crucifix	
Bible (marked at Luke 6:35-36 and Galatians 5:13-14)	
Attachment A (Paper People), folded according to the directions on the sheet	
Scissors	
A copy of the text <u>A Monk in the Inner City</u>	
Markers	
A copy of the co-facilitation schedule	

CO-FACILITATOR TASKS:	DONE BY:
Review materials and gather supplies	
Delegate facilitation roles	
Write the session title on the prayer cloth	
Identify a practical challenge to offer the group	

Gathering (15 minutes)

You will need...sidewalk chalk; a pillar candle and matches; a recent newspaper; a cross or crucifix.

BEFORE THE AGENCY VISIT (5 MINUTES):

Signing

You will need... a piece of sidewalk chalk.

Gather outside the agency and form a tight circle.

*We are about to cross into other people's lives
and invite others to cross into our lives.*

When we feel out of place and vulnerable, we are treading in holy places.

Let us be open so that God's love can reach into our lives here.

With sidewalk chalk, mark a cross on the ground in the center of the circle:

Anywhere God's people love and are loved is holy ground.

Invite everyone to silently make the sign of the cross:

God of the margins, break us open.

(Touch forehead) ...Open minds

(Touch chest) ...Open hearts

(Touch left, right shoulders) ...Open lives. AMEN.

Lead people into the agency.

AFTER THE AGENCY VISIT (10 MINUTES):

Praying the News

You will need... a recent newspaper.

 Pray a news story.

Close with a response prayer, such as *Lord have mercy* or *Lamb of God...*

(For a full description of "Praying the News," see Step One Overview, Attachment A.)

Symbol

You will need... a cross or crucifix.

Pick up the crucifix (or cross) and introduce the symbol:

*This is our reminder that God became flesh and dwelt among us,
sharing in both our joy and our suffering.*

Pass the cross around the circle; invite J-Walkers to call to mind someone who is in pain, or some place in our world where people are suffering, as they hold the symbol in prayer.

Listening (30 minutes)

You will need... the Bible marked at Luke 6:35-36 and Galatians 5:13-14; Attachment A, folded according to the directions on the sheet; scissors.

Life Signs (20 minutes)

You will need... the Bible marked at Luke 6:35-36.

Questions for the mind—Take turns around the circle as J-Walkers respond to this question:

Who are you most like in your family, in appearance or personality?

Questions for the heart—Those who wish may respond to one of the following:

Describe your favorite God-image from life, from movies or literature, or from your imagination.

*Who is someone you know or have heard about
who seems close to God?*

Questions for the soul—Invite people to respond to either of these questions:

Where do you see God's reflection in our world?

Where is it hardest to see God's likeness?

When have you looked into the face of God?



Read Luke 6:35-36 – *Love, lend, do good, and be compassionate, like God.*

(Pause and repeat this short reading)

Presenting the Theme (10 minutes)

You will need... the Bible marked at Galatians 5:13-14; Attachment A (Paper People), folded; scissors.

Lead the group in this echo prayer (Psalm 139:14):

Co-facilitator prays:

I praise you...

For I am fearfully and wonderfully made...

Wonderful are your works...

I know that full well...

J-Walkers repeat:

I praise you...

For I am fearfully and wonderfully made.

Wonderful are your works...

I know that full well.

Take the folded Paper People sheet and carefully cut out the person shape with scissors:

“Then God said: ‘Let us make humankind in our own image, according to our likeness....’ So God created humankind in his image, in the image of God he created them; male and female he created them.” Genesis 1:26a, 27

Who is the most valuable person in the world? Who is of least value?

(Pause for silent reflection)

Open the completed cut-out person to reveal seven connected paper figures:

This is God’s likeness: one people linked together;

a family that has grown to almost seven billion.

But this divine image has been distorted by poverty and inequality.

Tear off one paper person and a half of a paper person. Hand them to two J-Walkers:

*One-and-a half billion God-reflections live in extreme poverty,
desperately trying to make ends meet on less than \$1.25 a day.*

Almost one billion of these God-images suffer from chronic hunger.

Tear off three more paper people and hand them to three different J-Walkers:

An additional 3 billion divine images live in moderate or relative poverty.

*Even in the United States, the richest country the world has ever known,
one in eight of our brothers and sisters lives in poverty.*

*The rest of God’s human creatures live in material comfort,
but many sense that something is not right,*

that they cannot be whole when two-thirds of God's children live in want.

Tear off the two-and-a-half remaining paper people and give them out to three other J-Walkers:

*We dis-figure God's image when we divide humanity
into those who have and those who have not.*

Oscar Romero reminds us:

*"...it is not God's will for some to have everything
and others to have nothing.*

That cannot be of God. God's will is that all [God's] children be happy."

*And St. Paul reminds us: "If one member suffers,
all suffer together with it." I Corinthians 12:26a*

Ask the J-Walkers who are holding paper people to arrange them on the prayer cloth so that they form the shape of a cross:

*This is the shape of the God who suffers with us,
who re-forms and re-members us into one body
in the cruciform image of compassion.*

Place the crucifix (or cross) on top of the cross-shape:

*Compassion transfigures suffering.
It is the only force that can re-shape God's torn image.
Compassionate love is not about BEARING my pain.
It is about SHARING our pain.*

We are most like God when we choose to love.

(Pause and repeat the last line)

✠ Read Galatians 5:13-14 – *We have been set free to love one another.*

All statistics come from Groody, Daniel G., Globalization, Spirituality, and Justice. (Maryknoll: Orbis), 2007.

Sharing (15 minutes)

You will need... journals and pens; a copy of the text A Monk in the Inner City; markers.

Journal Reflection

- Open space for journaling and silent reflection. You may choose to play reflective background music. After 5-10 minutes, call everyone back to the circle with their journals. Encourage participants to continue journaling at home during the week.

Dialogue

Remind everyone of the following points:

Dialogue is about listening and sharing.

Share freely about your reading of the text, your experience with the spiritual practice, your journal writing, our visit at the agency, or today's theme. This is not a debate. Anyone can share, no one is required to speak, and all are expected to listen.

Let the group become comfortable with silence. No one should be pressured to talk.

Use the following quote and question to spark dialogue:

"It is not love in the abstract that counts. It is hard to love. It is the hardest thing in the world. It is never the [person] right next to us, but the [people] in the abstract that are easy to love." (Dorothy Day)

What has loving people required of you?

Invite those who wish to write a word or phrase of wisdom from the session on the prayer cloth.

Sending (5 minutes)

You will need... a copy of the co-facilitation schedule.

Solidarity Challenge

Challenge the group to stay faithful to the spiritual practice introduced during the Opening Retreat (*Walking into the Web of Life*) and offer one practical action everyone can take to recognize the image of God in others and themselves. (Co-facilitators decide on the practical action before the session.)

Announcements

Remind the group of the following:

- Date, time, co-facilitators, and location for the next session

- Reading assignment: Read the Preface and Introduction of With Open Hands (through page 45). Encourage daily reading of this book incorporated in prayer and journaling time.

Closing

Ask everyone to stand and invite people to share this prayer:

Loving, compassionate God, in whose image we were created,

We thank you...

(Share an insight)

We ask your assistance...

(Speak of a situation of need)

We hold in our hearts...

(Name people)

We ask our guides to bless us...

(Name your patrons)

AMEN.

End with a sign of peace, a word of thanks, and a reminder to pray for each other.

Attachment A

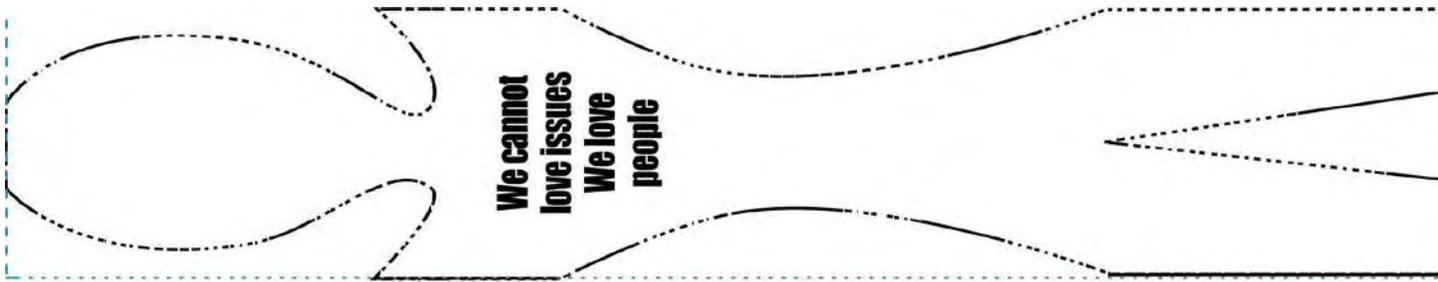
Paper People

Instructions: Cut off the page header and left margin of the template sheet. Fold the template sheet into sevenths (using accordion folds). When cutting out the person-shape, be attentive not to cut the folded joints at the arms and legs.

You may need to print several copies of the template sheet (next page) and practice cutting out the paper chain before the session. The result should be a paper chain of seven people.



Fold 11" x 8.5" sheet of paper into seven sections. Cut along template dotted outline for person.



**We cannot
love issues
We love
people**

A series of horizontal dashed lines extending across the width of the page, providing a guide for writing or drawing below the poster template.