

The Cathedral of St. Peter – Scranton, PA
Agenda for Mental Health Spiritual Support Group Meeting
Second and Fourth Saturday of the month at 10 AM

1. Prior to meeting (15 Minutes)
 - a. Facilitator places the St. Dymntha picture and/or other devotionals at the front of the room
 - b. Facilitator places drinks on counter and turns on coffee (Snacks for the break are not put out yet)
2. Opening Prayer (5 minutes)
 - a. Start with short prayer and Our Father & Hail Mary.
 - b. Review Ground rules – have handout available if needed.
 - c. Emphasize confidentiality and no dominating the conversation. Not therapy but spiritual support.
3. Round 1 - Brief introductions – If there is someone new to the group as how they found out about the group (5 to 10 minutes)
4. Round 2 - Sharing (30 to 40 minutes)
 - a. Go around table and give each participant opportunity to say how they are doing or allow them to pass.
 - b. Encourage supportive discussion – but not advice. Comments can be “When I had that issue this is what helped me” ; Not “I think you should try this”
5. Break (15 minutes)
 - a. Put out snacks
 - b. Social time
6. Spiritual Reflection (30 minutes)- NOTE: This will be a primary responsibility of the facilitator – to regularly search for good resources that can be used
 - a. Call attention to St. Dymphna picture and other devotionals
 - b. Distribute Spiritual Reflection Resource. One of the following:
 - i. Scripture reading with questions/comments to stimulate reflection
 - ii. Gospel reading for the week
 - iii. Reflection on a Church document on mental illness (such as NY State Bishops statement)
 - iv. Perhaps extended prayer such as the rosary or chaplet of divine mercy
 - v. Other resources as discovered by Facilitator
7. Closing prayer (5 minutes)
 - a. Prayer to a patron saint of mental health (such as St. Dymphna)
 - b. Distribute prayer notes and ask participants to write down any prayer that they wish
 - c. Put in prayer box
 - d. Two or three times per year have service where the prayers are burned and the “smoke rises to God as a prayer”
 - e. Close with a short prayer and Our Father & Hail Mary and blessing if clergy is present.