

**'The Sacraments' (part 1)** is a four session, TV quality series by CaFE, exploring *Why Sacraments?*, *Baptism*, *Confirmation* and *the Eucharist* featuring:

**Fr Stephen Wang, Sr Catherine Droste OP, Fr Timothy Radcliffe OP, Jo Boyce, Stephen Rooney, Fr David Oakley, David Wells, Barry & Margaret Mizen, Fr Paul Keane and more...**



## **MANY USES**

This resource can be used in a number of ways. It is an ideal CaFE course for parishioners wishing to refresh their faith in a relaxed cafe-style environment. Small group discussion questions are given for this purpose.

After each of the Sacrament sessions there are extra interviews with Fr Stephen Wang and Fr Timothy Radcliffe which can be used for those wishing to explore more deeply. It is also designed to form part of the RCIA process.

The Confirmation session can also be a helpful resource for young people and as a catechetical session for their parents. We hope that the sessions will also be of benefit to schools and chaplaincies.

Additional DVD discs can be ordered for use in the parish that has purchased the series at a cost of £10 per disc (Please call for details).

## **SUGGESTED DISCUSSION QUESTIONS**

### **DISC 1 - WHY SACRAMENTS? - RUNNING TIME APPROX 22 MINS**

Why did God choose to work through the Sacraments?  
Are the Sacraments still relevant today?  
How have the Sacraments helped you personally?

### **DISC 2 - BAPTISM - RUNNING TIME APPROX 30 MINS**

Why is Baptism so important?  
How has Baptism affected your life?  
How can you live the grace of your Baptism more fully?

### **DISC 3 - CONFIRMATION - RUNNING TIME APPROX 30 MINS**

What do you remember of your Confirmation?  
What difference does Confirmation make to your everyday life?  
How can you experience more of the Holy Spirit?

### **DISC 4 - THE EUCHARIST - RUNNING TIME APPROX 30 MINS**

Why do we need the Eucharist?  
How has going to Mass helped you?  
How could you get more out of the Mass?

## **PUBLICISING YOUR CaFE COURSE**

If you are running this resource as a course then time your publicity for optimum effect to give people enough notice to put the dates in their busy diaries and to get a sense of anticipation. Use the eye-catching flyer included, which can be customised with your parish details by attaching an address label on the back.

Additional copies of the flyers can be easily ordered at a small cost.

## **PREPARATION AND PRAYER**

It is important to spend time as a team coordinating and planning your course.

Think about the practicalities of setting up the room - don't forget the temperature (a cold room can be very uninviting!), have background music playing as guests arrive, provide refreshments and check equipment.

It is also vital to spend time praying for the course. Pray daily for each other and for those who will attend. Ask God to anoint your efforts and pray that the course will help guests to come to know Him in a deeper way.

## **RUNNING A CaFE COURSE CAFE STYLE**

Never underestimate the importance of presentation. We highly recommend having chairs around tables to form small groups for discussions and to create a friendly, relaxed atmosphere.

Decorating the tables with tablecloths, candles and flowers can make a real difference, helping to make guests feel valued and special. Try and provide the best refreshments you can, perhaps a glass of wine and nibbles or tea and coffee with chocolate biscuits. This all adds to the atmosphere and will encourage people to come back next time and bring their friends. At the start of each session, welcome guests and give a brief introduction to the talk. Explain the format of the session and start with an opening prayer.

## **FORWARD PLANNING**

If people have enjoyed your CaFE course they will want to come back again. At the last session, have some suggestions of what you are planning in the months ahead and ask guests to leave their details (don't forget their e-mail addresses) so that you can contact them. Why not view other CaFE courses online.



Produced by  
Catholic Evangelisation Services  
PO Box 333, St Albans, Herts, AL2 1EL  
Tel: 0845 050 9428  
Email: [resources@faithcafe.org](mailto:resources@faithcafe.org)  
[www.faithcafe.org](http://www.faithcafe.org)  
CREW Trust Charity No. 277425

# The **SACRAMENTS** transforming everyday life



## **WHY SACRAMENTS? - BAPTISM CONFIRMATION - EUCHARIST**

# **LEADER'S GUIDE**