



# SEEKING REFUGE

## Workshop Checklist and Tips

**When you think about a Virtual Workshop what comes to mind?** Do you think of words like “refreshing,” “powerful,” “inspiring” and “important”? Or do you think of words like “boring,” “awkward,” “uncomfortable” and “daunting”? Be honest.

A virtual workshop is a spiritual workroom. It joins people together for a time of prayer and fellowship, growing in love, and gaining in knowledge of God and one another. Unfortunately, as our days become busier and the world becomes more isolated, we find ourselves ignoring invitations to gather, neglecting the value of community and fellowship. We have forgotten how to open wide our doors to hospitality and true connection.



*The Lord has told us in Matt 18 :19-20 “Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. For where two or three have gathered together in My name, I am there in their midst.”*

This is a powerful statement! Jesus is telling us that He will be with us! He is offering us His Divine Grace and favor! How has something so amazing as being together to pray to our loving and all-powerful God become so unappealing? Why have we allowed hospitality and connection to fall by the wayside? Where is the disconnect?

We have allowed it because the enemy has slowly blinded us in our need for God, and one another. Churches are now closing their doors and people are locking themselves inside their homes in fear. Here is the solution: As the world and evil tell us to hide, *we as children of God can be the opposition to this lie and OPEN WIDE our doors and hearts to each other!*

And so here you are! Eager to join together in the Light of Christ and be a Workshop Leader for the Seeking Refuge Workshop. Thank you for answering the call to become His refuge! May God bless you with joy, faith and peace in your Fiat!

**Now let’s get those doors wide open!**





## The Workshop Host

As the Workshop Host, your main role will be that of hospitality. While coordinating details is important, it is more important for people to feel comfortable, included and cared for.

Hospitality is a beautiful charism of the Holy Spirit, so pray that you receive that gift. If you aren't sure that's you, think of someone in your life who has this gift and invite them to be your co-host!

## The Workshop Timeframe

A Workshop Host will also need to determine if the gathering will take place over a period of time or in its entirety.



If you are unable to join the conference for its inaugural viewing on August 22nd and 23rd of 2020, that is perfectly fine. You will have access to this conference as long as you want it and can customize the event to your group's needs.

If you are hosting the Seeking Refuge Conference as special one-time event with friends or church members, you might opt for an entire weekend of prayer. We have prompts and breakout periods so meeting as long as four hours can pass quickly, so be sure to schedule breaks and refreshments into your day.

As the host, making sure that whatever time frame you choose, that the gathering begins and ends at the time you have invited people to attend. If people want to hang out and continue praying afterward, that's great, but make sure that people who need to leave can go at the scheduled time. If a prayer meeting just keeps going indefinitely, many people will feel uncomfortable leaving.



## The Location

Since this Virtual Conference is about building a domestic church, a place of refuge for the family, where better to have the event than in your home? If that's not possible then select a space that offers





adequate seating for everyone as well as minimal distractions (such as ringing phones or “people traffic”) and has WIFI so you can set up your laptop or TV.

## Invitations

Whether you are an independent host or working as a team, getting the guest list written and invites sent is super important! You can start by personally inviting people you know who would be interested in the Seeking Refuge Conference. You can focus on a specific group, like neighbors, coworkers, members of a small group, family or friends.

We have also created a [digital or printable invitation](#) that you are free to use. You can email these out with your time and location, perhaps even [attaching the promo video](#) for the event. You may also snail mail these invites but may take more effort to RSVP and in your follow-up.



You might also want to run an announcement in a church bulletin or newsletter. Advertising usually requires you to plan further ahead.

As the day approaches, remind everyone you’ve invited about the time and location. You could also send them the [Flame of Love Indiana](#) website so that they can start to become more familiar with the movement and the [Seeking Refuge Conference Speakers](#).

When you invite people or have an opportunity to share about the meeting, help people know what to expect at the virtual workshop and why **you** are excited about it.

Highlight the speakers or topics that will be covered and start the discussion! People are more comfortable coming to an event when they know what to expect. If they see you are excited, then they will become excited.





## Preparing for the Seeking Refuge Gathering

Facilitating this workshop is as simple as your willingness to share something you believe in. Depending upon the period of time this workshop will take place, you will want to plan for refreshments, extra paper and pens, taper candles, and even printing off different retreat resources, which are found on the password protected conference website page.

Additionally, take some time to review the questions for the [breakout sessions](#).

Be sure to get those event reminders out frequently so people know that they are welcome and wanted. Ask your guest how you can pray for them and dedicate time daily for these prayers.

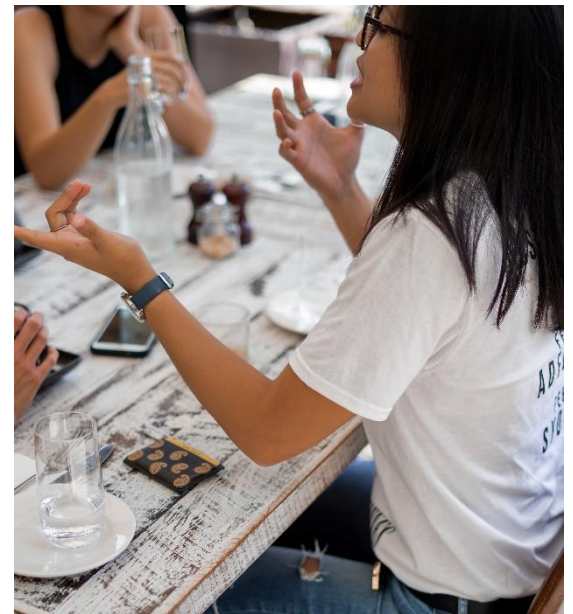
[Here are some prayers you can say in preparation.](#)

## It's Show Time!

Please don't sweat this part and worry about everything being perfect. Allow the Holy Spirit to use you and be who He created you to be! That's all the Lord asks of us all... easy, right!

Prepare food and your workshop space in a comfortable and inviting way. You will want to make sure the technical side of things are functioning well. Nothing worse than no wi-fi connection for a virtual event!

Set out extra pens and paper and any handout resources you have printed off. There is a portion of the conference where everyone will need a rosary so either ask people to bring theirs or provide a rosary. Also,





a **Passing of the Flame of Love** will take place so setting the taper candles out, one for each person, and some matches.



We also recommend you have Holy Water available.

### **Opening Prayer**

It can be hard to get the group started when everyone is socializing. An opening prayer and/ or starting with a time of silence works like a starting gun and helps people remember why they are gathered. Make sure the person who will say the opening prayer knows it is their responsibility and knows when to begin.

[Here are a few ideas for an opening prayer.](#)

[You may also say the Flame of Love Cenacle Opening Prayers](#)

### **Have a Closing Prayer**

You can ask someone before the meeting if they are willing to close your time together, or you can say the closing prayer yourself.

[Here are some suggestions for what you could include in a closing prayer.](#)

## **Break Out Sessions**

During the Seeking Refuge Virtual Retreat, you and your guests will have the opportunity to break into groups and pray the Flame of Love Holy Hour and discuss different segments of the conference. As we know, many fruits are offered us when we pray together and share! Come Holy Spirit!

You will be prompted during the conference as to when these break-outs will occur.

If you are an individual participating, when prompted, you would simply keep the conference video rolling to pray along with us and listen to inspiring groups discuss the session questions.

If you are a group, when prompted, TV goes off and it's YOUR time to take this conference LIVE in your home or gathering space. If you have never prayed the Rosary or experienced a Flame of Love





Holy Hour, then we recommend you stay connected virtually so that we can guide your group their first time.

If you are familiar with a how a FOL prayer cenacle, then we encourage you to lead your own.

Take your time during these breakout sessions and experience the power of these prayers and passing of the Flame of Love, sharing thoughts and insights about the Seeking Refuge Conference and ways to strengthen your domestic church.

Be sure as a Workshop Host to have these resources printed off or available for reference during your workshop....

[Flame of Love Holy Hour Brochure](#)

[Flame of Love Rosary PDF](#)

[Passing the Flame of Love / Long Version](#)

[Passing the Flame of Love/ Short Version](#)

[Workshop Questions](#)

Thank you once again for opening wide the doors of YOUR domestic church. We pray that this may be the start of forming a prayer cenacle in your community. May Our Blessed Mother grant your gathering with abundant graces in The Flame of Love.

