

Session Seven

What Your Hands Have Learned and Done: A Guided Family Meditation

1. Before you start

This is a session different from the others. To prepare for this meditation, first ensure that you have all the necessary materials listed below. When you have that, your family will be ready to continue.

- Fabric strips, about one to two inches wide and three to four feet long. They will be like bandages. If fabric is difficult to get, consider cutting strips of paper that you can tape or glue together to the dimensions mentioned above.
- Markers that can write on fabric.
- Gather your family around a crucifix. You can place the crucifix at the coffee table in your living room, or you can gather around your family prayer space.

2. Watch Videos One and Two

Video one will help your family prepare for this reflection. Video Two will guide you through an opening prayer, a reflection, and a short writing activity on the strips of fabric. At the end of the video, please share with your family any of the following questions:

- What did you notice or think about as you meditated on your hands? What was it like to name your needs to God? What was it like to write them on this fabric?

3. Watch Video Three

When your family has shared their thoughts on the previous questions, play Video Three. This video will invite your family to prayerfully bind the hand of one of your family members with their own piece of fabric. Listen for instructions.

At the end of the third video, share with your family these questions:

- What was it like to have your hand bound and to bind their hand? What was hard or enjoyable about the experience? What feelings emerged?

4. Watch Video Four

When your family has shared their thoughts on the previous questions, play Video Four. This video will mention a First Aid Kit. You can find that document below. The video will also close us in prayer. When that moment comes, please, follow the instructions provided at the end of the video to close our reflection.

“The Church is a gift poured forth from the wounds of the crucified Christ as a means of drawing us all into healing and unity with one another and Christ. Now, bind your sorrows and prayers to Christ so that you might be bound for something more...for Christ’s healing love, mercy and hope.”

FIRST AID KIT

Emotional and Spiritual Wounds

“The Lord heals the broken hearted and binds up their sorrows” (Psalm 147:3)

6 Steps of Wound Care

1. Breathe.
2. Recognize “I am hurting.”
3. Ask God: “Help me to receive your tender love and care.”
4. Remember no hurt is too overwhelming for God.
5. Share your hurt with another: a friend, pastor, loved one, or a counselor.
6. Adopt other healthy behaviors like: getting outdoors, physical exercise, etc.

Contact the offices in your diocese or the Catholic Charities offices, and ask for counseling resources they may have available.

Symptoms: Signs that You Are Hurting

For both children and adults, symptoms could include any one of the following:

In children:

- Increased fearfulness, anxiety, anger, and sadness
- Return to old behaviors: thumb sucking, bed wetting
- More irritable and aggressive
- Trouble focusing at school; distracted
- Increased crying
- Nightmares
- Increased headaches, stomachaches, dizziness, and shortness of breath

In adults:

- In addition to those already mentioned in the children’s section:
- Reliving memories of a past traumatic experience
- Irregular heartbeat; sense of panic
- Emotional numbness or denial
- Withdrawal
- Hypervigilance
- Alcohol or drug use
- Increase of risky, violent, aggressive behavior
- Hysteria, panic