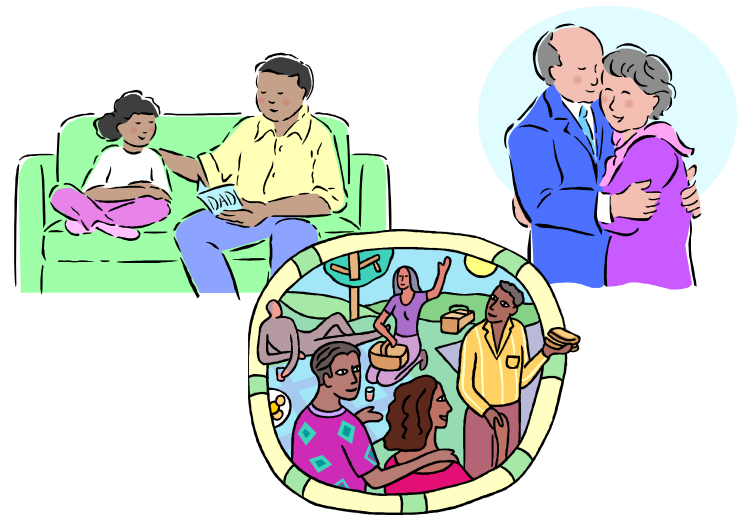


NOTES

(Ideas for developing my strengths, people I met, etc.)

St. Matthew Catholic Church Guiding Parishioner Strengths Sunday, May 3, 2009

Surviving and Thriving in Relationships: How are you using your Strengths?



Closing Prayer.....Janet Garbison

We pray for a church where no one feels alone.

We pray for a church that loves God
and each other.

We pray for a church that values each
person's strengths.

We pray for a church that is guided by the
Holy Spirit to rediscover itself.

We pray for a church that continues to embrace the
vision of Vatican II.

We pray for a church that is fully engaged.

We pray for a church that focuses on love, peace,
justice and compassion.

We pray for a church in which everyone is welcoming.

We pray for a church that proclaims the good news of
Jesus Christ by word and action.

We pray that we will be that church!

Amen.



**“Do to others whatever you
would have them do to you.”**

Matthew 7:12

Welcome and Opening Prayer.....Janet Garbison

*Living Lord, Unconditional Love, Our Creator,
We thank you for this time to gather as a community to grow
in our understanding and awareness of You, of others, and of
ourselves....*

*To our Abba, Father: we pray for the grace to honor and
respect our own parents.*

*To our Faithful and Ever-Present God: we pray that we will
have the acceptance and faithfulness that true friendship
requires.*

*To our God, who has called us His beloved: we pray for the
grace to enjoy our own beloved spouse, as we live our
commonalities and our differences in our relationship.*

*To our Good Shepherd: we pray for the wisdom, compassion,
and understanding that will nourish the children He has
gifted us with.*

*To our God, the Creator of all life: we pray for the ability to
see through another's eyes, if only for an instant, and the
grace to forgive instead of relive.*

*To our merciful Redeemer: we pray that we will be forever
open to Your will to serve others wherever we are with
whatever we have.*

*We pray these things in Jesus' name in the power of the Holy
Spirit,*

Amen.

Ice Breaker: Love it, Hate it (or somewhere in between)

.....Sue Nido

Personal Testimonials

Nina Nido and Keeley Howard: Friends and Co-Workers

Jude and Bill Luff: Married

Small Group Discussion.....Pat White

Consider some of the ways that the different areas of talent can contribute to forming and building relationships:¹

1. Some talents enable a person to easily form relationships.
Developer, Positivity, Maximizer, Woo, Connectedness,
Consistency, Self-Assurance
2. Some talents contribute to solving interpersonal problems and dilemmas: Command, Harmony, Activator, Discipline, Adaptability, Restorative, Arranger
3. Some talents help others grow and develop:
Individualization, Developer, Positivity, Maximizer, Restorative, Communication, Empathy, Responsibility, Relator, Activator, Belief, Analytical, Ideation, Input, Intellection, Learner, Context, Strategic

Please discuss at your table:

- How do you see your own talents contributing to the relationships in your life?
- Do you see ways that your relationships are changing or improving as a result of your knowing your own strengths and/or the strengths of others?
- "In dealing with difficult people, we must resist the urge to change them, but instead find ways to change ourselves so that we can better tackle the situation."² How can I better use my strengths to make this kind of change in *myself*?

Large Group Sharing.....Pat Tomlinson

Engagement Testimonials

Women's Guild: Marjory Dury

Marriage Encounter: Rob and Karen Kummerer

M.O.M.S.: Stephanie Bach

M.O.M.S.: Lezlie Eidson

Further reading:

1. *Building Strengths-Based Relationships*

By Donald O. Clifton, Ph.D. and Edward "Chip" Anderson, Ph.D.

www.baylor.edu/strengths/index.php?id=24458

2. [Making Peace with Difficult People](#),

Gregory K. Popcak, Loyola Press, Chicago