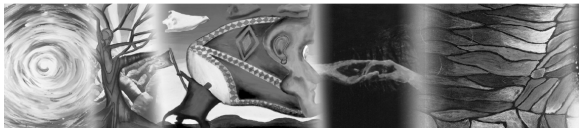


R e f l e c t - a - D e c k



50
Cards
That Fuel the Faith

Saint Mary's Press™

Pray It! Study It! Live It!™ resources offer a holistic approach to learning, living, and passing on the Catholic faith.



Genuine recycled paper with 10% post-consumer waste. Printed with soy-based ink. 5092700

The publishing team included Christine Schmertz Navarro, development editor; Brooke E. Saron, copy editor; James H. Gurley, typesetter of booklet; Lynn Riska, typesetter of cards; Andy Palmer, art director and designer; Alan S. Hanson, pre-press specialist; manufacturing coordinated by the production services department of Saint Mary's Press.

Copyright © 2004 by Saint Mary's Press, Christian Brothers Publications, 702 Terrace Heights, Winona, MN 55987-1318, www.smp.org. All rights reserved. No part of this booklet or card deck may be reproduced by any means without the written permission of the publisher.

All articles labeled *CYB*, NAB are taken from or adapted from *The Catholic Youth Bible*[™], New American Bible, edited by Brian Singer-Towns (Winona, MN: Saint Mary's Press, 2000). Copyright © 2000 by Saint Mary's Press. All rights reserved. \$27.95.

All articles labeled *CFH* are taken from or adapted from *The Catholic Faith Handbook for Youth*, by Brian Singer-Towns, et al. (Winona, MN: Saint Mary's Press, 2004). Copyright © 2004 by Saint Mary's Press. All rights reserved. \$16.95.

Reflect-a-Deck

By purchasing these cards, you have given yourself fifty invitations to renew your faith life in the midst of a busy schedule. The cards enable you to reconnect with your life-giving Catholic faith, through the pieces of art or the written reflections, for a brief moment, a short period, or as the starting point for a longer reflection period.

The articles on the cards, taken from or slightly adapted from *The Catholic Youth Bible*[™], NAB, and *The Catholic Faith Handbook for Youth*, will inspire, inform, and challenge you. There are three types of articles in this card deck:

- **STUDY IT!** articles provide you with background about the Bible and the Catholic faith.
- **PRAY IT!** articles help you expand your prayer life by exposing you to different ways of praying.
- **LIVE IT!** articles give you ideas for putting your faith into action.

Experiencing the Cards

The pieces of art on these cards are original works by high school students and have been chosen to deepen and expand your appreciation of the text on each card. You can “enter” the experience of the card from either side.

If you choose to begin with the art, hold a card in your hand. Look at the art for a few moments, letting it sink in. Ask yourself these types of questions:

- How does this piece of art make me feel?
- What is this artist communicating about God or about human life?
- What uplifts or disturbs me about this piece of art?

Then, after a pause, read the reflection slowly, either silently or out loud. Return to the artwork with this increased sense of meaning. Reflect on the card and the art. Conclude with these types of questions:

- How was I moved by this piece of art and written reflection?
- What did I learn about God, my faith, and myself?
- How did God reach out to me through this experience?
- What might I do differently because of these moments of reflection?

As a Young Person

- **Take a fifty-day retreat.** Take a fifty-day retreat with the cards during Advent or Lent. Each day when you wake up, spend a few minutes looking at the artwork on one card and reading and pondering the written reflection on the other side. At the end of the day, re-read the card and reflect on the meaning it holds for the day you have just lived.
- **Keep the cards beside your bed or in your backpack.** Have the cards available for moments when you want to feel connected to God but do not know how. If you find a certain card reassuring, put it in a visible spot in your room, or carry it with you in your planner or backpack at school.
- **Pray with friends.** If your friends have their own cards, ask them to go through the deck with you each day. Then share your reflections with one another. The cards are numbered, so everyone should be able to stay together. If you are the only one with a deck, divide the cards up among your friends, and share your reflections or prayer experiences based on different readings and artwork.
- **Give the cards to friends in need.** Just like a greeting card can be helpful for friends facing various challenges, one or more of the *Reflect-a-Deck* cards may be appropriate to give a friend as a small gift during a difficult time.

As a Religion Teacher or Youth Minister

This deck of cards gives you quite a bit of flexibility. The cards allow you to share the reflections and art with students in the class at one time (without tearing a book apart!). All these ideas can easily be adapted for weekly youth ministry sessions.

- **Ask the students to use the cards at home and then discuss them in class as a focused class retreat.** Ask each student to buy a deck of cards, or give a deck to each member of your class to use daily at school or on their own at home. The earlier cards in the deck are invitational, the middle cards tend to be more instructive about prayer and Christian life, and the last third of the deck challenges readers to live like Jesus. Use the cards in sequence to follow a traditional retreat pattern. Because the cards are numbered, all the students can stay together. At the beginning of your class, invite one teen to read a card to the group, and then invite reflection from other teens on the card's content.
- **Use the cards to lead class prayer.** Use the deck for your introductory class prayer by reading a card, providing a moment of silence, and then inviting reflection, discussion, or action.
- **Use the cards for silent prayer.** With meditative music playing in the background, distribute one card to each student randomly, and ask the students to appreciate the art and read the reflection. The next time your class needs a quiet prayer experience, shuffle the cards and redistribute them.
- **Use the cards in small groups.** Divide your class into small groups, giving each group a card to read and discuss.

A card need not end with a question to lend itself to personal reaction and conversation. Invite the students to pass the cards among the small groups and then to share their conversation with the whole class.

- **Introduce a new topic with a card.** Begin a class session by reflecting on the content or the art of a card as a way to begin studying something new.

As a Campus Minister

- **Use the cards for prayer.** You can invite student leaders to use the cards when leading school-wide prayer over the intercom or in small faith-sharing groups.
- **Use the cards to support faculty.** Give card decks to non-religion teachers who are at a loss as to how to observe, for example, the Advent and Christmas seasons.
- **Use the cards to support teens in need.** Hand out specific cards to young people encountering difficult times; many of the cards address God's love, trustworthiness, and presence.

As a Parent

- **Use the cards for family conversation.** Use these cards for family meditation, discussion, and action at the dinner table, in the car, or before bed.
- **Leave the cards around the house.** When your teen is experiencing a stressful time, or during a special liturgical season, leave the cards around the house so he or she will encounter them throughout the day.

To order, or for more information about Saint Mary's Press, call toll free 800-533-8095, or visit our Web site at www.smp.org.



Winona, Minnesota

www.smp.org

ISBN 0-88489-846-6

\$14.95

saint mary's press
touching the hearts of teens™