

Open Hearts

A guide to Inclusive Catholicism

Course Handbook



*A shared course from the Spirit
Unbounded treasury of videos,
brought to you by Root & Branch
Community for Reform*

Our opening prayer

O Great Spirit,

help me always to speak the truth quietly,

listen with an open mind when others speak, and

remember the peace that may be found in silence.

Course Outline

Week 1 – Introduction to Root & Branch and Spirit Unbounded (Companion Overview)

Week 2 – Caring for our home (Laudato Si’)

Week 3 - Exclusion: Unequal Equality

Week 4 – Exclusion: Use & Abuse of Power

Week 5 – Inclusion: Global Heroes

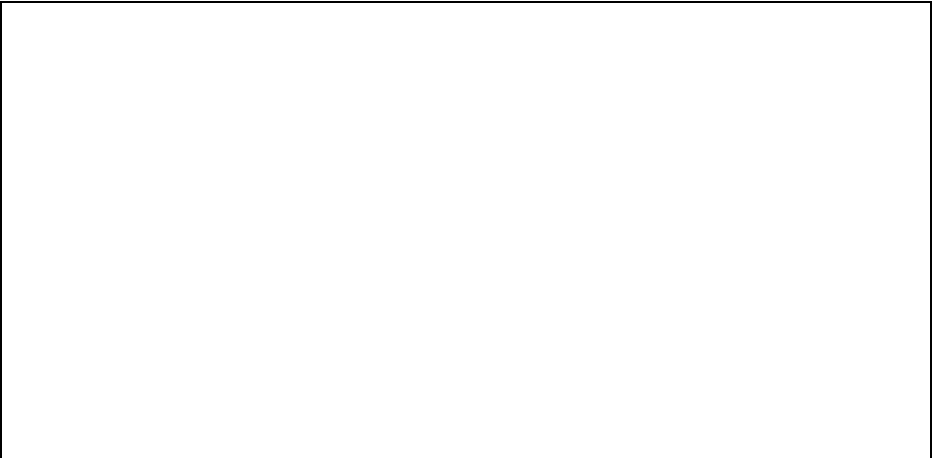
Week 6 – Inclusion: Bearing Witness to Truthfulness

Week 7 – Plenary – Wrap Up session

Week 8 and beyond: Accountability Session – one month, one year? (Group Decides)

Week 1

Learning Hopes and Outcomes



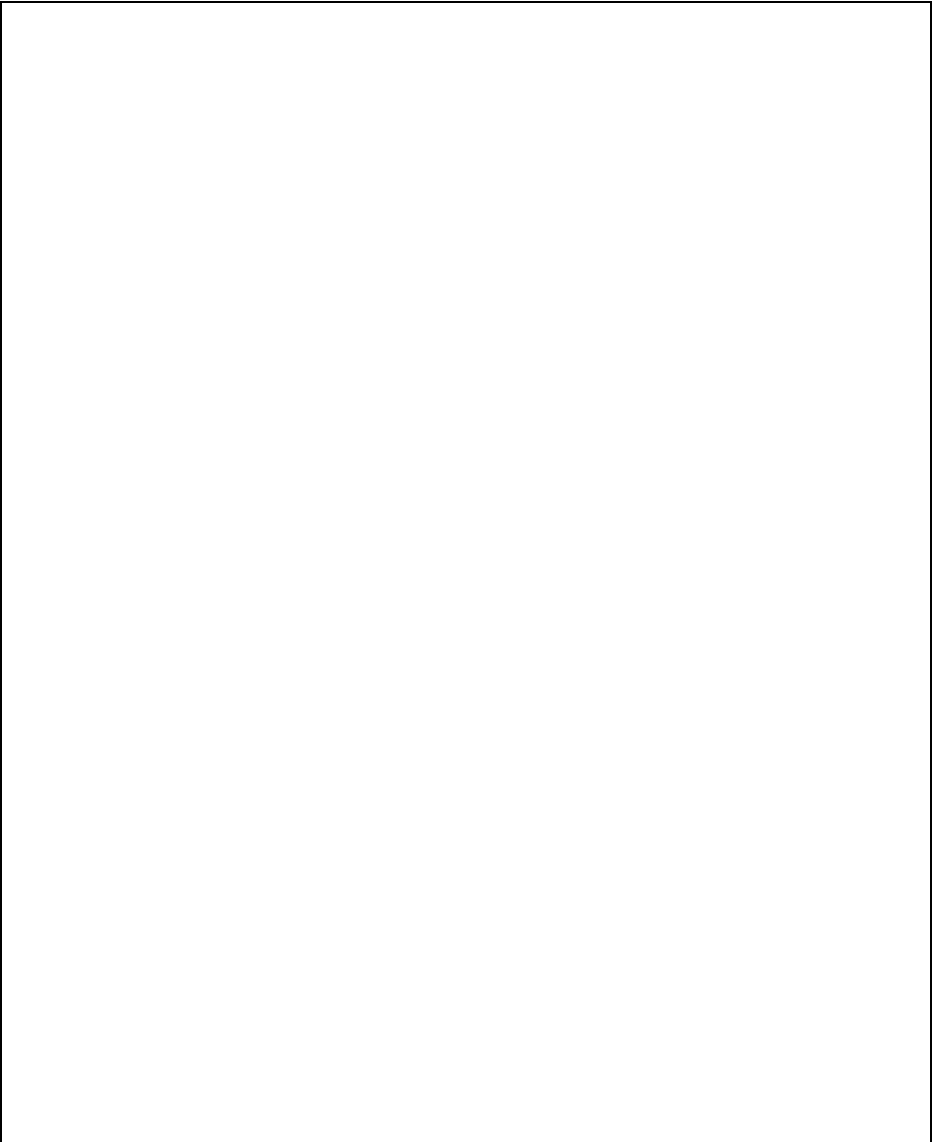
Group Boundaries

We will:



Week 1

Personal Action Plan

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Week 1

Companions research

Companion Organisation 1

Companion Organisation 2

Companion Organisation 3

Week 2

Personal Action Plan

My Carbon Footprint is:

One new change I will make to reduce any negative impact I might have on the planet is:

Week 3

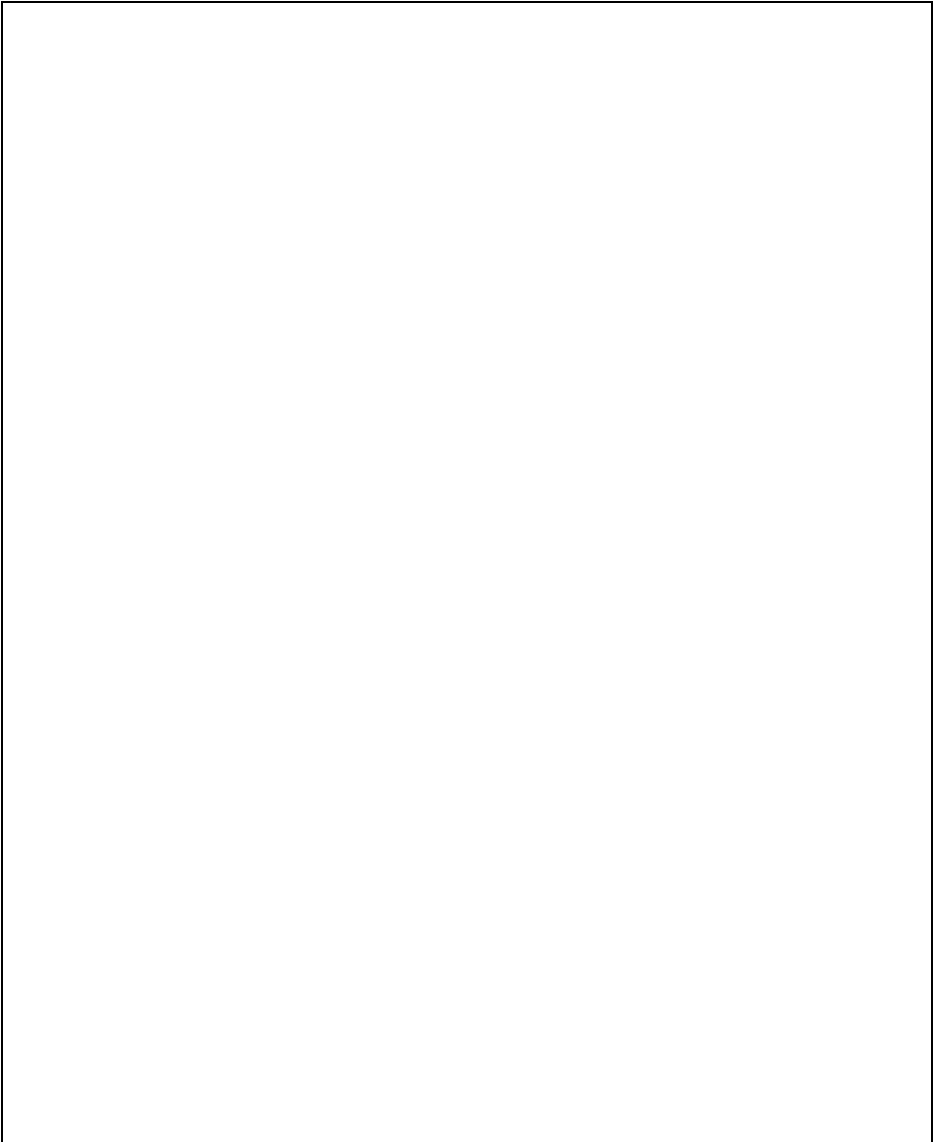
Can you define the following terms?

- Inequality
- Equality
- Equity
- Justice

Add any additional thoughts following your group discussion

Week 3

Personal Action Plan

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Week 4

Can you pick a few core values?

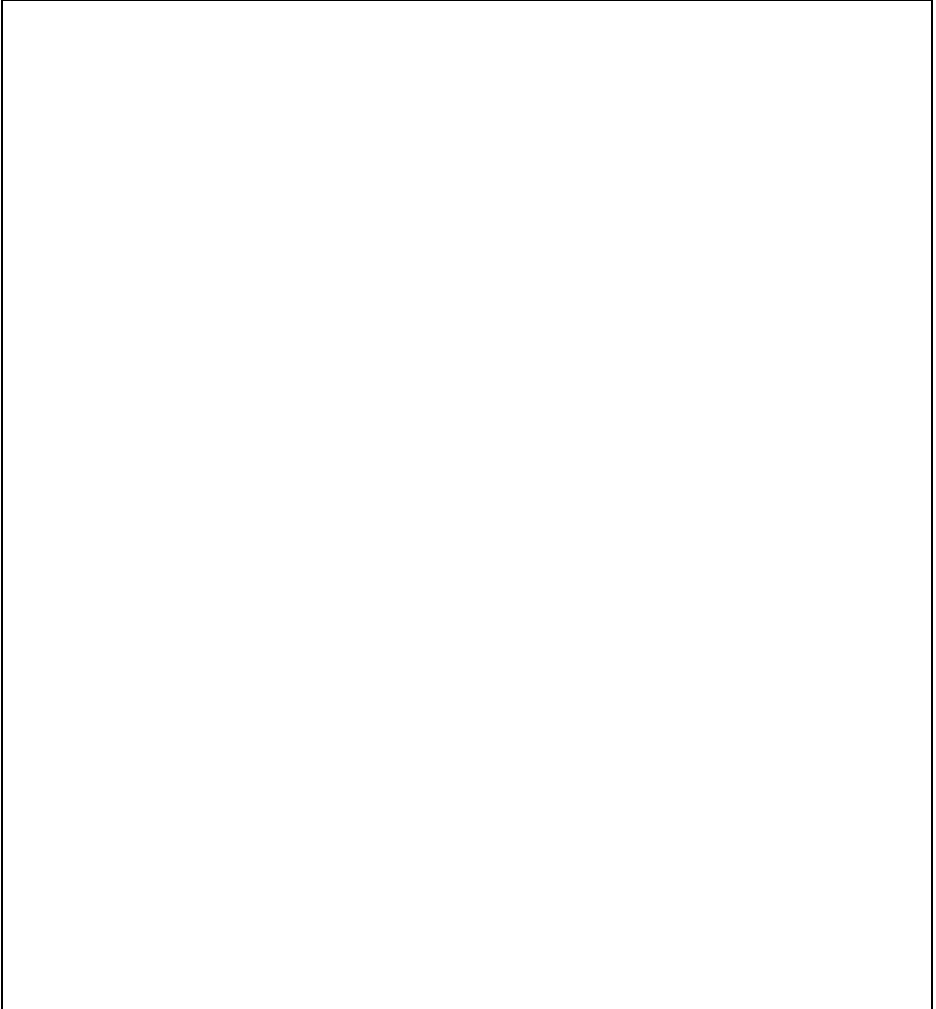
Integrity	Authenticity
Honesty	Achievement
Respect	Religion
Boldness	Self-Respect
Learning	Service
Passion	Creativity
Balance	Friendships
Fun	Kindness
Humility	Wealth
Collaboration	Success
Community	Loyalty
Courage	Love
Simplicity	Growth
Any others???	

Week 5

Note sometimes you have faced challenges and needed to be truthful.

Think perhaps about how your values drove your behaviours?

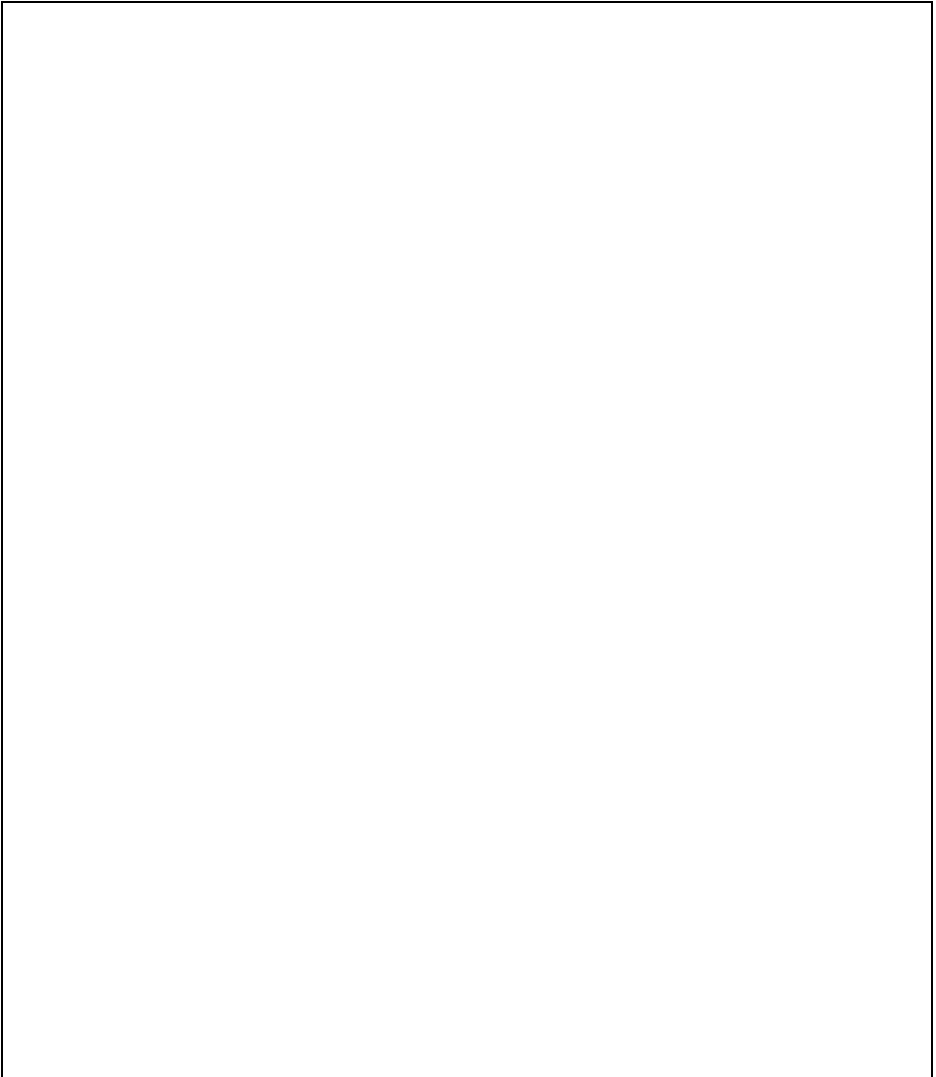
What helped you?

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Week 6

Who are your inclusive or change heroes?

Think about their stories and share the bits that resonate the most with you

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Week 7

One thing I will do as a result of completing this course:

Key barriers that exist in helping me achieve my one goal noted above?

Key enablers that exist to help support me achieve my goal?

Week 8

Note down any key successes or reflections since you completed the course

**CONGRATULATIONS YOU
HAVE FINISHED THE COURSE**

Have you tried our Stolen Lives Learning Resources

www.rootandbranchsynod.org/learning-resources

LEARNING RESOURCE

STOLEN LIVES Full report here

In solidarity with survivors:
Telling the stories that need to be told

root & branch

reform is needed
in our Catholic Church!

Shannon Laity Network

LEARNING RESOURCE

SURVIVOR STORIES

In solidarity with survivors:
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Resources for Support and Information

Replenished Life – supporting ‘those who have experienced abuse and trauma within faith’ (UK)

Website: <https://www.replenished.life/>
Helpline Monday & Tuesday 9-5, 07746 153703

Safe Spaces – Church of England/Catholic survivors (UK)

Website: <https://safespacesenglandandwales.org.uk/>
Helpline 7 days per week 0300 3031056, live chat, advocacy & online resources

MACSAS- Minister and Clergy Sexual Abuse Survivors (UK)

Website: <https://www.macsas.org.uk/>
Helpline: 08088 01 03 40.

Survivor Voices – pain into power (UK)

Website: <https://survivorsvoices.org/>

SNAP – Survivors Network of those Abused by Priests -international

Website: <https://www.snapnetwork.org/>