

Discussion Starters

Below we have prepared some discussion starter questions for use in a parish or group setting. Please feel free to adapt and adjust the questions to suit your local context.

Joy-filled missionary disciples (Presented by Fr George Kolodziej SDS)

1. The following attributes (or ingredients), also attributes found in Jesus, contribute to a person's well-being:

Humble

Grateful

Service

Compassion

Forgiving

Trust

Joy

How do we nurture these attributes in our parish?

2. "Choosing joy" every day is "no simple task" suggests Fr George, with sadness, stress, anxiety, loneliness etc prominent in our country. Do you agree with Fr George? If so, what can we do as individuals and communities to help people "choose joy".

