

## Appendix 2

### Examples of Alternative Uses for Individual *Counting our Blessings* Sessions

<p><b>Real Question 1</b></p> <p><i>How did you know he/she was the one for you?</i></p>	<ul style="list-style-type: none"> <li>• As part of marriage preparation</li> <li>• An invitation to recently married couples to come and share together – marriage enrichment opportunities</li> <li>• A wedding anniversaries gathering</li> </ul>
<p><b>Real Question 2</b></p> <p><i>What helps you hang on in there when the going gets tough?</i></p>	<ul style="list-style-type: none"> <li>• Any form of pastoral formation for any ministry</li> <li>• For carers, listeners or companions</li> <li>• Create opportunities for people who are housebound</li> <li>• <i>Rainbows</i> (bereavement support for children) facilitators and adult bereavement support groups</li> <li>• Busy working parents</li> <li>• Toddler group parents/leaders</li> <li>• Grandparent groups</li> <li>• Family Groups</li> <li>• All forms of chaplaincy (e.g. prisons, hospitals, schools)</li> </ul>
<p><b>Real Question 3</b></p> <p><i>When have you had to admit you were wrong and ask forgiveness? When have you found it hard to forgive?</i></p>	<ul style="list-style-type: none"> <li>• Parents of children celebrating 1<sup>st</sup> reconciliation</li> <li>• Marriage preparation and marriage enrichment session</li> <li>• RCIA – Journey in Faith session</li> <li>• In support of people who are separated and divorced</li> <li>• Lent or Advent groups</li> </ul>
<p><b>Real Question 4</b></p> <p><i>What has been your experience of serious illness, and or death? Where was your faith in all of this?</i></p>	<ul style="list-style-type: none"> <li>• Bereavement support and bereavement visiting (lay and clergy)</li> <li>• <i>Rainbows</i> (bereavement support for children) leaders</li> <li>• Teachers/teaching assistants</li> <li>• St. Vincent de Paul groups</li> <li>• Intergenerational groups, e.g. in November, Holy Souls</li> <li>• Support for parents with sick children or who have suffered miscarriage/still birth</li> </ul>
<p><b>Real Question 5</b></p> <p><i>Have you ever felt like an outsider?</i></p>	<ul style="list-style-type: none"> <li>• Carers and people with mental health difficulties</li> <li>• Families with gay members</li> <li>• Support of people who are divorced, separated, remarried</li> <li>• RCIA teams</li> </ul>
<p><b>Real Question 6</b></p> <p><i>What gives you a deep sense of joy?</i></p>	<ul style="list-style-type: none"> <li>• Any opportunities/seasons of celebration in life</li> <li>• Anniversaries – intergenerational</li> <li>• Marriage preparation and enrichment</li> <li>• Birth and baptism preparation</li> </ul>
<p><b>Real Question 7</b></p> <p><i>Who listens to you when you need to be listened to?</i></p>	<ul style="list-style-type: none"> <li>• Confirmation parents</li> <li>• Clergy</li> <li>• People at moments of transition in life (e.g. post-school, post-university, unemployment, ill health, relationship difficulties)</li> <li>• Older people – regaining a sense of purpose</li> </ul>