

## For Starters

- <sup>1</sup> A Bed of Lettuce: Let us invite the Holy Spirit to guide us in our response to the needs and signs of these times.
- <sup>2</sup> *Daily Bread:* Contracts between Bishops & Congregation Leaders in place clear, comprehensive, and reviewed periodically.
- <sup>3</sup> *Gefilte Fish:* No-bones-about-it candid two-way communication between Bishops and Superiors. (It takes 2 to tango!) An annual get-together in each Diocese would help to keep each other up-to-date.
- <sup>4</sup> *Sweet-&-Sour Tongue:* Surveys among the Laity to find out what they are finding life-giving and helpful, and what they need.
- <sup>5</sup> *Soup of the Day:* Enter the uncomfortable conversation about getting vaccinated.

#### On the Side

- <sup>6</sup> *Gravy Train:* Get our Catholic voice heard by government, to enable us to re-open our doors reasonably and safely.
- <sup>7</sup> *Green Salad:* Grow model food-gardens in our grounds, providing opportunities to till the soil as a practical response to hunger.
- <sup>8</sup> Selection of Sauces: Shared seminars.
- <sup>9</sup> *Comfort Food:* Supportive visits to recent graves and blessings of bereaved homes.
- <sup>10</sup> *Shoots & Sprouts:* Seminaries & Houses of Formation nurture a healthy approach to Joint Witness as Diocese and Religious.

#### Mains

- <sup>11</sup> *Surf-&-turf:* Both/And: be open to all different authentic ways of being Church. Cultivate small cells of Church community, and gradually attract people to gather again.
- <sup>12</sup> *Sunday Roast:* Sunday Mass could now be re-established not as a mere habit but the "source and summit" of all expressions of our Catholic faith life an opportunity here!
- <sup>13</sup> *Build-a-Burger:* Find new ways & spaces to listen to people as a way of hearing Christ through them and learning how to lead them. Encourage people to talk about their idea of how the Church could be. Build a pastoral culture of listening and taking-an-interest.
- <sup>14</sup> *Mixed Grill:* Affirm and grow all that is good about Covid-times: the Body of Christ alive in small groups and small expressions, like care of one another, generosity, prayer networks & virtual communities of support. Create what's missing, e.g. Parish Caritas?
- <sup>15</sup> *Meat-&-Greet:* Keep-in-touch with our Catholics, by home-visits, 'gate visits', and virtual visits via social media. Special focus on consoling the sick, lonely, bereaved, fragile, vulnerable, survivors of Covid, and caring for those who have fallen away from Church. Invoke our faith that God is with us.
- <sup>16</sup> New Potatoes: Use WhatsApp & Facebook to connect & to evangelise; Zoom for online prayer & liturgy; podcasts as starters for family-prayer; email for take-away retreats. (E-engaging people takes planning & skills!)

- <sup>17</sup> *Bones Stew:* Focus on growing, motivating, and nourishing leaders for SCCs, those in existence as well as new communities that don't fit into existing models. Revisit the celebrated Lumko materials as a resource.
- <sup>18</sup> Organic Vegetable Pie: Ground & deepen our faith and evangelisation, rooting these in an empowering appreciation of our place in God's ever-unfolding Creation. See how this suggests better ways of doing Catechesis.
- <sup>19</sup> *Family Bredie:* Focus on family ministry: the domestic Church strengthen the family, upgrade marriage preparation, encourage family prayer and 'holy corners' in homes, encourage those who face brokenness in the home to remember that it was to the sick that Jesus came and not to the healthy.
- <sup>20</sup> *Spaghetti:* Intermingle with people, be present and available to them in person, by phone, and via other media so that they feel that we're with them in their struggles.
- <sup>21</sup> *Ploughman's Platter:* Planters, nurturers, and reapers are needed more than ever in the Lord's vineyards. Encourage every sign of vocation, and promote volunteering as a school of generosity, service, and ministry.
- <sup>22</sup> *Flame-grilled Rump:* Help people to overcome their mixture of fear and laziness about gathering for Mass, and coax them to get off their rumps. Re-open the doors to worship active apostolate, making these irresistibly alive, inviting, and meaningful.
- <sup>23</sup> *Cottage Pie:* Employment is an even more urgent need in the wake of Covid. Whatever we do to help people become employable, or to empower them for self-employment and entrepreneurship, will serve to strengthen homes and families.
- <sup>24</sup> *Percolated Potjiekos:* Train ourselves and our people in listening-skills to enable us all to collaborate as we "Rebuild my Church", rich in flavour and united in its diversity.
- <sup>25</sup> *Ladies' Steak:* Stake all our efforts on Our Lady's care for the mission of her Son.

## For seniors

<sup>26</sup> *Thanksgiving Turkey:* All make a special effort to have elderly Religious and Priests feel appreciated and regarded with gratitude.

## For the young

- <sup>27</sup> *Battered Shrimps:* Pay close attention to the needs of today's youth help them to voice their needs and ideas in the parish & diocese.
- <sup>28</sup> *Stir-Fried Chicken:* Warm contact is what the young need: help them feel that we're with them and that they have each other's support that they're not alone in their stress and confusion. Offer safe online meeting spaces where they can de-stress & express.
- <sup>29</sup> *Chicken-&-Egg:* Gather parents to equip them to catechise their children, especially availing of the opportunities provided by times of preparation for First Communion and Confirmation. Create an environment where parents feel welcome and are free to share deeply their lives and their faith.
- <sup>30</sup> *Child's Portion Lasagna:* Seek out ways to collaborate with government agencies in any endeavours with potential to empower youth.

# Just Desserts

- <sup>31</sup> **Bread & Butter Pudding:** Work together to rebuild the culture of adequate financial Lay support for our Priests & parishes. Open communication in the diocese about Religious communities with inadequate financial means.
- <sup>32</sup> *Bitter Berries:* Identify the justice issues which the parish or diocese is called to address e.g. the needs of migrants in our midst, and of those who lack access to education, food, health-care, and affordable data and set up structures to respond (e.g. PPC portfolios).
- <sup>33</sup> *Sauce for the Goose:* Work at becoming a Church truly attentive to the voice of women.
- <sup>34</sup> *Tutti Frutti:* Collaborate in enabling the sharing of needed skills & gifts in a diocese, e.g. how to use Zoom, make a video, etc.

