

Footprints: An Unexpected Gift from God

Small Group Meetings: Materials List

Session 1

- Footprints Discussion Guide for each participant and facilitator
- Journals for each participant
- Pens / pencils for participants to use during the meeting
- Pieces of paper for participants to write down prayer intentions
- Small box or jar to hold written prayer intentions of the participants
- Download suggested song(s) and bring speakers to play the song(s) during the meeting

Session 2

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (bring from week 1)
- Pens / pencils for participants to use during the meeting
- Pieces of paper for participants to write down prayer intentions
- Small box or jar to hold written prayer intentions of the participants
- Download suggested song(s) and bring speakers to play the song(s) during the meeting
- Larger-sized crucifix to be used during meditation activity

Session 3

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (from week 1)
- Pens / pencils for participants to use during the meeting
- Pieces of paper for participants to write down prayer intentions
- Download suggested song(s) and bring speakers to play the song(s) during the meeting
- Adoration time – coordinate ahead of time with parish clergy

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Session 4

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (from week 1)
- Pens / pencils for participants to use during the meeting
- Rosaries for each participant and facilitator
- “How to Pray the Rosary” guide for each participant and facilitator
- Pieces of paper for “Ending Activity”
- “Ending Activity” can be done in meeting room or in church in front of tabernacle
- Renewal of baptismal promises – coordinate ahead of time with parish clergy
- Download suggested song(s) and bring speakers to play the song(s) during the meeting

Session 5

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (from week 1)
- Pens / pencils for participants to use during the meeting
- Download suggested song(s) and bring speakers to play the song(s) during the meeting

Session 6

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (from week 1)
- Pens / pencils for participants to use during the meeting
- Download suggested song(s) and bring speakers to play the song(s) during the meeting
- The Sacrament of Reconciliation is offered this session – coordinate ahead of time with parish priest(s).
- A guide on “How to go to Confession” may be offered to each participant

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Session 7

- Footprints Discussion Guide for each participant and facilitator (from week 1)
- Journals (from week 1)
- Pens / pencils for participants to use during the meeting
- Download suggested song(s) and bring speakers to play the song(s) during the meeting
- Vetted testimonies from women who chose parenting or chose adoption
- List of local community resources that offer support to pregnant women who plan to parent or who are considering adoption

Session 8

- Celebration of Life Dinner! Plan well in advance with clergy, “adoptive ministries” and other ministries and volunteers in the parish. Be creative and make it special!
- Make sure the program participants have given you a list of who they would like to have attend the dinner and invite them well in advance. This could include the birth father, family and close friends.
- Reach out to other ministries for:
 - Providing/preparing/serving the food
 - Decorating the dinner space to make it as special as possible
 - Organizing a diapers/wipes drive and delivering donations to the dinner for participants to take home
 - Purchasing and providing baby registry gifts to women who have chosen to parent
 - Purchasing and providing pampering/personal gifts to women who have chosen adoption
- Download suggested song(s) and bring speakers to play the song(s) during the meeting

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Beyond the Pregnancy

- Plan ahead and find volunteers who are willing to:
 - babysit or come to the house once baby is born so that mom can shower, nap, run errands or go to classes
 - prepare and deliver meals after baby is born for a determined amount of weeks
 - create and maintain a wish or needs list for mom and new baby that can be shared with parishioners so they may continue to support them