



A.R.E. You Ready?

Starting a Pauline Parish Cell Step-by-Step Instructions

1. **Ask permission from your Pastor.**

Tell him you are a Pauline (professed if that is the case) in the Holy Family Institute, founded by Blessed James Alberione. Explain that you would like to share Pauline spirituality with others in the parish by promoting Adoration. Give him the “**ARE You Ready?**” full-color brochure, the Letter to a Parish Priest, and a copy of this Step-by-Step Guide. You can also email him digital copies, which can be obtained by contacting Lisa at paulinecommunityofstjoseph@gmail.com. Direct questions to this email.

2. **Announce that Pauline Spirituality is coming!**

Make an announcement in the bulletin and, with the permission of your pastor, **present the ARE You Ready Pulpit Presentation** at the end of Masses one weekend in your parish. Invite people to learn more about Pauline spirituality by attending a SPECIAL PARISH EVENT: THE PAULINE HOLY HOUR. Announce the date and time and encourage people to attend and bring friends and family members.

3. **Conduct the Pauline Holy Hour in your Parish.**

If possible, wear your purple ARE You Ready polo shirt. Follow the instructions for conducting a Pauline Holy Hour with your priest. At this event, you will distribute the **Pauline Holy Hour Guide**, which will be collected at the end of the hour for reuse at subsequent Holy Hours. If possible, distribute the brochure as well. If this is cost-prohibitive, make a handful of brochures available in the vestibule leading up to the event. Before and at the end of the hour, invite people to consider joining the Parish Pauline Cell and to sign-up on the sign-up sheet to contact them at a later date.

4. **Build the Pauline Parish Cell. Begin praying together during a scheduled hour of Adoration.** Set a regular hour of Adoration for your group. Your Holy Hour should include about 30 minutes of group recitation of prayers and about 30 minutes of silence. Use the **Pauline Holy Hour Guide** for the prayers in common and the Rosary.

5. **Invite others to join your group.** After the initial Parish Pauline Holy Hour Event, evaluate the program with your pastor and decide if you want to repeat it monthly or periodically. Plan to host subsequent Pauline Holy Hour events for the whole parish at the discretion and direction of your pastor. If the pastor wants you to host regular Pauline Holy Hours for the whole parish, certainly do his bidding. If for whatever reason, this is not desired, ***continue with weekly Holy Hours on a smaller scale with a dedicated group of members who will form the Pauline Parish Cell.*** Invite parishioners to your Pauline Holy Hour, during which time, they will have the opportunity to make reparation for spiritual mistakes, and to listen to what Jesus wants to tell them about their lives. Assure them that they will not go away empty-handed from this Encounter with the Risen Lord. If they have problems they can't solve, tell them to come and bring it to the Lord in the silence of the Eucharistic Encounter. Gently invite others in private conversations as well to join the Pauline Parish Cell for weekly (or regular) Holy Hours with the Pauline Holy Hour Guide.
6. **Repeat the "Special Event" Parish Holy Hour as desired.** From time to time and with the permission of the pastor, share some or all of the **ARE You Ready** presentation to introduce newcomers to the Pauline Holy Hour, perhaps at the beginning of another "Special Event" Parish Holy Hour. Focus on the reality that we all need to prepare to meet our Maker in this life so as to be **READY** to meet Him in the next. Make this for the whole parish.
7. **Wear your purple Pauline shirts.** Be a visible sign of unity and community. Give people an identifiable mark that lets them know you belong to one another (e.g., wearing the purple shirt), and that they can belong to you too. Explain # 8 to anyone who will listen.
8. **Remember the Passion with purple!** Saint Paul wrote in his letter to the Corinthians that he had resolved to "know nothing [more] but Jesus Christ and him crucified" (1 Cor. 2:1-2). Later on, he declares, "Jews demand signs and Greeks search for wisdom, but we preach **Christ crucified**—a stumbling block to Jews and foolishness to Gentiles—but to those who are called, both Jews and Greeks, [there is in this mystery of] Christ, the power of God and the wisdom of God. **The purple shirt reminds its wearer of the Passion of Christ, during which His royal dignity was mocked with purple garments. It also reminds us of our own status as members of a royal household, adopted at baptism into the family of the King.**