



# **POLICY COMMITTEE**

## **Best Practice**

### **KEY POINTS AND TAKE-AWAYS**

### **Lay & Clergy Rollos & Meditations**

**ORIGINAL DATE:** June, 2021

## **KEY POINTS AND TAKE-AWAYS**

### **LAY AND CLERGY ROLLOS & MEDITATIONS**

**PURPOSE:** The purpose of this document is to provide an additional tool for general guidance in the preparation of rollos and meditations as well as points to consider when critiquing rollos. It should be used in conjunction with the approved Purpose, Situation and Outline provided for each rollo and meditation.

**GENERAL CONSIDERATIONS:** When preparing (and critiquing) a rollo, there are a number of aspects to consider besides following the outline. They include:

- Staying within the outline and not stepping on other upcoming talks.
- Staying within the prescribed time of each rollo.
- Having the appropriate amount of witness based on the position of the talk in the flow of the weekend.
- Being willing to be as transparent and vulnerable as necessary, and as indicated by the nature of the talk.
- Providing the Table Leaders with sufficient “meat” to facilitate meaningful conversations at the tables.
- Understanding that it is not necessary to summarize each preceding rollo. They can be mentioned as part of the context of your talk to help demonstrate the connection, but only the Reunion Group Rollo provides a formal summary of each preceding talk.
- And realizing that you want to leave the candidates with one or more solid “take-aways” from your rollo.

### **MEDITATIONS (CLERGY)**

**KNOW YOURSELF MEDITATION:** This is the first meditation of the weekend. It lays the groundwork for what the candidates can expect from the weekend. It encourages them to become aware of themselves and to risk “looking inside” while encountering God in the process; understanding that the weekend is God’s gift, and Tres Dias does not expect pre-determined responses from them.

**PRODIGAL SON MEDITATION:** (Alternatively, on a women’s weekend, the Hosea-Gomer account as recorded in Hosea 1-3, or the account of the woman caught in adultery, as recorded in John 8:1-11). The goal is to enable the candidates to consider the absolute and unconditional love of the Father as depicted in these stories.

- These first two meditations, presented on the first evening, are designed to prepare the candidate for the period of silence that follows to enable them to begin to focus on what will become clearer as the weekend progresses.

**THE THREE GLANCES OF CHRIST MEDITATION:** This meditation begins the first full day by showing examples of how Jesus lovingly confronted people by looking them in the eye and, in reality, seeing into their very souls. It’s designed to encourage the candidates to imagine Jesus looking into their souls, understanding their hearts, and offering them his special love, even if he sees rejection. Each candidate should hear the invitation of Christ to trust Him as Lord, and to be his disciple.

**FIGURE OF CHRIST MEDITATION:** This meditation begins the 2<sup>nd</sup> full day by asking the question ‘Do you KNOW Christ or do you only know ABOUT him?’ The goal is to evoke a response of faith in the hearts of the candidates.

- On a side note, this is primarily how we have conversions on the weekend when candidates are appropriately sponsored. A Christian attends thinking they know Jesus, but then learn they only know ABOUT Him, and this results in a life-changing revelation!

**CHRIST’S MESSAGE TO THE PESCADORES MEDITATION:** This meditation begins the final full day of the weekend. It’s a message of victory and celebration; designed to challenge the candidates to re-enter the world in the complete assurance that Christ is with them. It’s also the first time that the term “Pescadore” is mentioned on the weekend.

### **ROLLOS – LAY AND CLERGY**

**IDEALS:** This rollo is basically setting up the foundation for the rest of the weekend. It’s designed to bring the candidates to the starting point to think about what their ideal really is. By discussing their time, talents, treasures and thoughts, they’ll begin to realize that their ideals may have very little to do with their faith. This is a purely secular head talk with minimal if any personal witness and there should be no mention of God, Jesus, the church, religion, etc. The UNSPOKEN ideal is obviously Jesus, but that will be expanded upon in later rollos.

- **TAKE AWAY:** By the end of the rollo, the candidate should be thinking about how he/she spends their time, talents, treasures and thoughts, and be able to determine what their ideal has been.
- **PITFALLS:** Keep in mind there should be no reference to personal witness, or any church activities, etc. This is a purely secular presentation.

**GRACE:** This is the first Clergy rollo, and it introduces the candidates to the concept of God’s unearned and undeserved gift of Grace; a concept that will be expanded on in later talks. Understanding and accepting God’s Grace is one of the underlying concepts of the Tres Dias weekend.

- **TAKE AWAY:** By the end of the rollo the candidate should realize that God’s Grace is the true ideal for a Christian and is the key to human happiness and fulfillment. This rollo is an important stepping stone to fully understanding the purpose of the weekend.
- **PITFALLS:** Although the outline expresses the need to present basic Biblical Theology, it should not be presented in a doctrinal format. The Rollista is encouraged to provide personal witness as examples of God’s Grace as that will go a long way to the Candidates’ understanding of the concept.

**CHURCH:** This rollo explains that the Church is much larger than a building or even a denomination. There should be a moderate amount of witness from the perspective of the writer explaining their relationship with the Church – both from the perspective of the local church and perhaps the worldwide church.

- **TAKE AWAY:** By the end of the rollo, the candidate should be seeing that, although they are a member of the local expression of the Body of Christ, that they are indeed also a member of the Body of Christ worldwide that goes beyond buildings, walls and borders. (Thus the phrase: "We are the Church!")
- **PITFALLS:** It's important that your witness is in regard to your relationship with the church, clergy, etc., and the effect those relationships have had on you. Be careful NOT to overstep into areas of activities that are better suited for future rollos such as Action, Leaders and Christian Community in Action.

**THE HOLY SPIRIT:** This is the 2<sup>nd</sup> Clergy Rollo. It explains how God EMPOWERS His Church and His people to fulfill his mission. In addition to the theological discussion of the Holy Spirit, including the Gifts of the Spirit, this talk should include examples of how the Holy Spirit has worked in their life and in the life of churches and missions they are aware of. Palanca is introduced by the Spiritual Director immediately following this Rollo.

- **TAKE AWAY:** By the end of the rollo the candidates should have an understanding that God is always present with them in the Person of the Holy Spirit. That He cares about them and is willing to provide 'Divine Aid' in their lives. It's important they understand that the Holy Spirit is a "Him" and not an "it."
- **PITFALLS:** Although it's important to discuss the Gifts of the Holy Spirit as outlined in scripture, this is not the time or place to get into a discussion of the Charismatic Gifts. Those discussions may occur at the table, but should not be stressed during the Rollo.

**PIETY:** This is the first rollo of the weekend that has a strong emphasis on personal witness and it sets the stage for the three key elements of the Christian life: Piety, Study & Action. Following the outline, the talk should be as positive as possible when discussing situations and events where you've had to rely on God to get you through. Your attitude throughout the talk should be along the lines of "If I can do this with God's help, you can to!!" It's also the first leg of the 3-legged stool, so part of your job is to provide the first foundation for that stool.

- **TAKE AWAY:** After hearing your stories, the candidates' reactions should be something like "If God can help them with that, He can help me!" and then be an encouragement for them to pray for their own situations during the prayer time that follows.
  - o Be sure to place the 1<sup>st</sup> leg onto the 3 legged stool
- **PITFALLS:** What you don't want is to have such an overwhelmingly depressing story that, in the end, the candidate says: "Wow, I could NEVER get through that!" In other words, your testimony should focus on God's love and help more than on the circumstances of the situations you present. Remember that, as intensely emotional as your story might be, the important part is how God was intimately involved, even if you didn't sense it at the time.

**STUDY:** This rollo focuses on the 2<sup>nd</sup> leg of the three-legged stool. With the understanding that Piety leads to Study, the goal is to present the candidates with multiple options. The first option is to convince them that it's critical to our Christian growth that we continue to study God's Word. Then provide them with some different ways to accomplish that. Your personal witness should be about your own study practices: Your challenges, your solutions, and the outcomes. Remember that Discipline, Desire and Determination are all critical components to achieving strong study habits. Perhaps explain your experience with those attributes.

- **TAKE AWAY:** Ideally the candidate will see study in a new light and will be motivated to implement new study habits. Perhaps they will take some of your suggestions or those that arise from discussions at the table.
  - o Be sure to place the 2nd leg onto the 3 legged stool
- **PITFALLS:** The candidate will not be enthusiastic about starting new study habits if it seems overwhelming. If you are a person who is naturally inquisitive and enjoys spending hours in study, remember those candidates who might have short attention spans. Encourage starting off slow if necessary.

**SACRED MOMENTS OF GRACE:** This is third Clergy Rollo and it's one of the most complex in that it requires teaching AND witnessing. It's most effective when the two Spiritual Directors split the topics in order to show their unity despite denominational differences, and to keep the candidates' interest levels high. This rollo is based on the concept that we "**stress those things that the denominations have in common and respect those things which are different.**" The pastors are strongly encouraged to use personal witness along with teaching and explanation in an effort to make the various topics as clear as possible to the candidates.

It's important that all seven Sacred Moments of Grace be mentioned!

- **TAKE AWAY:** By the end of the Rollo, the candidates should have an understanding that these Sacraments, as we celebrate them, are "signs" that point to God's love in action. They point to meaningful and life changing events in a person's life that are orchestrated by the Holy Spirit. When participating in the Communion Service that follows this rollo, some candidates may have a new and clearer understanding of this particular Sacrament.
- **PITFALLS:** When presented well, this Rollo clearly illustrates the different traditions of the denominations; pointing out that unity in Christ does not require unanimity in the practice of the Sacraments. Effort must be made to NOT use language or illustrations that are critical of the traditions of other denominations, and the Spiritual Directors need to affirm that they acknowledge each other's traditions although they may not practice them in the same way.

**ACTION:** This rollo focuses on completing the three-legged stool by showing that Action is the natural outcome of a life spent in Piety and Study. There should be a lot of personal examples in this rollo about how action by other Christians have impacted your life, and how your actions

have impacted others. Remember that we are all different so don't hesitate to point out that the candidate's action may look different than yours. And remember that our Action is in response to God's love; not our attempt to gain his love! Finally, point out that action doesn't have to be "big" things. Sometimes something as small as helping an older person down the steps can speak volumes.

- **TAKE AWAY:** By the end of the rollo, the candidate should be thinking about things that he/she has done or could do to impact others, as well as how they have been impacted. There should be enough examples that the Table Leaders will have a lot of information and insights to facilitate a meaningful conversation. One of the main take-aways is the idea of "Make a friend, be a friend, and bring that friend to Christ."
  - o Be sure to place the 3<sup>rd</sup> leg onto the 3 legged stool
- **PITFALLS:** Be careful not to step over into the CCIA, Leaders or Environments rollos, since there are some similarities in each. This rollo is all about INDIVIDUAL action; not those performed by a committee or a group. For instance, if you were to include a mission trip where you went with a group, the focus for this rollo should be on YOUR interactions, not the action of the group.

**OBSTACLES TO GRACE:** This Rollo is basically a "reality check" to give the candidates a balanced and realistic picture of the challenges and pitfalls that every Christian faces as we deal with sin and temptation. Personal witness by the Spiritual Director to show how he/she overcame obstacles to God's Grace (ie: Sin) is critical to show that victory is ours, in Christ!

- **TAKE AWAY:** One of the key take-aways from this Rollo is the reality that, even when we fail, and fail badly, God's forgiveness is available and abundant if we just ask! And that, through Grace, we can live the Christian life using tools such as prayer, avoiding occasions of sin when possible, denial to self and spiritual direction. That the "full Armor of God" is more than a story for children!
- **PITFALLS:** The impression should not be given that Grace is "cheap." In other words, the candidate needs to realize that God will forgive an infinite number of times as long as the Christian genuinely seeks forgiveness and desires a closer walk with Jesus. It's not meant to be a license to sin. Also, the talk should not be "gloomy" but instead, should be one that shows that we become "more than conquerors" in Christ!

**LEADERS:** The important focus of this rollo is that EVERY Christian should see themselves as a leader for Christ. We are called to be "Servant Leaders." One of the most important aspects of this talk is that, unlike the secular model, in Christian community all service performed is valuable and worthy. Whether you are a janitor or usher, a pastor or an elder, each role is important in the Body of Christ. When we present our talents in service to God, people notice and it has an impact on them.

If you happen to hold a high position in your church or your work, it's important that you downplay that role and avoid taking pride in it.

- **TAKE AWAY:** Regardless of their job position in the world, following this talk the candidate should feel confident that they are, indeed, leaders for Christ. And if they can't identify with that, table discussions will hopefully point them in that direction.
- **PITFALLS:** One of the biggest pitfalls is the rollista who talks about all of the high levels he/she has had in business and/or in the church. The candidate must not be left feeling that, if he's not a committee chairman or leader, that he's falling short. They must understand that the Christian in the lowest of hierarchal positions can truly be the greatest leader for Christ.

**ENVIRONMENTS:** This rollo is the first that will begin to transition the candidate to returning to the world following the weekend. It will set the stage for the importance of small groups and for Christians to rely on each other, as the candidate is inspired to win over their environments for Christ. Personal witness should be focused on how the rollista has impacted his environment and how he/she has been impacted themselves. It can include situations outside of church, in the workplace, or anywhere.

- **TAKE AWAY:** By the end of the rollo, the candidate should feel that he/she has the tools necessary to be a witness for Christ, perhaps especially when it's not comfortable. They should be inspired to realize that, with the Help of the Holy Spirit, they can impact the world simply by impacting their immediate environment.
- **PITFALLS:** It's very easy for this talk to become a re-hash of the Action and Leaders Rollos. The difference is that this talk is about the candidate impacting those immediately connected to him/her. Then hopefully they will go on to impact others in their environments; ultimately impacting the world.

**LIFE IN GRACE:** This Rollo provides a 'launching pad' for the candidates to take what they have learned about Grace and apply the principles to their lives after the weekend. Using events of the weekend (not any confidential items) or topics of various rollos, the Spiritual Director can paint a picture of a framework that the candidates can consider using when they leave the weekend. The Spiritual Director's personal witness is critical to the candidate's understanding.

- **TAKE AWAY:** By the end of the Rollo, the candidate should have the realization that developing and maintaining a vibrant relationship with Jesus is not just critical, but exciting! That living a life of Piety, Study and Action, especially when supported by Christian Community and Prayer is not just do-able, but absolutely achievable.
- **PITFALLS:** The biggest hazard is making a "life in grace" something that is too difficult, or virtually impossible to achieve. If the focus is not on the reliance on Christ as we attempt to live out Piety, Study and Action, then that needs to be corrected.

**CCIA:** This rollo provides the example of what we can accomplish together that would be difficult or impossible to do alone. The personal witness should be how your group worked together, perhaps with other groups, to accomplish specific goals. This could be as complex as a mission trip or building a house for the needy to something as simple as getting together to put on holiday meals for the homeless or gather gifts to bring to needy children.

- **TAKE AWAY:** By the end of the rollo, the candidate should be thinking about new ways they can connect with other Christians that they may not have considered before.
- **PITFALLS:** It's very easy to fall into the realm of the Action or Leaders rollos. In this talk, you need to focus on what was accomplished by the group. What were the interactions like and how did you participate. In the end, keep in mind that this rollo is about the accomplishment of the group and not so much about your role. Be sure to avoid any references to your Reunion Group, per se, so as not to overstep into the next rollo.

**REUNION GROUPS:** This is a critical rollo as it introduces one of the most important aspects of the candidate's 4<sup>th</sup> Day: The small group dynamics. **THIS IS THE ONLY TALK THAT SUMMARIZES THE PRIOR ROLLOS** (try to keep the summary brief as it's important to spend as much time as possible on the meat of the rollo, which is Reunion Groups). This talk has a huge amount of personal witness so be sure to share some of the ways that your reunion group has impacted you, as well as ways in which you have impacted the lives of those in your reunion group. Stress that small group accountability is critical to achieving Christian growth and in navigating the life of Piety. It's also important to stress that confidentiality is critical so that group members will not hesitate to share.

- **TAKE AWAY:** By the end of the rollo, the candidate should have the sense of "I NEED THAT!" and have a desire to join or start a reunion group.
- **PITFALLS:** The only pitfall is in not providing a compelling or convincing enough case that being in a small group of Christians is a critical component of Christian life!

**LIVING THE FOURTH DAY:** This is the final talk of the weekend and is practically all witness by the rector as he/she shares their life since their weekend. It should joyfully focus on the candidate's need to persevere in their 4<sup>th</sup> Day, and a strong emphasis should be placed on the importance of reunion groups.

- **TAKE AWAY:** By the end of this rollo, the candidate will have received all of the teachings and interactions of a Tres Dias weekend. This rollo should serve as the "exclamation point" of the weekend by showing what's possible.
- **PITFALL:** Keep in mind that this rollo is NOT about the rector's original weekend, but about his/her 4<sup>th</sup> Day successes.



**SPOUSAL TALK (As part of the Rector's 4<sup>th</sup> Day Talk).** Although not formally recommended, this is an optional component of the "Living the 4<sup>th</sup> Day" Rollo which is permitted as an EXCEPTION to the cloister. If the decision is made to have the spouse contribute to the talk, the following criteria MUST be met in order to meet the criteria for the exception:

- 1) The exception only applies to the Rector's SPOUSE!
- 2) The subject matter must be limited to information listed under Section II in the "Living the 4<sup>th</sup> Day" Outline titled: "WHAT TO SHARE REGARDING YOUR TRES DIAS WEEKEND."
- 3) The spouse's presentation as well as the Rector's portion must be critiqued by the team as part of the critique of the rollo.
- 4) This presentation shall not exceed 5 minutes of the allotted time for the rollo, and the presentation shall not cause the rollo to exceed its allotted time as noted in the "Purpose and Situation" of the Rollo.

# Tres Dias Essentials

## 3.2 *The Essentials of the Weekend Phase*

### *One "Continuous" Rollo*



FRIDAY	SATURDAY	SUNDAY
Ideals	Study	Environments
Grace	Sacred Moments of Grace	Life in Grace
Church	Action	CCIA
Holy Spirit	Obstacles to Grace	Reunion Groups
Piety	Leaders	4 <sup>th</sup> Day

Me



Community