



A Plan for Hosting an *Eternal Rest* Mission or Small Groups in Your Parish Lent 2023

While mankind has many difficulties and struggles in this world, the chief among them is death. We try to hide death, to hide from it, ignore it, avoid it, defy it, delay it, and even conquer it. All to no avail. Death remains with us, and it numbers our days. How do we understand and prepare for this reality we cannot escape?

Eternal Rest presents the Church's teaching about death and God's response to it with wisdom and truth, gentleness, and compassion, so that participants may think about and prepare for death in the light of Jesus Christ, the Author of life. [Watch the trailer](#) for *Eternal Rest* and use it for promoting it in your parish.

It's easy for any parish that subscribes to FORMED to host an *Eternal Rest* Lenten Mission or small groups. All four parts of *Eternal Rest* are available to parishes and their parishioners for free at [Formed.org](#). Parishes can promote *Eternal Rest* among their parishioners and in the broader local community, inviting individuals to attend the mission or join small-group studies—in person or virtual—to watch and discuss *Eternal Rest*.

Ready to get started? Here's a suggested plan for the launch of *Eternal Rest* in your parish. All days and weeks are suggestions, and can be adjusted to fit your parish's busy Lent schedule.

A Model Schedule for a Lent 2023 *Eternal Rest* Mission or Small Group Program:

Tuesday, March 7	Episode 1: <i>The Story of Death</i>
Thursday, March 9	Episode 2: <i>The Afterlife</i>
Tuesday, March 14	Episode 3: <i>The Hour of Our Death</i>
Thursday, March 16	Episode 4: <i>The Faithful Departed</i>

The Power of Parish Missions and Small Groups for *Eternal Rest*

Parish missions and parish-wide studies conducted in small groups help Catholics become proactive in their own faith formation as individuals and families. Parish missions have always been indispensable events for bringing entire parishes together at holy times of year. They are exceptionally well-suited for edifying parishioners with prayers, contemplation, and discernment about the biggest issues of our Catholic faith or themes central to parish life.

By encouraging parishioners to take part in a parish-wide study in small groups, individuals and families are empowered to begin practicing holy habits and building up their faith on a regular basis, using the content available to them free of charge on FORMED.

Planning a Parish Mission or Parish-Wide Small Group Study for *Eternal Rest*

- **Scheduling and encouraging attendance at your parish mission:** Select a week for your mission that does not conflict with major events in your parish or community like Spring Break, parent-teacher conferences, and so forth; prayerfully consider canceling regularly scheduled ministry meetings and RE classes during the mission; encourage each of your parish ministries to gain commitment from their members to attend the mission; staff an after-Mass information table to answer questions about the mission; promote your mission through the parish RE program and school; begin planning for snacks and refreshments at your mission early—use Sign-Up Genius (see below) to facilitate this effort.
- **Days and times for small groups:** Offering different days of the week and different times for *Eternal Rest* small group sessions is key in drawing in as many people as possible. Examples: a weekday in the morning; a weeknight; during the weekend after one of your Sunday Masses; offering a study for religious education parents while their kids are in class.
- **Offer in-person studies:** Some parishes may be able to safely run in-person studies. This can look like FORMED or Bible study programs you have run in your parish before. Space out in your parish hall or meeting room and watch *Eternal Rest* as a large group. Then have small group discussions (5–10 people).
- **Offer a virtual option 1:** Set a day and time each week for a small group (5–10 people) to meet online (Zoom, Google, Skype) to watch *Eternal Rest* together. Then have an online discussion. This will be about 1 to 1 ½ hours. Be advised that basic Zoom only allows 45 minutes.
- **Offer a virtual option 2:** Have everyone watch *Eternal Rest* on their own each week and then have a set time to meet online for 30–45 minutes as a group to discuss.
- **[Sign-Up Genius](#)** is a free registration tool that many parishes are using for *Eternal Rest*.

Free Promotional Material to Publicize *Eternal Rest* in Your Parish

FORMED has created [promotional materials](#) for *Eternal Rest*, making it simple to get the word out about your program.

February 11–12: Begin promoting *Eternal Rest* and your mission or small group options for your parish:

- Ask every staff member and ministry leader to lead a group.
- Ask every staff member and ministry leader to inspire attendance at the mission or in a small group among their staffs.
- Order your guides for *Eternal Life* [for as low as \\$5.95](#) when you purchase 100 or more.
- Share the video on your social media and website.
- Include a flyer in your bulletin.
- Post promotional flyers around your parish campus.
- Make an announcement at Mass.
- Mail out an invitation to every family.
- Gather a team of 20 callers to call 20 parishioners each.

February 19–20: Promote *Eternal Rest* and your small group options for your parish. How to sign up:

- Include a flyer in your bulletin.
- Make an announcement at Mass.
- If doing a giveaway such as a book or booklet, include a bookmark.

Ash Wednesday, February 22: Hand out *Eternal Rest* promotional flyers to the congregation while leaving Ash Wednesday Mass.

February 25–26, March 4–5: Promote episode 1 of *Eternal Rest*.

- Post the teaser video for episode 1 on social media with a link to the FORMED full-length video.

Tuesday, March 7 Episode 1: *The Story of Death*

Thursday, March 9 Episode 2: *The Afterlife*

Tuesday, March 14 Episode 3: *The Hour of Our Death*

Thursday, March 16 Episode 4: *The Faithful Departed*

Ongoing throughout Lent 2023

- Promote *Eternal Rest* with the talking points content available in the promotional package in homilies and pulpit announcements.
- If you choose to conduct a multi-week schedule, continue to promote the upcoming episode every week on social media, in the homily, and in pulpit announcements.



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