

Catechesis and the Art of Accompaniment

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The Church will have to initiate everyone – priests, religious and laity – into this “art of accompaniment” which teaches us to remove our sandals before the sacred ground of the other. The pace of this accompaniment must be steady and reassuring, reflecting our closeness and our compassionate gaze which also heals, liberates and encourages growth in the Christian life.

Pope Francis, *The Joy of the Gospel*, 169

5 Aspects of Accompaniment

- humility
- listening
- patience and openness to the Holy Spirit
- courage
- joy and good humor

St. Thomas More's Prayer for Good Humor

Grant me, O Lord, good digestion,
and also something to digest.
Grant me a healthy body,
and the necessary good humor to maintain it.
Grant me a simple soul
that knows to treasure all that is good
and that doesn't frighten easily
at the sight of evil,
but rather finds the means
to put things back in their place.

Give me a soul that knows not boredom, grumblings, sighs and laments,
nor excess of stress,
because of that obstructing thing called “I.”
Grant me, O Lord, a sense of good humor.
Allow me the grace to be able to take a joke
to discover in life a bit of joy,
and to be able to share it with others.