

**Leader's Guide for**  
***HEROES AND HEROINES***  
**People of Hope**

*Heroes and Heroines* invites viewers to share in the lives of ordinary people, some recognized as saints, who worked to build community. In the example of their lives we begin to gain insight into how our faith grows and deepens by living as *People of Hope*.

The *People of Hope* video introduces us to Steven Biko, St. Elizabeth Seton, Ghandi, Ignatius of Loyola, a counselor and a mother. Listening to their stories of strength and courage, we can begin to recognize the same patterns in our own daily living.

This leader's guide invites reflection and recognition of ways we live with hope as people of faith.

1. Why is hope not the same as wishing?
2. Of the people of hope portrayed in this video, who was your favorite? Tell his or her story. If asked to be interviewed, what would you say about that person?
3. Who is a person of hope in your life?
4. Our choice of heroes and heroines tells us something about who we are. Who are the people who make a difference in your life—the people you look up to and admire?

Make a People of Hope wheel. Draw a circle and divide it into four parts. Choose someone you know, someone famous from past or present, or maybe even a fictional person from a favorite story—someone you consider heroic—and answer these questions in each section of your wheel.

- a. What is the person's name?
- b. Why do you think this person is important to you?
- c. How are you connected to that person?
- d. How has this person made a difference in your life or in the world?

Share answers with a partner or group.

5. What do you hope in? What kind of commitment does that hope bring with it? What makes it worth that type of commitment?
6. The opposite of hope is despair. Despair happens when we think nothing is worth caring about—even ourselves. Did you ever experience despair? What helped you out of it?
7. Hope is not being certain everything will be all right, but it is saying that this person, this cause,

is worth my energy, my love and care. Talk about Molly's mother and the school counselor. Have you ever experienced someone like this in your life? Have you ever been like Molly's mother or the school counselor to another?

8. Invite participants to this prayer experience.

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NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¾ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with: *Heroes and Heroines: People of Hope* on VHS (K2000A) and DVD (D2005).

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**Leader's Guide for**  
***HEROES AND HEROINES***  
**People of Courage**

*Heroes and Heroines* invites viewers to share in the lives of ordinary people, some recognized as saints, who worked to build community. In the example of their lives we begin to gain insight into how our faith grows and deepens by living as *People of Courage*.

The *People of Courage* video talks of St. Joan, Oscar Romero, St. Paul, Dorothy Day, a young girl named Maura, and a man in the water. Listening to their stories of strength and courage, we can begin to recognize the same patterns in our own daily living.

This leader's guide invites reflection and recognition of ways we live with courage as a people of faith.

1. How was courage defined in the video?
2. Who is a person of courage that you have read about? Who is a person of courage that you know personally?
3. Have you ever been like Maura and offered friendship to someone who was lonely at the risk of being excluded from your group of friends? Have you ever been the person who was lonely? Have you ever been in a group that excludes others? Share your story. Role play the situation with others.
4. Of the people of courage presented in this video—Joan of Arc, Oscar Romero, Dorothy Day, St. Paul, Maura, a man in the water—who was your favorite? Why? Tell his or her story. If asked to be interviewed, what would you say about the specific way your choice was a person of courage to you?
5. Can you think of a situation you might face which will require courage? People of courage act for what is right no matter what the cost. Share your thoughts and feelings about the man who saved the people in the Potomac River after the plane crash.
6. Do people of courage have fear? If they do, what do they do about the fear? How do you deal with your fears?
7. Invite participants to this prayer experience.

Read aloud Mark 4:35-41 (The Storm at Sea)

Invite the group to close their eyes and reflect silently on the following questions:

What are the “winds and waves” in your life?

What makes you afraid?

-Silence-

Imagine Jesus is with you now. Tell him your fears.

-Silence-

Hear Jesus respond, "Don't be afraid. I am with you always."

8. Have a discussion of this same Scripture, the Storm at Sea (Mark 4:35-41) by asking these questions:

Who is in the reading? Where are they?

What happens to them? How do the people feel?

Has this feeling ever happened to you?

Do the feelings change?

What is one word that describes this reading?

How do you feel when you hear that word?

How does Jesus help calm our feelings?

9. Conclude with the closing prayer of the video:

God of Courage,

You call us to change the world—

to live our faith fearlessly, no matter what the cost,

to help other people live in justice and peace, no matter what the cost,

to walk with others in mercy and compassion, no matter what the cost.

Help us to have the courage of a Maura, a Joan, an Oscar Romero, a Dorothy Day, a St. Paul, a man in the water who loved life so much that he helped others to live—no matter what the cost.

(Invite group to speak about their own people of courage....)

Be with us, our God of Courage, so that we can be people of courage. Amen.

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NOTE: This guide can be printed and cut down in size to be stored with the DVD version of this video program. Simply cut ¼ inch from each side of the page for a guide that, when folded, can be placed inside of the DVD case or attached to the DVD or VHS case.

For use with: *Heroes and Heroines: People of Courage* on VHS (K2000B) and DVD (D2005).

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**Leader's Guide for**  
***HEROES AND HEROINES***  
**People of Prayer**

*Heroes and Heroines* invites viewers to share in the lives of ordinary people, some recognized as saints, who worked to build community. In the example of their lives we begin to gain insight into how our faith grows and deepens by living as *People of Prayer*.

The *People of Prayer* video introduces us to Kateri Tekakwitha, Thomas Merton, Teresa of Avila, Francis of Assisi, a child and a grandmother and the way in which prayer was an important part of their lives. By looking at their lives, we are invited to a sense of prayer that can become realistic in our own lives.

This leader's guide invites reflection and recognition of ways we live with prayer as people of faith.

1. Do you think prayer is important? Why or why not?
2. When do you pray? Why do you pray? Did prayer ever affect how you saw a person or a situation?
3. Who do you know that is a person of prayer? What is that person like?
4. Of the people portrayed in the video, who was your favorite? Why? What was his or her particular way of praying? Pretend you are a friend of one of the people. What would you say about them if you were being interviewed?
5. When do you want to "take a peek at God" to know God is there in your fears, worries, joy and that you are not alone?
6. Be like the grandmother in the video and talk to God about a problem, a fear, a worry, a joy. Write your prayer.
7. Prayer makes you aware of God's presence. When have you been aware of God's presence?
8. We experience God among us. Write a prayer. Speak to God from your heart. Speak for everyone in your community and the world.
9. We can't escape our problems by praying. Prayer helps us to know that God is with us in our problems. Did you ever experience that?
10. Invite participants to this prayer experience.

Read aloud Luke 18:35-43 (The Cure of the Blind Man).

Invite the group to close their eyes and reflect quietly on the following questions:

Put yourself in the scene. Jesus is walking by on the road, and you call out to him. He

says to you, “What do you want me to do for you?” What do you tell him?

-Silence-

Jesus promises to be with you always, no matter what. Right now, Jesus is with you, helping you with your request. You are the beloved of God. How does that make you feel? What do you say to God?

11. Conclude with the closing prayer of the video:

God of Prayer,

Make us people of prayer, aware of your presence in all the moments of our lives, in all our fears and worries and joys, like that grandmother.

Let us be like children secretly peeking at you, God, discovering that you are there and we are not alone,

OR like Francis, loved by you and talking and walking with you everyday in your creation,

OR like Kateri, praying daily that all people would come to know you as a loving God,

OR like Teresa, sitting still, quiet, going deep inside where you live and simply being there with you, God,

OR like Thomas Merton—“wherever we go, whatever we do, whatever joys or problems—there you are God. Right there.”

You are a here, there and everywhere God.

How blessed we are!

God of Prayer, we are your people of prayer. Amen.

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