



## DISCERNMENT

### *(From Listening to Action)*

#### **Return to the larger group**

Return to the larger group. Each small group is invited to share briefly their "We" perspective, focusing on what and how they sense the Holy Spirit is inviting them to respond.

Together as a BEC, identify a simple "Move to Action," to help the Word take root in daily life.

For example:

- As individuals, perhaps, to reserve judgement and listen more openly.
- To be conscious of people we may have excluded and make an effort to repair those relationships.

#### **Intercessory Prayer**

Facilitator invites all to voice short intentions, for example:

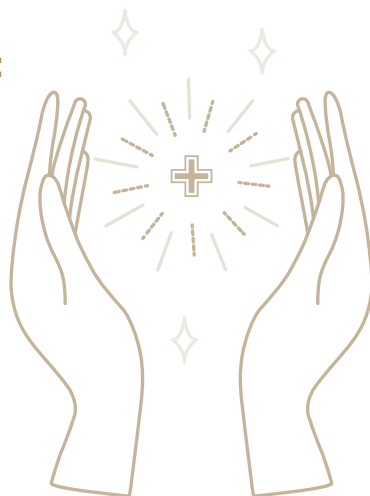
"Lord, help me to ... "

**Response:** "Lord, hear our prayer."

Conclude with the Lord's Prayer, the Glory Be, and the Sign of Peace.

#### **Closing Hymn:**

An appropriate hymn may be sung or played



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INTERNAL CIRCULATION ONLY

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# BECReflection

**WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH**

*A People for Missionary Discipleship*



**T**he Church proclaims that all belong to the Body of Christ. Yet belonging is not only something we declare; it is something people must experience.

Inclusivity begins when we ask honest questions: Who feels at home among us? Who is missing from our gatherings? Whose voices are rarely heard? Often, exclusion is not intentional, but happens through habits, assumptions, or silence.

Saint Paul reminds us that we are one body with many members. Each person is different, yet each is necessary. Unity does not mean sameness, but shared dignity and mutual respect.

The Church is called to conversion in how we relate to one another. Inclusivity is practised through concrete gestures that honour dignity, make space for difference, and ensure that no one feels invisible.

This month, we reflect on how our BEC and parish communities can become places where belonging is real and every person is valued.

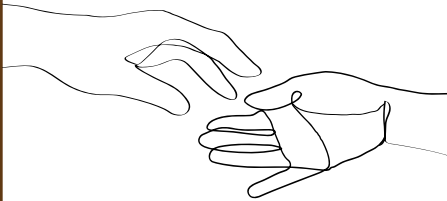
## ENCOUNTERING

### Opening Hymn

Suggestion:

**We are One in the Spirit**

or any familiar hymn.



### Opening Prayer

Loving Father,  
You have called us into  
one Body in Christ,  
each of us different,  
each of us loved.

Open our eyes to recognise  
those who feel unseen,  
open our ears to listen to  
voices we may overlook,  
and soften our hearts to  
welcome one another with  
sincerity.

Teach us to honour the dignity  
of every person,  
to practise inclusivity through  
our words and actions,  
and to become a community  
where all can truly belong.  
We ask this through Christ  
our Lord. Amen

### Pastoral Pathway

Practising inclusivity begins not with words, but with gestures. Concrete gestures make dignity visible. They show people that they are seen, valued, and welcomed, not in theory, but in lived experience.

Inclusivity is practised when we notice who is present and who is missing. It is practised when we slow down to listen, make space for quieter voices, and avoid assumptions about others' intentions, backgrounds, or situations. Often, people feel excluded not because they are rejected openly, but because they are overlooked.

Honouring the dignity of all means recognising that every person carries a story, a struggle, and a gift. Dignity is honoured when we listen without interrupting, welcome without conditions, and relate without judgement. It also means being willing to adjust our habits and preferences so that others can belong more fully.

The Church should not be a place where differences are feared, but where every person can recognise themselves as part of the Body of Christ.

## SCRIPTURE

### Rom 12:4–5

For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another.

*Pause for three minutes of prayerful silence to reflect on this scripture text in light of family relationships today presented and your experiences.*

## DIALOGUING

### *(Conversation in the Spirit)*

*Form small groups of 4 to 6 persons. Follow the three rounds of sharing. Keep one minute of silence between each sharing.*

**Round 1 – “I” Perspective** (Come prepared for a time of silence. All are invited to share but only once for less than two minutes. No commenting on the sharing of others)

Considering our discussions on inclusivity and the scripture reading, what steps can I take to foster inclusion in my parish community and BEC?

*(Thank each person after their sharing and observe 1 minute of silence before the next person continues)*

### **Round 2 – “You and I” Perspective**

*(Now participants are invited to respond to the sharing of another. Each person shares once, responding to something they heard what another member shared)*

- After hearing others:
- What struck me, or what do I find in common among our experiences?

**Round 3 – “We” Perspective** (Now the facilitator or leader invites all to come to a common consensus or agreement on what was shared)

What is the Holy Spirit saying to us about how we can practice inclusivity in our parish communities and BECs?