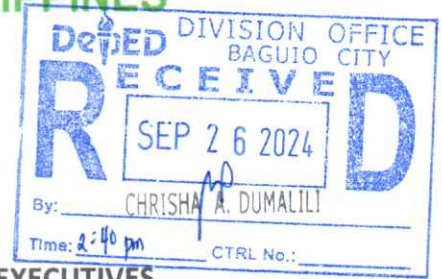




# GIRL SCOUTS OF THE PHILIPPINES

Northern Luzon Region  
Baguio Girl Scout Council



CHQ CIRCULAR NO. 20  
Series of 2024

**TO :** REGIONAL EXECUTIVE DIRECTORS AND COUNCIL EXECUTIVES  
**RE :** OBSERVANCE OF THE WEEK OF PRAYER 2024  
OF INTERNATIONAL CATHOLIC CONFERENCE OF GUIDING (ICCG) PHILIPPINES  
**DATE :** SEPTEMBER 25, 2024

We are pleased to inform you that the International Catholic Conference of Guiding (ICCG) Philippines in coordination with the GSP National Program Committee will participate in the observance of the **“Week of Communion: WEEK OF PRAYER”** celebration on October 7 to 13, 2024. The ICCG adheres to the Holy Father’s invitation to dedicate this year 2024 to prayer and to deepen our understanding of the importance of Prayer as a moment of personal and communal encounter with our Father.

From October 7 - 13, all Catholic Girl Guides and Girl Scouts are called to spare time to be in union with the sisterhood of Girl Guides and Girl Scouts around the globe by praying and meditating together every 8:00 a.m.

Please see the attached International Catholic Conference of Guiding (ICCG-CGS) Philippines Week of Prayer Reflections and Proposed Activities.

In this regard, ICCG Philippines’ troops are encouraged to join in the Week of Prayer by leading, initiating, and facilitating proposed reflections, meditations, and suggested topics.

Girl Scouts who participated in at least two (2) activities as suggested during the Week of Prayer may receive the Week of Communion Badge and a badge under the Challenge of Spirituality and Well-Being. The Girl Scout Regions, Councils, and Troops are requested to submit a Week of Prayer Report with photos of their activities on or before October 30, 2024.

Should you have further queries, you may contact our GSP Baguio Council.

For your information, guidance, and action.

Have a meaningful Week of Communion!

  
**JENNIFER T. BUGTONG**  
Council Executive

Attachments:  
*Week of Communion Reflections and Proposed Activities*  
*Week of Communion Report form*

Public Elementary and Secondary School Heads  
Private Elementary and Secondary Schools  
Heads/Administrators  
GSP District Field Advisers  
GSP School Coordinators and Troop Leaders

For information and guidance.

**SORAYA T. FACULO, Ph., CESO VI**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent/  
GSP Council Commissioner on Admin

GSP Building, Leonard Wood Road, Baguio City, 2600, Philippines  
Tel. No. (074) 442-2096 Cell Phone Number) 0962-519-9591(Smart)  
0945-311-3928 (Globe)

Facebook: GSP Baguio Council

Email Address: [gsp\\_2096@yahoo.com.ph](mailto:gsp_2096@yahoo.com.ph) and [gspbaguio.2096@gmail.com](mailto:gspbaguio.2096@gmail.com)



# GIRL SCOUTS OF THE PHILIPPINES

Northern Luzon Region  
Baguio Girl Scout Council

INTERNATIONAL CATHOLIC CONFERENCE OF GUIDING (ICCG) PHILIPPINES  
Week of Prayer – October 7-13, 2024

Troop Name: \_\_\_\_\_ Troop No.: \_\_\_\_\_  
School: \_\_\_\_\_ Troop Leader: \_\_\_\_\_

## REPORT FORM

ACTIVITIES UNDERTAKEN	TROOP NO.	AGE LEVEL	NO. OF GIRLS
<b>DAY 1: October 7 – TO PRAY THE HOLY ROSARY</b>			
Activities:			
<b>DAY 2: October 8 – TO PRAY WITH SONGS AND PSALMS</b>			
Activities:			
<b>DAY 3: October 9 –OUR FATHER</b>			
Activities:			
<b>DAY 4: October 10 – BREVIARY – THE LITURGY OF THE HOURS</b>			
Activities:			
<b>DAY 5: October 11 – CONTEMPLATION AND MEDITATION</b>			
Activities:			
<b>DAY 6: October 12 – TO PRAY IN SILENCE</b>			
Activities:			
<b>DAY 7: October 13– LECTIO DIVINA</b>			
Activities:			

**INTERNATIONAL CATHOLIC CONFERENCE OF GUIDING (ICCG) PHILIPPINES**  
**Week of Prayer – October 7-13, 2024**  
**PROPOSED ACTIVITIES**

DATES	DAY TO DAY TOPICS	REFLECTIONS	ACTIVITIES TO DO
Day 1 Monday October 7, 2024	To pray the Holy Rosary	<p>“Then Mary said, I am the handmaid of the Lord; let it be done to me according to your word”</p> <p>Today is the Feast of Our Lady of the Holy Rosary, Feast of the mystery of the incarnation of the word of God. The Feast of the Endless Kingdom of God: A Feast for the Virgin Mary, chosen by God, a feast to fill the holiness with which we adorned her, so that she would be the mother of the Word and the Mother of God.</p>	<p>*Pray the Holy Rosary with your Family to ask for the grace of faith</p> <p>*DIY Rosary Making - your family and patrol can make your own rosaries w/ unique designs for personal use and as a gift to special person.</p> <p>*Create a special meditation notebook to write down your thoughts &amp; reflections while praying the Rosary.</p> <p>*Participate in a rosary crusade or teach younger kids in your community how to pray the rosary.</p>
Day 2 Tuesday October 8, 2024	To pray with songs and psalms	<p>What is Pray? How do we Pray? What can I say to God? Is He responsible for everything? Is that what happens to us? And how does he respond? If you ask yourself these types of questions, then the Psalms are a good path for you. The “Psalms” is the prayer book by excellence.</p> <p>“The words of our hymns and prayers and, when we sing them, we add an additional dimension of honor and praise.</p> <p>Singing is a powerful way to connect with God and express our feelings and emotions towards him. Singing is also used in meditation and personal prayer.</p>	<p>*Actively participate and join in the singing during liturgical Celebrations</p> <p>* Learn different songs based on the Liturgical celebrations (Advent, Christmas, Ordinary time, Lent)</p> <p>*Choose a religious song and listen to it silently to express what you want to God. You will have a few minutes of joy and peace</p> <p>*You can organize a moment of presential or virtual sung prayer. Invite your patrol and family.</p>
Day 3 Wednesday October 9, 2024	Our Father	<p>“The Lord’s Prayer is truly the summary of the whole gospel” Since the Lord... after handling over the practice of prayer, said elsewhere, “Ask and you will receive, and since everyone has petitions which are peculiar to this circumstances, the regular and appropriate prayer (the</p>	<p>*Encourage your patrol to study and carefully feel the spiritual message of the Lord’s Prayer and reflect on its meaning.</p> <p>*Create a spiritual journal of “Our Father” prayer to record their</p>

		Lord's Prayer) is said first, as the foundation of further desires.	<p>thoughts, feeling and reflections non each of the passages of the prayer.</p> <p>*Learn to pray the Our Father in other dialects other than your own dialect.</p> <p>*Reflect on each passage of the prayer.</p>
Day 4 Thursday October 10, 2024	Breviary – The Liturgy of the Hours	The Liturgy of the Hours is the great daily prayer of the church. The meaning of this prayer is to sanctify time, to punctuate the different moments of the day and also at the night with prayers. The breviary is given to us to sanctify the different hours of the day.	<p>*Researches what is the breviary and its importance in the prayer life of a Catholic.</p> <p>*Create your own special handmade meditation notebook including the different times of Catholic prayers.</p> <p>*Pray one of the prayers of the Liturgy of the Hours, Lauds, Vespers</p>
Day 5 Friday October 11, 2024	Contemplation and Meditation (Day of the Girl)	The goal of today's meditation is to think about how strong and capable each Girl Scout is, and to support each other in feeling respected and valued,	<p>*Find a quiet spot where you can relax. Sit comfortably and close your eyes and feel the presence of the God. Light a candle, which represents God's presence.</p> <p>*Think about the challenges you've faced recently and the things you've accomplished.</p> <p>*Message other Girl Scouts and Troop Leaders you know or have heard about who are important to you. Send them positive thoughts so they feel encouraged to chase their dreams.</p> <p>*Give thanks for who are &amp; for the experiences you've had, even the tough ones. Ask God for His blessings and guidance.</p> <p>*Open your eyes slowly and come back to the present moment, feeling strong and confident. Remember that you're loved by God and capable of achieving great things with his help. This meditation is meant to help you grow closer to God, feel stronger inside and realize your fullest potential as a girl.</p>

			<p>*Write down in your spiritual journal your reflections after the meditation.</p>
<p>Day 6 Saturday October 12, 2024</p>	<p>To Pray in Silence</p>	<p>Contemplative prayer, also known as mental prayer, or meditation is a silent form of prayer which originates from the Christian belief that God inhabits each and every one of us, a daily meditation. Contemplative prayer is a way to get back and allow this divine encounter between our soul and God.</p> <p>“On that day you will realize that I am in my Father, and you are in me, and I am with you” (John 14:20) Jesus Christ is in all of us. If you want to find Him, you will have to look within yourself. It can be both a simple and a very complicated tasks; we tend to build walls that separate us from Him with your weaknesses, our wounds and pride... Yet, God wants us to join Him, and let Him love us.</p>	<p>*Do a Mental Prayer. It is important to stop focusing on ourselves but to focus on God. Make ourselves completely available, to open ourselves with humility to Him who awaits us. It is important that you find inner calm to welcome God in your soul.</p> <p>*Start your prayer moment praying  <b>“Prayer to Saint John of the Cross”</b>  “Take me Lord, in the divine riches of your silence, fullness capable of filling everything in my soul. Silence in me what is not you, what is not your pure, lonely, peaceful presence. Impose silence on my desires, my whims, my dreams of escape, the violence of my passions, the voice of my demands, my complains. Impermeate in your silence, my nature too impatient to speak, too moved to external, noisy action. Impose also silence upon my prayer , that bit maybe moved towards thee; Bring your silence down to the depths of my being and bring this silence back to you as a tribute of love!</p> <p>*In order for you to learn how to pray and grow in your spiritual life, we propose you to enter on <a href="https://hozanaorg">https://hozanaorg</a></p>
<p>Day 7 Sunday October 12, 2024</p>	<p>Lectio Divina</p>	<p>Lectio Divina can help you savor the Word of God in prayer according to the Gospel. Pope Benedict XVI recommends this ancient practice that literally means “reading of God”</p> <p>*The prayerful reading of the, more than a reflection, is an experience of a personal and intimate encounter with God, who loves you and comes to meet you.</p> <p>Steps to take you to the interior with God:</p> <p><b>1. Reading (Lectio)</b> The biblical text must be read as many times as required until discovering the living God who is present and speaks in it.  <b>2. Meditation (meditatio)</b> Now comes the meditation or deepening of the text; you have to reflect widely on the passage read  <b>3. Prayer (oratio)</b> After having listened to God, you establish a friendly dialogue with Him, through prayer</p>	<p>*We invite you to perform the Lectio Divina of the Gospel of the day and to share the action or commitment that you are going to take.</p>

		<p>4. Contemplation. After talking to God, you have to know how to enjoy his presence in silence.</p> <p>5. Action. Put the teaching of what has been read into practice in daily life.</p>	
--	--	---	--