

## Resources for Deepening Adults' Understanding of Our Faith

The list below is **not** exhaustive. This list is meant to give you a range of ideas you can use for **adult faith formation** in your parish. Archbishop Smith's three pastoral priorities are **Evangelization, Faith Formation, and Building a Vocations Culture**. The resources listed below will help your parish work on the first two priorities.

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If your parish uses one of these resources, or have other resources to suggest that you have used, please let me know! I can then pass your feedback on (both positive and negative) to other parishes. You can reach me at [catechesis@caedm.ca](mailto:catechesis@caedm.ca) or 780-469-1010 ext. 2292.

**Susan Barylo, Associate Director, Office of Catechesis**

<p><b>CaFE resources (from the UK)</b></p>	<p><b>CaFE stands for Catholic Faith Exploration</b>, and since 1996, CaFE, with encouragement from the Vatican, have been producing a wide variety of modern and attractive DVD resources for Catholics. A growing number of Anglican parishes are also successfully using CaFE.</p> <p>CaFE runs a range of missions, retreats and events around the UK, and CaFE resources are also available in many other English-speaking countries. CaFE helps people of all ages in a relaxed, welcoming 'café' style atmosphere to learn, share and pray together. A whole library of easy-to-run, TV-quality resources is available and is categorized into four main areas:</p> <ul style="list-style-type: none"> <li>- Faith Formation</li> <li>- Sacraments</li> <li>- Youth</li> <li>- General Resources</li> </ul> <p>The CaFE courses inspire and empower regular church-goers and also inform those exploring the faith in a modern and non-threatening manner.</p> <p>See all they offer for faith formation at <a href="http://faithcafe.org/">http://faithcafe.org/</a></p> <p>Two series specifically applicable to the Year of Faith are described below.</p>
<p><b>Year of Faith (a CaFE resource)</b></p>	<p>A compilation of six sessions from different CaFE DVD series to deepen faith:</p> <ul style="list-style-type: none"> <li>* <b>The Creed</b> - God the Father (from Believe - Reflections on the Creed)</li> <li>* <b>The Saints</b> - St. Catherine of Siena (from Saints - helping us today)</li> <li>* <b>The Poor</b> - A heart for the poor (from Catholics Making a Difference)</li> <li>* <b>The Bible</b> - Where on earth is God (from Life to the Full - bringing the Bible alive)</li> <li>* <b>The Church</b> - The Tradition of the Church (from Catholics Listening to God)</li> <li>* <b>The New Evangelisation</b> - The Call (from Pass It On!)</li> </ul> <p>See more at <a href="http://faithcafe.org/collections/year-of-faith">http://faithcafe.org/collections/year-of-faith</a></p>

<p><b>Believe: Reflections on the Creed</b> (a CaFE resource)</p>	<p><b>Believe - Reflections on the Creed</b> is a six-part series from England exploring the treasures of our faith as expressed in the Nicene Creed. It is suitable for use with the new English translation. Ideal for Lent, RCIA, small groups, CaFE courses and schools, it is presented by David Payne (Director of CaFE) in various locations including the Holy Land, Nicaea, Rome, Oxford, Cambridge and London.</p> <p>To order: <a href="http://faithcafe.org/collections/believe-reflections-on-the-creed">http://faithcafe.org/collections/believe-reflections-on-the-creed</a></p>
<p><b>Dogmatic Theology: Coming to Know God through Man's Best Friend</b> (Canadian)</p>	<p><i>Dogmatic Theology</i> explores themes central to our Christian faith. Full of humour, insight and theological consideration, this DVD series is based upon Fr. James Mallon's many experiences with the often mischievous "Monsi," a nine-year-old shepherd mix. For dog lovers and non-dog lovers alike.</p> <ul style="list-style-type: none"> <li>• Has four DVDs (eight sessions)</li> <li>• Has participant manual.</li> </ul> <p>Fr. Mallon is the pastor at St. Benedict's Parish in Dartmouth, Nova Scotia.</p> <p>To find out more, see <a href="http://dogmatictheology.com/">http://dogmatictheology.com/</a></p>
<p><b>Paulist Evangelization Ministries</b></p>	<p>Paulist Evangelization Ministries has many excellent faith formation programs.</p> <p><b><i>Living the Eucharist</i></b> A parish-based Lenten renewal experience designed to run over three years.</p> <ul style="list-style-type: none"> <li>• To help parishes foster spiritual growth and discipleship through a more profound experience of Sunday Mass.</li> <li>• Encompasses the full scope of parish life and spirituality and helps the entire parish—adults, teens, and families—grow in their faith and live as disciples of Jesus who carry out the Church's mission every day</li> <li>• Has parish resource/starter kit including <ul style="list-style-type: none"> <li>○ Parish leadership team manual, and small group leader guide</li> <li>○ DVD with program overview and other videos</li> <li>○ posters and bulletin inserts</li> </ul> </li> <li>• Has DVD with two retreat talks for parish retreat.</li> <li>• Has DVD with six talks for teens.</li> <li>• Has family activity book.</li> <li>• Has Lenten devotional guide and prayer cards.</li> </ul> <p>Check it out at <a href="http://www.livingtheeucharist.org/">http://www.livingtheeucharist.org/</a></p>
<p><b>Paulist Evangelization Ministries</b></p>	<p><b><i>Awakening Faith, Reconnecting with Your Catholic Faith</i></b> is a simple, inviting small-group process that helps inactive Catholics return to the Church. The group meets once a week for six weeks, conversing and socializing based on short, easy-to-read essays about spirituality, Jesus, the Holy Spirit, God's mercy, the Mass, and the Church. The small community becomes a bridge to the larger Church community. Additional topics allow the group to continue to meet for another four weeks. A parish can offer <i>Awakening Faith</i> any time of the year and repeat it year after year.</p> <p>See more at <a href="http://www.pemdc.org/">http://www.pemdc.org/</a></p>

<p><b>A Biblical Walk through the Mass</b>  <b>Adult Faith Formation Program</b>      by Edward Sri, S.T.D.</p>	<p><i>A Biblical Walk through the Mass</i> is part of <i>The Great Adventure Catholic Bible Study Series</i>. This adult faith formation program explores the biblical roots of the words and gestures we experience in Mass and explains their profound significance.</p> <ul style="list-style-type: none"> <li>• Has DVD set (five, 30-min. sessions) and <i>A Biblical Walk Through the Mass</i> book</li> <li>• Has leader's guide</li> <li>• Has student workbook</li> </ul> <p>Appropriate for adult faith formation.</p> <p>See more at <a href="http://biblestudyforcatholics.com/">http://biblestudyforcatholics.com/</a></p>
<p><b>Pillar I: The Creed</b></p>	<p><b>By Dr. Sean Innerst, professor at St. John Vianney Theological Seminary and Augustine Institute, Denver, CO</b></p> <p><b>Pillar I: the Creed</b> is a 12-part study from Ascension Press that guides participants through the first of the four Pillars of the Catechism of the Catholic Church.</p> <p><b>Pillar I: The Creed</b> provides the foundation needed to begin the four-part journey through the complete Pillars series. The Creed opens up the structure of the Catechism and shows how it is far more than a list of "faith facts," but instead a sure map for their journey of faith.</p> <ul style="list-style-type: none"> <li>• Learn why the Catechism should be treated like a roadmap for our faith journey</li> <li>• See that our journey of faith is one from "Blessing to Blessing," that the God who made us wills that we return to him</li> </ul> <p>For group or private study.</p> <p>A Starter Pack contains everything a leader needs to begin a <i>Pillars I: The Creed</i> Study, including:</p> <ol style="list-style-type: none"> <li>1. 6 DVD Set (twelve, 45-minute sessions)</li> <li>2. Study Set</li> <li>3. Leader's Binder</li> </ol> <p>Each participant of the Study should have their own Study Set, and additional facilitators should have their own Leader's Binder.</p> <p>Go to <a href="http://ascensionpress.com/t/category/study-programs/catechism/pillar-i-the-creed">http://ascensionpress.com/t/category/study-programs/catechism/pillar-i-the-creed</a></p>
<p><b>Pillar II: The Sacraments</b></p>	<p><b>In Pillar II: Sacraments</b>, the second study in the four-part Pillars program, Dr. Sean Innerst continues to open up the treasures of the Catechism of the Catholic Church. Not only will you learn about the power and purpose of the sacraments, you'll also discover how these fonts of inexhaustible grace can transform your life, providing strength, healing, and hope.</p> <p>Your group will:</p> <ul style="list-style-type: none"> <li>• Discover the sacraments as the source and power of grace Jesus gave us to face life's struggles, challenges, and temptations.</li> <li>• Learn about the sacraments' biblical origins.</li> <li>• Understand how the Eucharist foreshadows Christ's second coming.</li> </ul>

	<ul style="list-style-type: none"> <li>• See how the sacraments mystically transport us into the actual events of Christ's ministry.</li> <li>• Learn how the ancient Jewish Temple can be seen as a prefigurement of the Mass.</li> <li>• Discover how both holy orders and marriage are ordered "towards the salvation of others"... and much more!</li> </ul> <p>A Starter Pack contains everything a leader needs to begin a <i>Pillars I: The Creed</i> Study, including:</p> <ol style="list-style-type: none"> <li>1. 6 DVD Set (twelve, 45-minute sessions)</li> <li>2. Study Set</li> <li>3. Leader's Binder</li> </ol> <p>Each participant of the Study should have their own Study Set, and additional facilitators should have their own Leader's Binder.</p> <p><b>Available in Fall 2013</b> – you may order at <a href="http://ascensionpress.com/t/category/study-programs/catechism/pillar-ii-sacraments">http://ascensionpress.com/t/category/study-programs/catechism/pillar-ii-sacraments</a></p>
<p><b>Parents: You, Your Children, and Their Catholic Faith</b></p>	<p><b>By David Wells, Director of Religious Education, Plymouth Diocese, England</b></p> <p>A CaFE resource: David Wells' superb gift for catechesis makes this a fun and flexible resource which relates the day-to-day challenges of parenthood with guidance that the Church offers. It is an ideal resource to use with parents who are bringing their children to the sacraments.</p> <p>Please note that the UK DVD players use PAL format, whereas <b>North America uses NTSC format</b>. Both PAL and NTSC work with PCs.</p> <ul style="list-style-type: none"> <li>• Has DVDs with seven talks.</li> <li>• Has leader's guide.</li> </ul> <p>Go to <a href="http://faithcafe.org/">http://faithcafe.org/</a></p>
<p><b>Catholicism series</b></p>	<p><b>Fr. Robert Barron</b> created this program to present what Catholics believe and why, so adults can come to a deeper understanding of the Catholic Faith. This formational program uses the art, architecture, literature, music and the treasures of the Catholic tradition to illuminate the teachings of the Church.</p> <p>A series of ten episodes on five DVDs.</p> <ul style="list-style-type: none"> <li>• Has a leader's kit.</li> <li>• Has a student study guide and workbook.</li> <li>• Has facilitator training available, and a telephone support center for people leading the program in parishes.</li> <li>• Has downloadable promotional material.</li> </ul> <p>Appropriate for use in adult faith formation, training adult catechists, and during RCIA process.</p> <p>For more information, go to <a href="http://www.catholicismseries.com/">http://www.catholicismseries.com/</a></p>

<p><b>Conversion: Following the Call of Christ with Fr. Robert Barron</b></p>	<p><b>Conversion: Following the Call of Christ</b> is a DVD (or CD) and study guide set from Fr. Robert Barron that can be used individually or as part of a group faith formation program.</p> <p>In the program, Father Robert Barron illuminates six Biblical stories of conversion, demonstrating how six ordinary people, just like you, were met by Jesus where they were and called to a better life through Him. The common theme in each story is the turning of all one's attention and energy toward an ever deeper, personal relationship with Jesus Christ.</p> <p>In his characteristically energetic style, Fr. Barron explains how conversion is not so much a one-time event, but a life-long process. "Jesus Christ calls us in thousands of different ways to follow Him, as we strive on the path for spiritual excellence," explains Fr. Barron. "The struggle of Christian life is the struggle of conversion, directed toward holiness and eternal life to which the Lord never ceases to call us." (CCC 1426)</p> <p>For group study, you can present the program in seven 90-minute sessions. In addition, you can access a complimentary facilitator's guide and downloadable promotional materials at the "support page" link on the Word on Fire website. When you purchase the Conversion bundled set, you'll receive a password to access a FREE online answer key at the same link. The study guide was written by Catholic author Amy Welborn, under the direction and approval of Father Robert Barron.</p> <p>For group or private study. Go to <a href="https://store.wordonfire.org/">https://store.wordonfire.org/</a></p>
<p><b>Seven Deadly Sins / Seven Lively Virtues with Fr. Robert Barron</b></p>	<p><b>Seven Deadly Sins / Seven Lively Virtues</b> is a DVD (or CD) and study guide set from Fr. Robert Barron that can be used individually or as part of a group faith formation program.</p> <p>The program can be presented in 4 or 8 sessions (60- or 90-minute sessions). The Study Guide is divided into eight sections: an introduction and one section for each sin and its countervailing virtue. Each section provides four or five "Questions for Understanding" with references from Scripture and from the Catechism of the Catholic Church. Each section also provides four or five "Questions for Reflection," which will help you reflect on how Father Barron's message is relevant to your own life and experiences. The guide also includes an Examination of Conscience that can be used to prepare for the Sacrament of Reconciliation.</p> <p>Free leadership resources for a group study can be found at the "support page" link on the Word on Fire website. When you purchase the Seven Deadly Sins/Lively Virtues bundled set, you'll receive a password to access a FREE online answer key at the same link.</p>
<p><b>Catholic Update on Demand</b></p>	<p><b>Make faith formation videos available online in your parish.</b>  <b>Convenient:</b> Instant, searchable Catholic videos  <b>Easy:</b> Simply log in and click to play the video you want for faith formation activities in your parish</p>

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See explanation video here: <http://ondemand.catholicupdate.org/>

<p><b>Alpha in a Catholic Context</b></p>	<p>Since its inception, Alpha has often run in a Catholic church setting. The focus of Alpha is always the same -- giving people the opportunity to explore the meaning of life. See <a href="http://www.alphausa.org/Groups/1000042056/Alpha_for_Catholics.aspx">http://www.alphausa.org/Groups/1000042056/Alpha_for_Catholics.aspx</a>, a five-minute video which includes words from papal preacher, Fr. Raniero Cantalamessa, and from Canada's Fr. James Mallon. See other videos on YouTube at <a href="http://www.youtube.com/alpha4catholics">http://www.youtube.com/alpha4catholics</a></p> <p>His Eminence Cardinal Marc Ouellet, present prefect of the Congregation for Bishops (former Cardinal of Quebec and Primate of Canada) said, "Experiencing Alpha gives the desire not only to live but also to share the Good News of the living Christ. It is a path of reconciliation and a reason to hope for Christian unity."</p> <p>For more information, go to <a href="http://www.alphaCanada.org/">http://www.alphaCanada.org/</a></p>
<p><b>Renew International</b></p>	<p>Renew International offers several series for adult faith formation.</p> <p><b><i>Why Catholic?</i></b> offers a concrete approach to help adults form their Catholic faith and connect its teachings to their everyday lives. Exploring the <i>Catechism of the Catholic Church</i>, this process encourages learning in a prayerful small-community setting.</p> <ul style="list-style-type: none"> <li>• Four faith-sharing books of twelve sessions each containing direct <i>Catechism</i> quotes, scriptural references, reflection questions, and an invitation to put faith into action</li> <li>• A parish kit for parishes who are participating in the complete <i>Why Catholic?</i> process and are registered as members.</li> </ul> <p>See <a href="http://www.renewintl.org/">http://www.renewintl.org/</a></p>
<p><b>Renew International</b></p>	<p><b><i>Arise Together in Christ</i></b> is a three-year, parish-centered process of spiritual renewal and evangelization that enables people to deepen their faith, develop a closer relationship with Christ, grow in community, and reach out in service to others.</p> <ul style="list-style-type: none"> <li>• RENEW International offers resource materials specifically designed to meet the needs of <i>ARISE Together in Christ</i> planning teams and participants. These materials are available only to dioceses and parishes registered with RENEW International.</li> </ul> <p>See more at <a href="http://www.renewintl.org/">http://www.renewintl.org/</a></p>
<p><b>Renew International</b></p>	<p><b><i>Longing for the Holy</i></b> is for those who want to enrich their sense of the presence of God. Based on the gentle spiritual guidance and practical wisdom of best-selling author, Fr. Ronald Rolheiser, OMI, it concerns the way we channel the deep longing at the core of our beings.</p> <ul style="list-style-type: none"> <li>• Faith-sharing book - twelve sessions written for small group faith-sharing or individual reading and reflection with themes based on selected insights of Fr. Ronald Rolheiser, OMI. Carries the Imprimatur and Nihil Obstat.</li> </ul> <p>Parish Kit - this Kit provides a wealth of resources for those following <i>Longing for the Holy</i> as a group process.</p> <p>See more at <a href="http://www.renewintl.org/">http://www.renewintl.org/</a></p>

<p><b>2012 Dynamic Catholic Book Program</b></p>	<p><b>Try a book study!</b>                  How many of your parishioners do you think read a Catholic book last year? DynamicCatholic.com believes that if every person in your parish read two great Catholic books each , it would lead to higher levels of energy, engagement, and involvement... and would ultimately make your parish a more vibrant faith community. DynamicCatholic.com makes great Catholic books available for just \$2-3 a copy. These books usually retail at \$17.95 each and are some of the bestselling Catholic books of our time.</p> <p>Go to <a href="http://www.rediscoveringcatholicism.org/parishbookprogram">http://www.rediscoveringcatholicism.org/parishbookprogram</a></p>
<p><b>A Biblical Walk through the Mass                  Adult Faith Formation Program</b>                  by Edward Sri, S.T.D.</p>	<p><i>A Biblical Walk through the Mass</i> is part of <i>The Great Adventure</i> Catholic Bible Study Series. This adult faith formation program explores the biblical roots of the words and gestures we experience in Mass and explains their profound significance.</p> <ul style="list-style-type: none"> <li>• Has DVD set (five, 30-min. sessions) and <i>A Biblical Walk Through the Mass</i> book</li> <li>• Has leader's guide</li> <li>• Has student workbook</li> </ul> <p>Appropriate for adult faith formation.</p>
<p><b>Epic: A Journey Through Church History, Starter Pack</b>                  by Steve Weidenkopf &amp; Dr. Alan Schreck</p>	<p>The epic story of the Catholic Church spans thousands of years. Church history is not just the recitation of popes, people, places, and events; it is a story of adventure, intrigue, rebellion, reform, and devotion. If we know our family story, and how we fit into the story, we will be better prepared to face whatever may come in the future.</p> <ul style="list-style-type: none"> <li>• Has 20-part (10 DVDs) study starter pack</li> <li>• Has student workbook</li> </ul> <p>Appropriate for adult faith formation.</p>
<p><b>Walking Toward Eternity: Daring to Walk the Walk</b>                  by Jeff and Emily Cavins</p>	<p><b><i>Walking Toward Eternity</i></b> is a study that helps you put your Catholic faith into practice. "Daring to Walk the Walk," the first series of <i>Walking Toward Eternity</i>, introduces seven key virtues and outlines practical steps for living them out in your life. You will learn how to walk in:</p> <ul style="list-style-type: none"> <li>• Love</li> <li>• Humility</li> <li>• Sacrifice</li> <li>• Forgiveness</li> <li>• Prayerfulness</li> <li>• Thankfulness</li> <li>• Faithfulness</li> </ul> <p>As you prayerfully reflect on God's Word, you will begin to hear the subtle ways God is speaking to you, and you will be challenged to set aside those things in your life that will make you more like the person God created you to be.</p> <ul style="list-style-type: none"> <li>• Has DVD set (eight, 50-min. sessions)</li> <li>• Has participant journal</li> <li>• Has <i>Lectio Divina</i> bookmark</li> </ul>

<p><b>Creating Sabbath Space in Our Lives</b> From Fr. Ronald Rolheiser, OMI</p>	<p>This complete program offers numerous possibilities for personal and spiritual enrichment. This ten-session video program can be used for parish adult faith formation, small group faith sharing, or for private spiritual renewal.</p> <ul style="list-style-type: none"> <li>• Has ten sessions (25-30 minutes)</li> <li>• Has comprehensive leader's guide</li> <li>• Has participant materials in PDF to reproduce for participants.</li> </ul> <p>Appropriate for late teens and adult faith formation.</p>
<p><b>Catholic Faith Exploration (CaFE)</b></p>	<p><b>Catholic Faith Exploration (CaFE) resources are produced in the UK.</b> Since 1996, CaFE, with encouragement from the Vatican, have been producing a wide variety of modern and attractive DVD resources for Catholics. They run a range of missions, retreats and events around the UK, and CaFE resources are also available in many other English-speaking countries. CaFE helps people of all ages in a relaxed, welcoming 'café' style atmosphere to learn, share and pray together. The CaFE courses inspire and empower regular church-goers and also inform those exploring the faith in a modern and non-threatening manner. CaFE courses are an ideal follow-up to an Alpha for Catholics course.</p> <p>For a list of their many resources, go to <a href="http://faithcafe.org/">http://faithcafe.org/</a></p>
<p><b>Oblate Media and Communications: Videos with Values</b></p>	<p>There are a number of videos and PDF discussion guides suitable for adult faith formation available on this site.</p> <p>Go to <a href="http://videowithvalues.org/education/education.html">http://videowithvalues.org/education/education.html</a></p>