

## 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.

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

**Susan Barylo, Coordinator, Office of Catechesis**

<p><b>Certificate in Catholic Studies (CCS) –</b> online courses on various aspects of Catholic faith</p> <p><b>Cost: \$70.00 CDN per course</b></p>	<p>Newman Theological College (Benedict XVI Institute) We offer a comprehensive selection of courses on various aspects of the Catholic faith. All are offered online, so you can study from the comfort of home and work around your personal schedule. Each course runs five weeks and costs just \$70. Take an individual course for interest, or work toward one or all of the specialized certificates in Catholic Studies.</p> <p>These courses are open to adults and youth of all backgrounds and education levels. <i>You will need to have access to a computer with a high-speed internet connection.</i></p> <p>For more information, and to register online, visit <a href="http://www.newman.edu/BenedictXVIInstitute/CertificateinCatholicStudies.aspx">http://www.newman.edu/BenedictXVIInstitute/CertificateinCatholicStudies.aspx</a></p>
<p><b>Symbolon</b></p>	<p><b>Know It. Live It. Share it.</b> <b>Delivering the Big Picture of the Catholic Faith</b></p> <p>Filmed in Rome, the Holy Land and Calcutta, <i>Symbolon</i> features dozens of the best Catholic teachers who walk through the entirety of the Catholic faith in a dynamic way that engages culturally relevant issues. <i>Symbolon</i> is transforming lives in families at home, in men's and women's groups, in Bible study groups and adult faith programs at the parish. With DVDs, leader's guides and user's guides, <i>Symbolon</i> can be used for small group studies or for personal faith enrichment.</p> <p>This program is available in two formats:</p> <ol style="list-style-type: none"> <li><b>1. a digital platform by subscription</b> for parishes and schools <ul style="list-style-type: none"> <li>○ Subscribing parishes are using <i>Symbolon</i> at the parish for men's groups, women's groups, Bible studies, adult catechesis or RCIA.</li> <li>○ Parishes can also give their parishioners an access code allowing them to use <i>Symbolon</i> on their own throughout the</li> </ul> </li> </ol>

	<p>week using smart phones, tablets &amp; computers alone, or with others.</p> <p>Through the digital platform, busy individuals in the parish can stay connected to the faith and continue formation on their own time, from their own homes, reinforcing what they learn at the parish.</p> <p><b>or</b></p> <p><b>2.</b> on DVDs and books, through purchase.</p> <p>Get more information at <a href="http://www.symboloncatholic.org/">http://www.symboloncatholic.org/</a></p> <p><b>Archdiocese of Edmonton comment:</b> Good Shepherd Parish (among others) has adopted the Symbolon program by subscription for all their parishioners. Contact the pastor, Fr. Mark Cramer, for more information.</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> <p><b><i>Seeking Christ: First Steps toward Catholic Faith</i></b> Seeking Christ aims to solve the problem that parishes face when people inquire about the Catholic Church, but the parish has no way to begin receiving them. The program can easily become part of a parish's pre-catechumenal (RCIA) process. Seeking Christ includes eight sessions that can be used in a variety of ways to welcome and engage people who are inquiring about becoming Catholics.</p> <p><b><i>Awakening Faith: Reconnection with the Catholic Faith</i></b> This pastoral resource a small group process that helps inactive Catholics return to the Church. The group meets once a week for six weeks of conversation and socializing.</p> <p>Check these (and more) out at <a href="http://www.pemdc.org/">http://www.pemdc.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> </ul>

	<ul style="list-style-type: none"> <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>Archdiocese of Edmonton comment:</b> The parishes of Christ-King in Stettler and St. Agnes-St. Anthony in Edmonton used this resource since 2011. Contact the pastors for more information.</p>
<p><b>Catholicism: the New Evangelization</b></p>	<p>The Catholic Faith is not about myths or legends, symbols or literary devices. It's about an encounter so overwhelming that you want to tell the whole world. It is an encounter with Jesus Christ. Throughout history the call of Christ has sent people to the corners of the earth with a message of great joy, a message that has built civilizations, inspired cultures, and even sent some to prisons and to their graves.</p> <ul style="list-style-type: none"> <li>➤ We have the same call — that's the New Evangelization.</li> </ul> <p>This new documentary series from Father Barron's <i>Word on Fire</i> continues the story of <b>Catholicism</b> and explores the Church's mission and the challenges of contemporary culture. With the original CATHOLICISM series, Fr. Barron took us on a journey around the world deep into the Faith. Now, experience this Faith in action in <b><i>Catholicism: The New Evangelization</i></b>.</p> <p>This 90-minute film tells us what the "New Evangelization" is and then takes us on a fascinating tour to witness examples of <b>new ardor, new expressions, and new methods</b> of evangelization in action. This multi-disc DVD set also includes 4 hours of extra features including two speeches from Father Barron as well as full interviews and insights on the New Evangelization with George Weigel, Ross Douthat, Brad Gregory, and Brandon Vogt.</p> <p><i>The DVD is subtitled in English, Spanish, Polish, and Portuguese.</i></p>
<p><b>Renew International</b></p> <p> Canadian presenter</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. 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>Renew International</b></p>	<p>Renew International offers several other series for adult faith formation.</p> <p><b>Why Catholic?</b> Is one and it 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 more at <a href="http://www.renewintl.org/">http://www.renewintl.org/</a></p>
<p><b>Dogmatic Theology: Coming to Know God through Man’s Best Friend</b></p> <p> Canadian presenter</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 “Monsti,” 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>A Biblical Walk through the Mass</b></p> <p>Adult Faith Formation Program</p>	<p><b>By Dr. Edward Sri, S.T.D., professor at the <a href="#">Augustine Institute</a>, Denver, CO</b></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 and student workbook</li> </ul> <p>Appropriate for adult faith formation. See more at <a href="http://biblestudyforcatholics.com/">http://biblestudyforcatholics.com/</a></p>
<p><b><i>The Catechism of the Catholic Church:</i></b></p> <p><b>Pillar I: The Creed</b> <b>Pillar II: The Sacraments</b></p>	<p><b>By Dr. Sean Innerst, professor at St. John Vianney Theological Seminary and <a href="#">Augustine Institute</a>, 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. 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><b>In Pillar II: Sacraments</b>, Dr. Sean Innerst continues to open up the treasures of the <i>Catechism of the Catholic Church</i>. 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>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>For group or private study.</p> <p>Go to <a href="http://ascensionpress.com/t/category/study-programs/catechism">http://ascensionpress.com/t/category/study-programs/catechism</a></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>Believe: Reflections on the Creed</b> (a CaFE resource from the UK)</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>Archdiocese of Edmonton comment:</b> during the Year of Faith, this resource was used by parishes throughout the Diocese of Calgary to deepen people’s understanding of the Nicene Creed, the summary of what we as Catholics believe.</p>
<p><b>Parents: You, Your Children, and Their Catholic Faith</b> (a CaFE resource from the UK)</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>Archdiocese of Edmonton comment:</b> The Catholic school districts have invited David Wells to speak on many occasions as he is a very engaging speaker, who also presents regularly at the annual Religious Education Congress in the Archdiocese of Los Angeles.</p>
<p><b>Conversion: Following the Call of Christ</b> with Fr. Robert Barron</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>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 or private study.</p> <p>Go to <a href="https://store.wordonfire.org/">https://store.wordonfire.org/</a></p>

<p><b>Seven Deadly Sins / Seven Lively Virtues</b> with Fr. Robert Barron</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" and four or five "Questions for Reflection."</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>Dynamic Catholic Book Program</b></p>	<p><b>Try a book study!</b></p> <p>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>Get people in your parish talking about what they read and learn from excellent Catholic authors. Faith deepens when people share it with one another... give them something to start talking about!</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</b> <b>Adult Faith Formation Program</b></p>	<p><b>By Dr. Edward Sri, S.T.D., professor at the <a href="#">Augustine Institute</a>, Denver, CO</b></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></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></p>	<p><b>By Jeff and Emily Cavins.</b> <i>Walking Toward Eternity</i> 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></p> <p> Canadian presenter</p>	<p><b>From Fr. Ronald Rolheiser, OMI</b></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>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>