

St. Joseph's Catholic Community

Small Group Ministry: Small Group Materials

Study & format	# of Sessions	Cost	Description	Target audience
<p>Formed</p> <ul style="list-style-type: none"> All St. Joe's parishioners have access to formed.org, which includes videos/study guide sets, entire books that you can download, movies and more. How to create a login: Go to formed.org > In the middle of the home page, click register. Type in our parish code (nr2525) and your email address, and follow the subsequent steps to set a password. Then, going forward, you can login with your email address and password. If you find a resource on another site that you'd like to use, we recommend checking formed.org before purchasing it, as it may be here for free! How to access the resources on formed.org: <ul style="list-style-type: none"> Video & study guide series: Login to formed.org, click Programs in the top navigation bar and then scroll through your options. There are also movies and full books available for download (from the top navigation bar). Below are some sample studies on formed.org, but you are welcome to use anything on this site. 				
<p>Forgiven: The Transforming Power of Confession</p> <p>Online video access w/ online, printable study guides</p>	9	Free on Formed	<p><i>Forgiven: The Transforming Power of Confession</i> is a nine-session video series with study guides, and explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, <i>Forgiven</i> communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.</p>	Adults
<p>Catholicism</p> <p>Online video access, but the study guide is only available through the church</p>	10	Free on Formed	<p>Bishop Robert Barron created this groundbreaking program as a thematic presentation of what Catholics believe and why, so all adults can come to a deeper understanding of the Catholic Faith. Not a video lecture, Church history or scripture study, this engaging and interesting formational program uses the art, architecture, literature, music and all the treasures of the Catholic tradition to illuminate the timeless teachings of the Church.</p> <p>The <i>Catholicism Study Program</i> presents the strong, ecclesial dimension of the Catholic Faith – God's revelation through Jesus Christ and His Church.</p>	Adults
<p>Lectio Eucharist</p> <p>Online video access w/ online,</p>	10	Free on Formed	<p>"The Lamb of God," "The Bread of Life," "The Body and the Blood of Christ"... these are phrases we know from the Mass. But do we understand what they mean in the greater and deeper context of</p>	Adults

printable study guides			Scripture and Church teaching? Acclaimed author and teacher Dr. Brant Pitre rigorously digs down to the biblical roots of the Eucharist, through its foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching. We'll discover firsthand how Christ's Body and Blood are an integral and wondrous part of God's plan for our salvation.	
<p>The Bible and the Virgin Mary: Journey Through Scripture</p> <p>Online video access w/ online, printable study guides</p>		Free on Formed	<p><i>Journey through Scripture</i> is the St. Paul Center's dynamic Bible study program designed to help ordinary Catholics grow in their knowledge of the Scriptures while deepening their understanding of the riches of our faith. Distinctively Catholic, <i>Journey through Scripture</i> reads the Bible from the heart of the Church, engaging both the Old and New Testaments and how they work together. It's grounded in history, yet actively engages topics faced by today's Catholic. More than just an ordinary Bible study, it's biblical catechesis.</p> <p><i>The Bible and the Virgin Mary</i> is a dynamic twelve-part video series that beautifully explains the Catholic truths about Our Lady, showing how she has been a part of God's plan to bring salvation to the world since the beginning of time. In addition to explanation of dogmas, answers to common objections, and demonstration of Mary's presence in the Old and New Testaments, this study discusses Church-approved Marian apparitions that play an important role in Catholic Tradition. It's sure to help Catholics and non-Catholics alike grow in an understanding and appreciation of the Mother of God.</p>	Adults
<p>33 Days to Morning Glory</p> <p>Online video access w/ online, printable study guides or book</p>	6	Free on Formed Order the book for \$15.	People's lives today are often busy and challenging. Stage 1 of the Hearts Afire Parish-based Program offers individuals a quick and easy way to withdraw from the demands of daily life and enter into a peaceful interior reflection on their relationship with Christ in the context of Marian devotion. We begin with the Immaculate Heart because Mary leads us to the Sacred Heart of Jesus. The end result is that, by learning to entrust ourselves to the Mother of Our Lord, we can discover a transforming trust in Jesus himself.	Adults
<p>Consoling the Heart of Jesus</p> <p>Online video access w/ online, printable study guides or book</p>	10	Free on Formed Order the book for \$15.	<i>33 Days to Morning Glory</i> led us to the Immaculate Heart of Mary in Stage One, Part I. In Part II, <i>Consoling the Heart of Jesus</i> , we will learn about God's infinite mercy and how we can give him joy, consoling his heart, by accepting his love and trusting in him completely. We'll discover how suffering can actually help us grow spiritually closer to the Sacred Heart of Jesus.	Adults

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<p>Ascension Press</p> <ul style="list-style-type: none"> Ascension Press offers a number of great resources. Keep in mind that resources you find here may also be available on formed.org for free, so we recommend checking there before you purchase anything. Please note that some of the studies require you to purchase the DVD set, while others include online video access with the purchase of the student study guide (so you will need internet). The studies below all have the videos available for online streaming. All study programs can be viewed here. If you decide to purchase a study and would like online access to watch the videos click Login in the top right > Create an account. Below are some sample studies from Ascension Press, but you are welcome to use anything on this site. 				
<p>Oremus (Prayer)</p> <p>Online video access & you purchase the study guide</p>	8	\$15	<p>The Oremus study program teaches you the essentials of an effective and fruitful prayer life. Over the course of eight weeks you will discover how God speaks to you, even in the smallest encounters. Following the Tradition of the Catholic Church and the wisdom of the saints, you will learn how to express yourself to God in prayer and how to hear his voice.</p>	Adults
<p>Epic: A Journey Through Church History</p> <p>Online video access & you purchase the study guide</p>	20	\$30	<p>Presented by Steve Weidenkopf, this exciting series takes you through the major people, places, and events that make up the history of the Catholic Church. See the glory of the Church founded by Christ and understand where you fit into this Epic story.</p>	Adults
<p>Bible Timeline</p> <p>Online video access & you purchase the study guide</p>	24	\$35	<p><i>The Bible Timeline</i> is the foundational study in <i>The Great Adventure Bible Study Series</i> that has helped hundreds of thousands of Catholics learn to read the Bible. <i>The Bible Timeline</i> is a fascinating study that takes participants on a journey through the entire Bible. They will go deep into each period of salvation history and discover the amazing story woven throughout all of Scripture. Using a unique color-coded system, they will learn the major people, places, and events of the Bible and see how they all come together to reveal the remarkable story of our faith.</p>	Adults
<p>Follow Me: Meeting Jesus in the Gospel of John</p> <p>Online video access & you purchase the study guide</p>	8	\$17	<p>Following Christ takes more than simply believing in him or doing what he asks of us. Jesus wants you to be more than just a believer — He wants you to be his disciple and friend. <i>Follow Me: Meeting Jesus in the Gospel of John</i> is your guide to a personal encounter with Christ. As the Good Shepherd, Jesus seeks after us. He comes to meet us and beckons us to follow him. He calls us to be his disciples, to trust him, to open ourselves to his merciful love, and to</p>	Adults

			love others as he has loved us. <i>Follow Me</i> invites you to experience the joy of a renewed friendship with Christ.	
<p><u>First Corinthians: The Church and Christian Community</u></p> <p>Online video access & you purchase the study guide</p>	11	\$24	The conflicts of the early Christians in Corinth are in many ways similar to our struggles today as Christians. With divisions, immorality, persecution, and other trials of the faithful, the message of St. Paul to the Corinthians is a much-needed message for our own times. First Corinthians: The Church and the Christian Community explores the key elements that the apostle Paul introduced to a new and growing Church. St. Paul taught the Corinthians about the nature of grace and the Church as the Body of Christ. In addition, he introduced the Corinthian Christians to the most powerful gift of all, the Eucharist.	Adults
<p><u>James: Pearls for Wise Living</u></p> <p>Online video access & you purchase the study guide</p>	6	\$24	James is one of the most practical books of the Bible. Like the book of Proverbs, it is a book of wis-dom, a collection of teachings on issues faced by ordinary Christians in everyday life. These teachings speak loudly to all those who feel torn between the competing demands of this world and their faith. This study offers "pearls for wise living" by applying the wisdom of James to the present day. For any-one who has struggled to live a truly Christian life, James offers a wealth of practical solutions for handling and even sanctifying everyday circumstances."	Adults
<p><u>Mary: A Biblical Walk with the Blessed Mother</u></p> <p>Online video access & you purchase the study guide</p>	8	\$25	<i>Mary: A Biblical Walk with the Blessed Mother is an extraordinary pilgrimage that reveals Mary's unique role in God's Kingdom and in our lives. Filmed on location in the Holy Land, Mary: A Biblical Walk with the Blessed Mother will place you in the midst of the powerful drama of her earthly life, taking you through her joys...and her sorrows. You will learn how she works in our lives today, drawing us ever closer to her Divine Son. Seeing Mary in this way will change you forever. Mary will become a part of your daily life, and in your daily life, you will become more like Christ.</i>	Adults
<p><u>Momnipotent: 8 Feminine Strengths to Help You Find Peace, Balance, and Joy</u>; by Danielle Bean</p> <p>Online video access & you purchase the book & journal</p>	8	\$30	Is being a mother what you thought it would be? The exhaustion, monotony, mounting unfinished projects, a loss of a sense of self... Too many moms, especially young and new moms, do in fact feel disillusioned. Maybe you feel you've been sold a bill of goods, that success and happiness are not possible through the vocation to motherhood. Many moms quietly resign themselves to the idea that success, happiness and fulfillment are things they will need to find in spite of motherhood, not because of it.	Moms

			In <i>Momnipotent</i> , Danielle Bean understands all this first-hand and meets women where they are. With great wit, wisdom, and compassion, she provides much-needed encouragement to all women and beautifully resonates with their feminine hearts.	
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<p>Dynamic Catholic</p> <ul style="list-style-type: none"> Dynamic Catholic offers a number of great books and some have supporting study guides. All books can be viewed and ordered here. Below are some books from Dynamic Catholic, but you are welcome to use anything on this site. 				
<p>Rediscover Catholicism; by Matthew Kelly</p> <p>Study guide available here.</p>	6	\$22 for book	<p>At a time when many Catholics are disillusioned, questioning their faith, and filled with doubts about the relevance of Catholicism in the modern world, the voice of one man cries out to the world's largest faith community with a clarity that is rare and inspiring. <i>Rediscover Catholicism</i> takes us on an adventure of life-changing proportions. Beginning with our common yearning for happiness, Kelly reveals the essence of authentic Catholic spirituality while addressing some of the most important questions we face today both as individuals and as a Church.</p>	Adults
<p>The Four Signs of a Dynamic Catholic; by Matthew Kelly</p> <p>Book (to purchase) and free, printable study guide is here.</p>	6	\$18 for the book	<p>Four things make the difference between highly engaged Catholics and disengaged Catholics: the Four Signs of a Dynamic Catholic. Whether you are ready to let God take your spiritual life to the next level or want to help reinvigorate your parish, <i>The Four Signs of a Dynamic Catholic</i> promises to take you on a journey that will help you to live out the genius of Catholicism in your everyday life. The central idea in this book should change the way we live our faith and the way we teach our faith. This book is a game changer.</p>	Adults
<p>Holiness Revolution; by Dan Dematte</p> <p>Book (to purchase) and free, printable study guide is here.</p>	6	\$18 for the book	<p>The world is in dire need of change. People are hurting. People are turning to empty promises searching for answers. All along, we have the answer: Jesus. In <i>Holiness Revolution</i>, your eyes will be awakened to the need for change in this world. You will be challenged to live a life of radical discipleship that brings that change. It's time to stop making excuses and start taking action. Only from God, only from the saints, does true revolution come. Will you join the revolution of holiness?</p>	Adults
<p>Resisting Happiness; by Matthew Kelly</p> <p>Book (to purchase) and free, printable study guide is here.</p>	6	\$15 for the book	<p><i>Every single moment is a chance to turn it all around.</i></p> <p>Are you happy? It may be the wrong question. Most of us think we are relatively happy, while at the same time knowing that we could be happier—maybe even a lot happier. Ordinary people and the finest philosophers have been exploring the question of happiness for thousands of years, and theories abound. But this is not a book of theory. <i>Resisting Happiness</i> is a deeply personal, disarmingly</p>	Adults; Lenten study

			transparent look at why we sabotage our own happiness and what to do about it.	
<p>Ordinary Lives Extraordinary Mission; by John R Wood</p> <p>Book (to purchase) and free, printable study guide is here.</p>		\$10 for the book	<p>These are difficult times for the Catholic Church and the United States of America. There is only one solution to the problems we face... saints! Becoming a saint is a choice, and we must begin choosing the saint within each of us. The biggest crisis of our time is not economic, health care, or vocations, but is an identity crisis. We have forgotten our mission to become saints and forgotten our story as Catholics. We must rediscover that mission and hold each other accountable to accepting responsibility for that mission.</p> <p>Business as usual is not going to cut it. We need heroic Catholicism. Everything we need to accomplish our mission is in the Church... but the Catholic Church is a sleeping giant. It is time we wake the sleeping giant! This book is a five step guide to choosing the saint within you. The world doesn't need another John Paul II or Mother Teresa. The world needs you.</p>	Adults

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Matthew Kelly's Top 10 Recommended Books <ul style="list-style-type: none"> Matthew Kelly, the founder of Dynamic Catholic, says these are his top 10 recommended books for Catholics. 				
Man's Search for Meaning ; by Viktor Frankl		\$10	<p>Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his parents, brother, and pregnant wife perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory-known as logotherapy, from the Greek word logos ("meaning")-holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.</p> <p>At the time of Frankl's death in 1997, <i>Man's Search for Meaning</i> had sold more than 10 million copies in twenty-four languages. A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found <i>Man's Search for Meaning</i> among the ten most influential books in America.</p>	Adults
Celebration of Discipline ; by Richard J Foster	13	\$10	<p>Richard J. Foster's <i>Celebration of Discipline: The Path to Spiritual Growth</i> is hailed by many as the best modern book on Christian spirituality with millions of copies sold since its original publication in 1978.</p> <p>In <i>Celebration of Discipline</i>, Foster explores the "classic Disciplines," or central spiritual practices, of the Christian faith to show how each of these areas contribute to a balanced spiritual life.</p> <p>Foster, the bestselling author of several books (<i>Prayer</i> and <i>Streams of Living Water</i>) and intrachurch movement founder of Renovaré, helps motivate Christians everywhere to embark on a journey of prayer and spiritual growth.</p> <p>Questions for discussion included after each chapter.</p>	Adults
Jesus Shock ; by Peter Kreeft		\$18	<p>The life of Jesus Christ is indelibly engraved upon history; neither the erosion of time nor the devastating and compounding effects of evil</p>	Adults

			<p>have been able to erase his influence. Some people thought he was crazy; others considered him a misfit, a troublemaker, a rebel. He was condemned as a criminal, yet his life and teachings reverberate throughout history. He saw things differently, and he had no respect for the status quo. You can praise him, disagree with him, quote him, disbelieve him, glorify him, or vilify him. About the only thing you cannot do is ignore him, and that is a lesson that every age learns in its own way.</p> <p>You can't ignore Jesus, because he changed things. He is the single greatest agent of change in human history. He made the lame walk, taught the simple, set captives free, gave sight to the blind, fed the hungry, healed the sick, comforted the afflicted, afflicted the comfortable, and in all of these, captured the imagination of every generation.</p> <p>But who is Jesus today? Who is Jesus to you? Get ready to discover Jesus like you have never known him.</p>	
Everybody Needs to Forgive Somebody ; by Allen Hunt		\$21	<p>Forgiveness will unleash a power in your life that is underrated and often ignored. It is underrated mainly because it is underused. We fail to capture the power of forgiveness because we are afraid of it, because we have grown comfortable in our familiar wounds, or because we are sinfully stubborn. But the power is there waiting for us. This little book, and the eleven real life stories in it, will help you capture that power. Because everybody needs to forgive somebody.</p>	Adults
Made for More ; by Curtis Martin		\$18	<p>While everything you do –and every decision you make–is aimed at making you happy, you may step back from time to time and ask yourself, “Why am I here?” and “Is there a deeper meaning to life?” To find these answers, you need go beyond the distractions of the world and be open to discovering your true purpose and self-potential.</p> <p>This book is quick and easy to read, answering the question: “Why be Catholic?” <i>Made for More</i> establishes a case for Catholicism by posing and answering objections to Jesus, the Bible, and the liturgy.</p>	Adults
As a Man Thinketh ; by James Allen		\$6	<p>All that we achieve and all that we fail to achieve is the direct result of our own thoughts. As a Man Thinketh is a classic in the truest sense: few books have been so widely read, have stood the test of time so well, have had such an impact on generations of readers, and have</p>	Adults

			carried such a simple, profound message: You are what you think. Og Mandino counted <i>As a Man Thinketh</i> among the top ten success books of all time--read it today and put its wisdom to work for you!	
In His Spirit ; by Richard Hauser, SJ		\$18	<p>Nothing will change your life more meaningfully than developing a vibrant and consistent prayer life. Prayer is at the core of the Christian life, but most people have never really been taught how to pray in deeply personal ways. Listening to the Holy Spirit is at the center of prayer, but most of us struggle to recognize the difference between the Holy Spirit speaking to us and the thousands of ideas that float through our minds each day.</p> <p>By reading <i>In His Spirit</i> you will have a new awareness of all things spiritual. You will see how our modern culture is influencing our efforts to grow spiritually. It is a fascinating look at two models of spirituality viewed from the perspective of the New Testament.</p>	
The Screwtape Letters ; by C.S. Lewis Study guide available here .		\$12	<i>The Screwtape Letters</i> by C.S. Lewis is a classic masterpiece of religious satire that entertains readers with its sly and ironic portrayal of human life and foibles from the vantage point of Screwtape, a highly placed assistant to "Our Father Below." At once wildly comic, deadly serious, and strikingly original, C.S. Lewis's <i>The Screwtape Letters</i> is the most engaging account of temptation—and triumph over it—ever written.	Adults
Abandonment to Divine Providence ; by Jean-Pierre DeCaussade		\$8	<p>God hides behind the simplest of daily activities; finding Him is a matter of total surrender to His will. That's the message of this eighteenth-century inspirational classic by a French Jesuit writer. The Reverend Jean-Pierre de Caussade (1675–1751) encouraged others to "live in the moment," accepting everyday obstacles with humility and love.</p> <p>Caussade's counsel, which promises comfort and holiness to every soul with good will, has guided generations of seekers to spiritual peace. Some of his advice is particularly relevant to beginners; other teachings are geared to those possessing a more advanced degree of spirituality. All will recognize the voice of an authority, who combines practical and theoretical knowledge. Modern readers will find this volume a path to peace amid life's worries and anxieties.</p>	Adults
Let Your Life Speak ; by Parker J Palmer		\$25	With wisdom, compassion, and gentle humor, Parker J. Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose. Telling stories from his own life and	Adults

			the lives of others who have made a difference, he shares insights gained from darkness and depression as well as fulfillment and joy, illuminating a pathway toward vocation for all who seek the true calling of their lives.	
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Study & format	# of Sessions	Cost	Description	Target audience
<p><u>Walking with Purpose</u></p> <ul style="list-style-type: none"> Walking with Purpose is a Catholic women’s Bible study that aims to bring women to a deeper personal relationship with Jesus by offering personal study and small group discussion that link our everyday challenges and struggles with the solutions given to us through the teachings of Christ and the Catholic Church. Below are some studies from Walking with Purpose, but you are welcome to use anything on this site. 				
<p><u>Walking with Purpose: Seven Priorities that Make Life Work;</u> by Lisa Brenninkmeyer</p> <p>Book (to purchase) and free, printable study guide is here.</p>	6	\$22 for book	<p>Does your life feel out of control? Do you feel that you are doing so many things that you are doing none of them well? Lisa Brenninkmeyer, the founder of Walking with Purpose, understands how it feels when life is stuck on the spin cycle. As a mother of seven, she knows we don’t just need to be told what kind of women we should be. We need some help getting there. Drawing from her own experience of balancing marriage, motherhood, and work inside and outside the home, Lisa helps you uncover the key to living a busy life with inner calm. What’s the secret? Identifying key priorities, and doing first what matters most. With humor and wisdom, Lisa will help you:</p> <ul style="list-style-type: none"> o Stop striving and rest in God’s unconditional love o Experience new hope in your marriage o Reach your child’s heart o Create clarity in a cluttered home o Find friendships that go below the surface and satisfy o Discover your passion and purpose <p>Once in a while, things may seem as if they’re under control, but we want to walk with purpose regardless of our circumstances. God wants us to daily experience the joy and contentment that comes from knowing we have given our all to what he considers most important. The abundant and purposeful life we were created to live is just around the corner.</p>	Women
<p><u>Opening Your Heart: The Starting Point;</u> by Lisa Brenninkmeyer</p> <p>Online video access here w/ study guide to purchase.</p>	22	\$40 study guide	<p><i>Opening Your Heart: The Starting Point</i> is our foundational course, designed for women who are new to Walking with Purpose as well as those with more experience in Bible Study! Join us as we take a deeper dive into the core questions that we need to wrestle with if we want to experience all that God has for us.</p> <p>Some of the questions we’ll explore:</p>	Women

			<ul style="list-style-type: none"> • How can I conquer my fears? • What is the role of the Holy Spirit in my life? • What does the Eucharist have to do with my friendship with Christ? • What are the limits of Christ's forgiveness? • Why and how should I pray? • What is the role of suffering in my life? • What challenges will I face in my efforts to follow Jesus more closely? 	
<p>Living in the Father' Love: A Study of God the Father; by Lisa Brenninkmeyer</p> <p>Online video access here w/ study guide to purchase.</p>	6	\$20 study guide	<p><i>Living in the Father's Love</i>, a six lesson course, is a brief but powerful study meant to revive and refresh us as we discover just how much God loves us! In this study, we learn how the Gospels are deeply relevant to our relationships, both with God and with those we love. A set of DVDs, which includes the opening and closing talks for the study, accompanies this short course. <i>Living in the Father's Love</i> is perfect for the season of Advent or Lent, as a summer study, or as an introduction to the twenty-two session Walking with Purpose courses.</p>	Women
<p>Keeping in Balance: Creating Order Within; by Lisa Brenninkmeyer</p> <p>Online video access here w/ study guide to purchase.</p>	22	\$40 study guide	<p>Do you feel pulled in many directions? Do you find it hard to balance the demands placed on your time? Is it difficult to manage all the details thrown your way? According to Richard Swenson, M.D., we have "more and more of everything, faster and faster." Unfortunately, this can leave us feeling frazzled and out of control. God wants to support and help us so that we can be our best in every season of our lives. <i>Keeping in Balance</i> will take us on a journey throughout Scripture as we discover the relevance of Old and New Testament wisdom to our daily challenges. Join us as we explore biblical ways that we can manage life's pace and pressure while living with calm and steadiness. A lifestyle of health and holiness awaits.</p>	Women
<p>Touching the Divine: A Study of the Gospel of John; by Lisa Brenninkmeyer</p> <p>Online video access here w/ study guide to purchase.</p>	22	\$40 study guide	<p><i>Touching the Divine</i> draws us into a deeper relationship with Jesus as we reflect on Christ's personality. Knowing Him more intimately will increase our love for Him. St. John referred to himself as "the disciple whom Jesus loved." As we study, John will teach us how much Christ loves us and how His love is the true satisfaction of our souls.</p>	Women
<p>Discovering our Dignity; by Lisa Brenninkmeyer</p> <p>Online video access here w/ study guide to purchase.</p>	22	\$40 study guide	<p><i>Discovering our Dignity</i> gives us modern-day advice from women of the Bible. Ancient wisdom, sage advice, sorrowful failures and woundedness...</p> <p>In <i>Discovering our Dignity</i>, we learn that women of the Old and New</p>	Women

			<p>Testament were sometimes as flawed and broken as we can be. Yet, the power of God worked in their lives.</p> <p>Through their stories recorded in Scripture, they reach out to touch our “present” in a tender, honest and loving way –woman to woman.</p>	
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Study & format	# of Sessions	Cost	Description	Target audience
<p>Ave Maria Press</p> <ul style="list-style-type: none"> Ave Maria Press has a number of books and resources. Below are some sample studies on formed.org, but you are welcome to use anything on this site. 				
<p>The Grace of Yes: Eight Virtues for Generous Living; by: Lisa M. Hendey</p> <p>Book for purchase (includes questions in the book)</p>	8	\$15 book with study questions included in book.	<p>Generous living isn't just about putting money in the collection basket during Mass or always being the one who steps up to help out. According to bestselling Catholic author, speaker, blogger, and creator of CatholicMom.com Lisa M. Hendey, generous living is about consistently answering God's call to act through mission and loving service to others. In <i>The Grace of Yes</i>, Hendey shares eight spiritual virtues that have allowed her—and will help you—live generously and joyously say yes to God.</p> <p>With warmth and practical advice, Hendey helps you become more open to God's unique plan for your life through the virtues of belief, generativity, creativity, integrity, humility, vulnerability, saying no, and starting over. As she candidly reflects on her own faith journey, Hendey guides you toward your own path of generous giving.</p> <p>Each chapter includes questions for personal reflection and a prayer that invites you into a deeper relationship with God.</p>	Women
<p>The Handbook for Catholic Moms; Lisa M. Hendey</p> <p>Study guide is here.</p>	22 lessons (recommend 2 lessons per week)	\$20	<p>Drawing from the deep tradition of the Catholic faith, Lisa Hendey, the creator of the popular CatholicMom.com website, coaches Catholic moms how to care for themselves—heart, mind, body, and soul—so that they can better love and care for their families, their neighbors, and their Church.</p> <p>With warmth and wisdom, Hendey creates an environment where Catholic moms can reflect peacefully upon often-competitive topics like parenting style, types of schooling, and working outside the home. By sharing her own story, Hendey inspires readers to better balance their own needs with the demands of family life and faith commitment.</p>	Moms

<p>Full of Grace: Women and the Abundant Life; by Johnnette Benkovic</p> <p>Book & study guide (both for purchase)</p>	8	\$16 for book; \$35 for study guide	<p>Authentic Catholic womanhood. Many women mistakenly equate this quality with biological motherhood. And yet, God has entrusted every woman - single or married, with or without children - with an important task: to bring spiritual life to the world around her, following the example of the Blessed Mother. In <i>Full of Grace</i>, you will discover five essential elements that will help you to deepen your relationship with God. By cultivating this essential relationship, you will be empowered to more fully embrace your God-given calling. This study is infused with Sacred Scripture, magisterial teaching, Church doctrine, and the Catechism. Women will grow in knowledge of their faith, deepen their prayer life, meet a variety of women saints, and come to see the Blessed Virgin Mary as their exemplar.</p>	Women
<p>Real Men Pray the Rosary: A Practical Guide to Powerful Prayer; by David Calvillo</p>	6	\$13	<p>"The Rosary is for old ladies and funerals." Or is it? In David N. Calvillo's debut book, he reveals how each week, thousands of men of all ages and backgrounds join together in the Real Men Pray the Rosary movement and are seeing the fruit of this spiritual discipline in their lives and families. Destined to become a new centerpiece of Catholic men's spirituality, this dynamic book and movement bring men together, deepening their devotion to Christ through Mary. Often surprising and always inspiring, Calvillo combines storytelling with a profound, inviting guide and convincingly shows how the Rosary is alive and well today--for men."</p>	Men

Study & format	# of Sessions	Cost	Description	Target audience
Other Recommended Resources				
<p>The Catechism of Hockey; by Alyssa Bormes</p> <p>Study guide available here. (\$8)</p>		<p>\$20 for the book; \$8 for the guide.</p>	<p>Why does hockey have so many rules? Do we still need to have penalty boxes? Can't we get rid of offside? And why is practice so important? What's the big deal with the Commissioner? And coaches? And referees? Why can't they just let us play? Anyone involved in hockey – players, parents, fans – would never take any of these questions seriously. Without the rules, there would be no hockey. And without the drills there would be no thrills. And yet Catholics ask similar questions about the Church all the time. Why does the Church have so many rules? Why do we have to go to confession? Why do we need priests? And what's the big deal with the Pope? Why does the faith have to be so difficult? Can't we just play?</p> <p>If you have ever needed help explaining the faith to your children, your friends and family, or even your foes, this is your new playbook. <i>The Catechism of Hockey</i> is one of the most unlikely, but effective Catholic resources for the New Evangelization.</p>	Adults
<p>Forming Intentional Disciples; by Sherry Weddell</p>	6	\$16	<p>How can we transmit a living, personal Catholic faith to future generations? By coming to know Jesus Christ, and following him as his disciples. Catholics-in-the-pew must make a conscious choice to know and follow Jesus before they can draw others to him. This work of discipleship lies at the heart of Forming Intentional Disciples. Drawing upon her fifteen years of experience with the Catherine of Siena Institute, Sherry Weddell leads readers through steps that will help Catholics enter more deeply into a relationship with God and the river of apostolic creativity, charisms, and vocation that flow from that relationship for the sake of the Church and the world. Learn about the five thresholds of postmodern conversion, how to open a conversation about faith and belief, how to ask thought provoking questions and establish an atmosphere of trust, when to tell the Great Story of Jesus, how to help someone respond to God's call to intentional discipleship, and much more.</p>	Adults
<p>Becoming a Parish of Intentional Disciples; by Sherry Weddell</p>		\$16	<p>In <i>Becoming a Parish of Intentional Disciples</i>, Sherry Weddell has gathered together experienced leaders and collaborators whose exceptional field-tested wisdom and enthusiasm for transforming</p>	Adults

			<p>Catholic parishes into centers of discipleship and apostolic outreach is both inspiring and practical.</p> <p>Learn: The role of intercessory prayer in parish transformation; How "fireside chats" can help a pastor connect with his parishioners and call them to personal discipleship and mission; The co-responsibility of lay people and pastors in the work of making disciples; The revolutionary impact of a discipleship approach to youth ministry; How one parish successfully fostered a culture of intentional discipleship; and much more.</p> <p>As Sherry asks in her own chapter, "Are we willing to answer the call and pay the price necessary to become a new generation of saints through which God can do extraordinary things in our time?"</p>	
<p><u>Praise God and Thank Him: Biblical Keys for a Joyful Life;</u> by Jeff Cavins</p>	10	\$16	<p>The Bible holds many keys for living a joyful life, and praise and thanksgiving are two of the most powerful. Jeff Cavins explains what biblical praise is and how it can transform any difficulty and lead to a deeper trust in God. He shows how thanksgiving—the attitude of gratitude—is a natural expression of praising God, and he provides practical tips for incorporating it into your life."</p>	Adults
<p><u>Journey to Heaven: A Road Map for Catholic Men;</u> by Randy Hain</p>	8-16	\$13	<p>Each hour of each day you are forming habits that shape your character and will determine where you will spend eternity. When your earthly life ends, it will be too late to change your destiny. In the midst of the hectic demands, busy schedules, and countless interruptions of every day, this book gives you the surefire, divinely instituted "apps" for becoming the man God wants you to be. Use them! Your family is counting on you.</p>	Men
<p><u>The Catholic Briefcase;</u> by Randy Hain</p>	12	\$17	<p>The Catholic Briefcase helps Catholics integrate their faith with their jobs through practical tips, relevant examples, and the inspirational stories of others who have successfully learned how to bring their Catholic identity with them to work. This book provides tips and ideas for finding time for prayer and reflection throughout the day and explores ways to make business decisions through the filter of Catholic teaching. Being a "light for Christ" is ultimately the best way to share your faith with others as they will be drawn to you by your good example and joy. The Catholic Briefcase helps the reader evaluate where they have been in their business life and where being a "light for Christ" can take them. The practical nature of the content gives the reader a roadmap to a deeper faith in an area (the</p>	Adults

			workplace) they have likely ignored in the past.	
<u>Along the Way: Lessons for an Authentic Journey of Faith;</u> by Randy Hain		\$12	<p>A Journey from the Spiritual Wilderness to an Integrated Catholic Life</p> <p>Just in time for the Year of Faith, Randy Hain's second book is a thought-provoking, lesson-filled road map for navigating our faith journeys as Catholics. He considers conversion, faith, prayer, peace, parenthood, the Blessed Mother, the search for Truth, authenticity, and more from a humble and uniquely integrated Catholic life perspective. "We are not able to tackle everything at once, so let's make it simple and focus on what we can do. We need to work on ourselves and pursue lives of personal holiness, never forgetting we are made for Heaven and not this world," writes Hain.</p> <p>Living an authentic Catholic life is not easy, especially in our contemporary society that views Christian beliefs in subjective and relativistic terms, yet Christians cannot stand on the sidelines. <i>Along the Way</i> provides encouraging guidance on hot-button topics, including materialism, charity, life issues, reconciliation, and much more. Though these lessons emerge from Hain's personal experience and observations, he applies them broadly to individual and community life within the Church.</p> <p><i>Along the Way</i> is an excellent source of spiritual enrichment for individuals or faith-sharing groups. Lifelong Catholics, those returning to the faith, converts, and anyone seeking the Truth will find this book practical, inspirational, and engaging.</p>	Adults
<u>The Faith We Profess: A Catholic Guide to the Apostles' Creed;</u> by Peter Vaghi	12	\$15	<p>Noted Washington, D.C. pastor and teacher Msgr. Peter J. Vaghi offers a simple introduction to Catholicism blending sound Catholic teaching with scripture, the wisdom of the saints, literature, and personal anecdotes to offer a synopsis of the faith suitable for lifelong Catholics and inquirers alike. Vaghi deftly explains how this oldest of the Church's creeds is not only a summary of Catholic beliefs, but an invitation to entrust oneself to God. Twelve chapters corresponding to the twelve articles of the Creed offer a fast-paced tour of the Catholic faith, with particular attention to sometimes neglected aspects distinctive to Catholicism. Questions for reflection and prayers are included for group and/or devotional use.</p>	Adults

			The inaugural book in the Pillars of Faith series , <i>The Faith We Profess: A Catholic Guide to the Apostles' Creed</i> .	
The Sacraments We Celebrate: A Catholic Guide to the Seven Mysteries of Faith ; by Peter J. Vaghi	9	\$15	<p>In <i>The Sacraments We Celebrate: A Catholic Guide to the Seven Mysteries of Faith</i>, the second book in the Pillars of Faith series, Msgr. Peter J. Vaghi introduces the seven sacraments of the Catholic Church.</p> <p>Drawing from the <i>Catechism of the Catholic Church</i>, the <i>U.S. Catholic Catechism for Adults</i>, and the writings of Benedict XVI and John Paul II, Msgr. Vaghi's easy-to-use resource considers each of the sacraments from a personal, communal, and social perspective. The chapters explore the sacraments as a whole and examine the scriptural foundation, the history, and the symbolism of each.</p> <p>At a time when Mass attendance, Confession, and the celebration of Catholic weddings are all declining, the clarity and accessibility of Msgr. Peter Vaghi's writing on the meaning of these celebrations, complemented by questions for reflection and prayer, makes <i>The Sacraments We Celebrate</i> a vital resource for any Catholic seeking to understand these central actions of the faith.</p>	Adults
The Commandments We Keep ; by Peter J. Vaghi	9	\$15	<p>Renowned Washington, DC, pastor and teacher Msgr. Peter Vaghi illuminates the Ten Commandments as ways to live in a deeper relationship with Christ. Like its companion books in the Pillars of Faith series—<i>The Faith We Profess</i> and <i>The Sacraments We Celebrate</i>—this third book on the moral life is ideal for use in small groups.</p> <p>In his latest addition to the Pillars of Faith series, noted Washington, DC, pastor Msgr. Peter Vaghi continues his popular Catechism-based catechetical program. With simplicity and clarity, <i>The Commandments We Keep</i> unpacks each of the Ten Commandments using a three-pronged approach: discover how the commandment was understood in the Old Testament, understand how Christ fulfilled the commandment in his life and teaching, and examine the personal and practical implications of each commandment for life today.</p> <p>Vaghi's books assist, enliven, and equip RCIA leaders and everyone involved in adult faith formation and have been hailed by James</p>	Adults

			Martin, S.J., as “firmly grounded in scripture and tradition, well written, clear, orthodox, to the point—and, best of all, wonderfully concise.” Reflection questions and prayers help make this an ideal resource for faith-formation groups, spiritual seekers, and for those seeking to pass on the central treasures of the Catholic faith.	
<u>The Prayer We Offer: A Catholic Guide to Communion with God</u> ; by Peter J. Vaghi	9	\$15	In <i>The Prayer We Offer</i> , the final book in the four-volume Pillars of Faith series, renowned Washington, DC, pastor and teacher Msgr. Peter J. Vaghi illuminates scripture, the <i>Catechism</i> , and the writings of Pope Benedict XVI to help readers begin or deepen their life of prayer. Vaghi guides readers in an exploration of the practice of Christian prayer, starting from the perspective that prayer is God’s gift to his people. Following the outline of the fourth section of the <i>Catechism of the Catholic Church</i> , he explores the Old Testament roots of prayer, Jesus as the Master Teacher of prayer, and Jesus’ own prayer life—especially during Holy Thursday and Good Friday. Vaghi guides readers into the riches of prayer and offers practical guidance for overcoming common obstacles to conversation with God. Chapters are also devoted to the Rosary and the Our Father.	Adults
<u>Signposts: How to be a Catholic Man in the World Today</u> ; by Tim Sullivan and Bill Bawden	26-52 (There are 52 sessions, but you could cover 2 per week)	\$13	This is a topical approach to subjects of interest to men. Signposts was specifically developed by two Catholic deacons who are heavily involved in the Catholic men's movement, and is ideal for a small-group setting or individual study. Thousands of Catholic men have used, or are currently using this workbook, in Catholic men’s groups all across the US. This powerful resource uses Scripture and Catechism references, short real life stories, and challenging questions to aid in the group discussion. The individual lessons are broken down into four different categories: Man and God, The Measure of a Man, Man and Family, and Man and His World.	Men
<u>Boys to Men: The Transforming Power of Virtue</u> ; by Tim Gray and Curtis Martin	8	\$11	Need a spiritual workout? Boys to Men: The Transforming Power of Virtue, by Tim Gray and Curtis Martin, is a Bible study designed specifically for men who want to build their spiritual strength. Each challenging lesson combines rich Scriptural teaching with centuries of Christian wisdom to train today's men for the virtuous life. With thought-provoking questions at the end of each chapter, this book is ideal for individual or group study. This Bible study is intended for the growing number of men who are taking seriously their call to Christian discipleship. Steve Wood, founder of St. Joseph's Covenant	Men

			Keepers, a leading Catholic men's apostolate, says that "every father needs a few essential books in his father's 'tool box.' Boys to Men is one of them."	
<u>Be A Man! Becoming the Man God Created You to Be</u> ; by Father Larry Richards	10	\$14	Men are rediscovering the importance of the spiritual life. And Father Larry Richards is helping them do it. While some writers apply a one-size-fits-all approach to the Christian life, Father Richards draws on his many years of ministry and his own experience as a man to inspire other men as men. In Be a Man!, he recounts his struggles to learn true manhood, as well as the inspiring stories of others he has served in his decades as a priest. He tells men how to focus on the right goal, how to live as a beloved son of God, of the need to acknowledge one's faults and to live according to the Holy Spirit, to be a man of true love and of wisdom, to appreciate properly the differences between men and women, to pursue holiness, and to make a difference in the world. Not preachy but direct, Father Richards challenges men to be strong, without putting on a mask of false strength or machismo. He calls men to admit their weaknesses and limitations, while urging them to find strength in faith and genuine love to overcome their sins and faults. Although a celibate priest, he minces no words when it comes to the place of sexuality--for the unmarried man as well as for the married man. He shows that true manliness is not opposed to love but thrives on it. Father Richards stresses that a relationship with Christ reveals the meaning of a man's life and his identity as a man. He inspires men to become the true heroes they long to be--men of authentic courage, compassion and integrity. This is a highly readable book for men by a man who knows how to talk to men about the things that matter most.	Men
<u>Great Men of the Bible: A Guide for Guys</u> ; by Reverend Martin Pable	11	\$13	Focusing on eleven men - the ones, in addition to Jesus, he considers "great"- Father Martin Pable explains their identity, sacred stories, and message for today's men. "This one's for you, guys," he says in his Introduction. Learn what these "great men of the Bible" have to teach men today: Abraham, the flawed father of our faith; Jacob, a case study of the male journey; Joseph, a model of reconciliation; Moses, a spiritual-political leader; David, from greatness to failure and back again; Elijah, a prophet who wouldn't give up; Jeremiah, a man unbeaten by depression and failure; John the Baptist, a man without ego; Joseph of Nazareth, a man for our times; Peter, more heart than rock; Paul, a man who caught fire.	Men
<u>Little Rock Scripture studies</u>			The Little Rock Scripture Studies offers a variety of book and Bible	Adults

			studies.	
Word on Fire study programs; by Bishop Barron			Some of these studies, including Catholicism are also available on formed.org.	Adults

Do you know of other resources that you'd recommend to your fellow parishioners? If so, please send them to Heather Rubash (heather.dodgers@gmail.com or 612.385.3006).