*Part 2:*

# Some Advantageous and Appealing Approaches for Adult Faith Formation

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LIFELONG FAITH training

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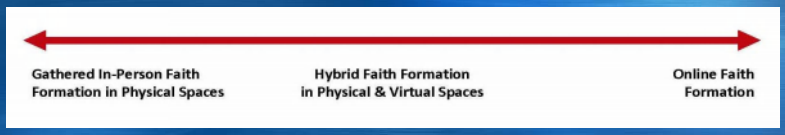
## (1st) Three Programming Models



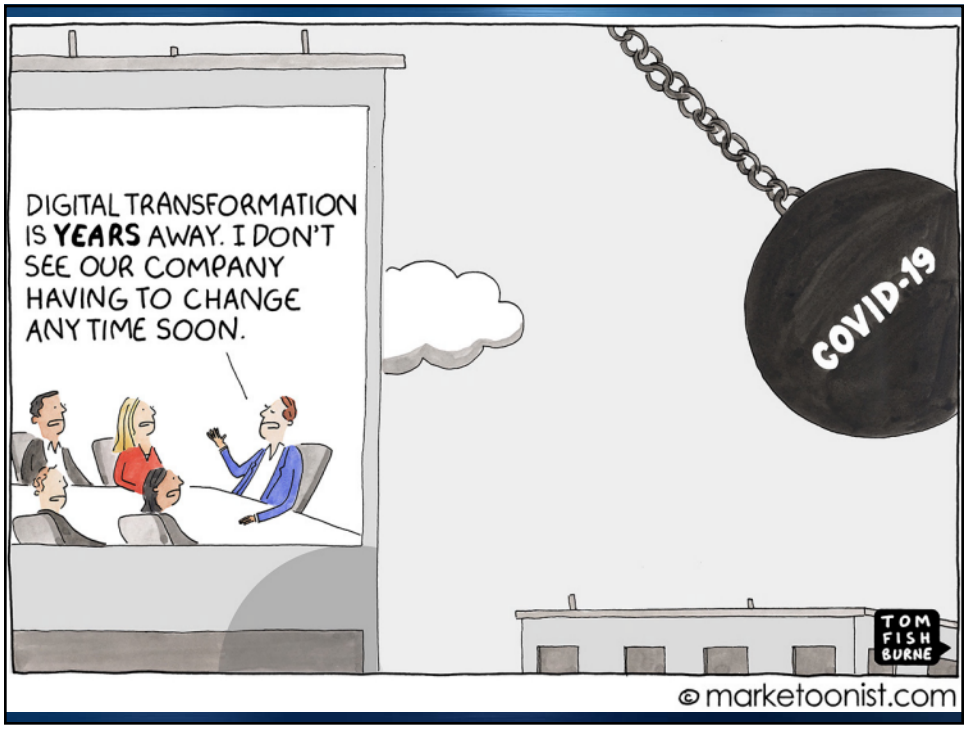

*Synchronous and Asynchronous*

**Gathered Programming**
(church, camp, mission trip, retreat center, community places)

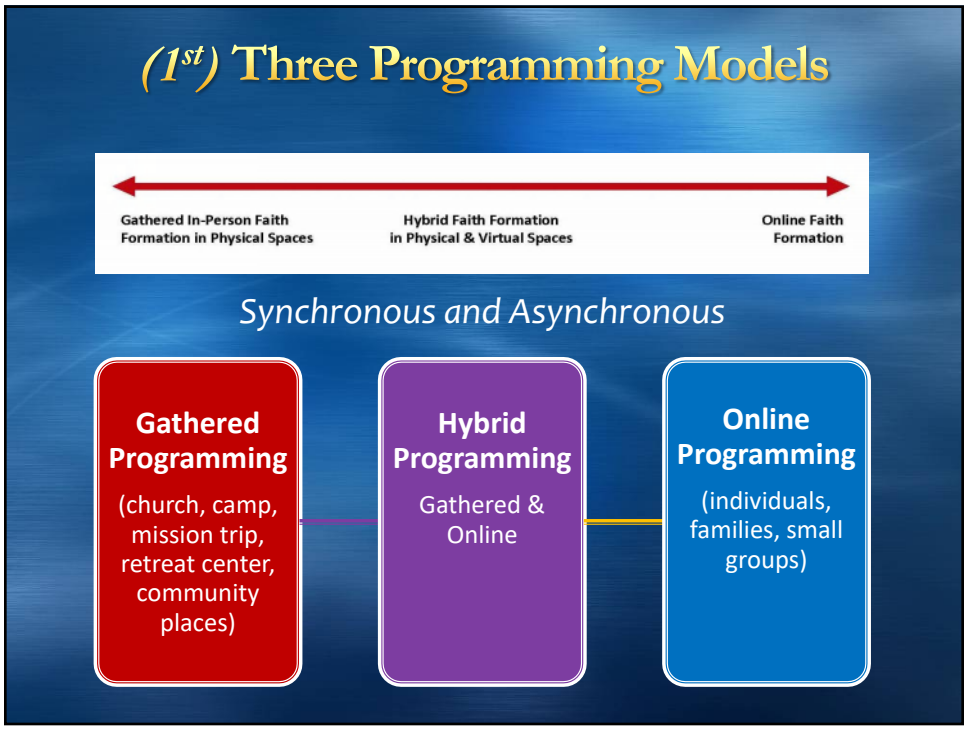
**Hybrid Programming**
Gathered & Online

**Online Programming**
(individuals, families, small groups)

2


DIGITAL TRANSFORMATION IS YEARS AWAY. I DON'T SEE OUR COMPANY HAVING TO CHANGE ANY TIME SOON.
COVID-19
TOM FISH BURNE
© marketoonist.com

3


(1st) Three Programming Models
Gathered In-Person Faith Formation in Physical Spaces
Hybrid Faith Formation in Physical & Virtual Spaces
Online Faith Formation
Synchronous and Asynchronous
Gathered Programming
(church, camp, mission trip, retreat center, community places)
Hybrid Programming
Gathered & Online
Online Programming
(individuals, families, small groups)

4

5

## *(2nd)* Many Approaches

- Presentations
- Scripture Study
- Book groups
- Support groups
- Service
- Blended learning
- Retreats
- Courses
- Small faith-sharing groups
- Online activities
- Apps
- Independent Learning
- Mission Trips
- Sacramental Preparation and Mystagogy
- Parent-Grandparent Programs
- Milestone Experiences

6

## (3rd) Many Methods and Activities

- Quiet/reflection
- Input
- Sharing and conversations
- Story-telling
- Music
- Art, drama, poetry, literature
- Images
- Prayer
- Activity
- Discussion, reflection and decision-making about what this is going to mean when I go home

7

## (4th) Does one size fit all?

8

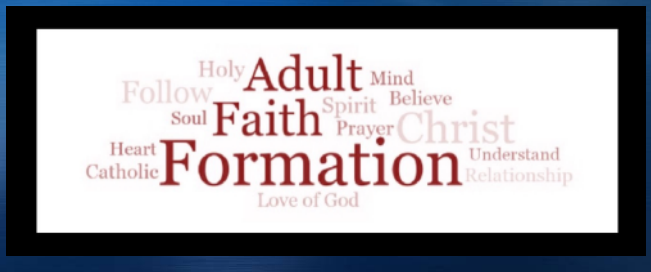
- A century ago:
  - mass production

- Today:
  - mass customization

9

## What does this mean for AFF?

"one size fits all"

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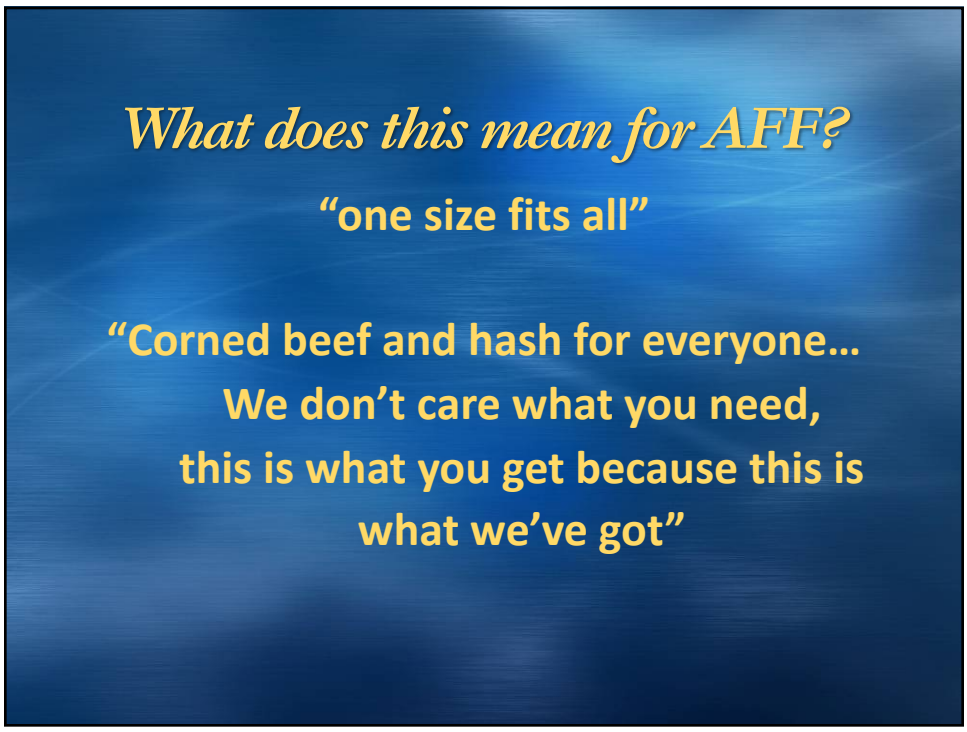
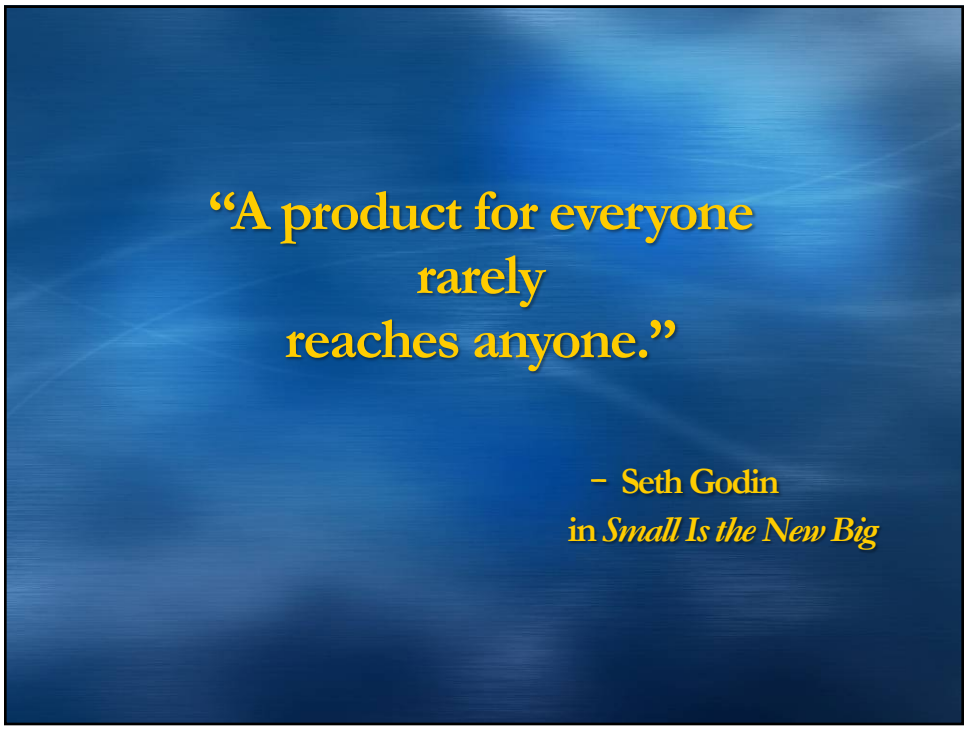

What does this mean for AFF?
"one size fits all"
"Corned beef and hash for everyone…
We don't care what you need,
this is what you get because this is
what we've got"

11


"A product for everyone
rarely
reaches anyone."
– Seth Godin
in Small Is the New Big

12

(5th):
Create a digital platform

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LifelongFaith Associates
ADULT FAITH FORMATION
Home
Adult Living
Discover Faith
Faith Enrichment
Scripture
Seasons
Service
Spiritual Life
Sunday Worship
The Seasons of Adult Faith Formation
A Network of Adult Faith Formation
Experiences, Programs, Activities, & Resources

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# Adult Faith Formation

1. Adult Living
2. Discovering Faith
3. Faith Enrichment
4. Scripture
5. Seasons of the Year
6. Service
7. Spiritual Life
8. Sunday Worship

15

# Playlists of Content & Experiences

**Adult Living**

Find resources for being a Caregiver and an invitation for joining our Caregiver Support Group.

Discover faith forming activities for grandparents to do with their grandchildren.

**Discover Faith**

Discover Jesus and the Christian faith with two of our invitational experiences:

1. Basics of Christianity - explore the video series on your own; join a Basics small group experience
2. Explore the Christian Faith through the ten-session Alpha Course with a small group of inquirers

**Faith Enrichment**

Grow deeper in your Christian faith with one or more of our offerings:

1. A Yearlong Journey into the Christian faith - a 10 session program, monthly at church
2. Living the Spirit-Filled Life Course
3. Practice Makes a Christian - a small group study program
4. Practicing Our Faith - a self-study or group-study for growing in the practice of the Christian faith
5. Sacraments 101- a video-based introduction or refresher on the Catholic sacraments

**Scripture**

The focus for each season of Scripture Enrichment is one Gospel - Matthew, Mark, or Luke. We are offering a variety of ways for you to study and read the Gospels:

1. Participate in the Gospel Presentation Series
2. Participate in a Small Group Gospel Bible Study
3. Explore the Gospel On-Your-Own
4. Take an Online Course
5. Develop a Gospel Study Plan using a Bible App
6. Discover Online Devotions and Bible Studies

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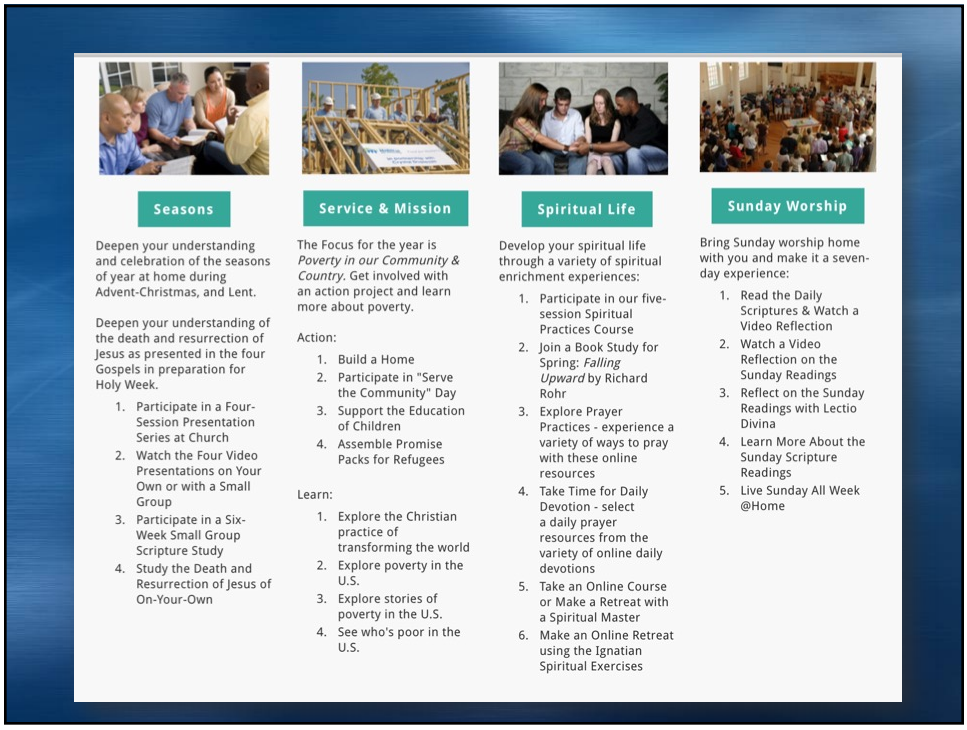


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# Spiritual Enrichment

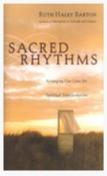
## Spiritual Practices for Living

*a five session weekly program at church - presented by five experts*

1. Prayer Styles & Traditions
2. Fixed-Hour Prayer
3. Contemplation & Meditation
4. Spiritual Reading & Praying with Art and Music
5. Sabbath

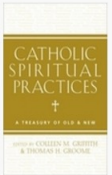
Register for the Program

Watch Each Presentation Online




**Course Book - Select One**

- *Catholic Spiritual Practices: A Treasury of Old & New.* Colleen M. Griffith and Thomas H. Groome, editors (Paraclete, 2012)
- *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation.* Ruth Haley Barton. (InterVarsity Press, 2010)

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## Living the Spiritual Practices
*resources for continuing growth*

The following articles and activities provide helpful tools for deepening your understanding of the Spiritual Practices in our course, and in integrating them into your daily life. And be sure to check out the prayer activities on this web page.

The Practice of Forgiving.pdf
Download File

The Practice of Praying.pdf
Download File

The Practice of Discernment.pdf
Download File

The Practice of Keeping Sabbath.pdf
Download File

The Practice of Reading the Bible.pdf
Download File

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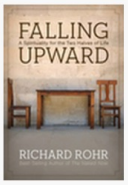
## Falling Upward: A Spirituality for the Two Halves of Life
By Richard Rohr
*book study groups*

In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. He explains why the second half of life can and should be full of spiritual richness, and offers a new view of how spiritual growth happens. This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right.




Book Group at Church

Host Your Own Group

Book Group Online

Falling Upward Book Excerpt.pdf
Download File

*Falling Upward* Video Introduction

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## Explore a Prayer Practice

*experience a prayer practice - just click on the title*

**Contemplative Prayer**
Maybe you're not the memorized prayer type of person, nor do you like to be confined to a scripture reading or a devotional book. Not to worry, there are many ways to pray and this one only takes your presence and attention. For those who have plenty of excuses for not praying but genuinely want to know God's presence, contemplative prayer may be something to try.

**Centering Prayer**
Prayer is a very personal experience of being with God. Each person finds different meaningful ways to pray. Centering Prayer is a style of meditative prayer that many people find significant while others find the long silence boring. The only way you'll find out if it helps you connect with your deepest spiritual yearnings is to try it.

**Guided Meditation**
The Psalms are wonderful prayers that can be used to communicate to God our desires, and for God to communicate in return. Using the guidance of voice, relax your body and mind and open your soul in prayer.

**Other 6**
Ignatius of Loyola, the 16th-century founder of the Jesuits, devised an "examination of consciousness"—a prayerful review of the day intended to help people recognize where they were finding, or needing to find, God in their lives. **Other6** takes the essence of this centuries-old practice of the Examen and adapts it for today's Internet-driven world by posing two questions: Where have you found God today? and Where do you need to find God today?

**Lectio Divina**
Lectio Divina is Latin for "Holy Reading." It is a style of prayer in which you take a scripture passage and read it slowly, pondering the words and letting them sink into your soul leading to insight or action.

**Liturgy of the Hours (Fixed Hour Prayer)**
Praying the "Liturgy of the Hours" (also known as The Divine Office) is a long standing monastic tradition, but you don't have to be a monk to enter into the spirit of this form of prayer. Learn how a busy family person can adapt this practice of praying throughout

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## Take Time for Daily Devotion

*find a daily devotion that works for you - just click on the title*

**3-Minute Retreat**
Loyola Press's highly popular 3-Minute Retreat is available via newsletter and app for the iPhone® and iPod touch® and the iPad. Each day, a new retreat features soothing music, Scripture verses, and reflective thoughts and questions. Meaningful time with God is always just a touch away. (Download the App.)

**Daily Meditation & Reflection from Henri Nouwen**
Drawn from a wide range of Henri Nouwen's writing, these short meditations inspire and guide people's mind and heart. Each reflection takes less than a minute to read and yet can set the tone for the day. It is sent via email in the early morning. **Sign up on the website to receive *Bread for the Journey*.**

**Daily Prayer: JesuitPrayer.org**
Daily prayer is essential for nourishing our relationship with Christ. We become ever more mindful of God's presence in all facets of our lives. Through the daily Scripture, Reflection, and Prayer, JesuitPrayer.org helps people be fortified in God's faithfulness and his invitation to move through your day in a spirit of service to others. The prayer experience is provided every day of the week, with reflections rooted in Ignatian spirituality.

**God Pauses**
God Pause e-mail devotions are short, meaningful reflections on the following Sunday's lessons and gospel delivered directly to your e-mail box. By Sunday, you'll be ready for an extra meaningful worship experience.

**Liturgy of the Hours - Divine Office App**
Listen and pray the Liturgy of the Hours on the go. The Divine Office App is an opportunity for you to participate in the recitation of the Liturgy of the Hours, an ancient and meditative collection of psalms, hymns and scripture that represent the public prayer of the Christian community. Also available are three Lite apps: Morning Prayer, Evening Prayer, and Night Prayer.

**Sacred Space Daily Reflection**
Sacred Space ordinarily follows the scripture sequence of the Revised Common Lectionary. Longer reflections on the daily scripture readings are presented for Sundays,

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## Take a Course with a Spiritual Guide

*from SpiritualityandPractice.com*

**Wisdom for Living: The Parables of Jesus**
By Thomas Keating, Contemplative Outreach
An exploration of the wise and revolutionary teachings of Jesus through the lens of the parables.

**Ways to Pray from Around the World**
By Maggie Oman Shannon
How to incorporate 12 creative spiritual practices from different cultures and religious traditions into your prayer life.

**Centering Prayer**
By Cynthia Bourgeault
Teachings about a no-frills form of meditation which reconnects directly to Christianity's hidden treasury of mystical wisdom.

## Make a Retreat - Online

**Creighton University Online Retreat**

This is a retreat designed for people too busy to make a traditional retreat. People can experience a relationship with God coming alive in the midst of everyday life. A simple Guide each week places themes, reflections, questions and desires into the background of our busy lives. We learn to find greater focus and to let one week build upon another. Begin any time, but if a person begins the week of September 19th, the retreat fits with the Liturgical Year. People can make the retreat alone, with a spiritual director, or form a group to make the retreat together.

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## (6th): Focus on a specific theme

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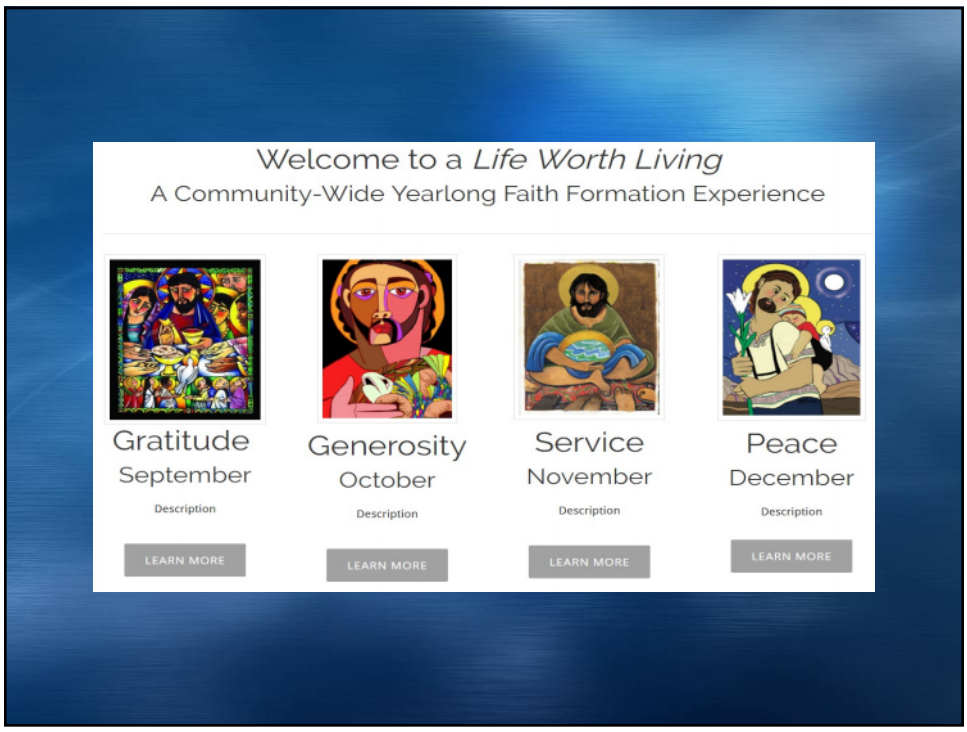
Welcome to a *Life Worth Living*
A Community-Wide Yearlong Faith Formation Experience
Gratitude
September
Description
LEARN MORE
Generosity
October
Description
LEARN MORE
Service
November
Description
LEARN MORE
Peace
December
Description
LEARN MORE

25

September - A Month of Gratitude
The spiritual practice of gratitude has been called a state of mind and a way of life. But we prefer to think of it as a grammar — an underlying structure that helps us construct and make sense out of our lives. The rules of this grammar cover all our activities. Its syntax reveals a system of relationships linking us to the divine and to every other part of the creation.
To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams. Count your blessings, and praise God. Utter blessings, and express your appreciation to everything and everyone you encounter. By blessing, we are blessed.

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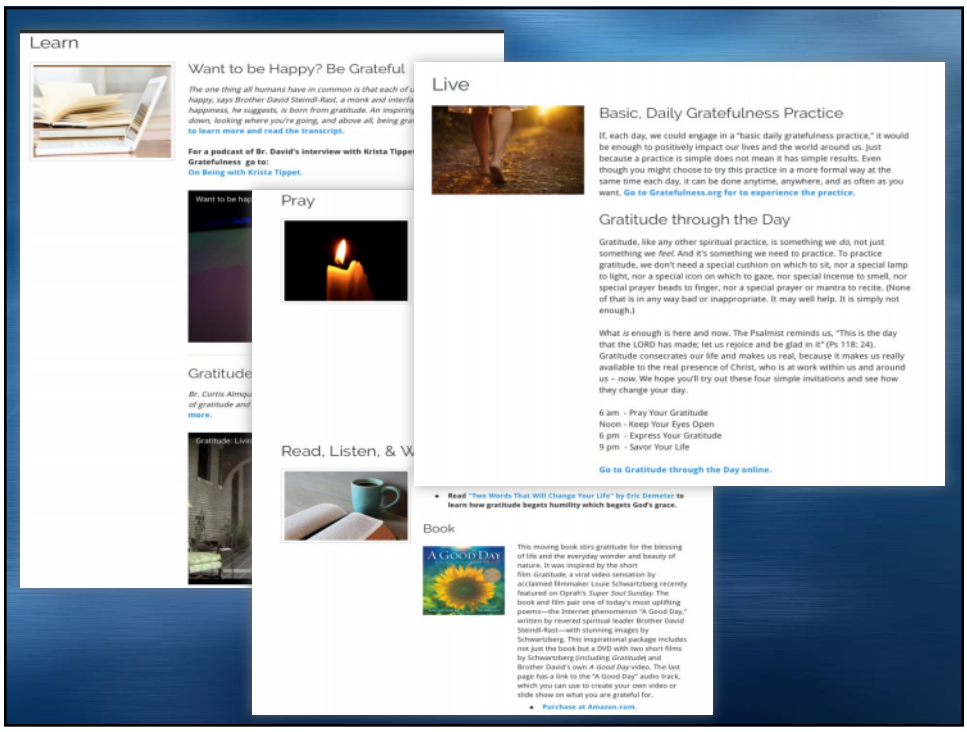


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# (6th): Focus on a specific theme

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## Discipleship: The Saints

*August to Advent*

- Intergenerational Event: *Saints By Our Side*
- Bible Study: Jonah & Ruth *(Six Weeks with the Bible)*
- Book Groups (English): *My Life with the Saints*
- Book Groups (Spanish and English): *Saints of the Americas/Santos Americanos*
- Group Discussion: Communion of Saints *(Catholic Update)*
- Youth Discussion: Teen Saints in Times Past *(Youth Update)*
- Morning of Reflection: Praying with the Saints
- Meeting Prayers: Saint's Prayer/Discipleship Reflection Question
- Film Discussion: *A Man for All Seasons*
- Field Trip: Tour of a church named after a Saint
- On website: *Saint of the Day* Podcasts through I-Tunes

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## Discipleship: Mary, Our Model

*(January 1 – Pentecost)*

- Intergenerational: Mary: The "Yes" That Changed the World
- Scripture Study: Being Disciples of Jesus *(Six Weeks with the Bible)*
- Book Group: *Mary's Journey* (Fr. Lou Cameli)
- Group Discussion: In Search of the Real Mary *(Catholic Update)*
- Youth Discussion: On Mary: Truths and Connections *(Youth Update)*
- Morning of Reflection: Mary's Journey of Discipleship
- Meeting Prayers: Marian Prayer/Discipleship Reflection Question
- Film Discussion: *The Nativity* (1952) to *The Nativity* (2006): Visions of Mary in Film
- Field Trip: Walk in a local garden or woods with Marian readings and reflection questions

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(7th):
Playlists

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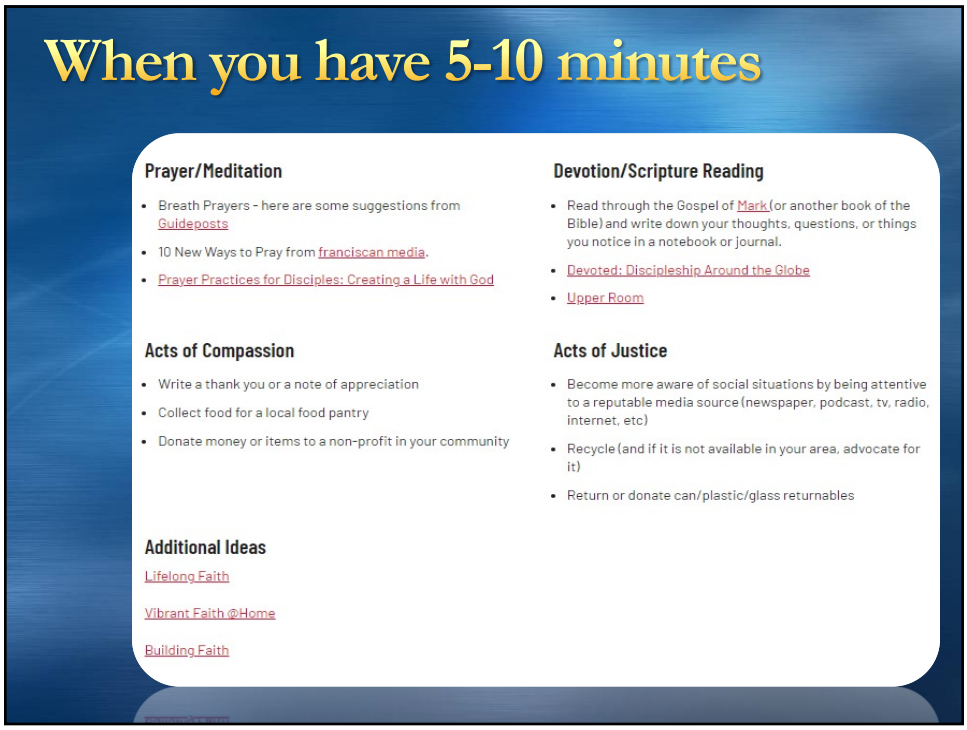
When you have 5-10 minutes
Prayer/Meditation
Breath Prayers - here are some suggestions from Guideposts
10 New Ways to Pray from franciscan media.
Prayer Practices for Disciples: Creating a Life with God
Devotion/Scripture Reading
Read through the Gospel of Mark (or another book of the Bible) and write down your thoughts, questions, or things you notice in a notebook or journal.
Devoted: Discipleship Around the Globe
Upper Room
Acts of Compassion
Write a thank you or a note of appreciation
Collect food for a local food pantry
Donate money or items to a non-profit in your community
Acts of Justice
Become more aware of social situations by being attentive to a reputable media source (newspaper, podcast, tv, radio, internet, etc)
Recycle (and if it is not available in your area, advocate for it)
Return or donate can/plastic/glass returnables
Additional Ideas
Lifelong Faith
Vibrant Faith @Home
Building Faith

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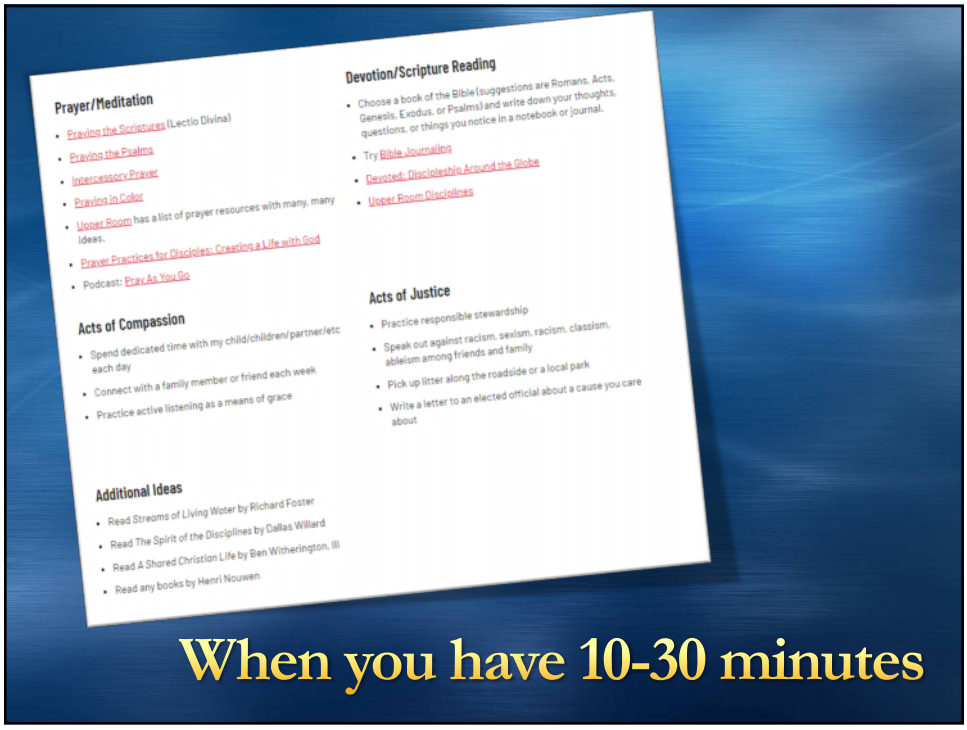
Prayer/Meditation
Praying the Scriptures (Lectio Divina)
Praying the Psalms
Intercessory Prayer
Praying in Color
Upper Room has a list of prayer resources with many, many ideas.
Prayer Practices for Disciples: Creating a Life with God
Podcast: Pray As You Go
Devotion/Scripture Reading
Choose a book of the Bible (suggestions are Romans, Acts, Genesis, Exodus, or Psalms) and write down your thoughts, questions, or things you notice in a notebook or journal.
Try Bible Journaling
Devoted: Discipleship Around the Globe
Upper Room Disciplines
Acts of Compassion
Spend dedicated time with my child/children/partner/etc each day
Connect with a family member or friend each week
Practice active listening as a means of grace
Acts of Justice
Practice responsible stewardship
Speak out against racism, sexism, racism, classism, ableism among friends and family
Pick up litter along the roadside or a local park
Write a letter to an elected official about a cause you care about
Additional Ideas
Read Streams of Living Water by Richard Foster
Read The Spirit of the Disciplines by Dallas Willard
Read A Shored Christian Life by Ben Witherington, III
Read any books by Henri Nouwen
When you have 10-30 minutes

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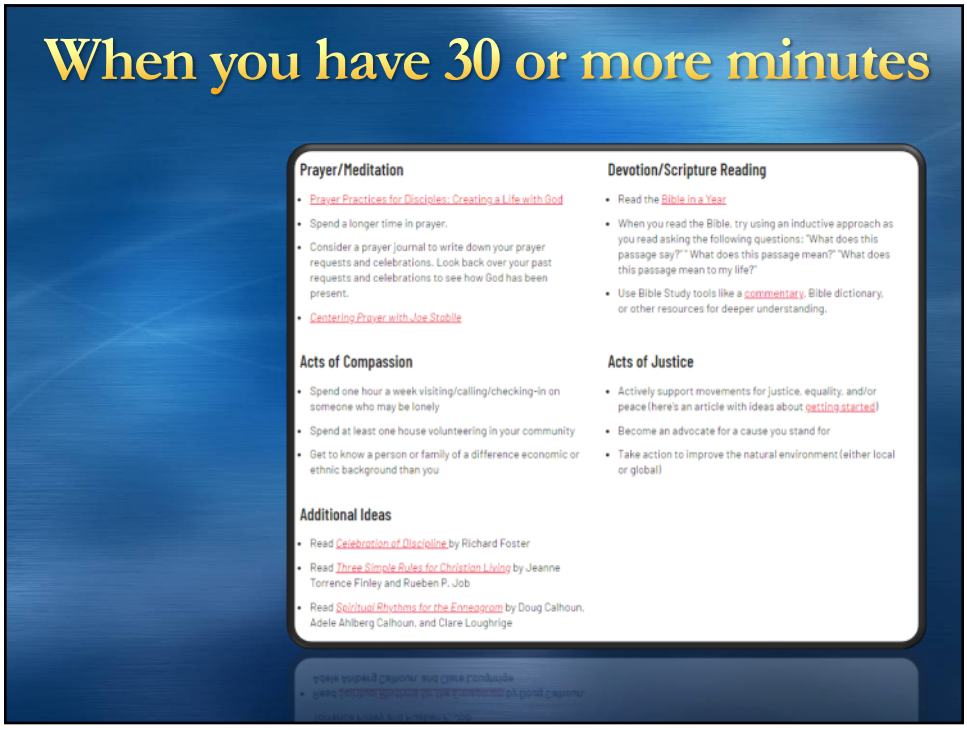
When you have 30 or more minutes
Prayer/Meditation
Prayer Practices for Disciples: Creating a Life with God
Spend a longer time in prayer.
Consider a prayer journal to write down your prayer requests and celebrations. Look back over your past requests and celebrations to see how God has been present.
Centering Prayer with Joe Stabile
Devotion/Scripture Reading
Read the Bible in a Year
When you read the Bible, try using an inductive approach as you read asking the following questions: "What does this passage say?" "What does this passage mean?" "What does this passage mean to my life?"
Use Bible Study tools like a commentary, Bible dictionary, or other resources for deeper understanding.
Acts of Compassion
Spend one hour a week visiting/calling/checking-in on someone who may be lonely
Spend at least one house volunteering in your community
Get to know a person or family of a difference economic or ethnic background than you
Acts of Justice
Actively support movements for justice, equality, and/or peace (here's an article with ideas about getting started)
Become an advocate for a cause you stand for
Take action to improve the natural environment (either local or global)
Additional Ideas
Read Celebration of Discipline by Richard Foster
Read Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job
Read Spiritual Rhythms for the Enneagram by Doug Calhoun, Adele Ahlberg Calhoun, and Clare Loughrige

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PRAY
Pray together:
Alleluia! The Lord is risen! He is risen, indeed! Alleluia!
Risen Lord, we praise you! We celebrate your love for the world through Jesus Christ. Help us to share the good news that Jesus is alive! Alleluia! Amen.
DO
holy moly
A JOURNEY TO EASTER
Journey to Easter
Add to your "Journey To Easter" display in your house for Easter.
Click here to get access to the coloring sheets and instructions.
Easter Scavenger Hunt
Great for children AND youth! Fill up your Easter basket with item
story of Easter.
Flowering the Cross
READ/WATCH/LISTEN
Children's Video
Watch this video that tells the story of Easter. Do you have a children's Bible at home? Look up this story in your Bible after the video and read it together.
Youth/Adult Video
Watch this creative, contemplative reading of the Easter story as told from John 20. What words or images stir in you as you hear and see it?
WONDER
I WONDER...
Wonder together:
I wonder if you've even been surprised before? Share a good surprise with your family.
I wonder what Mary thought when she came to the tomb and it was empty?
Mary and the women went to tell others the good news that Jesus is risen. What good news can you tell others about Jesus?
Have you ever wondered why Jesus doesn't appear to people today?
Check out this video to learn more!

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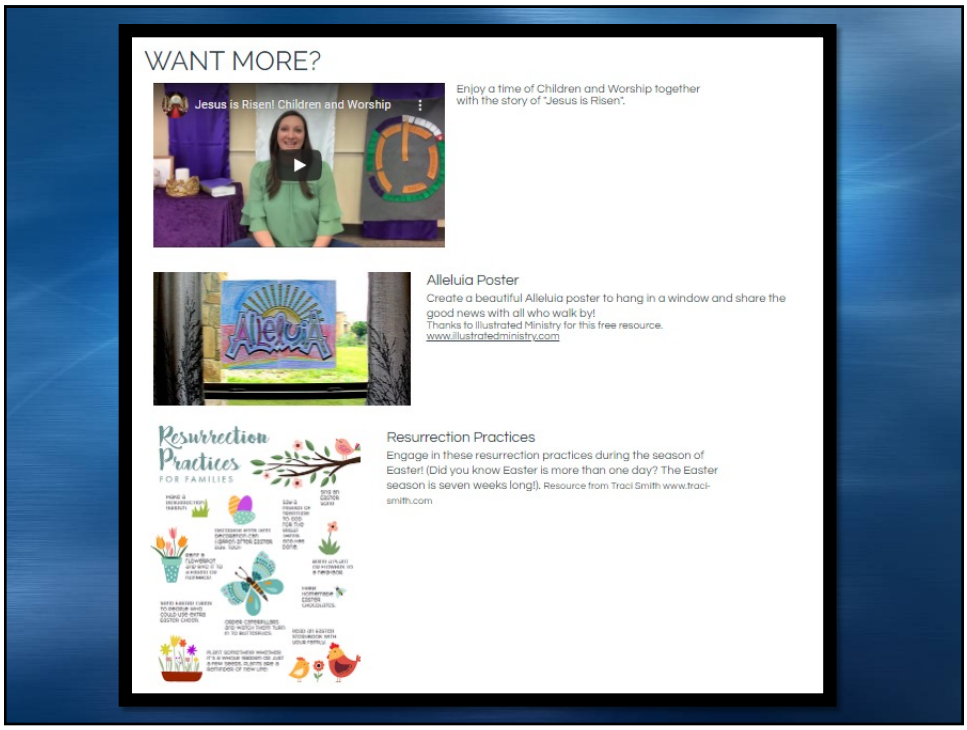
WANT MORE?
Jesus is Risen! Children and Worship
Enjoy a time of Children and Worship together with the story of "Jesus is Risen".
Alleluia Poster
Create a beautiful Alleluia poster to hang in a window and share the good news with all who walk by!
Thanks to Illustrated Ministry for this free resource.
www.illustratedministry.com
Resurrection Practices
FOR FAMILIES
Resurrection Practices
Engage in these resurrection practices during the season of Easter! (Did you know Easter is more than one day? The Easter season is seven weeks long!). Resource from Traci Smith www.traci-smith.com

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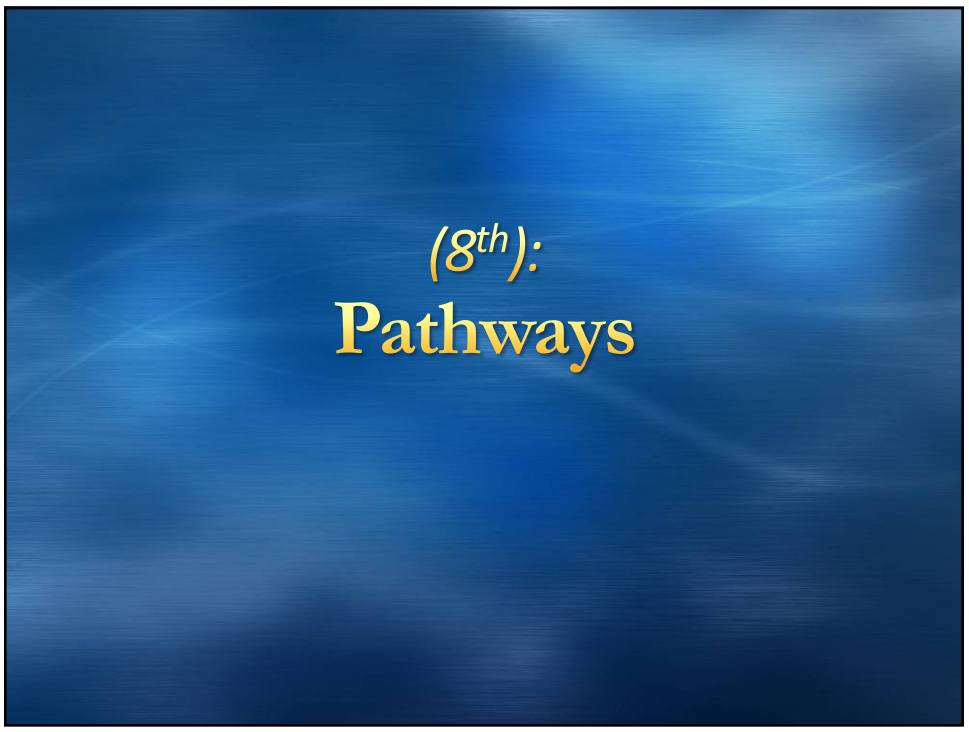
(8th):
Pathways

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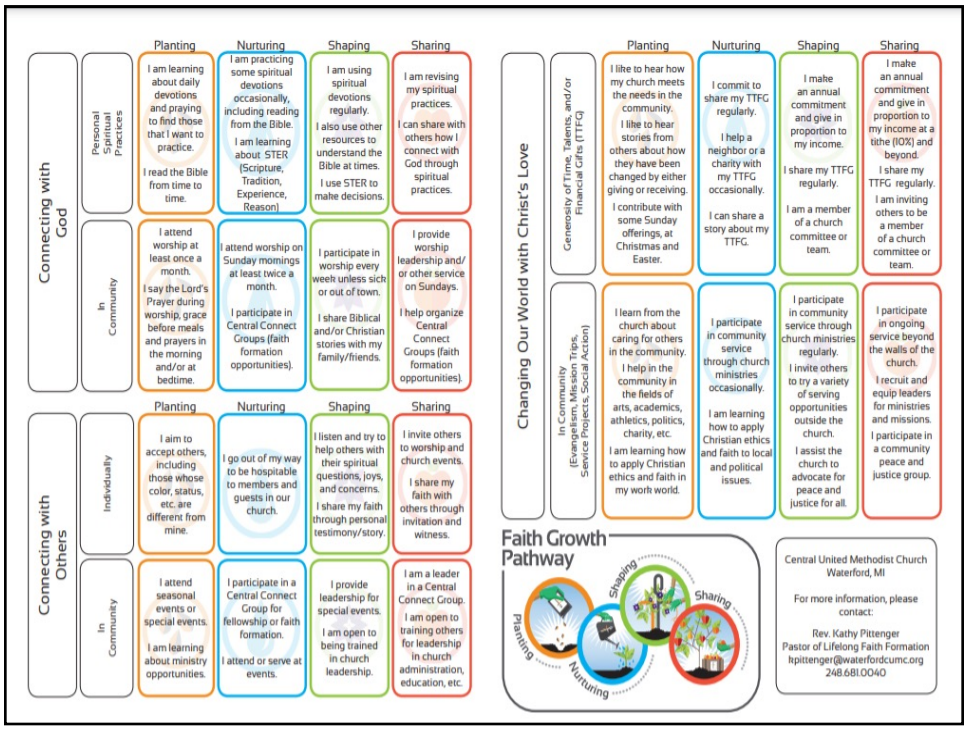
Connecting with God
Personal Spiritual Practices
In Community
Planting
I am learning about daily devotions and praying to find those that I want to practice.
I read the Bible from time to time.
Nurturing
I am practicing some spiritual devotions occasionally, including reading from the Bible.
I am learning about STER (Scripture, Tradition, Experience, Reason)
Shaping
I am using spiritual devotions regularly.
I also use other resources to understand the Bible at times.
I use STER to make decisions.
Sharing
I am revising my spiritual practices.
I can share with others how I connect with God through spiritual practices.
I attend worship at least once a month.
I say the Lord's Prayer during worship, grace before meals and prayers in the morning and/or at bedtime.
I attend worship on Sunday mornings at least twice a month.
I participate in Central Connect Groups (faith formation opportunities).
I participate in worship every week unless sick or out of town.
I share Biblical and/or Christian stories with my family/friends.
I provide worship leadership and/or other service on Sundays.
I help organize Central Connect Groups (faith formation opportunities).
Connecting with Others
Individually
In Community
Planting
I aim to accept others, including those whose color, status, etc. are different from mine.
I attend seasonal events or special events.
I am learning about ministry opportunities.
Nurturing
I go out of my way to be hospitable to members and guests in our church.
I participate in a Central Connect Group for fellowship or faith formation.
I attend or serve at events.
Shaping
I listen and try to help others with their spiritual questions, joys, and concerns.
I share my faith through personal testimony/story.
I provide leadership for special events.
I am open to being trained in church leadership.
Sharing
I invite others to worship and church events.
I share my faith with others through invitation and witness.
I am a leader in a Central Connect Group.
I am open to training others for leadership in church administration, education, etc.
Changing Our World with Christ's Love
Generosity of Time, Talents, and/or Financial Gifts (TTFG)
In Community (Evangelism, Mission Trips, Service Projects, Social Action)
Planting
I like to hear how my church meets the needs in the community.
I like to hear stories from others about how they have been changed by either giving or receiving.
I contribute with some Sunday offerings, at Christmas and Easter.
I learn from the church about caring for others in the community.
I help in the community in the fields of arts, academics, athletics, politics, charity, etc.
I am learning how to apply Christian ethics and faith in my work world.
Nurturing
I commit to share my TTFG regularly.
I help a neighbor or a charity with my TTFG occasionally.
I can share a story about my TTFG.
I participate in community service through church ministries occasionally.
I am learning how to apply Christian ethics and faith to local and political issues.
Shaping
I make an annual commitment and give in proportion to my income.
I share my TTFG regularly.
I am a member of a church committee or team.
I participate in community service through church ministries regularly.
I invite others to try a variety of serving opportunities outside the church.
I assist the church to advocate for peace and justice for all.
Sharing
I make an annual commitment and give in proportion to my income at a tithe (10%) and beyond.
I share my TTFG regularly.
I am inviting others to be a member of a church committee or team.
I participate in ongoing service beyond the walls of the church.
I recruit and equip leaders for ministries and missions.
I participate in a community peace and justice group.
Faith Growth Pathway
Planting
Nurturing
Shaping
Sharing
Central United Methodist Church
Waterford, MI
For more information, please contact:
Rev. Kathy Pittenger
Pastor of Lifelong Faith Formation
hpittenger@waterfordcumc.org
248.681.0040

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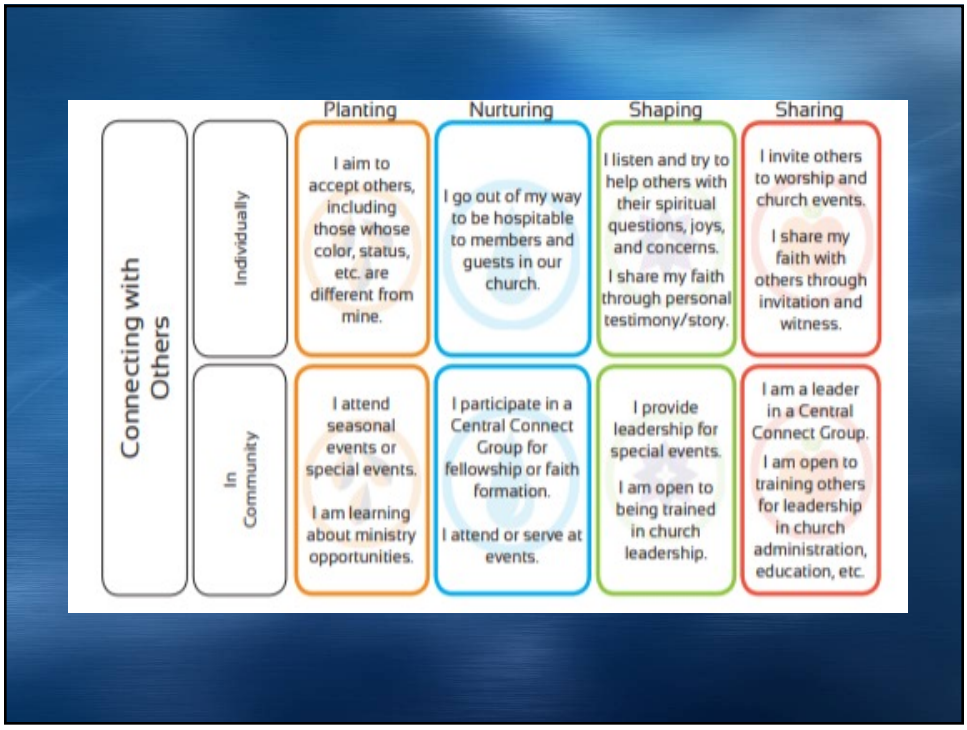
Connecting with Others
Individually
In Community
Planting
Nurturing
Shaping
Sharing
I aim to accept others, including those whose color, status, etc. are different from mine.
I go out of my way to be hospitable to members and guests in our church.
I listen and try to help others with their spiritual questions, joys, and concerns.
I share my faith through personal testimony/story.
I invite others to worship and church events.
I share my faith with others through invitation and witness.
I attend seasonal events or special events.
I am learning about ministry opportunities.
I participate in a Central Connect Group for fellowship or faith formation.
I attend or serve at events.
I provide leadership for special events.
I am open to being trained in church leadership.
I am a leader in a Central Connect Group.
I am open to training others for leadership in church administration, education, etc.

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Which Pathway to Faith Will I Follow?
Heart, Mind, Soul or Strength?
Review the traits listed under each pathway and see which pathway best describes you. You may have a primary path and a close secondary path. It is even possible that you see reflections of yourself in all four pathways.
Pathway of the Heart
I cherish warmth in my relationships.
My decisions are led by my feelings.
There are stories in the Bible that warm my heart.
I value harmony and peace.
I view God as a loving, nurturing parent.
I connect with people through emotions.
Pathway of the Mind
I use logical analysis to come to conclusions.
I look for objective infon
I try to determine the ca and effect of things.
I like to study the Bible think about its teaching
I view God's laws and precepts as rules for gi order to the world.
I might appear aloof be I'm thinking deeply.
Pathway of the Soul
I tend to project possibilities for the future.
I sense and experience things that cannot be seen or measured.
Silence, meditation, and reflection are important to me.
I appreciate metaphorical language.
I view God as a Holy Mystery.
I like to dream.
Pathway of Strengt
I have a strong desire t life better for the poor a oppressed.
I like to do things that a practical and help peop
Doing hands-on, physi activities is more satisf to me than reading and discussing what I read.
I like to think of myself agent for change.
I experience God best serving others.
Paradise Valley United Methodist Church
Let us know how we can he start or continue your journe faith.
Journey of Faith: An Introduction to Pathways
Leaders: Senior Pastor Dave Summers and Kim Summers
Mondays, Jan 30-Feb 13, 2017
6:30-8:30pm, Fireside Room, F8
Not sure where to begin? Join our senior pastor and his wife, Kim, in this three-week course to help you get started or move further along in your spiritual journey. The class includes an introduction to the Bible and the United Methodist Church, how to discover your spiritual gifts, and devotional practices that enrich your life of faith. Gain a clearer sense of the pathways of the heart, mind, soul and strength, and be able to better discern where God is inviting you to journey further.
Step Out of Your Pew and Onto a Path
Pathways is our approach to faith formation and spiritual growth for adults at Paradise Valley United Methodist Church. Whether Christianity is new to you, or whether you are a life-long Christian, there's a pathway for you.
This spring, we invite you to step out of your pew and onto a path. Walk with others as you take a spiritual journey. Allow the Holy Spirit to ignite your faith and transform your life as you create community with others. Let Christ shape and enrich your heart, mind, soul and strength, in all the fullness of God's love and grace.
Heart
NEW: The Gathering
Leaders: Clergy, in conjunction with Adult Learning / Welcoming and other Ministry Teams
Sundays in 2017, TBA
10:30-11am, Fellowship Center
Want to know more about PVUMC or about how to connect with oth-ers who are here on Sundays or
Centering Prayer
Leader: Kathy Kramer-Howe
2nd Thursday of the Month
Jan-May 2017 (no class in April)
6:15-7:15pm, H6
Experience the Thomas Keating method of centering prayer at this monthly class. Learn how to use meditative silence and contempla-tive prayer as a way to experience God's presence. Email Kathy at kramerhowe@gmail.com for more information, or just come to class.
Women's Retreat: Prayer: Mind, Body, Spirit
April 28-30, 2017
Spirit in the Desert Retreat Center, Carefree, AZ
Registration begins February 1 and ends March 27 for our annual women's retreat. Brochures will be available January 22. Room with a friend and pay $210/person for the weekend. A single room costs
Enneagram Opportunities
Visit http://arizonaenneagram.org/ to read about and register for Enneagram classes hosted by PVUMC, including the 3rd Thurs-day of the month AEA (Arizona Enneagram Association) MeetUp, 6:30-8:45pm in H7. Scholarship assistance is available. For more information on classes, workshops and AEA speaker events, please contact Rev. Andrea Andress, 602.840.8360, ext 142, or andrea@pvumc.org.
New: Yoga for Everyone
Leaders: Mary McGill and Mary Thomson, RYTs, Desert Song
Wednesdays, year-round, beginning Jan 11, 2017
6-7:10 pm, H1
Yoga for Everyone, led by regis-tered yoga teachers from Desert Song, offers a free, weekly yoga group practice for all levels. Bring your mat and a towel or blanket, and wear comfortable clothing.
One Day Experiences and Weekly Reflections: Gifts of the Dark Wood
During Lent, which begins Ash Wednesday, March 1, and ends on Easter Sunday, April 16, the

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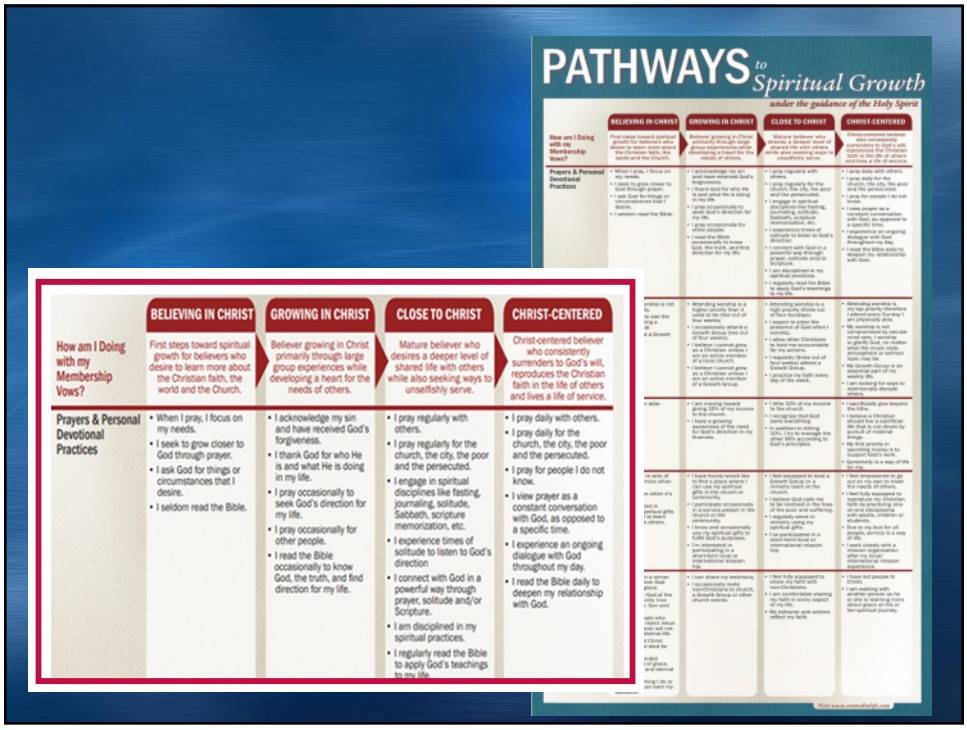
PATHWAYS to Spiritual Growth
under the guidance of the Holy Spirit
BELIEVING IN CHRIST
GROWING IN CHRIST
CLOSE TO CHRIST
CHRIST-CENTERED
How am I Doing with my Membership Vows?
First steps toward spiritual growth for believers who desire to learn more about the Christian faith, the world and the Church.
Believer growing in Christ primarily through large group experiences while developing a heart for the needs of others.
Mature believer who desires a deeper level of shared life with others while also seeking ways to unselfishly serve.
Christ-centered believer who consistently surrenders to God's will, reproduces the Christian faith in the life of others and lives a life of service.
Prayers & Personal Devotional Practices
• When I pray, I focus on my needs.
• I seek to grow closer to God through prayer.
• I ask God for things or circumstances that I desire.
• I seldom read the Bible.
• I acknowledge my sin and have received God's forgiveness.
• I thank God for who He is and what He is doing in my life.
• I pray occasionally to seek God's direction for my life.
• I pray occasionally for other people.
• I read the Bible occasionally to know God, the truth, and find direction for my life.
• I pray regularly with others.
• I pray regularly for the church, the city, the poor and the persecuted.
• I engage in spiritual disciplines like fasting, journaling, solitude, Sabbath, scripture memorization, etc.
• I experience times of solitude to listen to God's direction
• I connect with God in a powerful way through prayer, solitude and/or Scripture.
• I am disciplined in my spiritual practices.
• I regularly read the Bible to apply God's teachings to my life.
• I pray daily with others.
• I pray daily for the church, the city, the poor and the persecuted.
• I pray for people I do not know.
• I view prayer as a constant conversation with God, as opposed to a specific time.
• I experience an ongoing dialogue with God throughout my day.
• I read the Bible daily to deepen my relationship with God.

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(9th):
Small groups

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HOLY CROSS
KINCUMBER
COVID SAFE
FIND A CHURCH
OUR PARISH
MASS AND PRAYER TIMES
SACRAMENTS
GROUPS AND MINISTRIES
NEWS & EVENTS
DONATIONS
Quicklinks
Plenary Council 2020
Spiritual Life for Adults
Connect Small Faith Sharing Groups
Prayer Groups
Social Justice Statement 2020 - 2021
Social Justice - A Catholic Response to Domestic Violence
Young Adults and Youth Ministry
Community Dinners
Playgroup
Children's Liturgy
Special Religious Education SRE
Connect Small Faith Sharing Groups
Home / Kincumber / Groups and Ministries / Connect Small Faith Sharing Groups
A A
Connect small groups are for building and nurturing relationships – with Jesus and one another. The Key elements to a Connect small group are sharing food, praise and worship, small group sharing and prayer.
At each Connect gathering a member of the group shares how a scripture reading relates to their life and relationship with Jesus. Time is then given for small group sharing followed by prayer with and for one another. Through Connect the parish ensures that all parishioners are known individually, loved, nurtured and cared for.
The Connect small groups enable:
• A sense of belonging and sharing of life through the lens of faith
• Group and personal prayer and a relationship with the risen Lord
• Growing confidence to share faith with others

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SMALL GROUPS
Developing deep rooted relationships with God and each other
We pray, we laugh, we cry and we eat

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Small Groups
Prayer
Sharing
Learning
Mutual Support
Mission

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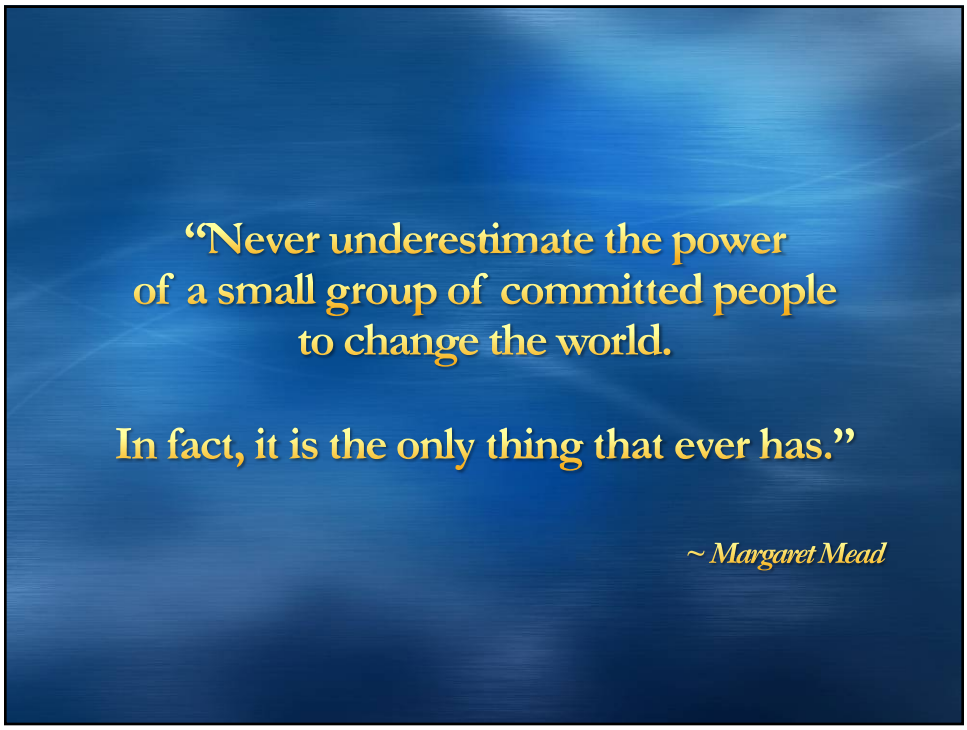
"Never underestimate the power of a small group of committed people to change the world.
In fact, it is the only thing that ever has."
~ Margaret Mead

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"Very great change starts
from very small conversations,
held among people who care."
~ Margaret Wheatley

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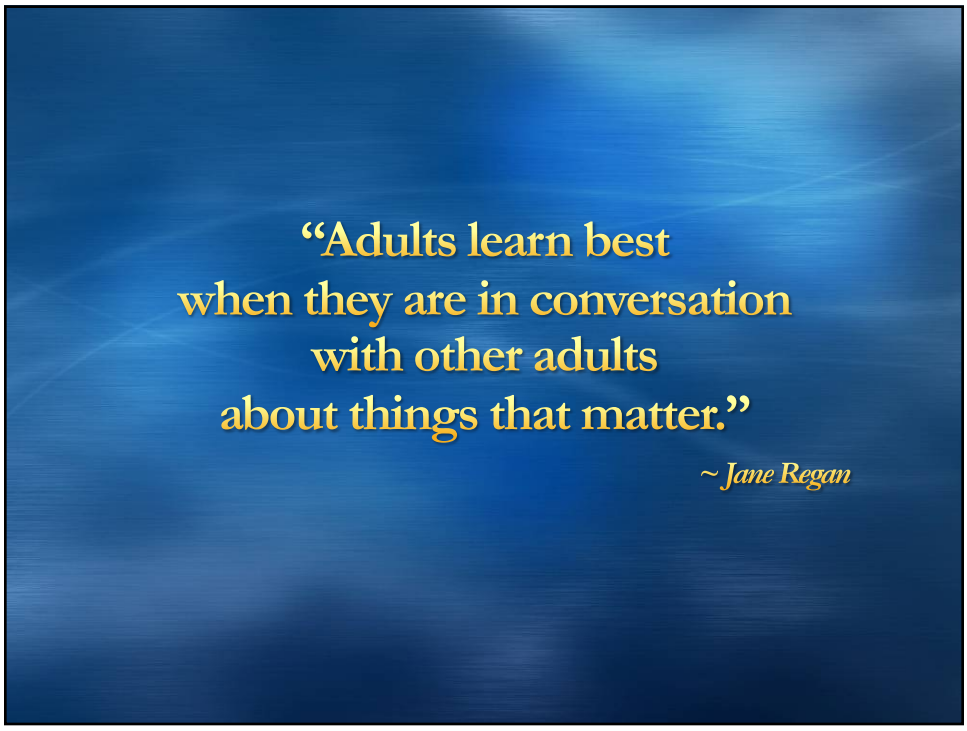
"Adults learn best
when they are in conversation
with other adults
about things that matter."
~ Jane Regan

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