



Sacred Heart of Jesus Catholic Church

Adult Formation Resource

ONLINE or AT HOME Formation Opportunities

Sacred Heart would like to provide the opportunity for parishioners to form their own groups and choose a study to do either online, or in homes. These are the resources we have used previously for rich, inspiring, Catholic content. Where do you feel called to learn more, share the gospel and strengthen your relationship with Christ? Contact Kathleen.Whalen@shoj.org regarding any questions on format, resources or participation.

ASCENSION PRESS *publisher*

www.ascensionpress.com



THE 99: A NEW EVANGELIZATION EXPERIENCE

8 Sessions

The 99: A new evangelization experience is a three-session parish mission that shares the Gospel in a fresh new way, featuring nine of the most talented Catholic speakers in the country. [Click here](#) to see intro video to The 99!

JESUS: THE WAY, THE TRUTH, AND THE LIFE

10 Sessions

This is a 10-week video study program and book. Anchored in the life of Christ as presented in the Gospels, this study explores the entirety of Jesus' life—who he is, what he is really like, what he taught, what he did for our salvation, and what all of this means for us as Catholics today. Most importantly, this encounter with Christ will inspire and empower you to center your entire life in him as you come to know and love him in an ever-deeper and more intimate way. Presented by Dr. Marcellino D'Ambrosio, Jeff Cavins, and Dr. Edward Sri, this study was filmed in the Holy Land so Catholics can experience the extraordinary world in which Jesus lived and taught—the historical context, the politics, the clashing cultures, the history, and the ancient land—and see where the most significant events of his life took place, from his infancy to his ascension. [Click here](#) for intro video!

MOMNIPOTENT

8 Sessions

An 8-week Experience for Moms to find peace, balance and joy in the vocation of motherhood. 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. In Momnipotent, Danielle Bean understands all this first-hand and meets women where they are. With great wit, wisdom, and compassion, she provides encouragement to all women and beautifully resonates with their feminine hearts. [Click here](#) for intro video!

THE ACTIVATED DISCIPLE 10 Sessions

As Catholics, we practice our faith, and we study what it means to truly be a disciple of Jesus Christ. But we often find that we're not fully living out the bold, abundant, Christ-like life we're called to live. The Activated Disciple 40-Day Challenge is a clear, step-by-step transformation program that helps you put what you've been studying into action to become the activated disciple you're called to be. A 40-Day Challenge that walks you through this transformation every step of the way with daily lectio divina, situational awareness in being observant for opportunities to evangelize, check-ins in prayer with the spiritual help of the saints and with an accountability partner, and time set aside to reflect on "the shape of your day" with a daily examen, as you cultivate the eight characteristics that mark the life of a disciple: Love; Forgiveness; Humility; Patience; Selflessness; Kindness; Attentiveness; Contrition. [Click here](#) to view the intro video!

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THE BIBLE TIMELINE *24 Sessions*

Understand the Entire Bible: The Bible Timeline study program takes you on a guided journey through salvation history. Presenter Jeff Cavins will show you how fourteen of the Bible's narrative books tell the biblical story from beginning to end and give you the keys to understanding the amazing story woven throughout Scripture. The Bible Timeline will teach you how to read and understand the Bible and introduce you to the wonderful narrative of the Bible in a way that will transform your life.

MATTHEW: THE KING AND HIS KINGDOM *24 Sessions*

Matthew - The King and His Kingdom study program shows how Jesus fulfills God's promises to Israel and establishes his kingdom on earth. Through references to the Old Testament promises of God to his people and the messages God sent them through the prophets, the Matthew Bible study program provides the key to understanding the rest of the New Testament and Christ as the fulfillment of God's plan.

EXODUS: CALLED TO FREEDOM *10 Sessions*

When God called Israel out of slavery in Egypt and to a life of freedom as his people, it was the defining moment in Israel's history. The Exodus: Called to Freedom study program looks through the lens of Christ and the Church to show that, more than just seeking to free his people from the domination of Pharaoh, God desired to free his people from the far more dangerous grip of sin.

ACTS: THE SPREAD OF THE KINGDOM *20 Sessions*

Christ and the Good News to the ends of the earth. They faced secular forces, internal strife, and hostile crowds, and despite all of this, they brought the kingdom of God to a broken world and the love of God to the hearts of men. The Acts: The Spread of the Kingdom study program traces how the Gospel witness spread outward in waves from Jerusalem and reveals how the seeds of Church structure and authority took root.

SURVIVING DIVORCE: HOPE AND HEALING FOR THE CATHOLIC FAMILY *12 Sessions*

Surviving Divorce was created to bring hope and healing to those who have experienced the pain and loneliness of a broken marriage. It is for the newly separated and divorced and those still struggling with issues many years later. It will help them answer their questions, restore hope, and begin authentic healing. Developed and hosted by Rose Sweet, Surviving Divorce features experts Dr. Ray Guarendi, Ph.D., Fr. Donald Calloway, M.I.C., Fr. Steve Porter, S.T.L., Fr. Mitch Pacwa, S.J., and Christopher West. It also includes personal testimonies of Catholic men and women who have experienced the breakdown of their families. They courageously share their stories with heart, humor, and wisdom. As they witness to their pain and the healing power of Christ in their lives, participants will laugh, cry, and identify with their journeys from heartache to healing.

OTHER BIBLE STUDIES AVAILABLE WITH ASCENSION PRESS

Ephesians: Discover Your Inheritance
First Corinthians: The Church and the Christian Community
Follow Me: Meeting Jesus in the Gospel of John
Fulfilled: Uncovering the Biblical Foundations of Catholicism (Part One)
Fulfilled: Uncovering the Biblical Foundations of Catholicism (Part Two)
Galatians: Set Free to Live
Hebrews: The New and Eternal Covenant
James: Pearls for Wise Living
Jesus: The Way, the Truth, and the Life
Prophets: Messengers of God's Mercy
Psalms: The School of Prayer
Revelation: The Kingdom Yet to Come
Romans: The Gospel of Salvation
Unlocking the Mystery of the Bible

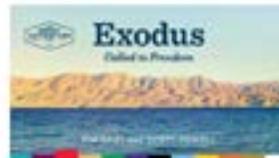
Bible Studies



Acts: The Spread of the Kingdom



Ephesians: Discover Your Inheritance



Exodus: Called to Freedom



First Corinthians: The Church and the Christian Community



Follow Me: Meeting Jesus in the Gospel of John



Fulfilled: Uncovering the Biblical Foundations of Catholicism (Part One)



Fulfilled: Uncovering the Biblical Foundations of Catholicism (Part Two)



Galatians: Set Free to Live

Adult Faith Formation



The 99: A New System for Evangelization



The Assisi Lenten Companion



The Activated Disciple Challenge



A Biblical Walk Through The Mass



An Introduction to the Theology of the Body



Epic: A Journey Through Church History



Epic: The Early Church



Freedom to Love

and many
more!

HOW TO ACCESS ASCENSION PRESS STUDIES

<https://ascensionpress.com/pages/adult-faith-formation>

Follow these steps:

- 1.) Select a bible study and gather your spouse, a group of friends or fly solo.
- 2.) Go online and purchase workbook (which will enable you to view online videos) and/or set up a small group study in the "dashboard" of your Ascension Press account and invite your circle.
- 3.) Start the study by watching the videos online on your computer, answer the questions in the workbook, and gather in a socially distanced setting or an online Zoom meeting to discuss with your small group.

CATHOLICISM: THE PIVOTAL PLAYERS VOL 1 & 2 6 Episodes

Journey to unlock the truth behind the most influential figures of the Catholic Church. You'll discover the places where St. Thomas Aquinas lived, learned, and wrote. Visit the countryside where St. Francis gathered a group of friars and revived the Church. See the places where St. Catherine of Siena ministered and prayed. Trek through England to where Bl. John Henry Newman and G.K. Chesterton left their mark and sparked an English Catholic revival. And through unprecedented HD footage, marvel at the extraordinary art of Michelangelo, from his David statue in Florence, to the Pietà at St. Peter's, to the Sistine Chapel.

ENGAGE: MINI COURSES 4-12 Episodes

Engage in these short, inspiring, easy-to-digest videos on various topics such as The Mass, Evil & Suffering, The Sacraments, St. Ignatius and more! Choose a topic, watch with your group and discuss.

7 DEADLY SINS 8 Episodes

Join Bishop Robert Barron for this engaging presentation concerning the seven deadly sins, those great spiritual blocks that inhibit our flourishing in relationship with God and one another. Based on Dante's writings, the seven deadly sins correspond to the seven stories of Dante's Mt. Purgatory. Pride, envy, anger, sloth, gluttony, avarice and lust are all presented as patterns of dysfunction within us that lead to unhappiness. However, Bishop Barron shows us how to counteract these seven sinful patterns through a conscious process of opposition, which are the "seven lively virtues." The seven lively virtues offer antidotes to each sin and help set us on the right path to healing and happiness.

CATHOLICISM 101 20 Episodes

Want to get your study group up-to-speed about the basics of the Faith? This is the mini-course for you. Through short, engaging videos from Bishop Barron, your group will learn about God, Jesus, the Church, the Mass, and much more.

LETTER TO A SUFFERING CHURCH 4-12 Episodes

Bishop Barron speaks on the sex abuse crisis in the church and hosts a Q and A at the end of each session.

DAVID THE KING 6 Episodes (study material available to download)

David is the paradigmatic king in the Old Testament. His kingship recalls that of Adam in the Garden of Eden, and yet it points toward the King par excellence, Jesus Christ. In David the King, Bishop Barron helps us to understand this pivotal figure in light of the first king and the King of kings.

HOW TO ACCESS WORD ON FIRE STUDIES

Follow these steps:

- 1.) First, you must create a log in to Flocknote. Go to login.flocknote.com.
- 2.) Enter your email address
- 3.) Click "create a password" below the big blue sign In button (or click reset if you've created a password previously).
- 4.) Once your log in is created, click on "my dashboard" to access the WOF Library of resources.



PRESENCE: THE MYSTERY OF THE EUCHARIST 6 Episodes (study material available to download)

Although the Eucharist appears to be simple bread and wine, it is actually the “source and summit” of the Christian life. The Mystery of the Eucharist explores the truth and beauty of Christ’s real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.

SYMBOLON: THE CATHOLIC FAITH EXPLAINED 10 Episodes (study material available to download)

Symbolon: The Catholic Faith Explained features 20 video and discussion sessions that brings together some of the most trusted Catholic teachers in the world to guide you through the breadth and richness of the Catholic faith.

KAUPAN’S MEN: VIRTUE SERIES 7 Episodes (study material available to download)

“Father Kapaun proved himself to be the greatest example of manhood that I’ve ever seen in my life.” The most decorated Chaplain in US Army History, Servant of God Emil Kapaun’s story inspires us and reminds us that every man can achieve the greatness to which God has called us. The Kapaun’s Men Virtue Series features two of Kapaun’s fellow Prisoners of War and invites you to dive into the life of Father Kapaun and the virtues he exemplified. In addition, men from many walks of life help you to understand what virtue looks like in today’s world. Intended to be completed in participation with other men, Kapaun’s Men is designed to help men accompany one another as we respond to God’s invitation to greatness.

OUR STORY: A BIBLE REFRESHER FOR CATHOLICS 9 Episodes (study material available to download)

In a series of 5-minute video segments, get the Bible’s big picture, along with a uniquely Catholic approach to the Scriptures. There is a Leader’s Guide containing everything needed to use Our Story in a parish group setting, as well as a User’s Guide for those individuals using Our Story at home.

WHO AM I TO JUDGE 8 Episodes (study material available to download)

In this small group study program featuring Edward Sri, we’ll explore the classical view of morality and find that it’s not merely a set of guiding principles for theoretical situations—it is an entire way of life. What is “right” and “wrong”? Is what’s right for you right for me? Is there a right and wrong for everyone, all the time? These are difficult questions to discuss in our culture. We live in a society that supports the opinion that each person should make up his or her own morality—that there is no moral truth that applies to everyone. How do we talk about morality in a relativistic world?

HOW TO ACCESS FORMED.ORG STUDIES

Sacred Heart purchased a parish subscription to Formed.org so everything is available FREE to Sacred Heart parishioners.

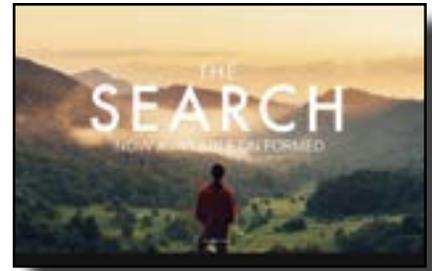
Follow these steps:

- 1.) Go to www.shoj.formed.org
- 2.) Enter your parish name (Sacred Heart Shawnee) to access
- 3.) Create a username and password for easier access!



THE SEARCH *on Formed.org*

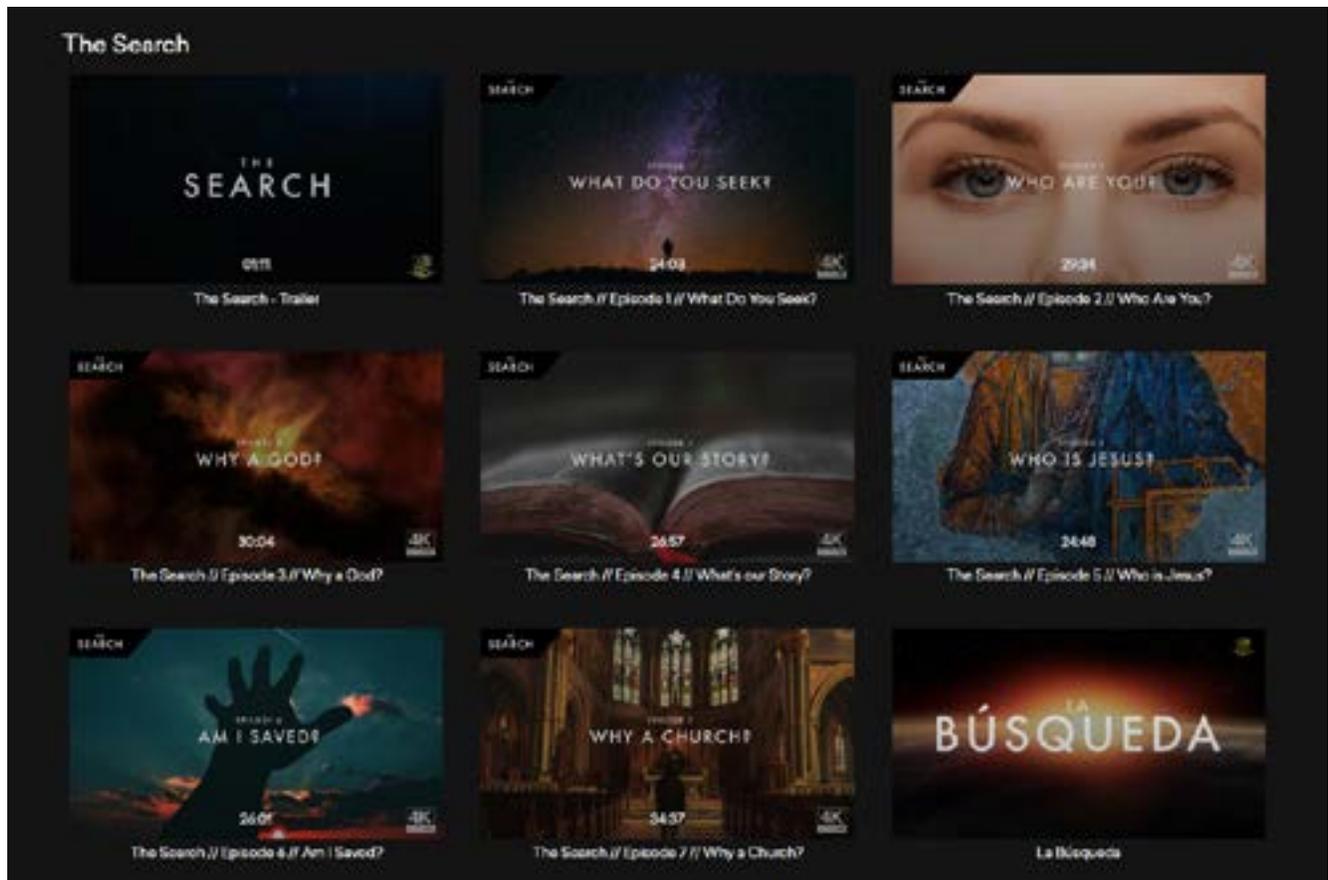
Seven extraordinary episodes asking What do you seek; Who are you; Why God; What is our story; Who is Jesus; Where am I today; Why a Church? Uses art, philosophy and science to illustrate these are not in conflict with God, but lead us to him. Designed for each individual on earth illustrating the need for hope and beautifully pointing us in the direction of the Church for such hope.



Episodes include:

What do you Seek?
Who are You?
Why a God?
What's our Story?
Who is Jesus?
Am I Saved?
Why a Church?

Whether you are searching for answers to life's biggest questions or simply need a spiritual boost, this inspiring series will speak to you!



This Series is FREE on [Formed.org](https://www.formed.org). See previous page for access instructions.

CALLED & GIFTED WORKSHOP *online at Sacred Heart*

Have you ever wondered what God wants for your life and how to use the specific gifts God has given you?

Please join us in the Called & Gifted™ Discernment Process which has been used since 1993 by over 100,000 lay, ordained, and religious Catholics and other Christians around the world. It is designed to help Christians discern the presence of charisms in their lives.

Charisms, or spiritual gifts, are special abilities given to all Christians by the Holy Spirit to give them power both to represent Christ and to be a channel of God's goodness for people. Whether extraordinary or ordinary, all charisms ought to be exercised in the service of God (Catechism of the Catholic Church, 2003). All three parts of the process are necessary for discovering where you are gifted.



Registration enrolls you in a three-part process:

Part One: Participation in the Called and Gifted workshop lays the foundation for the beginning of discernment. During the initial Called & Gifted Workshop series the participants will take the Catholic Spiritual Gifts Inventory.

Part Two: The one hour gifts interview helps individuals narrow possible charisms, an invaluable part of the process.

Part Three: Helps you begin discernment in the real world. It will teach you how to:

- develop charism experiments
- evaluate your results
- identify possible ways you learned to control life as a child that get in the way of using your charisms as an adult.

Cost: \$40 per person (total cost is \$90, however Archbishop Naumann has reduced cost for parishioners to encourage participation.

REGISTER HERE in Realm today! Once registered, you will be contacted for a date/time to participate.

char · ism | \ 'kare-i-zum (Greek *charisma*)

- † A gift of the Holy Spirit given in a particular way to an individual or to a group to build up the Kingdom of God for the good of the Church.
- † An extraordinary power (as of healing) given a Christian by the Holy Spirit for the good of the church.
- † Literally “gifts of grace” (charismata), described by St. Paul as gratuitous blessings of an extraordinary and transitory nature conferred directly for the good of others.

HEARTS AFIRE *Marian Fathers of the Immaculate Conception*



The studies from the Marian Fathers of the Immaculate Conception (HAPP®) are a bold and fresh approach to small group, parish-based, faith renewal programs. It is designed to help us live the complete Catholic life of faith, charity, and the sacraments. It's designed to set our hearts on fire with love of God and neighbor and to inspire us to works of mercy in our families, parishes, and communities. Today people are living busy and challenging lives; Stage One offers people a quick and easy way to withdraw from the demands of life and enter into a peaceful interior reflection on their relationship with Christ. For this reason, the Two Hearts stage is seen as a retreat.

33 DAYS TO MORNING GLORY 6 Sessions

This program begins with the Immaculate Heart, because Mary leads us to the Sacred Heart of Jesus. Starting with the book *33 Days to Morning Glory: A Do-It-Yourself Retreat in Preparation for Marian Consecration* and its accompanying group-retreat materials, which consist of 6 DVD lessons that are 30 minutes in length and a Retreat Companion for each participant, the goal of this program is to lead us to formally entrust ourselves to Mary, as Christ did at the Annunciation and as He willed for His disciples to do at the foot of the cross. The Consecration date page and checklist makes the planning, organization, and implementation of 33 Days simple, and your consecration day a beautiful and memorable day.

Register for a small group retreat for the **Consecration to the Blessed Mother!**

Start date: November 16. Time: 6:30 - 8:00 p.m. Location: Online. Cost: \$20 (includes workbook, Sacred Heart will provide textbook) Consecration date: January 1 (Feast of Mary Mother of God) immediately following Mass. Study Facilitator: Deacon Nicholas. [Register in Realm!](#)

CONSOLING THE HEART OF JESUS 10 Sessions

Mary then leads to the Sacred Heart, *Consoling the Heart of Jesus*. The book *Consoling the Heart of Jesus* gives us an awareness of God's infinite mercy and how we can give Him joy, showing us the way to console His heart by accepting His love and trusting in Him completely. It also focuses on what to do with the suffering we all encounter, helping us grow spiritually closer to the Sacred Heart of Jesus. The *Consoling the Heart of Jesus* retreat consists of 10 DVD lessons that are 45 minutes in length and a Retreat Companion for each participant.

WISDOM AND WORKS OF MERCY 10 Sessions

This Wisdom & Works of Mercy Group Study helps each participant advance in understanding the riches of the Catholic faith and how to concretely live it by doing works of mercy. As a group, participants delve into two books by Fr. Michael Gaitley, MIC: *The 'One Thing' Is Three: How the Holy Trinity Explains Everything* and *'You Did It to Me': A Practical Guide to Mercy in Action*, which together provide a rich and robust formation, bringing the faith from head to heart to life. The Group Study is further enriched with the Study Companion (workbook), DVD talks, and group discussion.

THE ONE THING IS THREE Part of Wisdom & Works of Mercy

Stage Two will follow *The 'One Thing' Is Three* and have an accompanying group-study program. The purpose of Stage Two is to give group members a summary of Church teaching and Catholic wisdom and to offer various works of mercy apostolate suggestions, programs, and support. For this reason, this stage is seen more as a group study. With *Wisdom and Works of Mercy*, the group will discern and choose an apostolate individually, as a group, or both. They will also be invited to help spread the message of Divine Mercy, which will include being asked to consider helping their parish launch a solemn Divine Mercy Sunday celebration.

33 DAYS TO MERCIFUL LOVE 6 Sessions

Based on the book, *33 Days to Merciful Love*, by Fr. Michael Gaitley, MIC, this 33 Days to Merciful Love Group Retreat goes even deeper than the book alone and explores new material on the heart of St. Thérèse of Lisieux's Little Way, uncovering the power of trust in the face of personal darkness, inspiring participants to become great saints amid ordinary circumstances, and laying the foundation for a personal consecration to Divine Mercy. 33 Days to Merciful Love Group Retreat is a six-week retreat and falls within Stage Three* of the Hearts Afire Program.

DIVINE MERCY IN THE SECOND GREATEST STORY EVER TOLD 10 Sessions

The power and drama of Fr. Michael Gaitley's best-selling book *The Second Greatest Story Ever Told* are captured in an amazing visual presentation that will challenge and enthrall you.

In 10 fast-paced and lively sessions, Fr. Gaitley connects people and events in history to a unifying vision of the splendor of God's merciful love. From the epic story of Poland's national suffering, to the events of Fatima, the revelations of St. Faustina, the heroic efforts of St. Maximilian Kolbe, and the life of St. John Paul II, the panorama of Divine mercy is fully revealed as a transformative reality.



HOW TO ACCESS HEARTS AFIRE STUDIES

Follow these steps:

- 1.) Visit the Hearts Afire website at www.allheartsafire.org/ for all downloadable leader guides and information.
- 2.) Order your book (or optional CD's) from the site above or from Amazon (links below) and start your study!

[Click here](#) for 33 Days to Morning Glory

[Click here](#) for Consoling the Heart of Jesus

[Click here](#) for The One Thing is Three

[Click here](#) for You Did it to Me

[Click here](#) for 33 Days to Merciful Love

[Click here](#) for Divine Mercy in the Greatest Story Ever Told

Some Hearts Afire retreats available on Formed.org