

Discipleship Formation Program

Course Descriptions

Pope John Paul II once wrote: “The universal call to holiness is closely linked to the universal call to mission. Every member of the faithful is called to holiness and to mission” (Redemptoris Missio—90). The Discipleship Formation Program has as its aim to foster a growth both in Holiness and Mission. All the curriculum described below is intended to facilitate this.

Holiness

Spirituality

- *Life in the Spirit*: Basic Kerygma, decision for Christ, empowerment of the Holy Spirit. Personal relationship with Christ is compared to a marriage relationship.
- *Meaning of “Lordship” of Jesus Christ in Our Lives*: From an interior sense, when we say Jesus is Lord of our own lives, what does this mean?
- *Pentecost*: Scriptural/catechetical/historical view of Pentecost and the gifts/charisms of the Holy Spirit – Learning about and using (activating/practicing) the gifts.
- *Growing in virtues*: Includes Overview of Virtues; Seven Deadly Sins and Seven Lively Virtues video with Bishop Robert Barron.
- *Call to Holiness and Mission*: Going Deeper; Our Call to Holiness; Four Principles of Holiness; What is New Evangelization; Who is the Holy Spirit? Dr. Ralph Martin video series from Immaculata Mission School in Australia.
- *Spiritual Stages*: Overview; Purgative; Illuminative; Unitive. Book Study of *Fulfillment of All Desire* by Ralph Martin “Drawing upon the teaching of seven Spiritual Doctors of the Church, presents an in-depth study of the journey to God. ...provides encouragement and direction for the pilgrim who desires to know, love, and serve our Lord.” (Renewal Ministries Website)
- *Be Healed – Book Study*: “A guide to Encountering the Powerful Love of Jesus in your Life” Opportunity for personal healing. Coming to understand how our own brokenness can slow down or prevent our ability to know the love of God, and to love God, our neighbour, and ourselves.
- *Ignatian Discernment method*: Abbreviated overview of this method, in particular for major life decisions common to young people (schooling, vocation, work ...)
- *Children’s Spirituality*: Based on the research of Sofia Cavalletti.
- *Catechesis of the Good Shepherd*: Visit to atrium at OLPH parish Winnipeg.
- *Retreat with Myriam Bethlehem Sisters*: Known throughout the prairies for their charism of evangelization, this religious community provides an experience of a deeper encounter with Jesus and a taste of religious life.

Prayer

- *Prayer Intro: Understanding Prayer* – What is prayer; Fruits of prayer; How to pray; Broad categories: Personal/Communal prayer; Vocal/Meditative/Contemplative Prayer. Types: thanksgiving/praise/adoration/petition/intercession. Obstacles to Prayer; Deterrents to Prayer.

- *Personal Prayer Foundation* – Relationship with God and growth; Intimacy with God; Reflecting God's beauty; God at the Center of Our Hearts; Conversion Through Prayer.
- *Prayer Counterfeits*: Jesus is Truth; Staying rooted in Christ; Danger of cults, Occult, Yoga, Reiki, centering prayer, Enneagram; Spiritually unsafe games and music;
- *Understanding Spiritual Battle*: Day to day spiritual battle & accessing prayer tools for the battle.
- *Intro to Healing Prayer*: Christ the physician, Church carries on Jesus' mission to heal; Does God always heal; Healing of the will, emotions, intellect, memories, generational, physical healing; practical advice for praying with others.
- *Receiving Healing/Deliverance Ministry as a group*: Monthly visit from Deacon Michel Landry and his wife to receive prayer.
- *Praying with our Bodily Postures/Expressions*: Fuller understanding of our call to express ourselves with the different prayer postures of our bodies.
- *Thanksgiving, Praise & Worship* Understanding the scriptural basis for these; benefits of; supernatural implications; our role as priest, prophet, and king in prayer and mass.
- *Lectio Divina*: Learning to take part in and lead Lectio Divina sessions within the community (cognizant of its promotion within many dioceses).
- *Supernatural Saints*: Book by Patrick Reia. "In **Supernatural Saints**, you will sit at the feet of these heroes of our faith and learn directly from their supernatural ministry."

Community

- *Personal introductions*; Sharing life stories; Sharing our personal spiritual journey.
- *Building Brotherhoods/Sisterhoods*: classes and small groups to strengthen male bonds and female bonds separately. (men's / women's night once a month).
- *Virtues of Community Living*: Social virtues; building healthy communication and relationships with staff and fellow students, including affirmation of others.
- *Common Daily Interactions*: Greeting each other; expressing thanks to those who serve us;
- *Dinner Conversations*: how to maintain good conversation within community and with visitors.
- *Communal Study Habits*: Practical suggestions on how to study together.
- *Conflict Resolution skills*: Based on Matt 18:15-20. Crucial Conversations. ... see student manual. Will include practical skills with role playing.
- *Outside influences*: Which types of media will/will not be beneficial in this formative year.
- *Community Schedule*: Understanding how a community rule of life can bring growth eg. Benefits of regular prayer, physical activity, rest, sleep, learning etc.
- *Regular Community gatherings via*: community bonding meetings, social time, recreation time

Catholic Faith & Integration

- *Bible/Scripture Book Study*: Using "You Too Can Understand the Bible" by Peter Kreeft.
- *Catechism of Catholic Church*: Class teachings offering an overview of the catechism using Real and True website (<https://www.realtrue.org/>)
- *Understanding Mass*: To promote "Full, Active, Conscious Participation" in mass, firstly deepening our own relationship with God as the primary factor then the exploration, meaning and

sacramentality of various symbols used at mass; Video series “Biblical Walk Through the Mass” with Edward Sri from Ascension Press.

- *Apologetics* -understanding how to explain our Catholic faith to non-Catholics. Resource TBD. Under consideration: San Juan Catholic Seminars – Beginning Apologetics; Catholic & Christian book by Alan Schreck
- *Church History*: From the church’s beginnings to the present, a panoramic view of important moments, events, and people throughout church history. Book: A History of the Catholic Church Ave Maria Press.
- *Holistic Sexuality*: Understanding the Catholic Church’s teachings on sexual ethics, female/male reproduction and the beauty of a healthy married sexual relationship. Based on books “Women Sex and the Church” and “Men, Woman, and the Mystery of Love. Bi-weekly lecture and discussion in Winnipeg. Includes “Theology of the Body” references.
- *Theology of Marriage* –Presentation on Marriage as understood considering teachings from Vatican II, Scripture, Catechism of the Catholic Church.
- *Theology of Women* –Study of Pope John Paul II’s Mulieris Dignitatum 1988
- *Theology of Men* Resources TBD.
- *Catholic Social Teaching*: “Catholic Social Teaching for This Generation” Ascension Press.
- *Pro-life presentation*: Visiting lecturer.
- *Wisdom of the Ancients* (Philosophy): The role of philosophy in the processing of truth from a Catholic perspective. Books: The Last Superstition by Edward Feser; Leisure, the Basis of Culture by Josef Pieper.
- *Music & Art in the Church*: Various guests year to year.

Mission – Evangelization

Basic Formation, Education, Skills

- *Church Documents on Evangelization*: Brief overview of Church documents promotion and teaching on evangelization in the modern world. References include: Joy of the Gospel, Evangelii Gaudium – Pope Francis; Mission of the Redeemer, Redemptoris Missio – St. John Paul II; On Catechesis in our Time, Catechesis Tradendae – St. John Paul II; On Evangelization in the Modern World, Evangelii Nuntiandi – St. Paul VI; On the Mission Activity of the Church, Ad Gentes – St. John XXIII
- *What is the New Evangelization with Dr. Ralph Martin* (video)
- *Forming Intentional Disciples with Sherry Weddell*: Some book study & video series, learning about skills associated with evangelization. From study guide: “Numerous studies show a rapid decline in Catholic identity among those who were born into the faith. This decline takes two very different forms: Catholics interested in deepening their connection to God or whose needs are not being met at their Catholic parish may turn to a Protestant community; those who disagree with specific Church teachings may drift away and become “nones.” Both changes typically occur by late adolescence or early adulthood. The Church must evangelize its members and assist them in establishing a personal relationship with Jesus Christ if it is to call them to discipleship.”
- *Signs, Wonders and Miracles*: Video teachings from staff of Encounter Ministries

- *Intentional Accompaniment*: Study of a book by Michael Hall of CCO. How to: be intentional in accompaniment; stay focussed reaching out to one person at a time; Listen to direction of Holy Spirit; navigate the stages of another's spiritual journey leading to conversion.
- *Clear & Simple*: Study of a book by Andrée Regnier of CCO. A study on how to have conversations that lead to conversion. "A concrete, adaptable, and life changing approach to evangelization".
- *Peer Evangelization*: Skill development of intentional faith conversations -useful during summer/winter camps, with friends and in work/social settings. Backdrop was teachings from Sherry Weddell and CCO books "Forming Intentional Disciples" and "Clear and Simple".
- *Public Speaking*: Gaining confidence in public speaking using topics on faith. Preparing/delivering testimonies and teachings of various lengths for the purpose of evangelization.
- *How to Pray for Others*: A practical lesson offering wisdom & instruction on how to pray for others. To be practiced within the context of our community.
- *Master of Ceremony Skills*: Gaining speaking skills to effectively manage large groups, especially for children & teens.
- *Leading Small Groups*: Practicalities and wisdom when leading small groups of various ages.

Evangelization/Outreach

- *Youth Groups / Winter Camps / Local Schools / CSE Come & See & Retreat / CSE Prayer meetings / CSE testimony nights*. Main student ministry is weekly retreats at Winnipeg Catholic Schools, primarily elementary schools. The aim was to teach basics about the love of God and promote a personal relationship with Him.
- *Parish & Community Evangelization*: Reaching out to St Malo and Winnipeg parishes. This includes Youth group, Life in the Spirit Seminar, Parish retreat, ...