

Below are four resources we recommend for growing Adult Faith Formation:

Adult Faith Formation Strategies by Tom Zanzig and Shirley Kelter, Metanoia Resources, 2006.

Summary: This excellent and easy to use resource contains over 170 creative strategies separated into three categories: *Learning Activity, Prayer Experience and Presentation.*

- Comes complete with a searchable CD- ROM that contains the entire resource, with permission to reproduce any material within!

If you have ever used resources from Tom Zanzig or St Mary's Press, you will know how good this resource is!

Seven Thematic Categories: Jesus & Discipleship; Spirituality; Scripture; Catholic Life & Practice; Sacraments & Liturgy; Morality; and Peace & Social Justice.

Each of the seven thematic categories is sub-divided into Learning Activity, Prayer Experience and Presentation:

- 1.) Learning Activity- Detailed direction to evoke and guide personal and group reflection and dialogue.
- 2.) Prayer Experience- Guidance for engaging the learner in a variety of prayer services.
- 3.) Presentation- Clear and concise notes that get to the center of the content.

Celebrating God's Hopes for Us Engaging Adults in Meaningful Conversation, by Jane E. Regan and Mimi McReavy Bitzan, Loyola Press, 2007. [I give this book **five stars!**]

Summary: This excellent book discusses a paradigm shift in Adult Faith Formation.

- Large section on facilitator training (13 pages)
- The book has **five one-hour** adult sessions based on the Sacraments!

Shifts in Adult Faith Formation:

- From Information to Transformation
- From Programs to Process
- From Membership to Mission

Hearing and not changing oneself, or one's behavior or actions is not conversion. Conversion involves change in living a more Christian life.

The goal of adult faith formation enhances the life of the participant and the life of the parish. It also invites the community to look beyond itself, to the wider mission of the church. (Regan, McReavy Bitzan p.12)

Conversion needs to be guided- Invite participants to examine and articulate beliefs and experiences of faith and the source of those beliefs toward living a Christian life.

The Church exists in order to evangelize. That is the Church's reason for being! (Regan, McReavy Bitzan p.16)

- Announce the reign of God and Contribute to its realization.

Each of the five sessions includes:

- Engage (Through prayer)
- Explore (Break open the theme and explore the teachings)
- Reflect (Become aware of God's presence)
- Respond (Through prayer and lives that reflect the Gospel)

Called by Name- Baptism; ***Challenged to Be Present***- Eucharist; ***Committed in Faith***- Matrimony; ***Healed by God***- Penance; and ***Blessed with Abundant Life***- Sacraments.

Parish Ministry for Maturing Adults- Principles, Plans and Bold Proposals by Richard P. Johnson Twenty-Third Publications, 2007. www.senioradultministry.com

Summary: The excellent book explains: Boomers- Ages 55-72, Builders- Ages 73 and up and Elders. 'What needs to happen' prior to ministering. Includes twelve key principles for successful parish ministry and a model to organize vibrant parish ministry.

"Age is not a thief in the night; no, aging is the master teacher of life." (Johnson p.5)

"...when we fail to actively participate in our ongoing spiritual growth, we suffer consequences beyond stunted growth; we experience pain of one sort or another". (Johnson p.41)

*"Other consequences of lapsed spiritual growth might include **feeling useless, washed-up, having no purpose in life.**"* (Johnson p.42)

BEST PRACTICE *"We age best when we invite God into the process."*(Johnson p.70)

"Forgiveness is the bridge we walk over to discover happiness." "Forgiveness is the ultimate unburdening." (Johnson p.71)

"If we can't change, we don't grow" (Johnson p.75)

"The profound spiritual truth, that God's hand has been upon us at every step of our life journey" (Johnson p.94)

Shaping a New Vision of Faith Formation for Maturing Adults: Sixteen Fundamental tasks
By Richard P. Johnson, **Article** in Lifelong Faith- Spring 2007, pg 39-44.

Summary: This short article will give you a good taste of mature adult faith formation.

Maturing adults are least understood group of any group within the church. This group receives the least amount of focus on Faith Formation. Why?

- A general fear of aging?
- Preoccupation with sacramental needs of youth?
- Relatively small number of maturing adults?
- Lack of Faith Formation material for maturing adults?
- Perception that maturing adults don't need faith formation?

Faith formation builds on nature. Mature adults have the most potential for spiritual awaking.

Includes Sixteen Fundamental tasks:

Maturing adults are looking for:

- a.) Personal relevancy
- b.) Interior growth in faith

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