

## **Approved Resources to obtain credit for Religious Certification in the Diocese of La Crosse**

Please contact the Office of Catechesis and Evangelization with any questions regarding certification.

**Note: Proof of course attendance will be satisfied through verification of written answers to discussion questions, or in the case of attending a presentation, a one-page paper relative to the synthesis (What was the most important point that you learned?) and application of the course material (How will you apply this to your life? and How will you apply this to your teaching situation?). The written answers and summary are to be included in the Certification folder.**

### **Franciscan at Home online learning system**

The Offices for Catechesis and Evangelization and Catholic Schools have determined that the Workshops in the various Tracks (Catholic Schools Track, Parish Catechetical Leader Track, Catechist Track, RCIA Track, Ministry of Parenting Track, Pastoral Accompaniment Track, etc.) provide the formation that is desired in the Diocese of La Crosse. Every Track is composed of various workshops, each of which provides an hour of content divided into short video clips (10 minutes), which is followed by a simple skills-building task. These tasks allow learners to process the material by answering a simple question or implementing something into their teaching situation. Moreover, spiritual formation is incorporated as the highest priority while there is feedback to learners through a built-in mentoring system. Cost is \$300 a year for a School System or for all the parishes under one parish priest, and then free for each learner. For an individual wishing to participate that is part of a non-participating parish or system school, cost is \$5 per month. The ideal way to complete a workshop is with a small group.

### **FORMED by the Augustine Institute**

FORMED is a type of Catholic Netflix that includes a large amount of current programs (Bible Studies and Faith Formation etc.) movies, audios and e-Books. The subscription paid by a parish for one year allows all parishioners and school teachers served by a parish priest to access all available resources on FORMED. Certification credit will be given to Programs from FORMED, when the corresponding booklets or discussion questions are completed.

## **Catechetical Methodology**

Forming Intentional Disciples, The Path to Knowing and Following Jesus by Sherry Weddell

Books available for \$10.50 from the Office of Catechesis and Evangelization.

12 hours of credit

Discussion questions available (Additional hours can be earned by meeting with a group to discuss the answers.)

The New Evangelization by Father Robert Barron

The documentary and study program focuses on the cultural obstacles the Church faces today and sends us on mission with a message of joy.

6 – 90 minutes sessions including 15-30 minute DVD segments. Available for free rental from the Office of Catechesis and Evangelization.

Evangelizing Catholics, A Mission Manual for the New Evangelization by Dr. Scott Hahn

Books available for discounted price of \$14 from the Office of Cat. & Evangelization.

7 hours of credit by completing discussion questions in the book (Additional hours can be earned by meeting with a group to discuss the answers.)

Walking Toward Eternity: Daring to Walk the Walk

7-2 hour sessions including DVD's, Leader's Guide and Participant Journal by Jeff & Emily Cavins

This Program is designed to help you live your faith more freely by developing and nurturing the virtues of love, forgiveness, humility, prayerfulness, faithfulness, sacrifice, and thankfulness – that are essential to the Christian life.

14 hours of credit

Resources available from the Office of C & E; Journals are \$16

Handing on the Faith

This series presents the methodology to hand on the Faith Scripturally, Liturgically, Personally and Beautifully. 13 – 30 minute sessions with discussion questions.

13+ hours of credit Available from the Curriculum Library

33 Days to Morning Glory – (Step One) Preparation for formal entrustment to Mary according to St. Louis de Montfort, St. Maximilian Kolbe, Blessed Pope John Paul II, and Blessed Mother Teresa. 6 sessions, 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 11 hours of credit. Facilitators Guide/DVDs available from the Office of C & E for free rental. Book is available from the Office of C and E for \$3.

In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, [mllitschauer@gmail.com](mailto:mllitschauer@gmail.com).

Consoling the Heart of Jesus – (Step Two) A Do-It-Yourself Retreat

The purpose of this retreat is to draw closer to the Merciful and Sacred Heart of Jesus by accepting His love and trusting in Him.

The Retreat combines the Spiritual Exercises of St. Ignatius with the teachings of Saints Thérèse of Lisieux, Faustina Kowalska, and Louis de Montfort. The author of these materials is Father Michael Gaitley, MIC.

10 sessions, 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 15 hours of credit. Facilitators Guide/DVDs available for free rental.

In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, [mllitschauer@gmail.com](mailto:mllitschauer@gmail.com).

Catechist Saints

Nine Days that Changed the World, DVD on Pope John Paul II visiting Poland under Communism.

2 hours of credit DVD and discussion questions available from Curriculum Library

Understanding the Riches of the Catechism Ten Minutes at a Time

38 weeks of a schedule of 15 paragraphs per night (roughly 3 pages) about 10-15 minutes of reflective reading, 5 nights a week along with a series of simple exercises devised to discover the catechetical “keys” embedded in the Catechism, to help hand on the Faith.

44 hours of certification credit for full participation  
begins in September

Sign up to receive emails /

### The Mission of the Church

Read *On the Family (Familiaris Consortio)*, Encyclical by Pope John Paul II and answer questions  
4 hours of credit      Document available on Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in Encyclical *Familiaris Consortio*

### The Mission of the Church

Read *On Evangelization in the Modern World (Evangelii Nuntiandi)*, Apostolic Exhortation by Pope Paul VI and answer questions  
4 hours of credit      Document available on Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in Apostolic Exhortation *Evangelii Nuntiandi*

### The Mission of the Church

Read *On Human Life (Humanae Vitae)*, Encyclical by Pope Paul VI and answer questions  
3 hours of credit      Booklet available from Office of Catechesis and Evangelization for \$1.

### The Mission of the Church

Read *The Gospel of Life (Evangelium Vitae)*, Encyclical by Pope John Paul II and answer questions  
4 hours of credit      Document available on Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in Encyclical *Evangelium Vitae*

### The Mission of the Church

Read *The Truth and Meaning of Human Sexuality*, issued by the Pontifical Council for the Family and answer questions from Office of Catechesis and Evangelization.  
3 hours of credit      Document available from Office of Catechesis and Evangelization for \$4 or Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in *The Truth and Meaning of Human Sexuality*

### The Mission of the Church: Handing on God's Word

Read Dogmatic Constitution on Divine Revelation (*Dei Verbum*), Second Vatican Ecumenical Council and answer questions  
3 hours of credit      Document available on Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in Dogmatic Constitution on Divine Revelation / first entry.

### The Mission of the Church: Catechesis - Part of the Church's Evangelizing Mission

Read *On Catechesis in our Time (Catechesi Tradendae)*, Apostolic Exhortation by Pope John Paul II and answer questions  
4 hours of credit      Available on Vatican website: [www.vatican.va](http://www.vatican.va) / English / in Search area, type in Apostolic Exhortation *Catechesi Tradendae* / click on first entry

### The Mission of the Church: The Content and Method of Handing on the Catholic Faith

Read and answer the questions to the Commentary on the *General Directory for Catechesis* by the Congregation for the Clergy, Rome.  
10 hours of credit      Booklet available for \$3.50

### The Person of the Catechist: Witnessing: Called and Gifted Workshop and Discernment Process

Listen to the Called and Gifted Workshop on CDs (4 hours), complete the Catholic Spiritual Gifts Inventory (30 min), receive an interview (1 hour) and participate in three, small group sessions using the Discerning Charisms Workbook.  
8 ½ hours of credit      Resources available from Diocese, Inventory available for \$8.

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The Person of the Catechist: Witnessing

Read and answer questions to the *Guide for Catechists* by Congregation for the Evangelization of Peoples, Rome.

4 hours of credit      Available on Vatican website: [www.vatican.va](http://www.vatican.va) / English / in Search area, type in *Guide for Catechists* and it will be the first entry.

The Person of the Catechist: Witnessing

Read and answer the questions to *At the Beginning of the New Millennium (Novo Millennio Ineunte)* Apostolic Letter by Pope John Paul II.

4 hours of credit      Booklet available for \$4.00

The Catholic Family

Applying Our Faith to our Families – videos by Scott Hahn with discussion questions

9 hours of credit      Available from the Curriculum Library

The Mission of the Church

Read *The Church and the Modern World (Gaudium Et Spes)*, Encyclical by Pope John Paul II and answer questions.

5 hours of credit      Document available on Vatican website: [www.vatican.va](http://www.vatican.va) / click English / in Search area type in Encyclical *Gaudium et Spes*

## Sacred Scripture

*OREMUS* (Latin for Let Us Pray) by Father Mark Toups

8 sessions, 1 hour each including 30 minute DVD presentation and discussion.

This is a Catholic prayer study program that will teach you the essentials of a fruitful prayer life.

8 hours of credit: 8 Additional hours of credit given for praying with the Scripture passage each night. Available for free rental from Office of C & E

Participant booklet is necessary. Cost is \$15 each.

*Blessed Are You: Living the Beatitudes* by Christopher Ruff

6 sessions with inspiring real-life stories that illustrate each Beatitude, making them come alive with meaning and relevance. Stimulating questions take participants into a shared experience of following Jesus and building His Kingdom in the world today. To preview the book, visit [www.diolc.org/faith-alive](http://www.diolc.org/faith-alive). To order at the diocesan price of \$10 each, contact the Office for Ministries and Social Concerns by emailing [ministries@diolc.org](mailto:ministries@diolc.org) or calling 608-791-0161

*Lectio: Eucharist* by Dr. Brant Pitre - **Outstanding**

Ten-part series with participant workbook. The Biblical roots of the Eucharist, through its foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching. Materials available for free rental and on FORMED.

*Lectio: Evangelization and the Acts of the Apostles* by Dr. Mary Healy

Ten-part series with participant workbook. Insightful Biblical study with Church teaching and practical advice to show how modern Catholics can effectively impact their world for Jesus Christ. Materials available on FORMED or for purchase.

*Lectio: Peter* by Dr. Tim Gray

Ten-part Series with workbook. A fresh perspective on Simon Peter that is immediately informative and relevant to our lives. After all, if Jesus could bring out the very best in someone like Peter, then there is hope for the rest of us. Materials available on FORMED or for purchase.

*Follow Me: Meeting Jesus in the Gospel of John* by Edward Sri

An 8-part DVD series with workbook is your guide to a personal encounter with Christ. Jesus calls us to be His disciples, to trust Him, to open ourselves to His merciful love, and to love others as He has loved us. Follow Me invites us to experience the joy of a renewed friendship with Christ. DVDs available for free rental

*A Biblical Walk through the Mass Study Program* by Edward Sri

A 5-part study (DVDs) that explores the biblical roots of the words and gestures we experience in Mass and explains their profound significance. Workbook and book available from the Office for C and E for a reduced price. .

DVDs available for free rental or program available for purchase for \$100.

**New:** *Fulfilled: Uncovering the Biblical Foundations of Catholicism* by Sonja Corbitt.

Have you ever been unable to explain why Catholics believe what they do? Have you ever wondered why the Old Testament sounds so different from the New Testament? God began building a plan and laying a foundation for the beautiful traditions of the Catholic Faith in the Old Testament. It was fulfilled by Jesus in the New Testament. [Ascension Press](http://Ascension Press)

*Conversion, Following the Call of Christ* (Biblical Stories of People Who Changed) by Father Robert Barron

6 – 90 minute sessions with questions for Understanding and Reflection

Available for free rental from the Office of C & E.

CATHOLICISM Study Program by Father Robert Barron (DVD series)

20-90 minute sessions with discussion questions and resources provided by the Office of Catechesis and Evangelization (Each parish was given the Program by Bishop Callahan)

The book, *Catholicism*, which is needed for each participant, is available for \$3 each.

The sessions may be applied toward Scripture and/or Doctrine.

Mary, A Biblical Walk with the Blessed Mother by Edward Sri

8 –part series that provide a uniquely personal encounter with the Blessed Mother.

Up to 12 hours of credit for participation in the Program including home preparation and group discussion

Free leader resources available for download at BibleStudyForCatholics.com.

Resource available for free rental from the Office for C and E. Workbook

Walking Toward Eternity: Daring to Walk the Walk

7-2 hour sessions including DVD's, Leader's Guide and Participant Journal by Jeff & Emily Cavins

This Program is designed to help you live your faith more freely by developing and nurturing the virtues love, forgiveness, humility, prayerfulness, faithfulness, sacrifice, and thankfulness – that are essential to the Christian life.

14 hours of credit

Resources available from the Office of C & E; Journals are \$16

The Real Story by Curtis Martin and Dr. Edward Sri

Books available for \$2 from the Office of Catechesis and Evangelization.

5 hours of credit by completing discussion questions in the book (Additional hours can be earned by meeting with a group to discuss the answers.)

Old Testament and New Testament

Overview of the Old Testament Theme

T3 Bible Timeline by Mark Hart from Adam to Jesus

DVDs are available

from the Curriculum library. Discussion Questions and resources provided by the Office of C & E.

8 hours of credit.

Booklets available for \$4.

Matthew's Commentary: The Catechist's Gospel

Thy Kingdom Come, The Book of Matthew by Mark Hart

DVDs and discussion questions are available from the Office of Catechesis and Evangelization

8 hours of credit

New Testament Teachers: John, Peter and Paul

T3 Acts of the Apostles: The Keys and the Sword by Mark Hart

DVDs and discussion questions available from the Office of Catechesis and Evangelization

4 hours of credit

New Testament Theme

T3 The Book of Revelation: The Lion and the Lamb by Mark Hart

DVDs available from the Curriculum Library

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4 hours of credit

Participant booklet is \$8 from Ascension Press

### Overview of the Old Testament Theme

The Great Adventure Bible Timeline from Adam to Jesus by Jeff Cavins. Videos are available from the curriculum library and discussion questions/Scripture meditations on the diocesan website.

8 hours of credit

Booklets available for \$4.

### Old Testament Theme and New Testament Theme

Sharing Christ's Priesthood, A Bible Study for Catholics by Mike Aquilina

Especially appropriate for the "Year for Priests"

Book with six chapters

6 hours of credit

Books available from Curriculum Library for \$6

### Old Testament Theme and New Testament Theme

The Great Adventure Bible Timeline from Adam to the Church

Videos and questions are available from the curriculum library

24 hours of credit

Question booklet is \$10 from the curriculum library

### Old Testament Theme

The Footprints of God Series by Stephen Ray Discussion questions provided in booklet

The Story of Salvation from Abraham to Augustine preview of the Program (11 minutes)

Moses: Signs, Sacraments, Salvation with discussion questions

2 hours of credit

David & Solomon: Expanding the Kingdom with discussion questions

2 hours of credit

Available from the Curriculum Library for checkout

### New Testament Theme Discussion questions provided in booklet

The Footprints of God Series by Stephen Ray

Jesus: the Word became Flesh with discussion questions

2 hours of credit

Mary: the Mother of God with discussion questions

2 hours of credit

Peter: Keeper of the Keys with discussion questions

2 hours of credit

Paul: Contending for the Faith with discussion questions

2 hours of credit

Apostolic Fathers with discussion questions

2 hours of credit

Available from the Curriculum Library for checkout

## **Doctrine (Theology)**

**New: *The Mass*, by Bishop Robert Barron**

7 sessions to Walk through the Liturgy with Bishop Barron and be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ. See how the Mass brings us out of the fallen world and into the Heavenly realm, how it resonates with a call from God and a response from His people, the Church, and most importantly, how we are intimately joined with the Body, Blood, Soul and Divinity of Jesus through the Holy Eucharist. *The Mass* will help you understand how to fully, consciously, and actively participate in the source and summit of the Christian life. \$110 for the bundle. Go to Word on Fire:

<https://store.wordonfire.org/collections/the-mass>

**New: *How God Offers Us Guidance*, by Ann and Carol Lankford**

How does somebody go about seeking guidance from God? How can we tell if it's just us talking to ourselves or if we're listening to God? These questions are answered through 8 sessions which will

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provide principles for knowing that God guides us as well as understanding how this guidance from God is given. The focus of the sessions includes such topics as how God offers us guidance in answer to our personal prayer, through the Scriptures and through other people. The materials for the 8 sessions may be downloaded from the Diocesan website: [diolc.org/deeper](http://diolc.org/deeper)

**WHO AM I TO JUDGE? Responding to Relativism with Logic and Love** by Edward Sri

How do we talk about morality in a world that no longer believes in truth? When we're bombarded with messages of "Be tolerant!" and "Don't judge!" many people feel afraid to say anything is right or wrong. 8-part study program. Available for free rental and on FORMED

**Living the Discerning Life: The Spiritual Teaching of St. Ignatius of Loyola** by Fr. Timothy Gallagher, O.M.V.

20 sessions in 90 minute segments. DVD set with discussion questions available from the Office for Catechesis and Evangelization. Each person faces discouragement in the spiritual life which is the greatest obstacle to deepening our relationship with Jesus Christ. St. Ignatius provides us with practical assistance in understanding the times of joy and struggle in the spiritual life and above all, spiritual tools for overcoming the pitfalls of discouragement and darkness. Fr. Gallagher presents the wisdom of St. Ignatius in a clear and accessible manner. This Program is for all who desire greater awareness of God's action in their daily spiritual lives. DVD's available for free rental or to purchase from <http://www.frtimothygallagher.org/on-disc>

**New:** **FORGIVEN, The Transforming Power of Confession** by Augustine Institute

5 Sessions and a separate session for children, parents, catechists and parish staff. FORGIVEN explores the grace and healing offered in Confession and shows how this Sacrament of Mercy reveals the depth and bounty of God's love. Available from Lighthouse Catholic Media and on FORMED.

**CATHOLICISM Study Program** by Father Robert Barron (DVD series)

20-90 minute sessions with discussion questions and resources provided by the Office of Catechesis and Evangelization (Each parish was given the Program by Bishop Callahan)  
The book, *Catholicism*, which is needed for each participant, is available for \$3 each.  
The sessions may be applied toward Scripture and/or Doctrine.

**Made for More by Curtis Martin**

Books available for \$2 from the Office of Catechesis and Evangelization.

3 hours of credit by completing discussion questions in the book (Additional hours can be earned by meeting with a group to discuss the answers.)

**Unlocking the Beauty of the Catechism: Part One**

8 sessions of a small group study of the Creed by Christopher Ruff. This includes personal reading of 15 pages of the Catechism before group study. The book includes vocabulary aids, summaries of sections, discussion questions and "growth in discipleship" application.

16 hours of credit for individually reading and group session. Available for \$7.95

**Unlocking the Beauty of the Catechism: Part Two**

8 sessions of a small group study of the Creed by Christopher Ruff. This includes personal reading of 15 pages of the Catechism before group study. The book includes vocabulary aids, summaries of sections, discussion questions and "growth in discipleship" application.

16 hours of credit for individually reading and group session. Available for \$7.95



### Understanding the Riches of the Catechism Ten Minutes at a Time

38 weeks of a schedule of 15 paragraphs per night (roughly 3 pages) about 10-15 minutes of reflective reading, 5 nights a week along with a series of simple exercises devised to discover the catechetical “keys” embedded in the Catechism, to help hand on the Faith.

38 hours of certification credit toward Doctrine / 6 hours toward Methodology for full participation

Sign up to receive emails

### Home Study Course – Marian Catechist Course 1

Excellent program to study the Faith in a systematic way – receiving the teachings in an orderly fashion that lays a foundational framework for the student.

1) 16 lessons in Salvation History, Apostles’ Creed, Commandments, Beatitudes, Sacraments, the Lord’s Prayer. 64 hours of credit for home study, individual work. Additional hours can be applied for attending sessions offered by a facilitator (1 hour for every hour attended). Cost of Course I: \$45 plus s/h Call (608-782-0011 to order the course. Credit from the above course can be applied to Scripture and Theology. Good course for building a solid foundation.

2) Commentary on the *General Directory for Catechesis*. Read and answer questions (in writing). 10 hours of credit toward Methodology Cost: \$3.50

**Note:** Hours in Scripture, Doctrine (Theology) and Methodology are to be completed for Basic and/or Advanced Certification.

### Home Study Course – Marian Catechist Course 2

1) 36 lessons in What We Believe, Christian Morality, Channels of Grace (Sacraments) and Prayer. 3 hours per session / 108 hours of credit for home study, individual work. Additional hours can be applied for attending sessions offered by a facilitator (1 hour for every hour attended). Cost of Course I: \$65 plus s/h Call (608-782-0011 to order the course. Credit from the above course can be applied to Scripture and Theology. Excellent course for building a solid foundation.

**Note:** Hours in Methodology need to be completed for Advanced Certification.

### Creed Catholicism 101, Essentials for the Journey

10 - one hour sessions (with questions) including: The Word of God: A Father Speaks to His children; Prayer, Let’s Communicate; Actions of the Holy Spirit; Mass, The Center of Our Faith.

10 hours of credit Available from the Office of Catechesis and Evangelization

### Creed I Believe, A four-part faith program on the Creed

4 - 35 minute sessions with application to life questions. 2 DVD set

4 hours of credit Available from the Office of Catechesis and Evangelization

### Creed Christology

Read “God is Love” - *Deus Caritas Est*, encyclical by Pope Benedict XVI and answer questions

4 hours of credit Booklet (and questions) available for \$4.75

### Creed Ecclesiology – (A study of the Church)

The Splendor of the Church and the Bible and the Church - videos by Scott Hahn with discussion questions.

4 hours of credit Available from the curriculum library

### Creed World Religions: Islam

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*Inside Islam: A Guide for Catholics*, 100 Questions and Answers by Daniel Ali, a convert to Catholicism and Robert Spencer. Discussion questions  
Book available from Ascension Press (800) 376-0520 or [www.AscensionPress.com](http://www.AscensionPress.com)  
8 hours of credit (if includes 4 discussion sessions)

Sacraments                      The Mass

*Mystical Body, Mystical Voice, Encountering Christ in the Words of the Mass*  
5 - 90 minute sessions including DVD's, Leader Guide and Participant Booklet by Chris Carstens and Father Douglas Martins  
Includes the book Encountering Christ in the Words of the Mass  
12 hours of credit                      Available from the Office of Catechesis and Evangelization

Sacraments                      The Eucharist

Feast of Faith, The Transforming Power of the Eucharist  
4 sessions on DVD with discussion questions by Marcellino D'Ambrosio, Ph.D  
4 hours of credit

Sacraments                      The Eucharist

Read *On The Eucharist* by Pope John Paul II and answer prepared questions.  
4 hours of credit                      Booklet available for \$6.95

Sacraments                      The Eucharist

Read *The Sacrament of Charity, Sacramentum Caritatis*, Pope Benedict XVI with questions  
4 hours of credit                      Booklet available for \$5.

Sacraments

The Seven Sacraments of the Catholic Church – videos by Scott Hahn with discussion questions  
8 hours of credit                      Available from the curriculum library

Sacraments

St. Paul – A Bible Study Guide for Catholics on six of the Sacraments. Discussion questions.  
6 sessions – 6 hours of credit. Book available for \$9.00

Life in Christ                      Embrace Parenthood: Step One of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)  
10 hours of credit                      Workbook w/ DVD available from Office of Catechesis and Evangelization

Life in Christ                      Growing in the Way of Love: Step Two of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)  
10 hours of credit                      Workbook w/ DVD available from Office of Catechesis and Evangelization

Life in Christ                      Bodies and Boundaries: Step Three of the Teaching the Way of Love Series

Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)  
10 hours of credit                      Workbook w/ DVD available from Office of Catechesis and Evangelization

Life in Christ                      Live Presentation of any step of the Teaching the Way of Love series  
Attend a live presentations of any of the three steps of the Teaching the Way of Love series;  
Embrace Parenthood, Growing in the Way of Love, Bodies and Boundaries and complete a 500  
word minimum reflection paper on the presentation.  
4 hours of credit                      To see a schedule of the live presentations go to [www.twl4parents.com](http://www.twl4parents.com).

Life in Christ                      The Theological and Cardinal Virtues  
Read *The Virtue Driven Life* by Father Benedict Groeschel, C.F.R. and answer discussion questions.  
Small group discussion on the chapters and the Diocesan Program *Understanding and Living the  
Virtues* Up to 10 hours of credit                      Virtue Program available on Diocesan website

Life in Christ                      The Theological and Cardinal Virtues  
Understanding and Living the Virtues, teaching by Bishop ListECKi with discussion questions.  
Up to 2 hours of credit                      DVD available from Office of Catechesis and Evangelization

Life in Christ                      The Theological and Cardinal Virtues  
Read *The Virtue Driven Life* by Father Benedict Groeschel, C.F.R. and answer discussion questions.  
Up to 7 hours of credit                      Books available for \$9.50

Life in Christ                      The Theological Virtue of Hope  
*On Christian Hope (Spe Salvi)* Encyclical Letter by Pope Benedict XVI with discussion questions.  
4 hours of credit                      Document available on Vatican website or USCCB Publishing.org

Life in Christ                      Christian Sexuality  
An Introduction to the Theology of the Body. Discovering The Master Plan for Your Life  
8 sessions / 12 hours of credit                      DVDs available for free rental / wkbk – discussion questions

Life in Christ                      Christian Sexuality  
Read *The Gift, Your Call to Greatness* (An overview of the Theology of the Body) and answer  
discussion questions.  
2 hours of credit

Life in Christ                      Christian Sexuality  
Read Theology of the Body for Beginners and answer questions.  
10 hours of credit                      Book available from the curriculum library for \$10

Life in Christ                      Conscience Formation  
“Our God-given Conscience” Bishop ListECKi teaching on DVD including discussion questions  
2 hours of credit                      Available from the curriculum library

Life in Christ                      Moral Development and Christian Sexuality  
Taking a Stand, Helping Our Kids Win the Battle for Sexual Purity by Tom Curran and Mary Beth  
Bonacci. Set of videos or DVD’s with discussion questions available from Office of Catechesis  
10 hours of credit                      Available from the curriculum library

Life in Christ                      Christian Sexuality  
Read *The Truth and Meaning of Human Sexuality* by the Pontifical Council for the Family and  
answer prepared questions.

4 hours of credit      Booklet available for \$4.

Prayer                      The Life of Prayer

*OREMUS* (Latin for Let Us Pray) by Father Mark Toups

8 sessions, 1 hour each including 30 minute DVD presentation and discussion.

This is a Catholic prayer study program that will teach you the essentials of a fruitful prayer life.

8 hours of credit: 8 Additional hours of credit given for praying with the Scripture passage each night. Available for free rental from Office of C & E

Participant booklet is necessary. Cost is \$15 each.

Prayer                      The Life of Prayer

*As I Have Loved You*                      The Discipleship Series by Christopher Ruff

Faith-Sharing Resources with a Mission of Love

6 sessions, 90 minutes each. Up to 9 hours of credit. Includes Scripture passages, commentary, real-life anecdotes, illustrations, relevant quotes from the Catechism, excerpts of Papal writings, discussion questions.                      Booklets available for \$4.50.

Prayer                      The Life of Prayer

*The Greatest of These is Love: Reflections from the Heart of St. Paul*

The Discipleship Series by Christopher Ruff

6 sessions, 90 minutes each. Up to 9 hours of credit. Includes Scripture passages, commentary, real-life anecdotes, illustrations, relevant quotes from the Catechism, excerpts of Papal writings, discussion questions.                      Booklets available for \$4.50.

Prayer                      The Life of Prayer

*Who is My Neighbor?*                      The Discipleship Series by Christopher Ruff

Faith-Sharing Resources with a Mission of Love

6 sessions, 90 minutes each. Up to 9 hours of credit. Includes Scripture passages, commentary, real-life anecdotes, illustrations, relevant quotes from the Catechism, excerpts of Papal writings, discussion questions.                      Booklets available for \$4.50.

Prayer                      The Life of Prayer

*33 Days to Morning Glory* – A Do-it Yourself Retreat in Preparation for Consecration to Jesus through Mary based according to St. Louis de Montfort, St. Maximilian Kolbe, Pope John Paul II, and Blessed Mother Teresa.

6 sessions 90 minutes each with 35 minutes of teaching on DVD by Fr. Michael Gaitley.

Up to 11 hours of credit. Facilitators Guide/DVDs available from the Office of C & E for free rental. Participants Packet available for \$23 including the book *33 Days to Morning Glory*.