

Bible Studies and Faith-Building Resources 2025

Listed below are some of the Small Group Resources, including Bible Studies and Faith Studies, successfully being used in parishes throughout the Diocese. Many of them are available for free rental from the Office of Catechesis and Evangelization. For information, call 608-791-2658.

New: The Rescue Project by Fr. John Riccardo

This series is a most creative, authentic and accurate approach to sharing the life-changing message of the Gospel. Available on DVD or live-stream, there are 9 episodes along with a retreat.

watch.actsexix.org/rescue-people

New: National Eucharistic Congress Small Group Series: Catch the Fire! Catch the Love!

Featuring seven, 90-minute sessions designed for all faith levels, each session includes a compelling keynote speaker, a personal testimony, small group discussion and prayer. This series nourishes both the mind and heart in an accessible and engaging format. The sessions follow the themes for each day of the Eucharistic Congress, continuing to build upon the foundation. Expect God to move!

An overview of the series and all materials are available here: diolc.org/eucharist/parishioners

New: Luke: The Story of Salvation Fulfilled by Jeff Cavins and Dr. Jeffrey Morrow

The Gospel of Luke takes you on a journey that begins with the foretelling of John the Baptist's birth and culminates in Jesus' ascension into heaven. On the road to Emmaus, a story unique to the Gospel of Luke, Jesus gave us the greatest Bible study of all time, laying out his fulfillment of the Old Testament.

In Luke: The Story of Salvation Fulfilled, you will witness key moments in salvation history including the Annunciation, the Nativity, his public ministry, and Jesus' suffering, death, and glorious Resurrection. There are parables found only in Luke, including the Prodigal Son, the Good Samaritan, and the rich man and Lazarus which will show you the mercy and compassion that Jesus has for each one of his children. In this 8-part study, Jeff Cavins and Dr. Jeffrey Morrow will show you the beautiful Biblical roots for Mary, the Rosary, and the Mass that are found in Luke, strengthening your prayer life like never before. ascensionpress.com/collections/luke-the-story-of-salvation-fulfilled

New: Follow Me: Meeting Jesus in the Gospel of John with Edward Sri

Following Christ takes more than simply believing in him or doing what he asks of us. Jesus wants you to be more than just a believer—he wants you to be his disciple and friend. Follow Me: Meeting Jesus in the Gospel of John is your guide to a personal encounter with Christ. As the Good Shepherd, Jesus seeks us. He comes to meet us and beckons us to follow him. He 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 you to experience the joy of a renewed friendship with Christ. In this study you will learn what it takes to follow Christ and discover the joy of divine friendship. You will see how God, and only God, can satisfy the deepest desires of your heart. Visit ascensionpress.com/collections/follow-me-meeting-jesus-in-the-gospel-of-john



Bearing Good Fruit in Parishes: Catholic Christian Outreach Faith Study Series, (CCO)

5 booklets. This compelling resource for parish small groups is available through Cedar House. To hear a recording of a Diocesan priest and 3 facilitators who describe their experience in the parish, visit diolc.org/catechesis/recordings-for-your-ministry

***New: Jesus: The Way, the Truth and the Life* by Marcellino D’Ambrosio, Jeff Cavins and Edward Sri**

The marvelous treasures of the Catholic Faith—the Eucharist, Mary, the saints, and the Creed—are all centered on a single figure: Jesus Christ. Jesus is more than a historical or theological figure. He is our Savior, our Redeemer, our Lord, and our God. While many of us already know a lot about him, how well can we say we really know him? Filmed on location in the Holy Land, *Jesus: The Way, the Truth, and the Life* is a new and fresh look at Jesus—who he is, what he is really like, what he taught, and what he did for our salvation. This encounter with Christ will inspire and empower you to center your entire life on him as you come to know and love him in an ever-deeper and more intimate way.

Jesus and the Eucharist

National Eucharistic Revival

In this series, God’s incredible gift of the Eucharist is put in the context of the whole Story of Salvation, the story of God’s yearning to bring us into loving communion with Him. *Jesus and the Eucharist* is professionally produced, very user-friendly, and free of charge. Each session is guided, from start to finish, by a corresponding video. The sessions incorporate Scripture, prayer, segments featuring well-known presenters like Chris Stefanick, and short personal testimonies. They also allocate time for small group discussions that connect the session topics with our everyday lives. The series is informative without being “academic.” It feeds both mind and heart. An overview of the series and all materials are available here. Scroll to the second series:

diolc.org/eucharist/parishioners.

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

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 from the Office for Catechesis and Evangelization and on FORMED.

***The Bible and the Virgin Mary* is based on the book by Scott Hahn and presented by Matthew Leonard**

This Bible study unveils the mystery of Our Lady that is woven into the fabric of Sacred Scripture. Twelve visually stunning lessons convey the beauty of the doctrine and devotions surrounding Mary, bringing them to life in a powerful, new way. Google St. Paul Center.

***Living Joy* by Chris Stefanick** Google Real Life Catholic

Eleven-part series with downloadable resource. God created you for JOY—and He wants that for you here and now! You just have to cooperate with His plan and follow some simple steps. Join us for a new, totally free online video retreat based on the life-changing rules in Chris’ bestselling book, *Living Joy*. The short, daily video lessons are full of wisdom, experience, and common sense.



***Father: Origin and Desire of All* by Dr. Petroc Willey (like a Retreat)**

Beautiful teaching about our Heavenly Father with discussion questions that follow each short video. This workshop works best in 3, 1-hour sessions. Available on *Franciscan at Home* online learning system. All parishes and schools in the Diocese of La Crosse have a FREE subscription.

- 1) Visit franciscanathome.com/diocese-la-crosse and scroll to the bottom of the page.
- 2) On the right, click on the middle blue button: "My parish or school is already registered, and I would like to set up my individual free account under that institution." This will allow you to create a FREE account under your Parish or school.
- 3) Then click "Create an Account." Complete the information and click Save. Select the Diocese of La Crosse from a drop-down menu, and then your Institution = your parish / school from a second drop-down menu, listed by city and name. Once you have finished by clicking on the "Sign Up" button, you will have a dashboard. Scroll down to "**Franciscan Tracks**" and click "Adult Faith Study". Under Courses of Study, click on "Adult Faith Study" and then "*Father: Origin and Desire of All*."

Other excellent workshops available, including:

- *The Human Person in God's Loving Plan* with Dr. Gerard O'Shea in "First Proclamation and Evangelization Track"
- *Following Jesus: The Challenge of Discipleship* with Dr. William Keimig in "Pastoral Accompaniment Track"
- *Fostering Holiness in Children* with Dr. Bill Keimig in the "Forming Faith at Home Track"
- *Family: Domestic Church and School of Holiness* with Dr. Petroc Willey in "Forming Faith at Home Track"

Lectio: Evangelization with Dr. Mary Healy

In this 10-part Bible Study, Dr. Mary Healy combines insightful biblical study with Church teaching and practical advice to show how modern Catholics can effectively impact their world for Jesus Christ. She explores topics such as the call of Jesus to evangelize, the power of the Sacraments, the role of charisms for building up the Body of Christ, techniques from St. Paul for reaching a secular culture, and more.

Using the Lectio Divina approach of reading, reflecting, responding, and contemplating, the accompanying workbook presents classic artistry, penetrating questions, and personal reflection to take the teachings to a deeper level. www.augustineinstitute.org/bible-studies/lectio-evangelization

***The Mass* by Bishop Robert Barron**

7 sessions to Walk through the Holy Mass 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. Free rental from the Office for Catechesis and Evangelization \$110 for the bundle. Go to Word on Fire: <https://store.wordonfire.org/collections/the-mass>



The Bible and the Sacraments by Matthew Leonard

This series investigates the deeper mystery of the Sacraments as illuminated by Sacred Scripture. Discover where the sacraments come from, what they mean, and why they are the very foundations of our Catholic Faith. Available digitally or DVD set. Visit stpaulcenter.com

Return: How to Draw Your Child Back to the Church by Brandon Vogt

You're concerned about your child. He's stopped going to Mass. Maybe he's found another religion. Perhaps he no longer believes in God. Whatever the case, you want your child to return to the Church. But the problem is he doesn't seem interested. He tunes you out, he ignores your pleas, and he doesn't want to discuss religion. You would do anything to bring him back, but you have no idea where to begin. You've tried talking. You've tried nagging. You've tried praying. Nothing seems to work. The reality is, you need help. You need a proven game plan. You need RETURN.

The Search hosted by Chris Stefanick

For information and the first episode, visit thesearchbegins.org. The Search is an innovative video series that tackles the key questions of every human heart. In seven beautifully filmed episodes, Chris Stefanick and experts from multiple fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence.

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. Dr. Edward Sri will speak at St. Patrick's Catholic Church in Onalaska on Tues., Oct. 12, 2021 from 6:30 – 8:30 p.m. and at St. Joseph the Workman Cathedral on Wed, Oct. 13, 2021 from 9:00 – 11:00 a.m.

Eucharist by Bishop Robert Barron

Five-part study with leader and participant workbook. Experience for yourself the profound mystery of the Eucharist as Sacred Meal, Sacrifice and Real Presence. These elements unite the Church across time and unite us to our fellow Catholics in every sacred liturgy. One set of DVD's for free rental available from the Office for Cat. & Evang. or available for purchase from Word on Fire bookstore.wordonfire.org/collections/eucharist

Consecration to St. Joseph: The Wonders of Our Spiritual Father by Fr. Donald Callaway, MIC.

Recognize the wonders, the power and the ceaseless of St. Joseph. Visit shopmercy.org for books. 5 sessions with a recommended start date of Sept. 30 or Nov. 8th.

How God Guides Us by Ann and Carol Lankford, 8 sessions that each include a teaching, a Scripture story of God guiding a person in this way and two modern-day stories of a man and woman who experienced God's guidance in this manner. Downloadable at diolc.org/deeper

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

8 sessions, each including 30 minute DVD presentation and discussion. This is a Catholic prayer study program in which Fr. Toups teaches the essentials of a fruitful prayer life including compelling personal stories. Available for free rental from Office of C & E Participant booklet is necessary: \$15 each.



***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.

***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. To order at the diocesan price of \$10 each, contact the Office for Ministries and Social Concerns by emailing ministries@diolc.org or calling 608-791-0161

***No Greater Love, a Biblical Walk through Christ's Passion* with Edward Sri, which also features Fr. Mike Schmitz, Jeff Cavins, Jennifer Fulwiler, Curtis Martin, Teresa Tomeo, and Fr. Josh Johnson** DVD Program / Starter Pack for \$79. Ascension Press

Filmed on location in the Holy Land, *No Greater Love* is a biblical pilgrimage that reveals Christ's amazing love for us. Edward Sri guides you through the last hours of Christ's life. You will walk step-by-step with Jesus from the Garden of Gethsemane to the Mount of Calvary. Every step of the way, Old Testament prophecies, messianic expectations, biblical symbolism, and historical context shed light on the mystery of Christ's suffering and death. Catholics can come to a deeper understanding and appreciation of God's immeasurable and unconditional love for drawing closer to Jesus than ever before.

Faith Study Resources

***Jesus: The Way, the Truth and the Life* by Jeff Cavins, Edward Sri and Marcel D'Ambrosia** through Ascension Press 10-part study on the life of Christ filmed in the Holy Land For purchase through Ascension Press, shipping Feb. 9th. Starter pack \$130.

***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 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 includes a story from Scripture related to the topic and 2 modern-day stories of how God guided two people. Resources may be downloaded from the Diocesan website:

<https://diolc.org/deeper>

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

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. 10 sessions for fall; 10 sessions for spring. DVD set with discussion questions available from the Office for Catechesis and Evangelization. DVD's available for free rental from the Office or to purchase from <http://www.frthomasygallagher.org/on-disc>

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](#)

Sacraments

***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.

***REBORN: You, Your Child and the Heart of Baptism* by Edward Sri**

6-part DVD series with workbook on the Sacrament of Baptism. DVD's available for free rental and on FORMED.

***Beloved: Mystery and Meaning of Marriage. Finding Happiness in Marriage* by Augustine**

Institute 6 part DVD series with workbook. More than a union based on romantic love or mutual fulfillment, marriage goes back to the very essence of what it is to be human – and reflects a design placed in our hearts by God Himself. BELOVED speaks to the very heart of every husband and wife, bringing Sacramental truth and God-infused love into the everyday challenges of married life. Available from Lighthouse Catholic Media and on FORMED.

Divine Mercy

***Divine Mercy in the Second Greatest Story Ever Told* by Fr. Michael Gaitley**

10 sessions, including 25 minute DVD presentations

The Program interweaves the dramatic history of Poland, the transformative message of St. Faustina, the miraculous appearance of Mary at Fatima, the witness of St. Maximilian Kolbe, and the world-changing papacy of St. John Paul II into a tapestry of wonder and beauty centered around God's mercy.

Foundational

***Symbolon: The Catholic Faith Explained* with Dr. Edward Sri** along with other compelling Catholic teachers. This new DVD series systematically presents the BIG picture of the Catholic Faith. Programs 1-10 focus on the foundational teachings of the Creed and Programs 11-20 focus on the Sacraments and Life in Christ. Filmed on location in Rome, the Holy Land, Calcutta, the beauty and brilliance of Catholicism is explained in a way that helps us know it, live it, and articulate it to others.

Evangelization

***Catholicism: 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

Free check out of DVDs, Leader's Manual and Free prayers cards. Available from the Office of Catechesis and Evangelization.

Retreat

33 Days to Morning Glory – A Do-it Yourself Retreat in Preparation for formal entrustment to Mary according to St. Louis de Montfort, St. Maximillian Kolbe, Blessed Pope John Paul II, and Blessed Mother Teresa.

Individuals may make the 10 minutes-a-day retreat on their own using the book *33 Days to Morning Glory*. Book is available from the Office of C and E for \$3.

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. In addition to the book, cost of Participants Packet is \$20, available from Mary Litschauer, 715-539-3800, mlitschauer@gmail.com.

Conversion

Conversion, Following the Call of Christ (Biblical Stories of People Who Changed) by Bishop Robert Barron. 6 – 90 minute sessions with questions for Understanding and Reflection. Free rental

***The Mystery of God: Who God is and Why He Matters* by Bishop Robert Barron**

6 – part DVD series with workbook: Atheism is on the rise. Skeptical thinkers vigorously attack belief in God as irrational or, even worse, dangerous. The so-called New Atheism has attracted millions of young people. How should Christians respond? How can we turn the tide of secularism and draw people back to God?

***Priest, Prophet, King* by Bishop Robert Barron**

6 – part DVD series with workbook: Through this presentation, participants will better understand Jesus, become more familiar with Scripture, and realize their own priestly, prophetic, and kingly mission.

***CATHOLICISM Study Program* by Bishop Barron (DVD)**

20-90 minute sessions with discussion questions provided by the Office for Catechesis and Evangelization. Each parish was given the Program by Bishop Callahan. Catholicism (book) by Bishop Barron available for \$3 each.

Bible Study Resources for Adults

***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. Booklet and book sold as set for \$16 from Office for Cat. and Evan. DVDs available for free rental or purchase of entire packet for \$100.

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

8 –part series that provide a uniquely personal encounter with the Blessed Mother, placing you in the midst of the powerful drama of her earthly life, taking you through her joys...and her sorrows. The better we know Mary, the better we will know her Son. Free leader resources available for download at BibleStudyForCatholics.com. Free rental. Workbook for participants

***The Footprints of God Series* by Stephen Ray. Discussion questions (Free rental)**

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

Moses: Signs, Sacraments, Salvation with discussion questions 2 hours

David & Solomon: Expanding the Kingdom with discussion questions 2 hours of credit

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

***A Quick Journey through the Bible* by Jeff**

Cavins 8-Part Study (DVD) with workbook

***The Bible Timeline: The Story of Salvation* by Jeff Cavins**

24-part Bible study with study questions (DVD) Available for free rental

***Introduction to Psalms, the School of Prayer:* by Jeff Cavins, Sarah Christmyer, and Dr. Tim Gray**

10 Sessions on the DVD series with discussion questions: The Psalms reveal Israel's response to God's covenant and serve as a model for our response to Him. One could say that the Psalms tell the "inside" story, which comes from the deeply personal perspective of one who is seeking God.

Available for free rental.

***Matthew: The King and His Kingdom* by Jeff Cavins**

24-part study on the Gospel of Matthew with discussion questions (DVD)

***Acts: The Spread of the Kingdom* by Jeff Cavins**

20-part study on the Acts of the Apostles with discussion questions (DVD)



***Adventures in 1 Corinthians, the Church and the Christian Community* by Dr. Tim Gray**

10 Sessions on the DVD series with discussion questions: With divisions, immorality, persecution, and other trials of the faithful, the message of St. Paul to the Corinthians is a much-needed message for our times. St. Paul taught the Corinthians about the nature of grace, the Church as the Body of Christ and the most powerful gift of all, the Eucharist, which along with Christian virtue leads to a life of joy. Available for free rental.

***Revelation: The Kingdom Yet to Come* by Jeff Cavins**

10-part study on the Book of Revelation with discussion questions (DVD)

***Exodus: Called to Freedom* by Jeff Cavins**

10-part study on the Book of Exodus with discussion questions (DVD)

Bible Study Resources for Teens and Young Adults***T3 – The Teen Timeline* (excellent!) by Mark Hart**

8-Part Bible Study for Teens and Young Adults (DVD) Worksheets, discussion questions and resources provided by the Office for Catechesis and Evangelization

***T3 - Thy Kingdom Come: Matthew* by Mark Hart**

8-Part Study on the Gospel of Matthew for Teens and Young Adults (DVD). Worksheets, discussion questions and resources provided by the Office for Catechesis and Evangelization

***T3: Acts – The Keys and the Sword* by Mark Hart**

4-Part Bible Study for Teens and Young Adults (DVD). Discussion questions and resources provided by the Office of Catechesis and Evangelization

***T3: Revelation – The Lion and the Lamb* by Mark Hart**

4-Part Bible Study for Teens and Young Adults (DVD) with Leader and Participant Book

Theology of the Body for Middle School and High School

The *Theology of the Body for Teens Middle School* program is an 8-part chastity program divided that reflects the pedagogical approach of St. John Paul II's revolutionary teaching. The program gives seventh through eighth graders the answers to their tough questions concerning their bodies, their sexuality, and their future. The program has been designed specifically as a catechetical program to fit perfectly into Catholic schools, youth ministry, CCD, and homeschooling settings. The first few segments of TOB for Middle School will work with 6th graders.

Visit ascensionpress.com/collections/theology-of-the-body-for-teens-middle-school-edition

***You: Life, Love and the Theology of the Body* (for High School)**

In an age of “selfies” and egocentrism, *YOU* cuts through the noise to present an authentic view of the human person. It presents young people with the extraordinary story of their creation as unrepeatable individuals. But the program doesn't stop there. *YOU. Life, Love, and the Theology of the Body* introduces teens to the truth that life is not, in fact, all about them; it is about going out of



themselves to be a sincere gift for others.

Visit ascensionpress.com/collections/you-life-love-and-the-theology-of-the-body

In – Parish Retreats

Step One

33 Days to Morning Glory – A Do-it Yourself Retreat in Preparation for formal entrustment to Mary according to St. Louis de Montfort, St. Maximillian Kolbe, Blessed Pope John Paul II, and Blessed Mother Teresa.

Individuals may make the 10 minutes-a-day retreat on their own using the book *33 Days to Morning Glory*. Book is available from the Office of C and E for \$3.

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

Step Two

Consoling the Heart of Jesus – A Do-It-Yourself Retreat

Individuals may make the 10 minutes-a-day retreat on their own using the book *Consoling the Heart of Jesus*. Books are available for \$10.

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.

Faith Study Resources

Formation in the Virtues

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 Catechism of the Catholic Church

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.



Available for \$8, Facilitator's Guide available for \$4

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. Available for \$8,

***I Have Loved You* by Christopher Ruff **Spanish version now available**

6 Sessions Book for small group study is available through Office of Ministries and Social Concerns

***"Who Is My Neighbor?"* by Christopher Ruff**

6 Sessions Book for small group study is available through Office of Ministries and Social Concerns

***The Greatest of These is Love* – by Christopher Ruff**

6 Sessions Book for small group study is available through Office of Ministries and Social Concerns

***Catholicism 101: Essentials for the Journey* by Jeff Cavins (DVD)**

10 part DVD Series with workbook

***Feast of Faith – The Eucharist* by Marcelino D'Ambrosio, Ph.D.**

4 part DVD Series with workbook

Human Sexuality

- ***Embrace Parenthood:*** Step One of the Teaching the Way of Love Series
Complete the workbook. (Read segments, watch DVD clips and answer discussion questions)
- ***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)
- ***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)

Live Presentation of any step of the Teaching the Way of Love series. Contact Alice Heinzen at heinzenalice@gmail.com

Recognizing God-given Gifts for use in the parish

Discerning Charisms – The Catherine of Siena Institute

For information visit siena.org/called-gifted. Charisms are God-given gifts that we receive at Baptism. They are supernatural gifts and are to be used in the service of others. Therefore, we need to know what gifts we were given so that they can be used in the parish, school, family etc.

Church History

***EPIC: A Journey through Church History* (DVD)**



Diocese of La Crosse

Office of Catechesis and Evangelization (608) 791-2658

20-part series takes you through the major people, places and events that make up the history of the Catholic Church. Workbook is part of program.

Theology of the Body

An Introduction to the Theology of the Body: Discovering the Master Plan for Your Life

by Christopher West (DVD) – 8 sessions with study guide

God's Plan for a Joy-Filled Marriage by Christopher West

(Theology of the Body) DVD - 6 part Series with Study Guide – free rental

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



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Diocese of La Crosse

Office of Catechesis and Evangelization (608) 791-2658