

# Hybrid Faith Formation Webinar



John Roberto

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## Resources

[www.LifelongFaith.com](http://www.LifelongFaith.com)

Go to “Hybrid” under Webinar



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*How do we build faith formation that is...*

Adaptive  
Responsive  
Resilient  
Flexible

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*How do we build faith formation for the 100 Year Challenge*

- Children
- Adolescents
- Young Adults
- Midlife Adults
- Mature Adults
- Older Adults

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How do we build on our innovative efforts as a platform for creating the future of faith formation?

How do we move into the Adaptive Phase?

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Time to Reinvent Faith Formation

*Blame it on the Pandemic*



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What Are We Learning

- **We are focusing on our people**—their needs, struggles, life issues, and more. We are becoming more person-centered.
- **We are expanding our vision** of where church and faith formation happens. We've moved from a church-building mindset to a multi-space approach where faith forming happens at home, in online spaces, in small groups, in mentoring relationships, in independent learning, in the world.

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## What Are We Learning

- **We are using new approaches** (and tools, methods, and media)—many of which have been available to us for a decade—that the pandemic has motivated (forced?) us to use as integral to faith formation.
- **We are offering faith formation in synchronous** (real time) and **asynchronous** (on your own time) formats with Online and Hybrid approaches—thereby expanding the opportunities for people to engage in faith forming experiences.

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## What Are We Learning

- **We are making faith formation mobile**—bringing faith formation to where people live using the new digital tools, methods, and media. We are creating playlists of faith forming content for all ages.
- **We are usually traditional tools in new digital ways.**
- **We are using social media platforms for connection and sharing.** We are connecting and communicating with people of all ages, sharing and discussing faith and spirituality, engaging people to share what they are learning and how they are practicing their faith through videos, images, stories, and more.

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## How Will We Move into the Future?

Will churches try to return to business as usual in faith formation—returning to the approaches, curriculum, programming, settings, and schedules they used prior to March 2020?

OR

Will leaders listen to the needs of their people and their situation today; identify how their lives have been impacted by the pandemic and the issues, struggles, joys, and challenges they face; discern how to respond to this new context; and then develop new and innovative faith formation—content, approaches, methods, media—that responds to people today?

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## Where do you want to innovate?

- Stop doing something
- Redesign something
- Sustain something
- Initiate something new

### For Whom?

- \* Age Group
- \* Families
- \* All Generations
- \* Target Audience

### With What?

- \* New Approach or Program
- \* New Methods & Media
- \* New Technology
- \* New Space or Location

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## Building a More Adaptive, Responsive, Resilient, Flexible Faith Formation

1. Focus on goals for faith maturing
2. Embrace holistic faith formation: intergenerational, family, and life stages
3. Program with three models & three spaces: online, hybrid, and physical
4. Schedule in seasonal menus with a variety of programming: content, formats, times, spaces
5. Personalize through playlists of faith forming content and experiences

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### Goals for Maturing in Faith

#### Jesus

- Developing and sustaining a personal relationship and commitment to Jesus Christ

#### Discipleship

- Living as a disciple of Jesus Christ and making the Christian faith a way of life

#### Bible

- Reading and studying the Bible—its message, meaning, and application to life today

#### Teachings

- Learning the Christian story and foundational teachings of the Catholic faith and integrating its meaning into one's life

#### Praying

- Praying—together and by ourselves—and seeking spiritual growth through spiritual disciplines

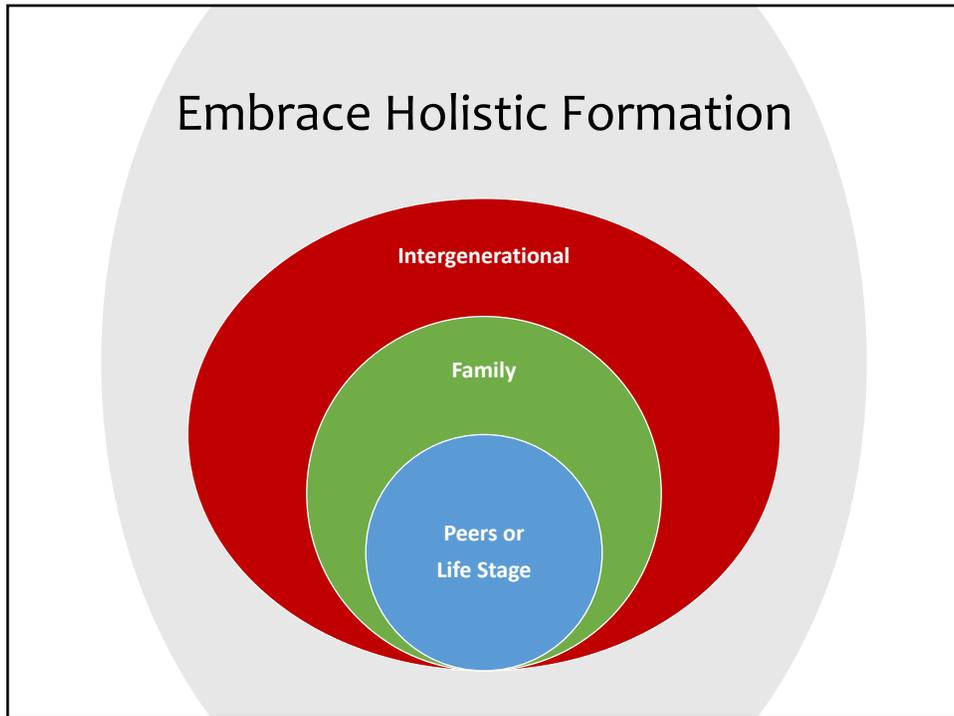
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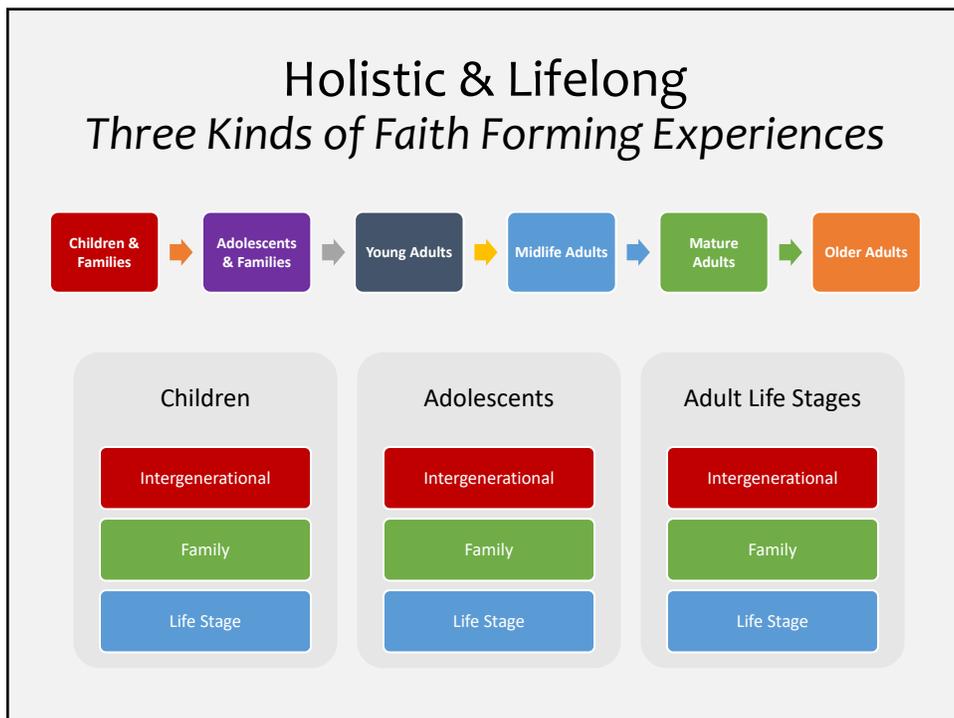
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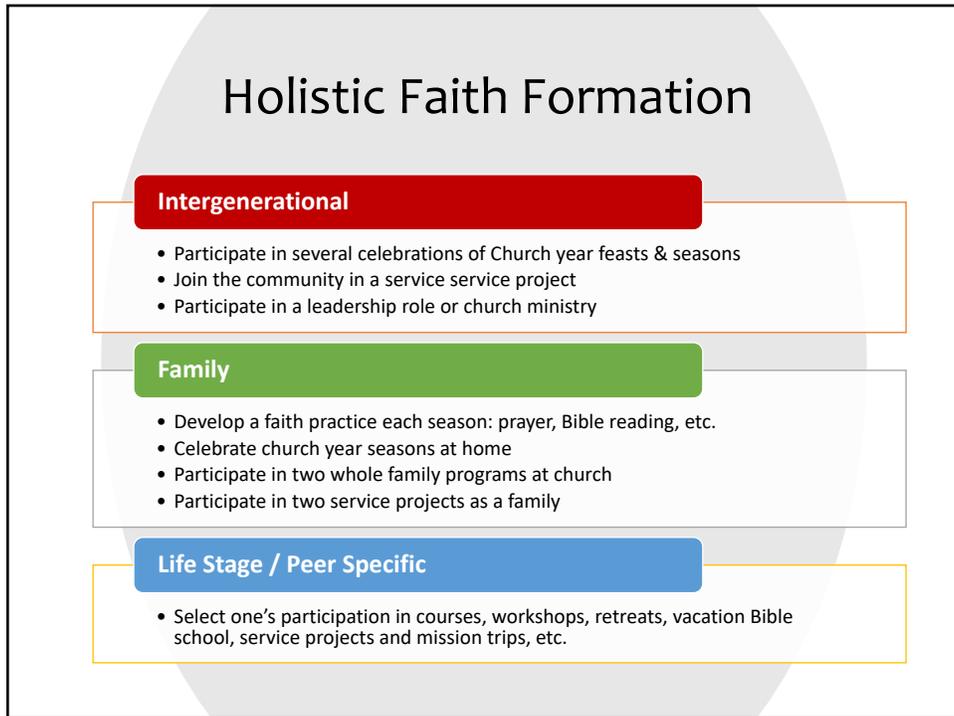
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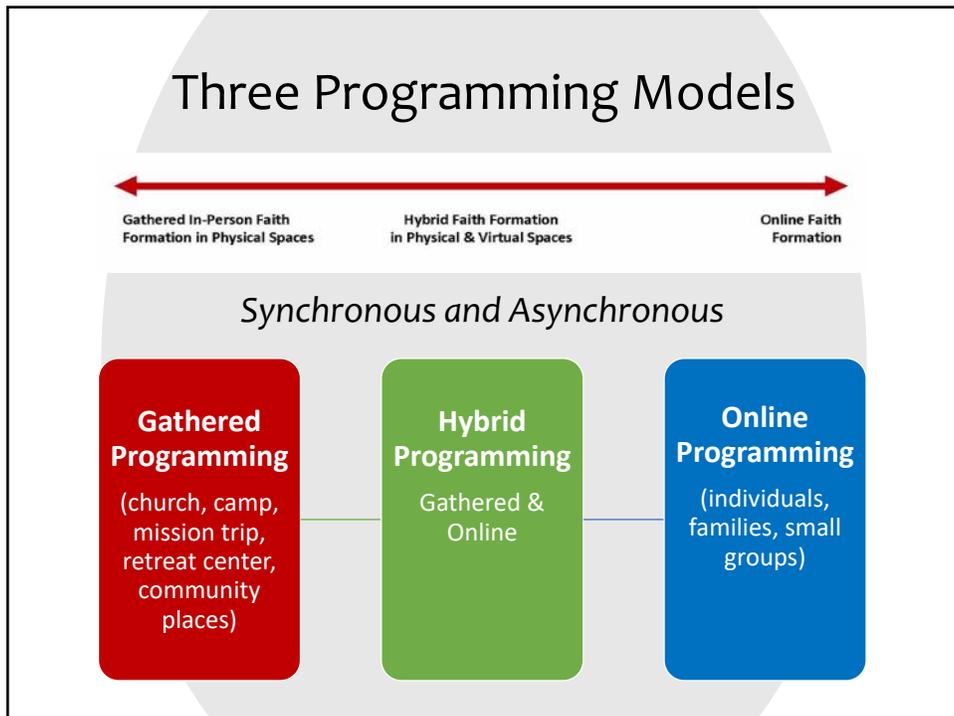
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## Hybridity

Recognizing online actions as meaning-filled helps Christian communities to consider our current online and in-person reality in terms of its hybridity, rather than in terms of digital dualism (think of online as virtual and in person as real). “Hybridity,” describes “the coming together of online and offline, media and matter, or more dynamically. . . . the interplay between the online and offline dimension.” Most Americans live hybrid lives because our online and offline lives have been integrated. Interactions online shape offline experiences, and offline communication and practices shape people’s online engagement.

Angela Gorrell, *Always On*

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The screenshot shows the Yale Bible Study website for the course "The Gospel of Mark". The page includes the following elements:

- Navigation:** YALE BIBLE STUDY, ABOUT, COURSES, RESOURCES, EVENTS.
- Course Title:** The Gospel of Mark.
- Presenters:** REV DR. DAVID L. BARTLETT and REV DR. ALLEN R. HILTON.
- Categories:** GOSPELS.
- Buttons:** ENROLL.
- Image:** A mosaic depicting a scene from the Gospel of Mark, likely the healing of the man with the withered hand.
- Curriculum:**
  - Introduction to the Course** (2)
    - Introduction to the Course
    - Introduction to the Course - Additional Resources
  - Week 1: Popularity Breeds Contempt** (4)
    - Popularity Breeds Contempt - Video (13 min)
    - Popularity Breeds Contempt - Study Guide
    - Popularity Breeds Contempt - Discussion Questions
    - Popularity Breeds Contempt - Additional Resources
  - Week 2: What Kind of Kingdom?** (4)

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## Bible Study: Gospel of Mark

### Sessions

1. Popularity breeds contempt
2. What kind of kingdom?
3. Thou art all compassion
4. Dense disciples
5. Who is he? Who are we?
6. A healthy insomnia
7. A soldier's epiphany
8. The empty tomb effect

### Programming Options

- ✓ Gathered
  - ✓ Large group
  - ✓ Small group
- ✓ Online
  - ✓ Independent learning
  - ✓ Small group learning by online (Zoom)
- ✓ Hybrid
  - ✓ Complete the online session on your own + meet in small group

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## Hybrid: From In-Person to Online

### Worship & Online Formation

- Participate in weekly worship (in-person or live streamed).
- Engage in faith forming activities using an online playlist on Sunday's theme: prayers, readings, video, podcast, art, music, creative activities, conversations, action ideas, etc.

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**JANUARY 6, 2020**  
**EPIPHANY OF OUR LORD**

**taking+  
faith  
home**

*God's light shines through Jesus.*

**EPIPHANY BIBLE READINGS**

Take time to read and reflect on these Bible passages as part of your Epiphany celebration.

**Monday**    **Matthew 2:1-12**    **The wise men worship Jesus**  
**Isaiah 60:1-6**        **The glory of God shines on the people**

**SCRIPTURE VERSE FOR EPIPHANY**

Arise, shine; for your light has come, and the glory of the LORD has risen upon you. **Isaiah 60:1 (NRSV)**

**PRAYERS AND BLESSING**

**A Prayer for Epiphany:**  
Dear God, in Jesus you show your glory to the nations. Come, Holy Spirit, bless all the nations of the world with peace, joy, and love. Amen.

**Mealttime Prayer:**  
Lord God, as the star shone over Bethlehem to reveal the presence of your Son, may this meal remind us that this food is a gift of your love. Amen.

**A Blessing to Give:**  
May the light of Christ bring you peace and joy.

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**JANUARY 6, 2020**  
**HYMN FOR EPIPHANY**  
*Rise, Shine, You People!*

**taking+  
faith  
home**

**EPIPHANY MILESTONES**

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

**CARING CONVERSATIONS**

Discuss in your home, small group, or use for personal reflections:

- Why do some people fear other people they don't know?
- How does the light of Christ help us to conquer our fears?
- A star led the wise men to Jesus. What leads you to Jesus?

**DEVOTIONS**

*Read:* Matthew 2:1-12.  
People of another religion and another part of the ancient world used astrology to guide them to Jesus, and it worked. God wants the world to be blessed by the light of Christ that shines from Bethlehem to Jerusalem and on to the ends of the earth. It is God's powerful light that has entered the darkness of fear. Not only is King Herod frightened by the message that a king has been born to the Jews, so are all the people of Jerusalem (v. 3). That is, even the people faithful to God's reign are fearful. A new day that brings astonishing news is feared by all. We easily fear change, even if it has come to benefit us. The moment something new happens to us, we lose a sense of control. It is no longer about us. In this instance, the change is about God's rule, God's ways, and God's love that shines brightly into a darkened world. Thanks be to God for the light that breaks into the dark corners of our world and of our lives. It is the only light and only hope that really matters. Is change easy or difficult for you? How do you ask God for help?  
*Pray:* Dear Jesus, bless us to see in you the one who takes our fears and worries and turns them into joy and gladness. Amen.

**SERVICE**

Epiphany, also known as Three Kings Day, is a time when an age-old Christian tradition of blessing homes takes place around the world. It is a custom to inscribe 20-C-M-B+20 with chalk on the door. C, M, and B between the year 2020 are the initials of the Magi but also stand for a Latin phrase meaning bless this house. The + symbolizes the cross. Our homes are places where daily spiritual practices take place (i.e., reading scripture, praying, or blessing others). Visit a person today who is homebound and pray with them. Conclude with the Lord's Prayer.

**RITUALS AND TRADITIONS**

The wise men followed a star to find Jesus. We still need something to guide us to Jesus. Take a moment to stand with your legs spread slightly and your arms stretched out. Just as a star has five points, imagine your head, hands, and feet being the points of a star. When you think about the awesome role you have as a star, leading others to Jesus, imagine how you can do that. Talk about, draw a picture, or make a list of ways you can lead others to Jesus through your actions and words.

In addition to Taking Faith Home, celebrate milestones in your daily life as an effective faith formation tool. Go to: [www.milestonesministry.org](http://www.milestonesministry.org)



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## Hybrid From In-Person to Online

### In-Person & Online & Video Meetings

- Week #1: Meet in-person for the program.
- Week #2: Engage in online faith forming experiences using a playlist on the theme.
- Week #3: Continue with the playlist learning on the theme.
- Week #4: Conduct a video meeting (Zoom) for small groups or age groups or families to discuss and apply the online learning.

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## Four-Week Program Plan

Week 1 - Live In-Person Experience OR Live Stream Presentation/Demonstration on the Theme of the month  
(**synchronous**)

Week 2 & 3 - Home Family Experience (asynchronous)

- Individual family or groupings of families
- Online playlist of age-appropriate faith formation activities on the theme
- Resources for parent enrichment on the theme

Week 4. Creating a Project and Sharing It (synchronous or asynchronous)

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## Creation Playlist

### Creation

This playlist is from the first chapter of Genesis and contains one of the stories of Creation (the second is in Genesis 2:4-25). For children, the important part of the creation story is learning that God created the world and everything in it and called it good! If you want to learn more about the book of Genesis visit the [Bible Project](#).



### Bible Story

- Read Genesis 1:1-2:3 in your Bible or the Creation story in your favorite StoryBible.
- Wonder about the story together:
  - I wonder what it would have been like to create the world from the beginning.
  - I wonder what you would have created differently.
  - I wonder what your favorite part of creation is.
  - I wonder how you take time to rest.



### Prayer:

Dear God, thank you for creation! Thank you for the light and dark, for the sun and moons, for the water and sky, for the big and small animals, and for all the people. Help us to take care of creation. Help us to remember to rest. (Insert family celebrations and requests here if desired.) Amen.

### Activities

1. Play charades or "Pictionary" as a family taking turns acting out or drawing different parts of creation.
2. Take a walk with your family (in your neighborhood, at a park, or local school) and pick up trash. Be careful of sharp or dangerous items.
3. Make a list of ways that your family can help care for creation. Choose 1 or 2 to do this week.
4. Use materials from around your house to re-tell the story of Creation. You might use Legos, paper and crayons, play-doh or clay, action figures, etc. Take pictures of each "day".
5. Write a poem or a story about creation.
6. Create a "Word Cloud" - write down all the words you can think of that relate to Creation. Then write your words in a variety of sizes that look like a picture. Or use a "word cloud" generator like [www.wordart.com](#).
7. Go on a creation scavenger hunt.

### Books

[When God Made the World](#) by Matthew Paul Turner



[Let There Be Light](#) by Archbishop Desmond Tutu and Nancy Tisman



### Music Videos



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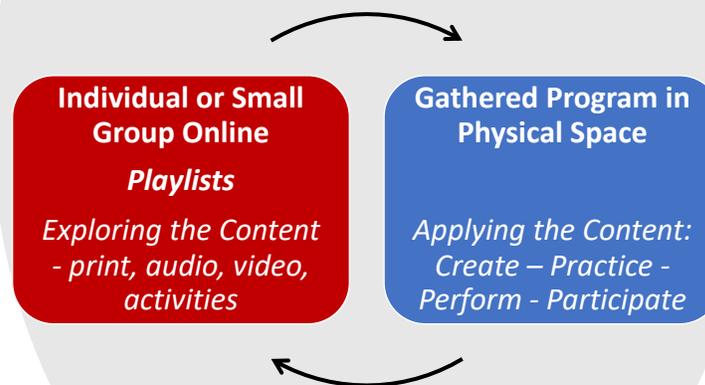
## Hybrid In-Person to Online

### **In-Person & Live Streamed or Video & Online**

- Week #1: Meet in-person for the program.
- Week #2: Engage in online faith forming experiences using a playlist on the theme.
- Week #3: Conduct a livestream presentation or demonstration or prerecorded video (using Zoom, Facebook Live, or YouTube Live) on the theme of the month's program.
- Week #4: Continue with the playlist learning on the theme.

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## Hybrid Online & In-Person “Flipped Classroom” Model



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## Hybrid Online & In-Person

### Adolescent Confirmation Program

- **On Your Own:** Engage young people with a monthly learning playlist—watching videos, reading short articles, praying, writing reflections in a journal—on the theme.
- **In a Small Group:** Have young people participate in one small group experience (online) to discuss the content in the playlist and what they are learning.
- **In a Large Group:** Involve young people in a monthly meeting with all groups for community sharing, interactive activities, short presentations, and ideas for living faith.

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Our Confirmation preparation program has two components: Once a month in-person classes and an online study. The online study is a place for students to develop their faith weekly by completing multi-media lessons which include videos, reading, Saint reflections, multiple-choice questions and online small group discussions. Each small group has their own online space to discuss faith topics, ask questions, and pray for one another.

- Class Sessions - Once a month (7 in total/year)
- Online Sessions - 3 per month
- "Insight" Youth Group Meetings - Attend 3 per year
- Service Projects - 2 per year
- Retreat - Year 1 and 2

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## Hybrid Online & In-Person

**Online Faith Formation +  
In-Person Small Group Gatherings**

- Week #1: Online learning session using a playlist on a faith formation website.
- Week #2: Small group gatherings (10 or fewer) to discuss and apply the learning
- Week #3: Online learning session
- Week #4: Small group gatherings to discuss and apply the learning

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## Hybrid Online & Interaction

### Live Stream + Online

- Schedule a monthly live stream of the class or program presentation to individuals or families. Consider using your existing schedule of classes/programs and leaders.
- Create online learning experiences for the other weeks of the month using a playlist of content/activities on a faith formation website.
- Add an interactive feature by using a Facebook Group (or online learning platform) to engage people in discussion, sharing learning, presenting projects, etc.

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## Hybrid Online to In-Person Activity

## Justice & Service Month-long Plan

1. Select a justice issue, social need, etc. as a focus.
2. Research the issue/need: curate learning resources and action projects (direct aid, advocacy, etc.).
3. Kick-off the month with a live stream presentation.
4. Engage adults in online learning experiences on the issue/need (video, activities, etc.). Add a small group option.
5. Engage in one or more action projects for all adults or in small groups (physical or online setting).
6. Bring everyone together (online) to share their experience.

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## Hybrid Online & Interaction

## Live Stream, Online, & Zoom

- Week #1: Live Stream of the class, program, or presentation.
- Week #2: Online learning experiences using a playlist for the content/activities on a website.
- Week #3: Zoom meetings by age group (or grades) or family clusters.
- Week #4: Online learning experiences using a playlist for the activities/content.
- Add an interactive feature by using a Facebook Group (or online learning platform) to engage people in discussion, sharing learning, presenting projects, etc.

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## Hybrid Online & Small Groups

- Week #1: Online learning session using a playlist on a faith formation website.
- Week #2: Small group gatherings on Zoom or in a Facebook Group to discuss and apply the learning.
- Week #3: Online learning session.
- Week #4: Small group gatherings on Zoom or in a Facebook Group to discuss and apply the learning.

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## Alpha Online Live Stream & Online Small Group



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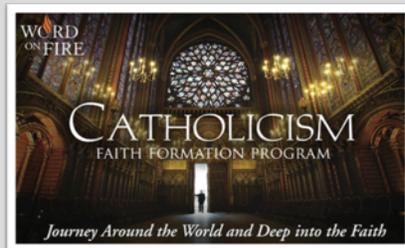
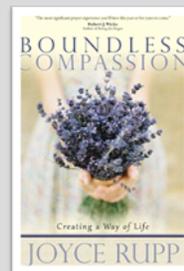
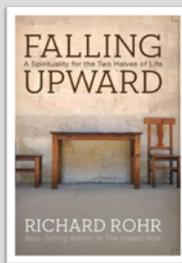
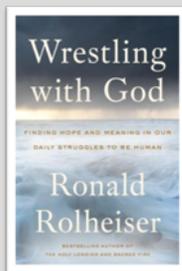
## Fully Online Self-Directed Learning and/or Self- Initiating Small Groups

Curate programming using a thematic approach (goals, topics, interests) into Playlists.

Develop Playlists for self-directed independent learning with courses from seminaries, universities, websites, etc.

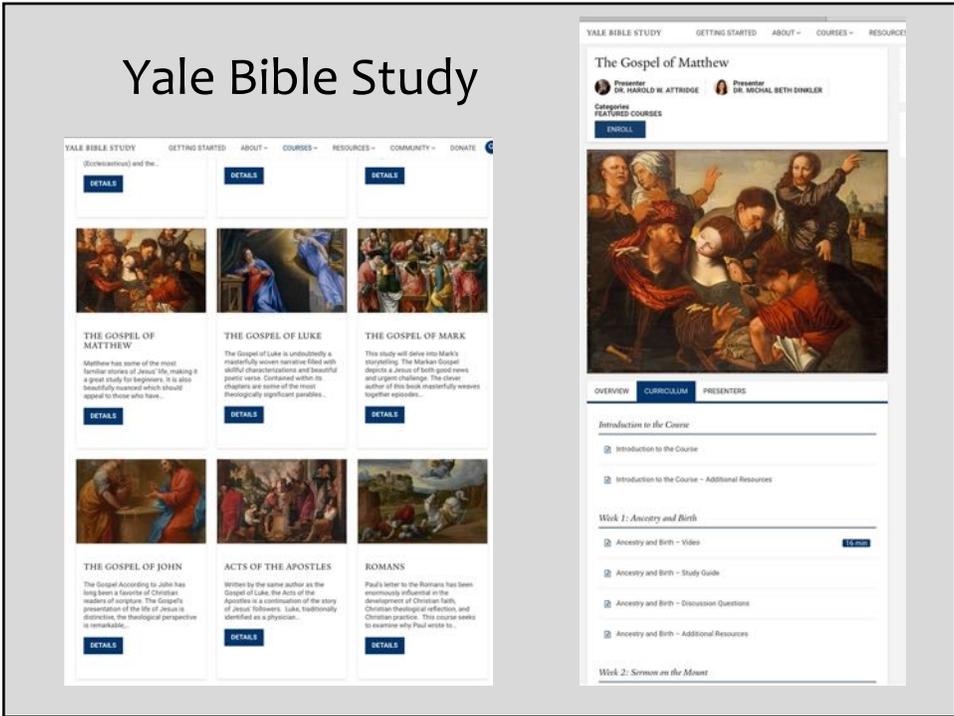
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## Reading / Book Groups / Video Groups

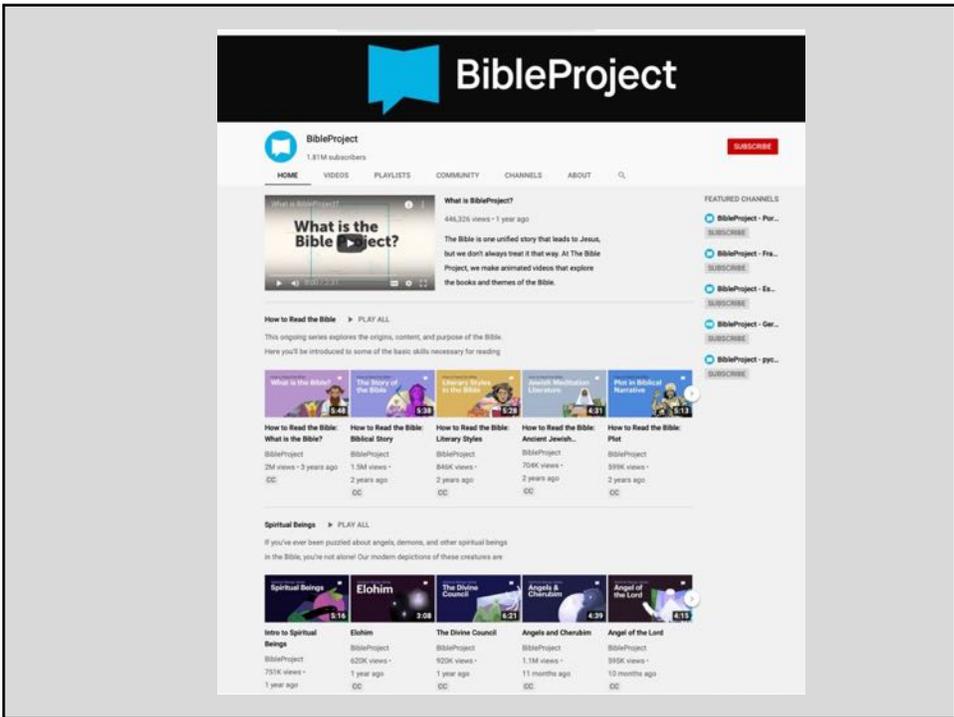


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# Yale Bible Study



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The image shows two digital resources. On the left is the 'STM Online: Crossroads' website from Boston College's School of Theology and Ministry. The page features a navigation menu with 'ABOUT', 'COURSE SCHEDULE', 'FULL COURSE CATALOG', 'CERTIFICATES', and 'RESOURCES'. Below the navigation is a 'Crossroads Courses' section with a grid of course thumbnails including 'Spirituality and Prayer', 'Sacred Scripture', 'Sacraments and Liturgy', 'The Moral Life', 'Themes from our Christian Tradition', 'Ministries', 'Online Book Club', and 'Signs of the Times'. On the right is a banner for 'PARACLETE PRESS ONLINE Summer Retreat SERIES' featuring a blue background with green leaves and a row of photos of participants.

University of Dayton,  
Virtual Learning  
Community for Faith  
Formation

University of Notre,  
STEP

Formed

Ascension Press Media

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The image shows the 'VCat Video Catechism for Teens' website. The header includes the 'VC' logo and navigation tabs for 'CREED', 'SACRAMENTS', 'MORALITY', and 'PRAYER'. The 'MORALITY' section is active, displaying an introductory paragraph: 'The Catechism is broken into four sections, it starts with the Creed, which is the backbone, the skeleton of the deposit of faith. Then we have the Sacraments, the nervous system, the way that we experience God. Add to that Morality, the muscles we need to be strong enough to live a holy life. But it all comes together in Prayer, the life-blood we need to have a relationship with God.' Below this are three video thumbnails: 'Love God Love Each Other' (featuring a house with 'NEED' on it), 'Freedom' (featuring a pink fence with 'YOU SHALL NOT PASS FITNESS'), and 'Truth' (featuring a priest). Each thumbnail includes a description and download links for both video and audio formats.

VCat  
Video  
Catechism for  
Teens

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## Seasonal Menu of Programming

Seasons: Sept – Dec    Jan – April    May – Aug  
*Variety of programming: content, formats, times, spaces*

Children & Families → 
 Adolescents & Families → 
 Young Adults → 
 Midlife Adults → 
 Mature Adults → 
 Older Adults

Programming	Month 1	Month 2	Month 3	Month 4
Jesus				
Discipleship				
Bible				
Beliefs & Teachings				
Prayer				
Morality				
Justice & Service				
Worship & Sacraments				
Community Life				
Gifts				

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## Personalizing Faith Formation



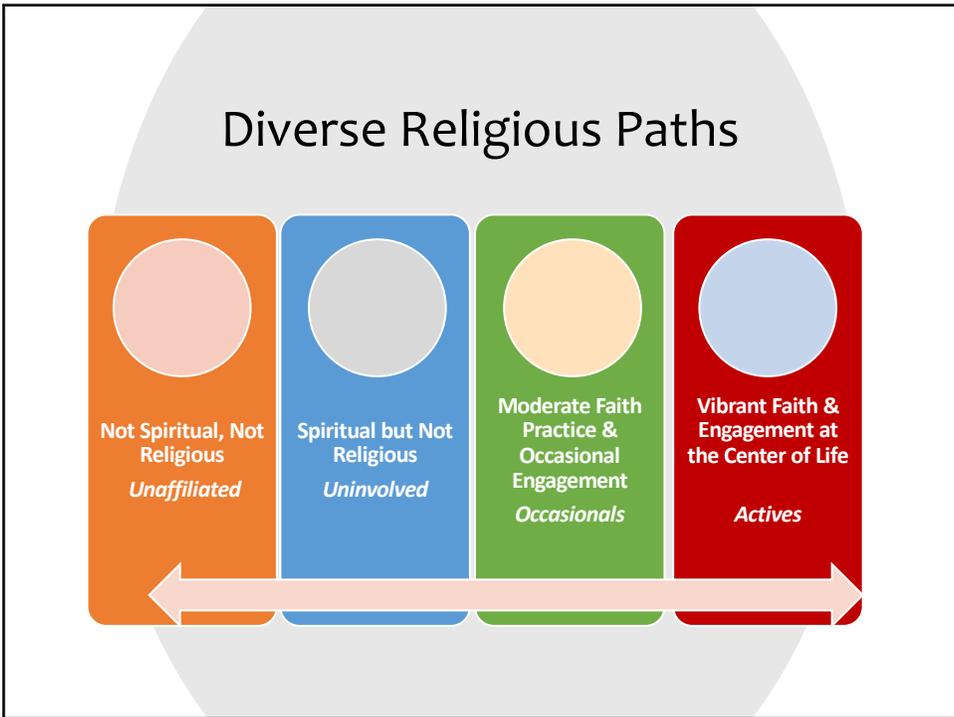
The image shows a person from a side profile, wearing a grey long-sleeved shirt, sitting at a light-colored wooden table. They are holding a tablet computer with both hands, looking at the screen. On the table next to the tablet is a white coffee cup on a saucer. In the background, there are some papers and a pen, suggesting a study or work environment.

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## Pathways to Maturing in Faith

	Beginning	Growing	Maturing	Sharing
Jesus				
Discipleship				
Bible				
Worship				
Tradition				
Prayer				
Moral Life				
Serving / Justice				
Community				
Gifts				

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# Programming for Diverse Religious Paths

## Scripture Enrichment

*Choose the path that helps you to grow*



**Getting Started**

Try the following activities to launch your study of Scripture. . . .

1. Watch the video overview of the Old Testament and New Testament
2. Participate in the three-session "Gospel Presentation Series" at church.
3. Participate in the 30-Day Bible Experience: Read one book of the Bible.



**Growing with Scripture**

Try the following activities to grow in your study of Scripture. . . .

1. Learn how to read the Bible in a small group
2. Develop a daily plan for reading the Bible.
3. Learn how to pray with the Bible: Lectio Divina
4. Develop a daily devotions practices using the Bible



**Going Deeper**

Try the following activities to go deeper in your study of Scripture. . . .

1. Join a Gospels Bible study group
2. Take an online course: Hebrew Scriptures, Gospels, Letters of Paul
3. Study and pray the Psalms as a spiritual practice
4. Develop a personal Bible study plan

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# Children & Family Playlist

### Holy Week 2019

April 14, 2019: Palm Sunday - Luke 19:28-40



**The Gospel Reading Luke 19:28-40**  
[www.north.org/bible/readinga/191149.cfm](http://www.north.org/bible/readinga/191149.cfm)

**Read a short commentary on the Gospel: Sunday Connection.**  
 Take a few moments as a parent to reflect on the story of Palm Sunday:  
[www.ancientandbible.org/resources/lectio-divina](http://www.ancientandbible.org/resources/lectio-divina)

**Read a children's version of Jesus' Entry into Jerusalem: Luke 19:28-40**

**Do a coloring page together of Jesus' Entry into Jerusalem. Read the reflection on Palm Sunday and share its insights with your children.**  
[palm\\_sunday\\_coloring\\_page\\_and\\_reflection.pdf](#)  
 Download File

**Jesus' Entry Into Jerusalem**



**Make a Palm Cross**



**How to make an Entry Palm Cross**

### An Introduction to Holy Week in "Three Minutes"



**A Catholic Guide to Holy Week**

To learn more about the meaning of the Holy Week symbols read the "Guide" at [Busted Halo](#).

- "A Catholic Guide to Holy Week Symbols"

For a "Guide" to Holy Thursday, Good Friday, and the Easter Vigil, and Easter Sunday go to [Busted Halo](#).

- "Four Essential Guide to the Triduum"

**Just for Parents: A Virtual Stations of the Cross**

The Stations of the Cross is a devotion following the events leading to Jesus' crucifixion. Prayers accompanying it allow time to reflect on the mystery of his death. Originally the Stations of the Cross was an actual physical journey in and around Jerusalem. Later the series was symbolized in outdoor shrines, and today many parishes display artistic representations in their sanctuaries. The Stations of the Cross may be done at any time, but is commonly a part of Lenten spiritual practice, specifically on Good Friday.

[Busted Halo](#) has created a series of virtual stations designed for personal devotion. These stations review to foster teachings about the Kingdom of God and the reasons his voice of this kingdom led to his death. Find a quiet place to watch these stations, and as you do the devotion be open to how God is speaking to you through the Stations of the Cross.

- Go to [Busted Halo: Virtual Stations of the Cross](#).

**Stations of the Cross Activity**

Print the first page with the Stations of the Cross in color and post it for all to see. Use the prayers throughout the week.

[stations\\_of\\_cross\\_reflections.pdf](#)  
 Download File

**Holy Week Story Strip Activity**

Color the pictures and cut them out. Paste them in order to share the events of Holy Week and Easter.

[holy\\_week\\_story\\_strip.pdf](#)  
 Download File

**Holy Thursday - Last Supper Craft Activity**

Make a Last Supper craft for Holy Thursday based on the [Busted Halo](#) article: [Virtual Last Supper \(picture of the reconstructed project to the artist\)](#)



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February 10, 2019: Call of the Disciples - Luke 5:1-11



**The Gospel Reading Luke 5:1-11:** [www.usccb.org/bible/readings/021019.cfm](http://www.usccb.org/bible/readings/021019.cfm)  
 Take a few moments as a parent to reflect on the Gospel of Jesus calling the disciples: [www.americanbible.org/resources/lectio-divina](http://www.americanbible.org/resources/lectio-divina)

**For background on Luke's Gospel, watch the video of Luke 3 - 9. Focus on Luke 5 which is around 2 minutes into the video: [Gospel of Luke Video](#)**

**Read the Gospel together: Luke 5:1-11**

**Do a coloring page together of Jesus calling the disciples.**

[call\\_of\\_the\\_disciples.pdf](#)  
Download File

**Symbol of the Week**

Cut small fish shapes out of paper for the children to color. Place these fish shapes in a clear glass bowl on the center of the table. Read the Gospel story together once or twice during the week. Talk about how Jesus calls us to follow him today.

**The Call of the Disciples**



**Children's Storybook**

**Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are**  
 by Maria Dismondy (Written for ages 4-11)

Likely after a long night of work, the fishermen were washing their nets and preparing to return to their homes when Jesus comes along and asks Simon to take him out in his boat. Jesus tells Simon to put his net back out into the water, and Simon hesitates for he'd already tried to catch fish all night long and caught nothing. But Simon does as Jesus says, trusting that

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# Adult Playlist

**September - A Month of Gratitude**

The spiritual practice of gratitude has been called a state of mind and a way of life. For me, gratitude is not just a gift-giver — an underlying structure that helps us construct and make sense out of our lives. The rules of this gift-giver cover all our activities. Its system reveals a system of relationships linking us to the divine each to every other part of the creation.

To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams. Chart your blessings, and praise God. Offer blessings, and express your appreciation to everything and everyone you encounter. As blessing, we are blessed.

Frederic and Mary Ann Brockard (@brockardfamily)

**Learn**

**Want to be Happy? Be Grateful**

The one thing all humans have in common is that each of us wants to be happy. Love Brother David Daniel Rose, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An ongoing lesson in showing others, looking where you're going, and above all, being grateful. Go to TED to learn more and read the transcript.

**For a podcast of Dr. David's interview with Krista Tippett about Gratitude, go to: [On Being with Krista Tippett](#).**

**Gratitude: Living Life as a Gift - Dr. Curtis Amis**

Dr. Curtis Amis of the Society of St. John the Evangelist describes the gift of gratitude and how to practice gratitude. Go to the USQ website to learn more.

**Pray**

**Gratitude Prayer for the Month**

Gratitude God, in the business of my day, I sometimes forget to stop to thank you for all that is good in my life. My blessings are many, and my heart is filled with gratitude for the gift of being, for the ability to love and be loved, for the opportunity to meet the wonderful wonders of creation, for sleep and wake, for a world that thrives and a body that feels I thank you for these things on my life that are less than I would hope them to be. Though that seems challenging, selfish, or selfish, when you have been successful and enjoy and peace of heart form in my every eye, still I rejoice that you are as near to me as my next breath and that in the midst of adversity, I am growing and learning. In the absence of my need, I thank you most of all for your unconditional and eternal love, Amen.

**Psalms on Gratitude**

Read and Reflect on the Psalms each week. (Just click on the title for the Psalms.)

**Week 1 - Psalms 65 and Psalm 102**  
**Week 2 - Psalms 103**  
**Week 3 - Psalms 104**  
**Week 4 - Psalms 107**

**Read, Listen, & Watch**

**Articles**

Read "Ten Words That Will Change Your Life" by Eric Drexler to learn how gratitude brings humility which begins God's grace.

**Book**

This moving book offers gratitude for the blessing of life and the wondrous wonder and beauty of nature. It was inspired by the short film *Gratitude*, a viral video sensation by archdiocesan filmmaker (Schwartzberg) recently featured on Oprah's Super Soul Sunday. The book and film give us a daily most uplifting poem—the Internet phenomenon "A Good Day" written by renowned spiritual leader Brother David Steindl-Rast—with stunning images by Schwartzberg. This inspirational package includes not just the book but a DVD with two short films by Schwartzberg including *Gratitude* and *Brother David's own A Good Day* video. The last page has a link to the "A Good Day" audio track, which you can use to create your own video or slide show on what you are grateful for.

• [Purchase at Amazon.com](#)

**Live**

**Basic, Daily Gratefulness Practice**

It would say we could engage in a "basic daily gratefulness practice" if we could be enough to positively impact our lives and the world around us. Just because a practice is simple does not mean it has simple results. Sometimes you might choose to try this practice in a more formal way at the same time each day. It is for those positive, everyday, and so often so you, you. Go to [Gratitude.org](#) for to experience the practice.

**Gratitude through the Day**

Gratitude, like any other spiritual practice, is something we do, not just something we feel. It is something we need to practice. To practice gratitude, we don't need a special cushion on which to sit, nor a special lamp to light, nor an ornate altar on which to gaze, nor special incense to create the sacred prayer beads to ring, nor a special prayer or mantra to recite. These things in any way but in inappropriate. It may well help. It is simply not enough!

What is enough is here and now. The Psalmist reminds us, "This is the day that the LORD has made for us rejoice and be glad in it" (Ps. 118: 24). Gratitude connects our life and nature as real. Because it gives us daily available for the real presence of Christ, who is all work within us and around us. We the hope you'll find these four simple practices and see how they change your day.

1. sit - Play Your Gratitude  
 2. stand - Keep Your Gratitude  
 3. go - Express Your Gratitude  
 4. pray - Love Your Life

Go to [Gratitude through the Day](#) website.

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