



Hybrid Faith Formation Webinar

Rev. Kathy Pittenger

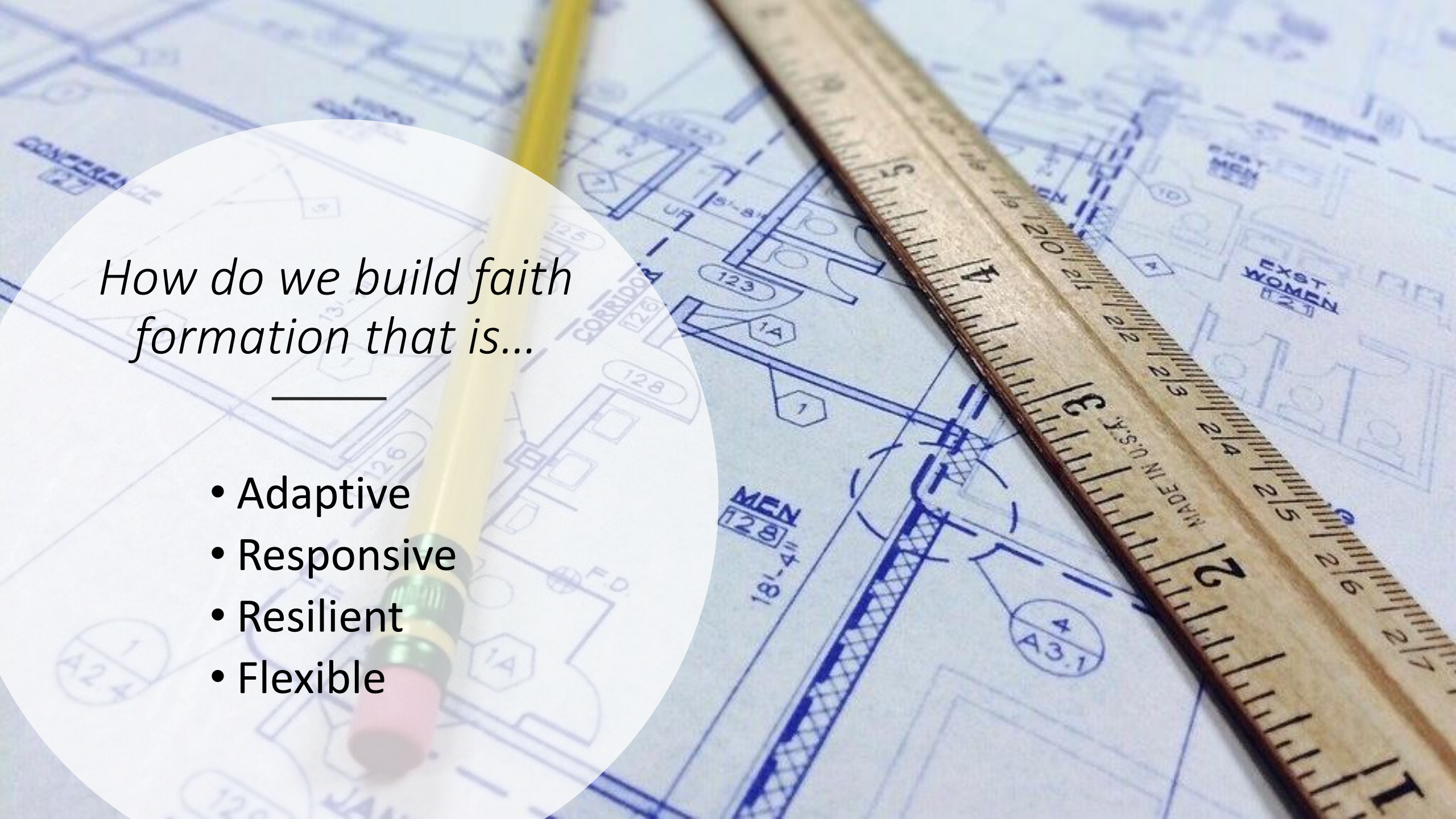
kathryn.pittenger@gmail.com

Resources

www.LifelongFaith.com

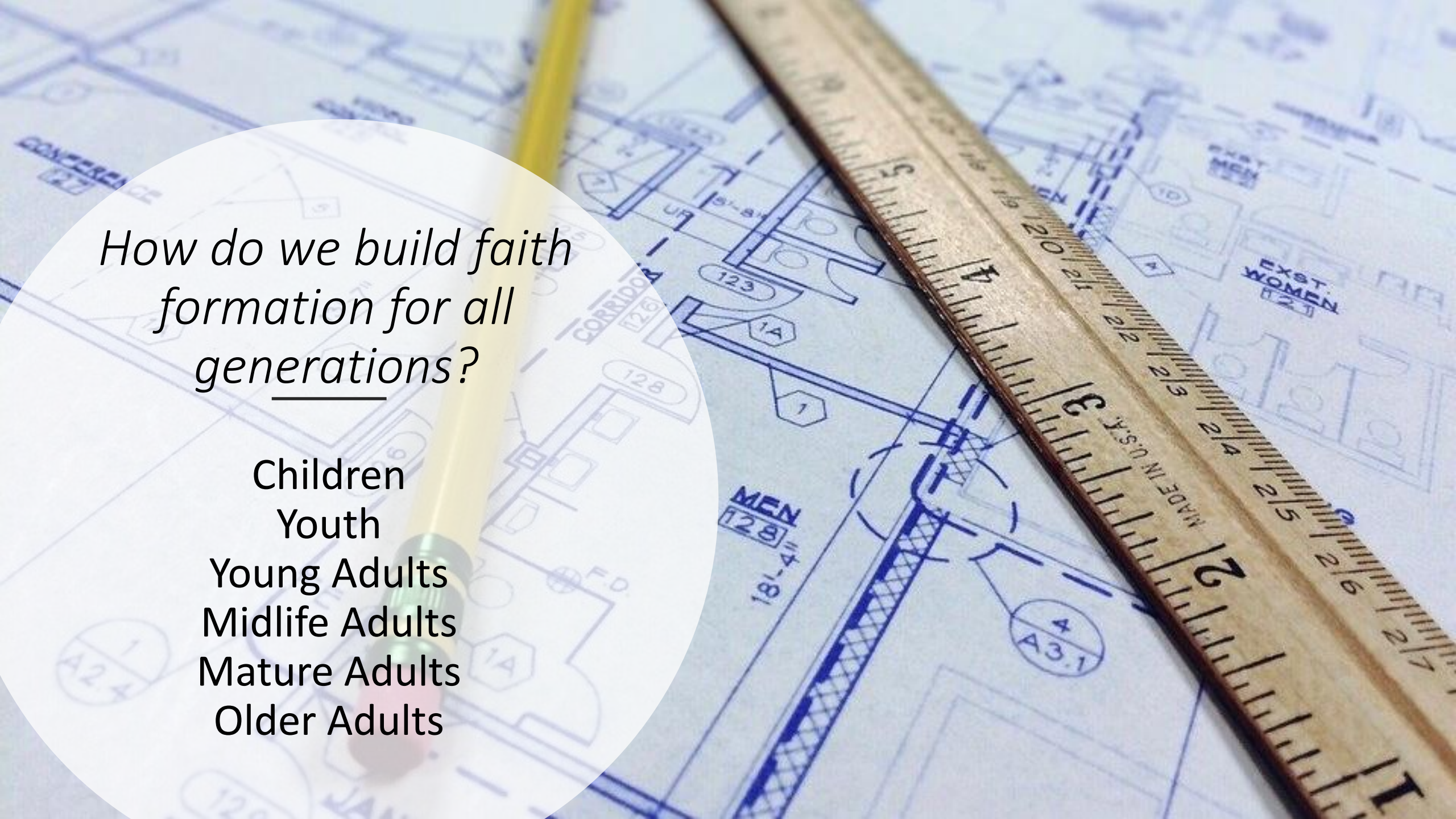
Go to “Hybrid” under
Webinar



A close-up photograph of an architectural blueprint. A wooden ruler is placed diagonally across the drawing, and a yellow pencil with a pink eraser is visible in the lower-left corner. The drawing features various lines, circles, and text labels such as 'CORRIDOR', 'MEN', 'A2.4', 'A3.1', and 'A3.2'.

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

-
- Adaptive
 - Responsive
 - Resilient
 - Flexible

The background of the image is a close-up of an architectural blueprint. A wooden ruler is placed diagonally across the drawing, and a yellow pencil lies horizontally behind it. The blueprint features various technical drawings, including walls, doors, and windows, with labels such as 'CORRIDOR', 'MEN', 'W.C.', and 'EXIST. KITCHEN'. Dimensions like '18'-4"', '12'-8"', and '12'-3"' are visible. A circular callout containing the number '4' and the text 'A3.1' is also present. The text 'MADE IN U.S.A.' is printed on the ruler.

*How do we build faith
formation for all
generations?*

Children

Youth

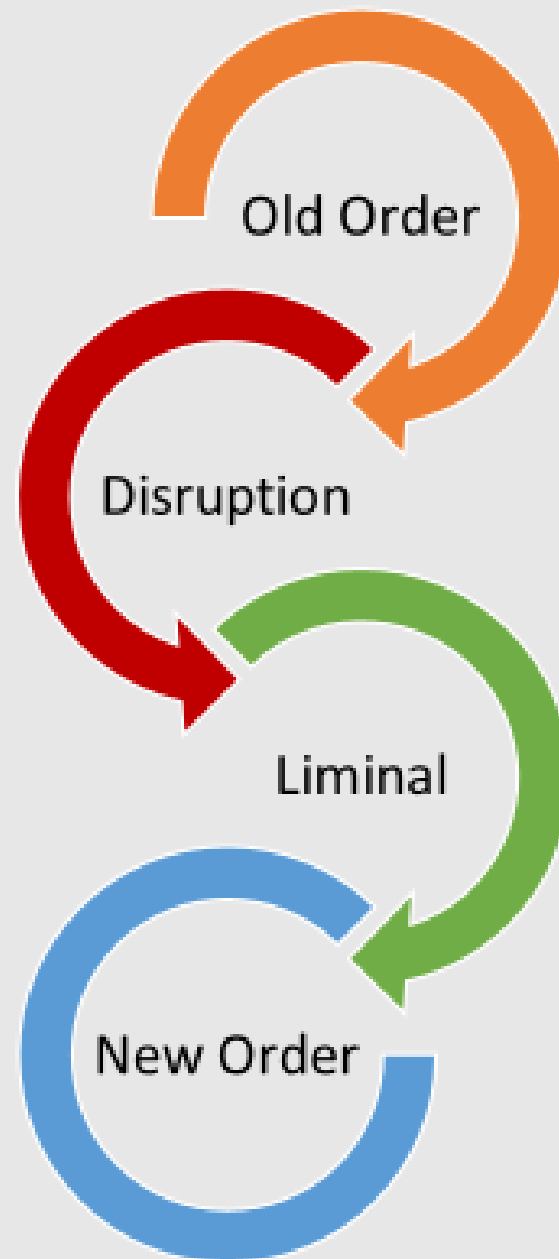
Young Adults

Midlife Adults

Mature Adults

Older Adults

Where Are
We Today?



What We Are Learning

Focus on People (relationship over content)

Expanding Vision of Church & Faith Formation

Using New Hybrid Approaches

Being Synchronous and Asynchronous

Using Traditional Tools in New Ways

Connecting through Social Media

Starting with What We Have

Church is Not the Building

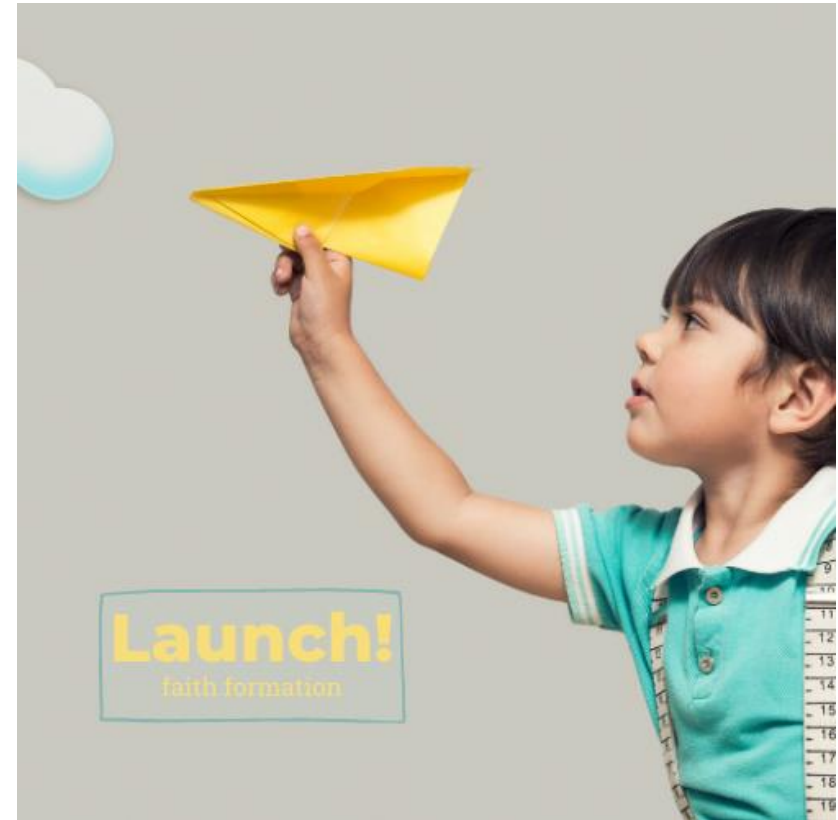
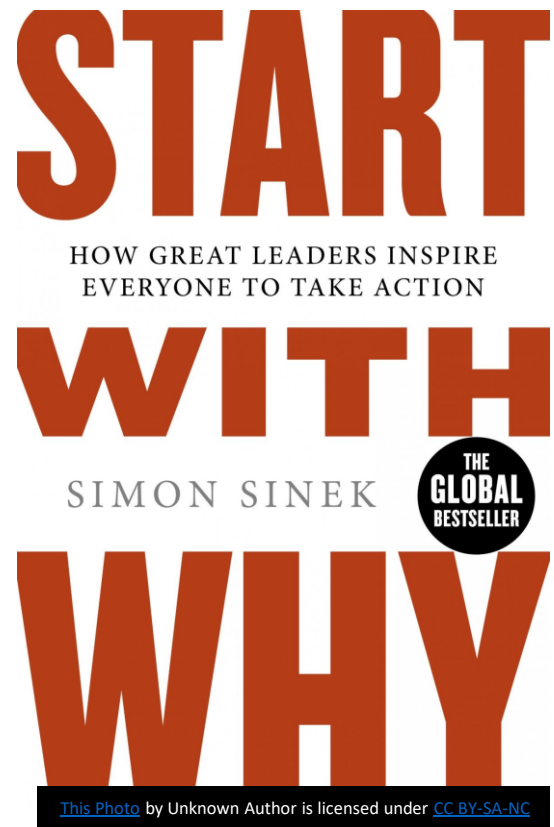


Moving Into the Future?

“Return to Normal” – go back to the way it was before the pandemic?

Access the communities and be willing to listen, design, and develop new innovative faith formation – content, approaches, methods, media that respond to the needs of people today?

WHY?



Spending Time With Your Why

Where We Have Been- Where Are We Going?

Spending time with your why

What do you want to keep/build on from before the pandemic?

What is new that you want to keep/build on?

What do you want to stop altogether?



INNOVATION, DISRUPTIVE INNOVATION, YOUTH & CHILDREN

Victoria Atkinson White: Sometimes the best way to move forward is to stop



(Stock / SDI Productions)



by: Victoria Atkinson White
Managing director,
Leadership Education at Duke
Divinity

MORE ON THIS TOPIC: INNOVATION

- > Alex Shea Will: Let's re-envision "normal"
- > Eat, Pray, Skate: A skateboarding ministry offers unconditional love to teens
- > Libby Davis Manning: What I learned about ministry from beekeeping
- > The task for a new day



Rather than pouring time and energy into what's not working, be willing to stop, listen and try something different, writes a managing director of Leadership Education at Duke Divinity.



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?

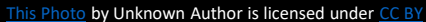
- * New Approach or Program
- * New Methods & Media
- * New Technology
- * New Space or Location



Pause

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

1. Informed by research on forming faith
2. Focusing on goals for faith maturing
3. Embracing holistic faith formation: intergenerational, family, and life stage
4. Planning with a variety of options: content, formats, times, spaces
5. Models/Spaces – in person, hybrid, online
6. Personalizing through playlists of faith forming content and experiences



Begin with WHY – Goals for Maturing in Faith

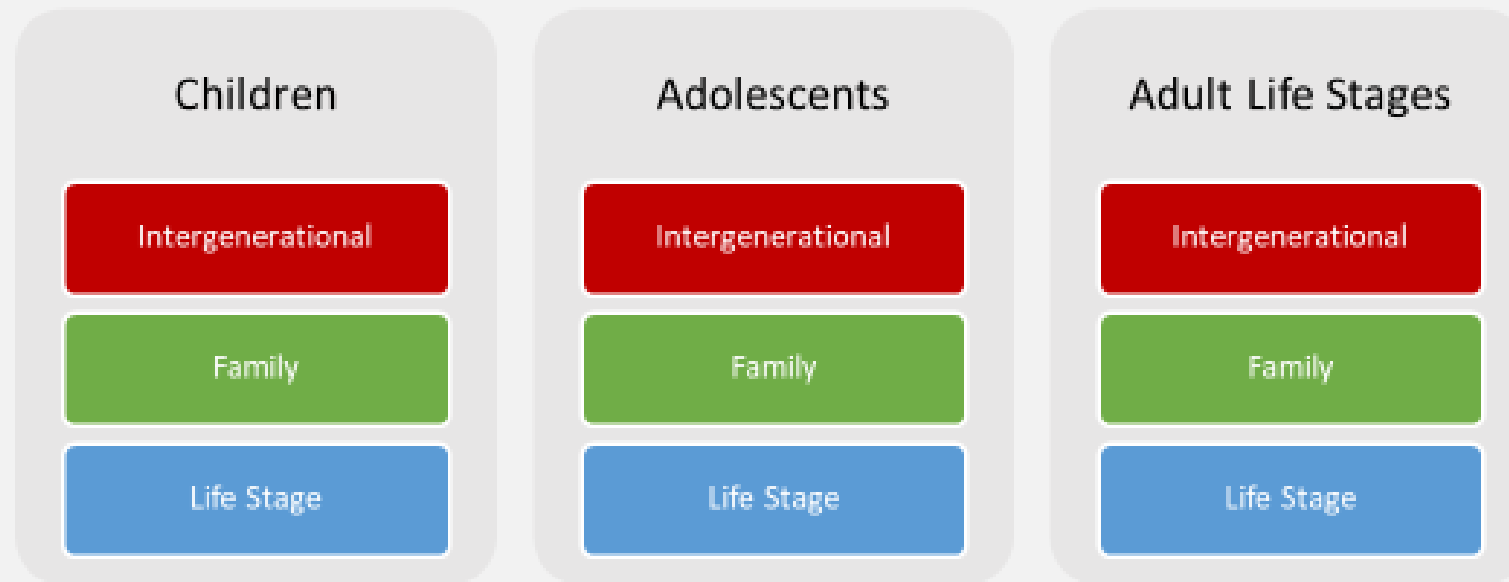
- Why
- Values
- Definitions
 - Disciple
 - What does “maturing in faith” look like
- Goals
 - Spiritual Practices
 - Bible
 - Justice/Compassion
 - Worship
 - Engaged
 - Sharing Gifts

One Goal, Many Methods & Media

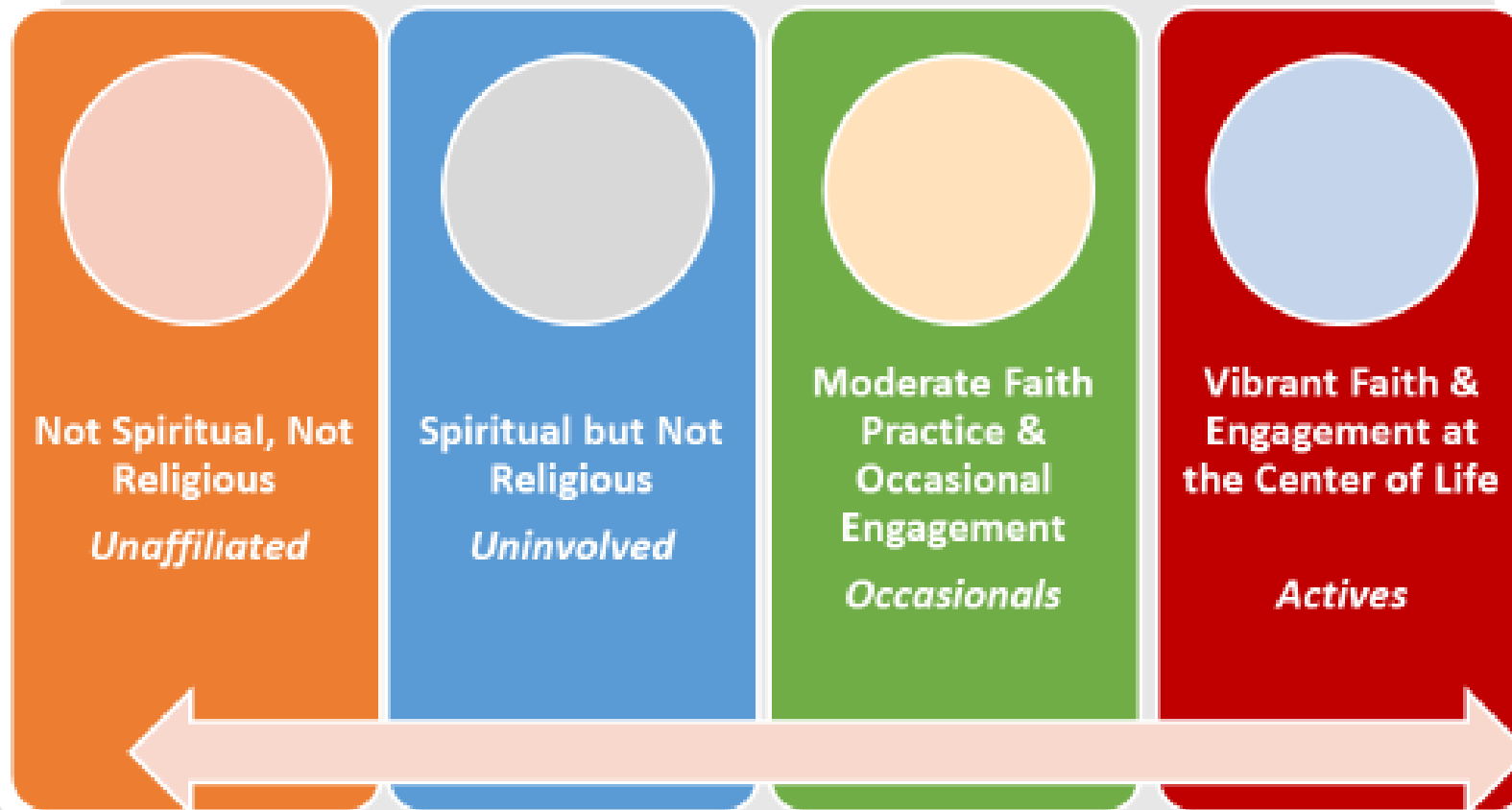


Holistic & Lifelong

Three Kinds of Faith Forming Experiences

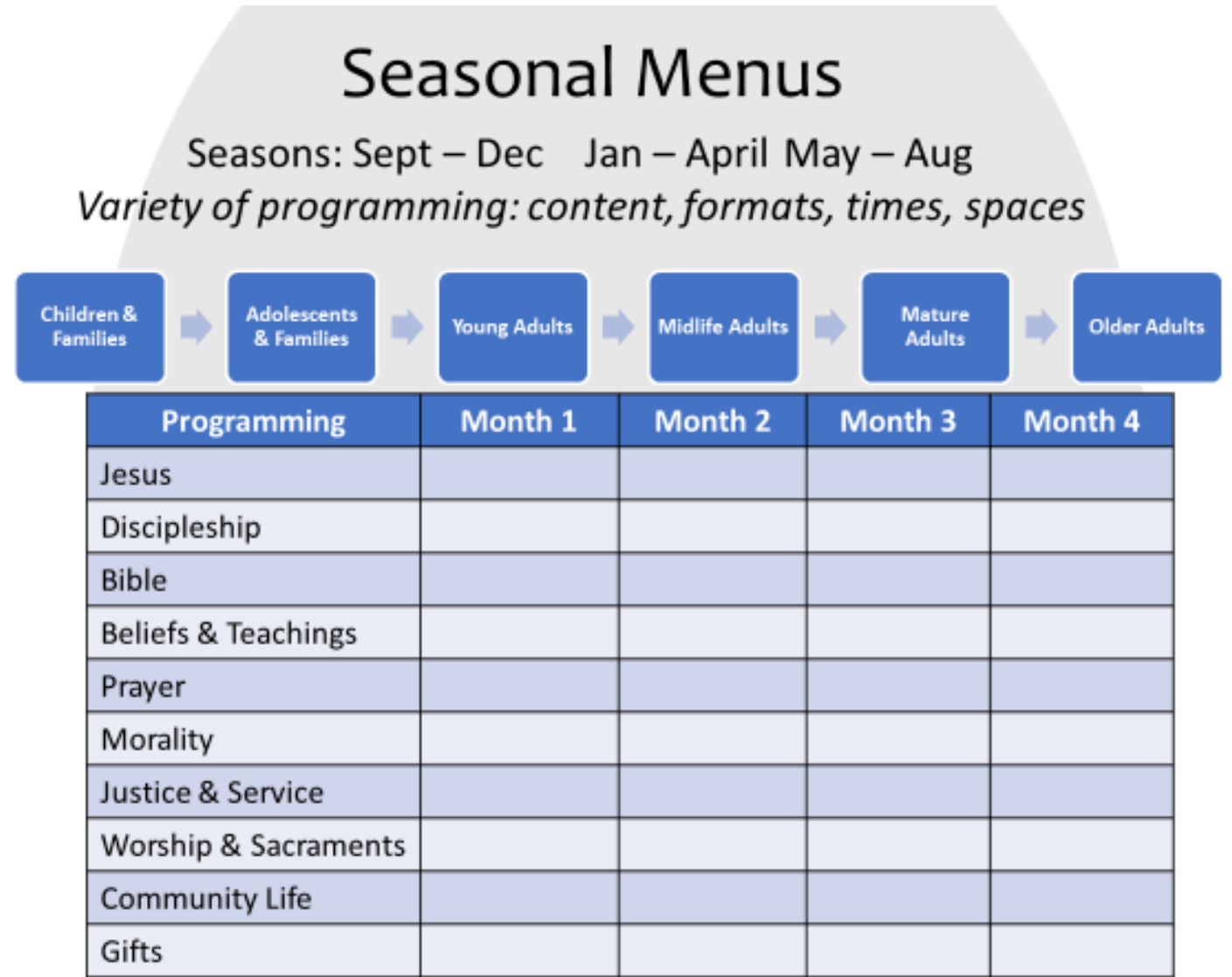


Diverse Religious Paths



Planning with a Variety of Options

- Monthly
- Seasonal
- Yearly



Hybrid Faith Formation



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*

Digital Tools

A Digital Platform for Faith Formation: Websites – Weebly, Squarespace, Wix, etc.

Online Learning Platforms: Edmodo, Seesaw, Google Classroom

Video Conferencing & Streaming: Zoom, Facebook Live, YouTube Live, etc.

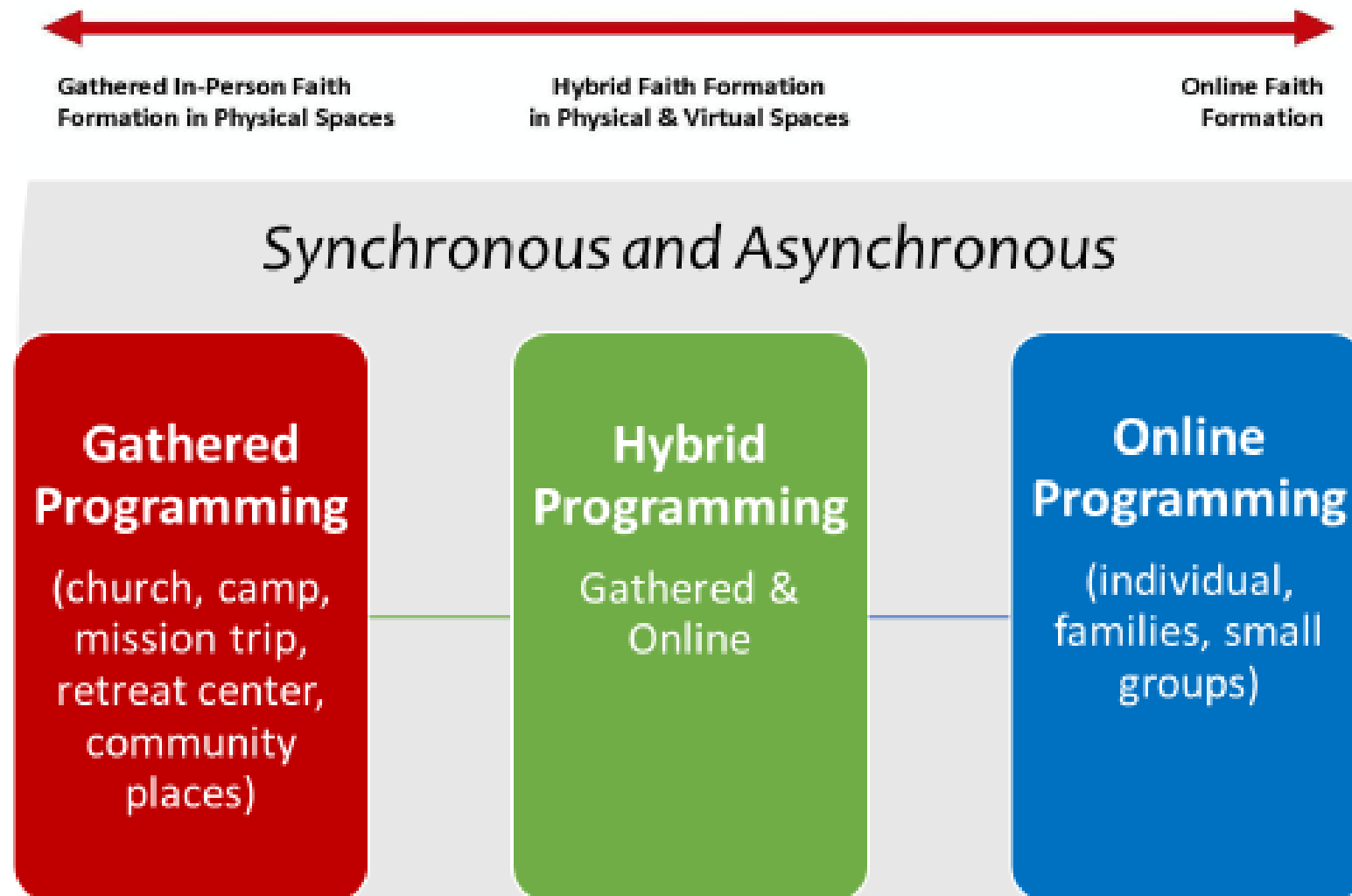
Group Interaction: Facebook Groups

Communication Tools: Email, Texting

Social Media: Facebook, Instagram

Digital Learning Apps

Building Block: Programming Models





*All course materials available freely without registration;
register for additional tools and discussion*



THE GOSPEL OF MATTHEW

Matthew has some of the most familiar stories of Jesus' life, making it a great study for beginners. It is also beautifully nuanced which should appeal to those who have...

[DETAILS](#)

THE GOSPEL OF MARK

This study will delve into Mark's storytelling. The Markan Gospel depicts a Jesus of both good news and urgent challenge. The clever author of this book masterfully weaves together episodes...

[DETAILS](#)

THE GOSPEL OF LUKE

The Gospel of Luke is undoubtedly a masterfully woven narrative filled with skillful characterizations and beautiful poetic verse. Contained within its chapters are some of the most theologically significant parables...

[DETAILS](#)

THE GOSPEL OF JOHN

The Gospel According to John has long been a favorite of Christian readers of scripture. The Gospel's representation of the life of Jesus is...



ACTS OF THE APOSTLES

Written by the same author as the Gospel of Luke, the Acts of the Apostles is a continuation of the story of Jesus' followers. Luke, traditionally...



ROMANS

Paul's letter to the Romans has been enormously influential in the development of Christian faith, Christian theological reflection, and Christian...

Yale Bible Study

YALE BIBLE STUDY

ABOUT ▾COURSES ▾RESOURCES ▾

Presenter
DR. HAROLD W. ATTRIDGE

Presenter
DR. MICHAEL BETH DINWILER

Categories
FEATURED COURSES

ENROLL

OVERVIEWCURRICULUM

Introduction to the Course2

Introduction to the Course

Introduction to the Course - Additional Resources

Week 1: Ancestry and Birth4

Ancestry and Birth - Video16 min

Ancestry and Birth - Study Guide

Ancestry and Birth - Discussion Questions

Ancestry and Birth - Additional Resources

Hybrid: From In-Person to Online

Worship & Online Formation

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

JANUARY 6, 2020
EPIPHANY OF OUR
LORD



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.

Mealtime 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.



© 2019 Milestones Ministry, LLC. All rights reserved.

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



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

FAITH & HUNGER: FEEDING THE 5,000

RESOURCES - HOME

CHILDREN'S MINISTRY HOME

CHILDREN'S MINISTRY TOOL BOX

CHILDREN SEASONAL

CHILDREN PLAYLISTS

Need something else?

Need another resource? Looking for advice? Please contact [Kathy Pittenger](#).

Possible ways to use this playlist:

- Share with families to use on their own - perhaps after church to reflect on worship
- Use as a "Sunday School" or kids ministry time either in person or online
 - If using in-person - read the story together, use the wondering questions for discussion and to go deeper, bake the bread, read the book(s), and talk about how your group can take action against hunger, end with a blessing
 - If using online - read the story or invite kids to act out the story (can someone bring bread or fish or baskets or... props to help tell the story - or have a scavenger hunt for kids to find those object or objects that can be substitutes); talk about a question or two, choose one of the activities, or use one of your own, use the prayer or your own, and end with a blessing
- Use the Bible story and questions as a devotional at a gathering with families and then invite families to go deeper with the prayer list on their own.
- Invite small groups to use the playlist together (could be an intergenerational group, family groups, etc.)

Feeding the 5,000

Throughout Scripture there are countless stories of people gathered around a table, eating together, and talking about faith and beliefs. In the story of Jesus feeding the five thousand, we have an example of helping to feed people, and it even contains mention of the food coming from the lunch of young boy. When the disciples express their concern for the people needing to eat, Jesus challenges them to feed the people and performs this amazing miracle. We are still called today to help feed people and to utilize the resources we have to work in fighting hunger. (Rev. Michael Vollmer)



Bible Story

- Read the story of Jesus feeding the 5,000 from [John 6:1-13](#) in your Bible or favorite Bible Story Book.
- Explore the map of Israel. Find the Sea of Galilee. Jesus did a lot of his ministry in this area.
- Wonder about the story together:
 - I wonder what it would have been like to be in the crowd listening to Jesus.
 - When have you been in a crowd with a lot of people?
 - When was a time when you were really hungry?
 - I wonder what the child who shared his bread and fish thought when his small meal fed so many people.
 - What do you wonder about?
- Prayer:
 - Dear God, thank you for stories of Jesus that teach us about sharing, caring for others, and miracles. Help us remember that you can use small things to make a big difference. We pray for those who are hungry and for those who share their food. Amen.



Hybrid: From In-Person to Online

In-Person & Online Formation

- Meet in-person once or twice per month
- Engage in online faith formation for the other weeks using a playlist on the theme

Four-Week Program Plan

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

The Wise and Foolish Builder

"The wise man (all people) built his house upon the rock..." may be a song that you sing or sang in Sunday School or Vacation Bible School or summer camp. It comes from a parable that Jesus told his followers about listening to and putting into practice what he has been teaching. We can also use this story to talk about making wise or foolish choices. Start by reading the Bible Story or watching the video and going through the wondering questions. Then pick the activities your family would like to do, as many or few as you like. Close your family faith time with prayer – use your own or the one provided.

Bible Story

- Read the story of The Wise and Foolish Builder in your favorite Bible Story Book, in the [Deep Blue Bible Storybook](#), or in [Matthew 7:24-27](#).
- Wonder about the story together:
 - I wonder if you can remember a storm with lots of rain and wind.
 - I wonder what happens to a house when it is built on the sand when rains and winds come.
 - I wonder what happens to a house built on rock (or a strong foundation) when rains and wind come.
 - I wonder if you can think of a time when you listened to a wise friend or adult.
 - I wonder if you can think of a time when you did not listen to a wise friend or adult.



[Deep Blue Kids Video about the Wise and Foolish Builders](#)

Activities

- Printable [Puzzle](#)
- [Building a Good Foundation Activity](#)
- Activity [Activity Bulletin](#)
- [Deep Blue Lesson for at Home](#)

Other activity ideas include:

- Make Sand Art
- Paint a rock with an encouraging message and put it somewhere so others can see it
- Do a house/tower building experiment: What kind of materials create a strong foundation? What kind of materials might make a foundation weak or unsteady? Build a house on a strong foundation and a weak foundation. What is the same? What is different?

Songs



Book

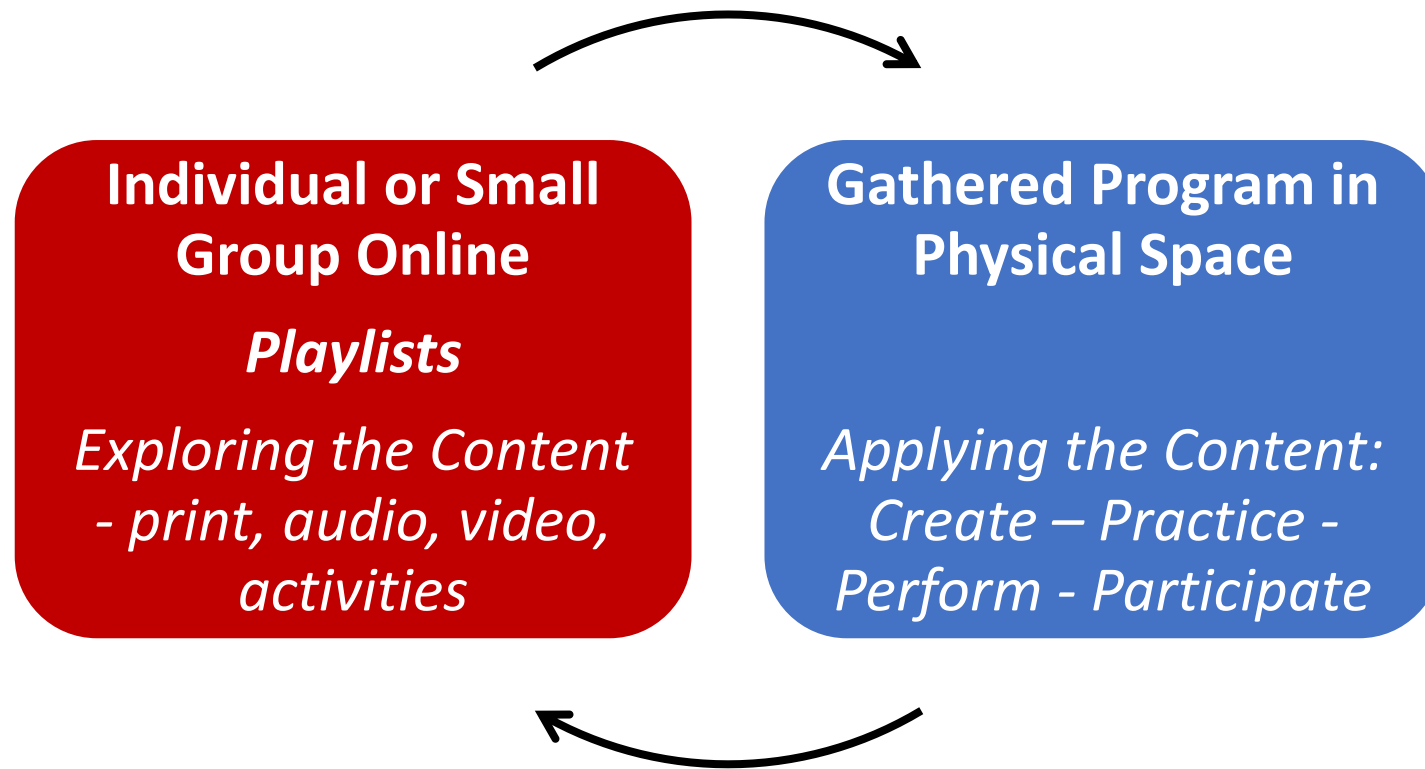
Most People by Michael Leannah



Building strong foundations in our communities means understanding that most people care about one another and also want to have a strong community. After you read/watch the book, discuss these talking points: How have you seen people being kind in your community? When people are not kind, how can you and your family respond? (You may want to tie this in with understanding race, racism and anti-racism. Learn more [here](#).)



“Flipped Classroom” Model



Hybrid: In-Person & Online

Confirmation

- **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.



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

About Children's Ministry

Gardening and Experiencing God

Outdoor Family Worship

↑ Back to Top

Summer Faith Formation

Staff

Rooted: Gardening and Experiencing God



Thursday mornings July 8, 15, 22, 29

In person | 9 :30- 11 am | grades K-5 | \$25

Online | 4 pm | all ages | free

Plant your garden as soon as weather permits! It can be as small as one tomato plant or a garden as big as your backyard! All ages are welcome to plant a plant! We will sell our produce at the Outdoor Farmer's Market on August 5 during our Family Friendly Outdoor Worship experience.

REGISTER



Hybrid: Online to In-Person

Online & In-Person

- Weeks 1-3: Meet on Zoom (or another online platform)
- Week 4: In-person to celebrate learning and gather together

Hybrid: Online & Interaction

- 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.

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 (physical or online) to share their experience.

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.

Alpha Online

Live Stream & Online Small Group



Fully Online Self-Directed Learning

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.

You are invited and challenged to grow in faith . . .



We have a host of opportunities for you for you to grow in faith in a self directed manner . . .

Step 1: Essential Elements. Reflect and think: If you could name four essential elements for faith growth, what would the four words be? Click through and follow the simple process. Takes only a couple of minutes.

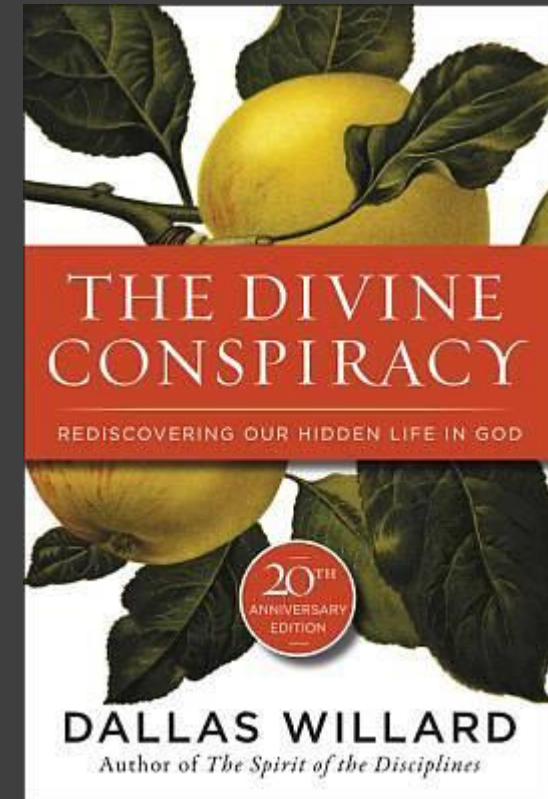
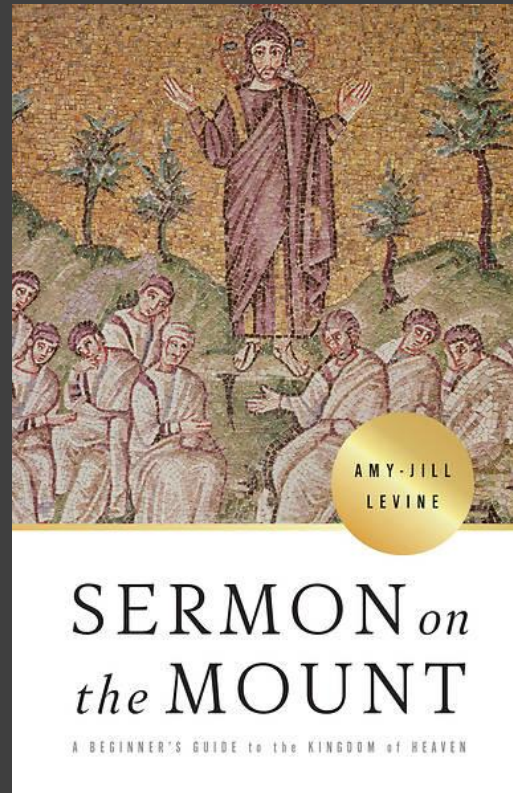
Step 2: Chart Your Path. How do you intend to grow in faith? Explore these possibilities.

1. **Your Personal Journey** - We have curated excellent faith-learning resources around the essential themes of the Catholic Christian faith.
2. **Christian Practices** - We form ourselves in the practices of the Christian way of life by drawing upon the wisdom of the Bible and Christian tradition, and connecting the practices to the “signs of the times.”
3. **Finding Life's Purpose** - There is no better time for each one of us to look deeper into ourselves to inspire and nurture our spiritual growth. And there is no better time to discover meaning and purpose in our daily lives.
4. **Racial Reconciliation** - If we desire to support people of color in our community, we must learn about racial justice and the need for racial reconciliation throughout society.
5. **Care for Creation** - Our care for one another and our care for the earth are intimately bound together. Climate change is one of the principal challenges facing society and the global community.

After each component, be sure to click **Claim Your Badge**, fill out the form and within 24 hours you will receive a digital badge acknowledging your achievement, and **\$10 will be donated** to St. Charles Faith Formation.



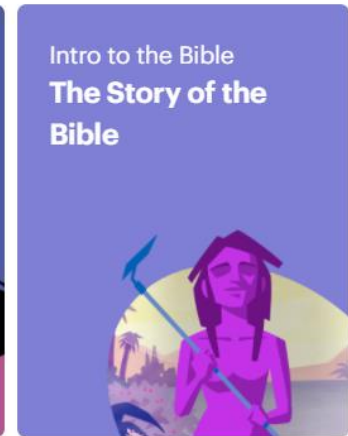
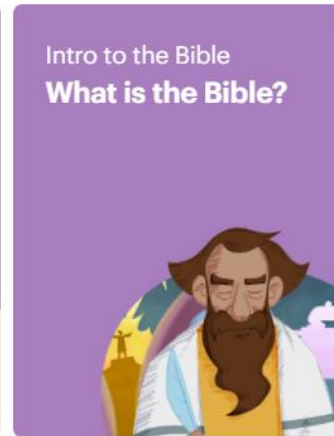
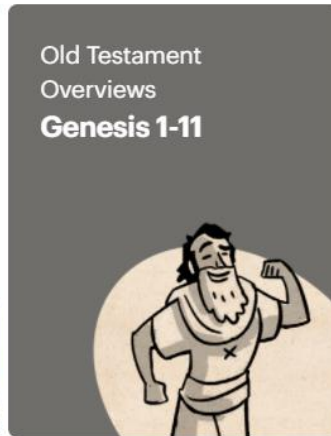
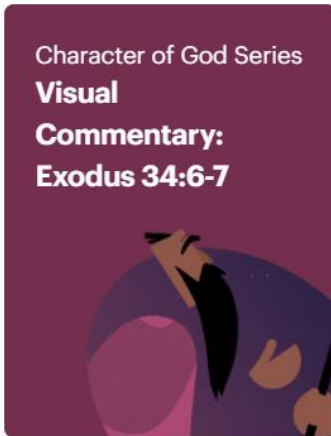
Reading /
Book Groups
/ Video
Groups



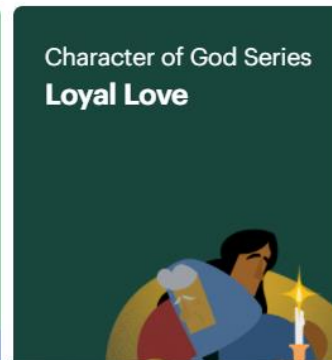
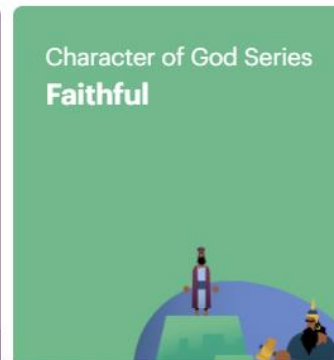
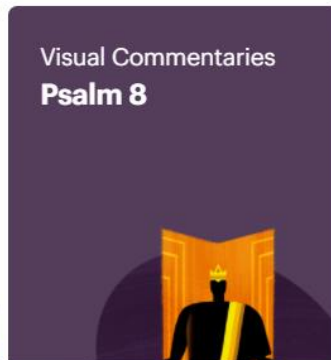
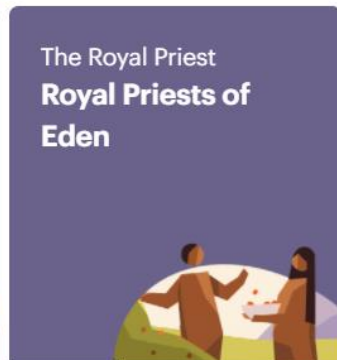
What does God's wisdom offer? [Watch our newest video](#)



Top 10 Videos



Latest Videos >



FAITHFUL FAMILIES



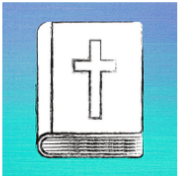
FORMING
FAITHFUL
FAMILIES

Parents Children Youth Family Life Seasons More

EARTH DAY

Celebrate Earth Day as a family! Earth Day is celebrated each year on April 22. Enjoy this playlist as you celebrate God's good creation with your family and enjoy some time in creation together today!

READ/WATCH/LISTEN



Read Genesis 1 together. Let your child share the refrain each time... "and it was good!"

For older children/youth - compare the two creation stories in Genesis 1 and 2.

Start your day with a reading from Genesis 1 and talk about God's good creation. Wonder together about how creative God must be to create this world! Ask each other - what are your favorite parts of God's creation?

WONDER



I wonder what this scripture tells us about how creative God is?
I wonder...what are your favorite parts of creation?
If you were creating the world, I wonder what you would want to add?
I wonder if you know that you are God's good creation?
I wonder how we can best care for God's good creation?

FORMING
FAITHFUL
FAMILIES

Parents Children Youth Family Life Seasons More

PRAY



Sing the thank you prayer song together, and pause each time you sing the phrase for someone to share something from God's creation for which they are thankful.

Sing to the tune of the first line of "Old McDonald":

Thank you, thank you, thank you God. Thank you God for...

Older children and youth: sometimes prayer is spending time in silence with God. Go outside and find a beautiful spot in nature. Pray with your eyes and ears open - be aware of God's beautiful creation and rest in God's presence.

DO



Background Scavenger Hunt

Get out in the backyard and hunt for God's creation!



Nature Easter Eggs

We're still in the season of Easter, so celebrate nature and Easter at the same time with these nature Easter eggs.

KINDNESS IS WELCOMING



Listen

Click on the link at the bottom of the page to hear the story of how God Made Sarah Laugh in Genesis 18:1-15, 21:1-7. You can follow along in your copy of Growing in God's Love on page 50 or read along in your Bible.

Wonder

Why did Sarah and Abram prepare this meal for the visitors?
When has someone welcomed you as a friend?
How have you welcomed someone else?
How is God calling you to welcome others now?



Pray

God- thank you for all the people who welcome me. I am grateful for my friends and family. Help me live as Abram and Sarah- welcoming others. Show me ways I can practice hospitality as I treat people with kindness. Amen!

Play

Gather two or more people, in person or virtually. One person begins, saying "Ha". The next person says "Ha ha." The next says "Ha ha ha." Continue this pattern, adding a "Ha." for as long as you can without the group bursting into laughter. Repeat as many times as you want!



Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!



Ten Ways to Engage Families with Social Justice

By Rev. Paul Perez & Rev. Kathy Pittenger

1

Read a book that addresses social justice and discuss it. A resource list is available on the website.

2

Volunteer as a family at a local food pantry, soup kitchen, school weekend food program, or an organization that

3

Have a conversation with your child about what is going on in the news. Choose a current event

4

Learn about Fair Trade practices and products. Look at labels when you shop this week. Find and purchase at

5

Learn about energy usage, how to reduce, reuse, and recycle. Do an energy audit at home. See if you can find a company that

Courage Playlist

Joshua the Leader

Moses had led the people out of Egypt and they had been wandering in the desert. Moses died and now it's up to Joshua to lead the people. God spoke to Joshua to encourage him to be strong and courageous and to remember that God will be with them always. This playlist has a combination of activities and videos about courage and leadership.

Start by reading the Bible Story or watching the video and going through the wondering/discussion questions. Then pick the activities your family or small group would like to do, as many or few as you like. Close your time with prayer – use your own or the one provided.

Bible Story

Read the story of [Joshua 1: 1-9](#) in your favorite Bible.

Wonder/Discussion Questions

For Children

- I wonder how Joshua felt when he was the new leader.
- I wonder how you are a leader in your family, at school, or in your community.
- God told Joshua to have courage, I wonder how you show courage.

For Youth/Adults

- What situation in your life do you need to remember that God is with you?
- What is the hardest for you – being strong or courageous?
- Who is someone you know who needs to be reminded that they are not alone and that God is with them? Commit to remind them that they are not alone this week.

Discussion Points

Leadership skills may come naturally to some children and youth but teaching and guiding them with leadership skills as they grow is important. Here are a few ways that you can build leadership qualities with your children and youth from [Entrepreneur](#).

Adult Playlist

September - A Month of Gratitude

The spiritual practice of gratitude has been called a state of mind and a way of life, but we prefer to think of it as a grammar — an underlying structure that helps us construct and make sense out of our lives. The rules of this grammar cover all our activities. Its syntax reveals a system of relationships linking us to the divine and 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, (even your blessings, and praise God, enter blessings, and express your appreciation to everything and everyone you encounter. By blessing, we are blessed.

Practice and Many More Blessings (spiritualandpractice.com)

Learn



Want to be Happy? Be Grateful

The one thing all humans have in common is that each of us wants to be happy. Says Brother David Steindt-Orgel, a monk and open-heart scholar, "And happiness, he suggests, is born from gratitude. As dropping stones in a stream, looking where you're going, and above all, being grateful. Go to 9:00 or 10:00 a.m. and read the transcript."

For a podcast of Br. David's interview with Krista Tippett about Gratefulness, go to: [Be Being with Krista Tippett](#).



Gratitude: Living Life as Gift

Br. Carter Abquist of the Society of St. John the Evangelist describes the gift of gratitude and how to practice gratitude. Go to the [USJ website](#) to learn more.



Pray



Gratitude Prayer for the Month

Gracious God, in the busyness of my day, I sometimes forget to stop and thank You for what 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 see the everyday wonders of creation, for sleep and wake, for a mind that thinks and a body that feels. I thank you, God, for those things in my life that are best than I could hope them to be. Things that seem challenging, unfair, or difficult, when my heart feels stretched and empty and yours of mercy, look in my weary eyes, still I rejoice that you are at work in me as my best friend and that in the midst of my weakness, I am growing and learning. In the silence of my soul, 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 link for the Psalm.)

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

Read, Listen, & Watch



Articles

- Read "Two Words That Will Change Your Life" by Krista Tippett. It's a beautiful prayer before leaving which begins with grace.

Book



This moving book gives gratitude for the blessing of life and the everyday wonder and beauty of nature. It was inspired by the short film, *Gratitude*, and an audio version by acclaimed filmmaker Louis Scheer. The book and the film are of today's most uplifting genres—the Internet phenomenon "A Good Day" written by renowned spiritual leader Brother David Steindt-Orgel, with stunning images by Schwenberg. This inspirational package includes not just the book but a DVD with two short films by Schwenberg (including *Gratitude*) and Brother David's own "A Good Day" audio track. The 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.

► [A Good Day at Schwenberg.com](#)

Live



Basic, Daily Gratefulness Practice

If, each day, we could engage in a "basic daily gratefulness practice," it would 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. Even though you might choose to try this practice in a more formal way at the same time each day, it can be done anytime, anywhere, and as often as you want. Go to [Gratefulness.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. And it's something we need to practice. To practice gratitude, we don't need a special occasion to which to tie, nor a special time to go, nor a special place to which to go, nor a special person to which to go, nor a special prayer to which to go, nor a special prayer or mantra to which to go. It is in any day and at any time. It is simply not enough.

What is enough when and how? The Psalm reminds us, "This is the day that the LORD has made, let us rejoice and be glad in it" (Ps. 118:24). Gratitude recognizes our life and makes us feel, because it makes us really participate in the real presence of Christ, who is at work within us and around us — now let hope put living out those four simple invitations and see how they change your day.

- Join — Pray Your Gratitude
- Join — Sing Your Gratitude
- Join — Express Your Gratitude
- Join — Bless Your Life

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



Relationships

Next Steps...

- Why/Goals
- What Keep/What Stop/What's New?
- Planning
- Models
- Playlists
- Pick one thing that you are going focus on first

