

## Key Concept: Personalized Faith Pathways



## Virtual Learning Academy



VLACS provides full time and part time online virtual learning opportunities for both Middle & High School students. Our new online Adult Education program will be available in 2016.

### Choose Your Path



#### Middle School & High School

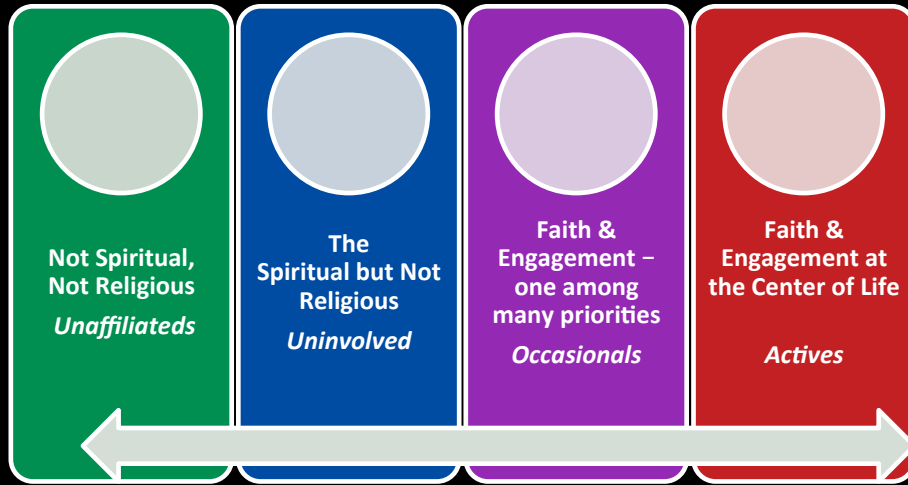
VLACS is an online virtual public middle and high school offering students the opportunity to learn at their own pace, full or part time.



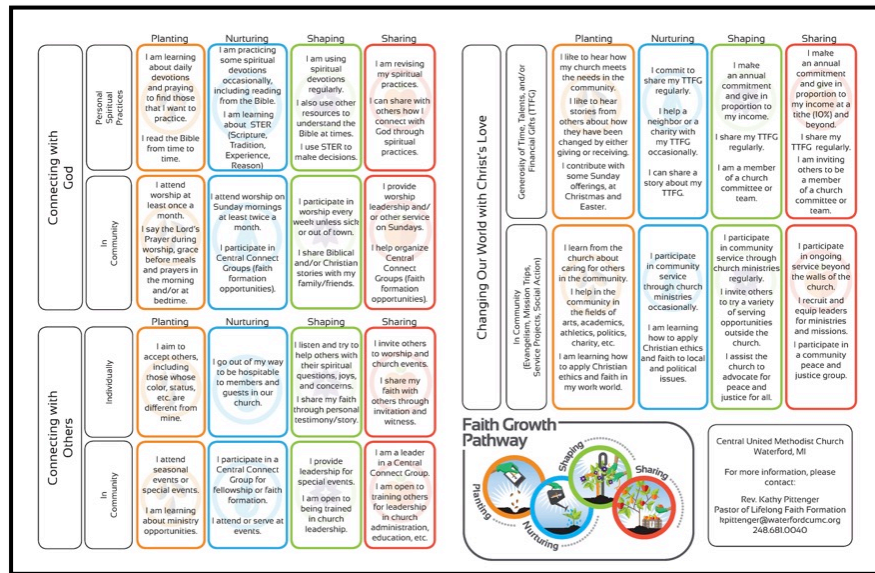
#### Adult Education

Learn something for fun, develop new tech skills, learn a second language, and more at VLACS Adult Ed. Now accepting enrollments!

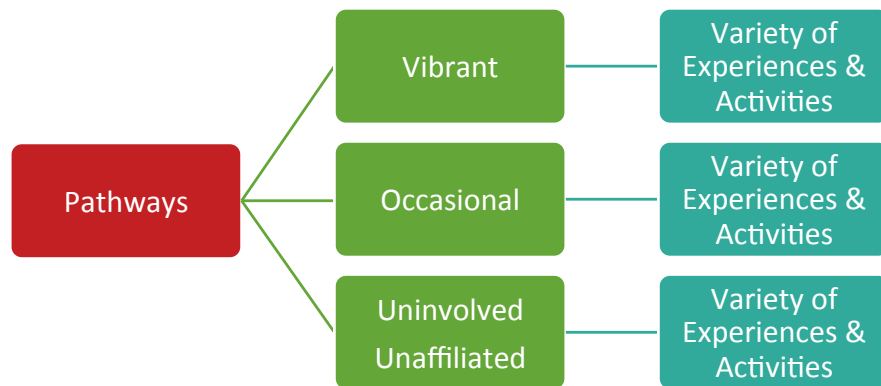
# Personalized Pathways of Faith Growth



## Pathways



## Personalized Pathways of Faith Growth



## Pathways to Faith Growth

Exploring	Getting Started	Making Progress	Going Deeper
Belonging	Knowing	Having Hope	Be Called & Equipped
Awareness	Education	Taking Action	Influencing Others
Invitation	Awareness	Biblical Storytelling	Community Service Indicator
Beginning	Persevering	Improving	Sharing
Inquiring	Experimenting	Internalizing	Lit
Available		Resourcing	Gathering
Awareness	Trial & Error	Choosing	Sharing
Discover	Connect	Explore	Interpret & Re-interpret

## Key Concept: Playlists for Learning









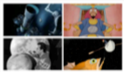


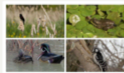


## Learning Playlists

- ✦ A learning playlist is a curated group of digital and local learning experiences and resources (e.g. videos, websites, books, games, articles, etc.).
- ✦ A playlist weaves together these learning experiences into a sequenced pathway centered on a common theme.
- ✦ Playlists broaden opportunities to engage in cohesive, interest-driven connected learning experiences that combine a variety of ways to learning: peer settings, family settings, intergenerational settings, community/world settings, and online settings.
- ✦ Playlists create a rich network of experiences for learners.

# National Film Board of Canada

## Educational Playlists

Our educational playlists are selections of films on themes that tie in with Canadian curricula and address the important issues of the day. Many of the playlists are also linked to our study guides.

 <p><b>Tribute to Alexis Dumas</b> Alexis Dumas is a filmmaking legend. In honour of her long and colourful career, we've put together a playlist of some of her most influential and powerful work.</p>	 <p><b>Uniklinik - Showing our Stories</b> The indie film has a long and vibrant tradition of passing tales and legends down from one generation to the next using visual arts and storytelling. For the past 70 years...</p>	 <p><b>Gay culture &amp; the NFB</b> The International Day Against Homophobia and Transphobia, held on May 17 every year, is a rallying event offering an opportunity for people to get together and reach...</p>	 <p><b>Showcase Francophone</b> Performers, musicians and songwriter Damien Robitaille is a Franco-Ontarian from Lafontaine, a town outside Toronto. His independently produced album Damien was...</p>
 <p><b>Earth Day 10 films about issues facing our planet</b> Celebrate Earth Day and our incredible planet with this selection of 10 films that powerfully tackle today's environmental...</p>	 <p><b>Image+action/NFB LGBTQ Playlist</b> In 2014, the NFB and the image+action Montreal LGBTQ Film Festival partnered to create a playlist that was pulled from the NFB's rich LGBTQ film collection...</p>	 <p><b>Conquest of Space</b> On September 29, 1962, Canada joined the space race with the launch of Abouette 1, a satellite designed and built entirely in this country. This Canadian first made...</p>	 <p><b>Learning Through Empathy - Secondary and Postsecondary</b> Empathy: the ability to understand and share the feelings of another - is a vital skill for students navigating the diversity and...</p>
 <p><b>Learning Through Empathy - Elementary</b> This playlist offers elementary school teachers unique Canadian resources that will help students explore, discuss, and ultimately...</p>	 <p><b>Tales of the Dundee Wetlands</b> This summer, discover eight short films that celebrate the ecological riches of Quebec's Lake Simcoe. François National Wildlife Area. Taken from André Deschamps...</p>	 <p><b>How Funny Is That?</b> Kayak: Canada's History Magazine for Kids brings Canada's fascinating past alive for readers between the ages of 8 and 13, through comics, stories...</p>	 <p><b>War &amp; Peace</b> NFB films encompass a wide variety of war topics studied in both elementary and high schools. War is an important theme in Canadian and World Studies, Science...</p>

## Playlists

### Summer Eats!

### Summer Adventure Story

## Playlist Format

Faith Maturing Characteristic:

1. Faith Pathway
  - *Exploring*
  - *Getting Started*
  - *Making Progress*
  - *Going Deeper*
2. Goals for Playlist
3. Plan of Faith Forming Experiences
  - Content
  - Settings
  - Methods
  - Peers/Mentors/Guides
4. Demonstration of Growth

## Emerging Roles of Faith Formation Leader

*Balancing Both Roles*

### Current Roles

- Developing religious content
- Designing programming
- Managing programming
- Teaching/Facilitating programming

### Emerging Roles

- *Designing* faith forming environments —*architecture*
- *Designing Digital Platforms* for faith forming content
- *Curating* religious content and experiences

## Faith Forming Plan


Faith Maturing Characteristic	Intergenerational	Family & Parents	Peer



[HOME](#)
[SUNDAY WORSHIP](#)
[ADULTS](#)
[YOUNG ADULTS](#)
[TEENS](#)
[FAMILIES & CHILDREN](#)

## Welcome to a *Life Worth Living*


### A Community-Wide Yearlong Faith Formation Experience



**Gratitude**  
September

Description


[LEARN MORE](#)



**Generosity**  
October

Description


[LEARN MORE](#)



**Service**  
November

Description

[LEARN MORE](#)



**Peace**  
December

Description

[LEARN MORE](#)

## Playlists of Content & Experiences

### 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-Ratz, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, 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 Gratefulness go to: [On Being with Krista Tippett](#).

**Want to be happy? Be grateful!** David Steindt-Ratz

**Gratitude: Living Life as Gift**

Dr. Curtis Almquist of the Society of St. John the Evangelist describes the gift of gratitude and how to practice gratitude. Go to the [SJE website](#) to learn more.

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

### 1. Learn

### 2. Pray

### 3. Read, Listen, Watch

### 4. Live

### Pray

**Gratitude Prayer for the Month**

Gracious God, in the busyness 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 thankfulness 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 water, for a mind that thinks and a body that feels. I thank you, God, for those things in my life that are even right around me: hope, peace, love. Things that seem challenging, unclear, or difficult. When my heart feels overwhelmed and empty and words of mine form in my weary eyes, still I rejoice that you are so near to me as my next breath and that in the midst of turbulence, 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 title 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 "How Words That *Will Change Your Life*" by Eric Bremner to learn how gratitude begins humility which begins God's grace.

**Book**

This moving book tells gratitude for the blessing of life and the everyday wonder and beauty of nature. It was inspired by the short film *Gratitude*, a viral video sensation by acclaimed filmmaker Louis Schwartzberg recently featured on Oprah's Super Soul Sunday. The book and film are one of today's most uplifting poems—the Internet phenomenon "A Good Day" written by renowned spiritual leader Brother David Steindt-Ratz—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 Love: A Good Day*). 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](#)



Lifelong Faith Associates

## ADULT FAITH FORMATION

Home Adult Living Discover Faith Faith Enrichment Scripture Seasons Service Spiritual Life Sunday Worship

### The Seasons of Adult Faith Formation

*A Network of Adult Faith Formation Experiences, Programs, Activities, & Resources*

## Playlists of Content & Experiences


			
<p><b>Adult Living</b></p>	<p><b>Discover Faith</b></p>	<p><b>Faith Enrichment</b></p>	<p><b>Scripture</b></p>
<p>Find resources for being a Caregiver and an invitation for joining our Caregiver Support Group.</p> <p>Discover faith forming activities for grandparents to do with their grandchildren.</p>	<p>Discover Jesus and the Christian faith with two of our invitational experiences:</p> <ol style="list-style-type: none"> <li>1. Basics of Christianity - explore the video series on your own; join a Basics small group experience</li> <li>2. Explore the Christian Faith through the ten-session Alpha Course with a small group of inquirers</li> </ol>	<p>Grow deeper in your Christian faith with one or more of our offerings:</p> <ol style="list-style-type: none"> <li>1. A Yearlong Journey into the Christian faith - a 10 session program, monthly at church</li> <li>2. Living the Spirit-Filled Life Course</li> <li>3. Practice Makes a Christian - a small group study program</li> <li>4. Practicing Our Faith - a self-study or group-study for growing in the practice of the Christian faith</li> <li>5. Sacraments 101 - a video-based introduction or refresher on the Catholic sacraments</li> </ol>	<p>The focus for each season of Scripture Enrichment is one Gospel - Matthew, Mark, or Luke. We are offering a variety of ways for you to study and read the Gospels:</p> <ol style="list-style-type: none"> <li>1. Participate in the Gospel Presentation Series</li> <li>2. Participate in a Small Group Gospel Bible Study</li> <li>3. Explore the Gospel On-Your-Own</li> <li>4. Take an Online Course</li> <li>5. Develop a Gospel Study Plan using a Bible App</li> <li>6. Discover Online Devotions and Bible Studies</li> </ol>

Seasons	Service & Mission	Spiritual Life	Sunday Worship
 <p>Deepen your understanding and celebration of the seasons of year at home during Advent-Christmas, and Lent.</p> <p>Deepen your understanding of the death and resurrection of Jesus as presented in the four Gospels in preparation for Holy Week.</p> <ol style="list-style-type: none"> <li>1. Participate in a Four-Session Presentation Series at Church</li> <li>2. Watch the Four Video Presentations on Your Own or with a Small Group</li> <li>3. Participate in a Six-Week Small Group Scripture Study</li> <li>4. Study the Death and Resurrection of Jesus of On-Your-Own</li> </ol>	 <p>The Focus for the year is <i>Poverty in our Community &amp; Country</i>. Get involved with an action project and learn more about poverty.</p> <p>Action:</p> <ol style="list-style-type: none"> <li>1. Build a Home</li> <li>2. Participate in "Serve the Community" Day</li> <li>3. Support the Education of Children</li> <li>4. Assemble Promise Packs for Refugees</li> </ol> <p>Learn:</p> <ol style="list-style-type: none"> <li>1. Explore the Christian practice of transforming the world</li> <li>2. Explore poverty in the U.S.</li> <li>3. Explore stories of poverty in the U.S.</li> <li>4. See who's poor in the U.S.</li> </ol>	 <p>Develop your spiritual life through a variety of spiritual enrichment experiences:</p> <ol style="list-style-type: none"> <li>1. Participate in our five-session Spiritual Practices Course</li> <li>2. Join a Book Study for Spring: <i>Falling Upward</i> by Richard Rohr</li> <li>3. Explore Prayer Practices - experience a variety of ways to pray with these online resources</li> <li>4. Take Time for Daily Devotion - select a daily prayer resources from the variety of online daily devotions</li> <li>5. Take an Online Course or Make a Retreat with a Spiritual Master</li> <li>6. Make an Online Retreat using the Ignatian Spiritual Exercises</li> </ol>	 <p>Bring Sunday worship home with you and make it a seven-day experience:</p> <ol style="list-style-type: none"> <li>1. Read the Daily Scriptures &amp; Watch a Video Reflection</li> <li>2. Watch a Video Reflection on the Sunday Readings</li> <li>3. Reflect on the Sunday Readings with Lectio Divina</li> <li>4. Learn More About the Sunday Scripture Readings</li> <li>5. Live Sunday All Week @Home</li> </ol>

## Spiritual Enrichment

### Spiritual Practices for Living

a five session weekly program at church - presented by five experts



1. Prayer Styles & Traditions
2. Fixed-Hour Prayer
3. Contemplation & Meditation
4. Spiritual Reading & Praying with Art and Music
5. Sabbath


[Register for the Program](#) [Watch Each Presentation Online](#)

**Course Book - Select One**

- Catholic Spiritual Practices: A Treasury of Old & New (Colleen M. Gifford and Thomas M. Shahan, 2012)
- Sacred Rhythms: Arranging Our Lives for Spiritual Practice (Hans Balthus, 2012)
- Sacred Rhythms: Arranging Our Lives for Spiritual Practice (Hans Balthus, 2012)

### Living the Spiritual Practices

resources for continuing growth



The following articles and activities provide helpful tools for deepening your understanding of the Spiritual Practices in our course, and in integrating them into your daily life. And be sure to check out the prayer activities in this web page.

[The Practice of Purifying self](#) [Download File](#)

[The Practice of Praying self](#) [Download File](#)

[The Practice of Disconnection.pdf](#) [Download File](#)


[The Practice of Keeping Sabbath.pdf](#) [Download File](#)

[The Practice of Reading the Bible.pdf](#) [Download File](#)

### Falling Upward: A Spirituality for the Two Halves of Life

By Richard Rohr

book study groups



In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the two halves of the human psyche and to show them that those who have fallen, failed, or "gone inward" are the ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and coming to terms with the reality of death. This book is really for the opposite. What book like this does is to help us experience what "falling upward" is. In fact, it is not a loss but something actually a gain, as we learn all over again what it means to be fully human. He explains why the second half of life can and should be full of spiritual richness, and offers a new view of how spiritual growth happens. This important book explores the transformative message that we grow spiritually much more by doing wrong than by doing right.

[Book Group at Church](#) [Download File](#)


[Next Year Our Group](#) [Download File](#)

[Book Group Online](#) [Download File](#)

[Falling Upward Video Introduction](#)

### Explore a Prayer Practice

experience a prayer practice - just click on the title



**Contemplative Prayer**  
Maybe you're not the meditative person type of person, nor do you like to be confined to a scripture reading or a devotional book. Not to worry, there are many ways to pray and this one only takes your presence and your heart. Contemplative prayer is a way of praying that is generally more to know God's presence, contemplative prayer may be something to try.

**Centering Prayer**  
Prayer is a very personal experience of being with God. Each person finds a different meaningful way to pray. Centering Prayer is a style of meditation prayer that many people find significant when others find the long silent sitting. The only way you'll find out if it helps you connect with your deepest spiritual yearning is to try it.


**Guided Meditation**  
These are wonderful prayers that can be used to communicate to the divine, and for God to communicate to return, using the guidance of voice, relax your body and mind and open your soul in prayer.

**Lectio Divina**  
Lectio Divina is Latin for "Holy Reading." It is a style of prayer in which you take a scripture passage and read it slowly, pondering the words and letting them sink into your soul leading to insight or action.

**Liturgy of the Hours (Fixed Hour Prayer)**  
Prayer the "Liturgy of the Hours" (also known as The Divine Office) is a long-standing meditative tradition, but you don't have to be a monk to enter into the spirit of this form of prayer. Learn how a busy family person can adapt the practice of praying throughout the day.

### Take Time for Daily Devotion

find a daily devotion that works for you - just click on the title




**3-Minute Retreat**  
Lectio Divina's highly popular 3-Minute Retreat is available via newsletter and app for the iPhone and iPad. Each day, a new meditation, scripture, and reflection are sent via email in the early morning. Sign up on the website to receive *Break for the Journey*.

**Daily Meditation & Reflection from World Resources**  
Draw from a wide range of world traditions to bring these daily meditations inspire and guide people's mind and heart. Each reflection takes less than a minute to read and get on the case for the day. It is sent via email in the early morning. Sign up on the website to receive *Break for the Journey*.

**Daily Prayer: JesusPrayer.org**  
Daily prayer is essential for nurturing our relationship with Christ. We become more mindful of God's presence in all facets of our lives. Through the Jesus Prayer, Reflection, and Prayer, we become more aware of God's presence in all facets of our lives.

### Take a Course with a Spiritual Guide

from SpiritualityandPractice.com




**Wisdom for Living: The Parables of Jesus**  
Thomas Keating, Contemplative Outreach  
An exploration of the more and revolutionary teachings of Jesus through the lens of the parables.


**Ways to Pray from Around the World**  
Maggie Smith, Contemplative Outreach  
How to incorporate 12 creative spiritual practices from different cultures and religious traditions into your prayer life.

**Centering Prayer**  
Cynthia Bergquist  
Teachings about a no-frills form of meditation which reconnects directly to Christianity's hidden treasury of mystical wisdom.

### Make a Retreat - Online



**Creighton University Online Retreat**  
This is a retreat designed for people too busy to make a traditional retreat. People are encouraged to take a day or two away from their daily lives, reflections, questions and desires into the background of our busy lives. We have to find prayer focus and to be one with God again. Begin any time, but if a person begins the week of September 19th, the retreat fits with the Lenten season. People can make the retreat alone, with a spiritual director, or form a group to make the retreat together.



### Family Life


Each month we will explore, experience, and practice an important family asset that can enrich your family relationships and build a stronger family.

1. January: The Family Meal
2. February: Forgiveness
3. March: Managing Household Life
4. April: Celebrating Rituals and Milestones

Join us for our MONTHLY FAMILY GATHERINGS on the first Sunday of each month after Sunday worship. This will be a time to explore and experience the monthly theme and learn how to practice it at home.

Use the resource that accompanies each month's theme for PRACTICE @HOME. Each resource includes stories, Biblical reflections, and family activities.

FAMILY LIFE




### Parents

"Just for Parents" offers a variety of ways for you to enhance and enrich your knowledge and skills for parenting children and teens. All of these programs, activities, and resources are developed around research-tested ways to help your children and teens grow in healthy and positive ways by 1) expressing care, 2) challenging them to growth, 3) providing them with support, 4) involving them in decision-making, and 5) expanding their possibilities for the future.

1. Participate in the "First Wednesdays" Webinar Series - *without leaving your home!*
2. Use a variety of activities to build positive relationships at home.
3. Learn more about your children and teenager.
4. Participate in a Small Group Study with the best selling book *The Secrets of Happy Families* by Bruce Feller
5. Watch the video: "Parenting for the Long Haul" and download the "9 Parenting Strategies" guide.
6. Strengthen family relationships with stories.
7. Discover parenting resources.

PARENTS




### God in Daily Life

How can we discover God and the sacred in the rhythms and practices of everyday life? God is truly present to us each day, and this presence is discovered in the fabric of our lives - our experiences, our relationships, and more. We are all spiritual beings. We can discover the spiritual in our everyday lives, and recognize, understand, and respond to God's presence in each day. Here are four daily practices to help you discover God:

1. Finding God in your day through the daily Examen.
2. Helping children find God through bedtime reflection.
3. Discovering the sacred each day through the FAITHS.
4. Finding God through photos.

GOD IN DAILY LIFE



### Faith @ Home

Faith @ Home provides a variety of activities to help your family grow in faith at home - all of which can be easily integrated into family life. You pick the time

Reading the Bible

- A 12-week Summer Bible Reading Plan for Children
- An Old Testament Bible heroes 5-minute devotional

Learning the Christian Tradition

- Ten Commandments Magnet
- Church Scavenger Hunt
- I L-O-V-E G-O-D
- Stand Up for Others


Praying

- Meal Prayers for All Occasions

Serving Others

- Assemble Promise Kits for Refugees
- Participate in a "Serve the Community" Day
- Collect Food for the Hungry

FAITH @ HOME




### Milestones

Celebrate meaningful, memorial moments in your family's life with these ritual celebrations of milestones.

1. Baptism Anniversary
2. Starting School
3. Getting Ready to Worship
4. Birthday Celebrations

RITUALS & MILESTONES




### Seasons

The seasons of the year offers a variety of opportunities for families to celebrate, learn, and have fun together. We have selected one family activity for each month of the year, reflecting the calendar seasons and the church year seasons.

1. January: Martin Luther King Jr.
2. February: Ash Wednesday
3. March: The Real St. Patrick
4. April: Easter and New Life
5. May: Mother's Day
6. June: Vacation Travel Day
7. July: Independence Day
8. August: Back to School
9. September: Fall Harvest
10. October: A Helping Halloween
11. November: Thanksgiving
12. December: Christmas is Coming!

SEASONS




### Bible & Worship

Bring the message and experience of Sunday worship into your home. Try one or more of the following activities to learn more about the Sunday Scripture readings and to find ways to apply God's message to your lives.

1. Review this Sunday's Worship service.
2. Watch a video reflection on the Sunday reading in story and music.
3. Use "Taking Faith Home" for your daily devotion, Bible reading, and family conversation.
4. Use "Sunday Connection" to connect Sunday worship with daily life, and engage children in creative activities.
5. Read the daily Scripture readings & watch a video reflection

BIBLE & WORSHIP



### Faith @ Church

Participate with all generations in the events and experiences of the faith community and connect your experiences at church with your faith at home.

1. Worshipping Together on Sunday
2. Celebrating the Church Year Feasts & Seasons
3. Engaging in Service to the Community & World
4. Gathering for Social Events
5. Celebrating Rituals & Sacraments
6. Gathering with All Ages for Learning

FAITH @ CHURCH

## Playlists of Content & Experiences

If you were to use a Playlist approach to develop the faith of families with young children....

1. *Getting Started* (little faith experience)
  2. *Growing* (somewhat connected to faith community)
  3. *Going Deeper* (involved and practicing)
- How would you engage the parents?
  - How would you engage the children and whole family?

## Playlists of Content & Experiences

If you were to use a Playlist approach for first communion...

1. *Getting Started Children* (little to no faith forming experiences)
  2. *Growing Children* (some faith forming experiences)
  3. *Going Deeper Children* (involved and practicing)
- What would faith formation look like with these three “types” of children?
  - What would parent and family faith formation look like?

## Playlists of Content & Experiences

If you were to use a Playlist approach for confirmation...

1. *Getting Started Adolescents* (little to no faith forming experiences since childhood)
  2. *Growing Adolescents* (some faith forming experiences in childhood)
  3. *Going Deeper Adolescents* (involved and practicing)
- What would faith formation look like with these three “types” of adolescents?
  - What would parent and family faith formation look like?