



ST. MARY'S ADULT FAITH FORMATION

CLASSES BEGIN SEPT. 10TH

FALL CLASS LIST

Sunday Morning

DoCat: The Social Doctrine of the Church

(This class will take place on both Sunday morning & Wednesday evenings at 6:30)

Wisdom:

God's Vision for Life

John & Phyllis Doucette

What Happens at Mass:

Unfolding the Meaning of the Church's Eucharist

Ron Lee

If You Knew the Gift of God: Christian Prayer & Spirituality

Josh Elzner

Be Transformed:

The Healing Power of the Sacraments

Stephanie & Tino Frausto

Class Description

Using the engaging 'DoCat' program, this study will examine the social teaching of the Church in its depth, breadth and beauty. This will be accomplished through a close examination of the social teachings of the Church since Pope Leo XIII. This class will enliven your faith and inspire you to live out the Church's teachings to the fullest!

Scripture and the Tradition of the Catholic Church provide an abundance of wisdom, though it can often be challenging to apply it to our lives. In this study, we will examine biblical wisdom as it relates to daily life and learn how to actively seek out sound guidance and increase our sense of peace in navigating life.

The Mass is the gift of and an encounter with Jesus Christ. This class seeks to draw us to a deeper understanding of this Mystery of Faith and how God acts in our lives through tangible human actions and words. Through this class, we'll rediscover the beauty of the Mass, which is nothing less than the very event of our salvation.

This class is an exploration of the heart of what it means to be human, to be someone who thirsts for intimacy with God and with other persons. In the tradition of the Church we have been given the gift of knowing how this thirst is satisfied: through a deep experience of prayer and through a life surrendered to the Spirit. We will try to understand this gift ever more deeply, so as to allow it to transform our lives and to bring us the joy for which God created us.

How Can Christians grow spiritually in the midst of our sinfulness? How can we transom our lives in a way that allows us to share in Jesus' resurrection? God has given us the perfect solution - the sacraments. Whether it is the wounds of past hurts, the strain in our relationships, or the stress of daily life, we all need to be comforted and be made whole by Christ. This study will explain how the sacraments can fuel your emotional and spiritual healing and bring you closer to God.