



# Office of Christian Formation

## Co-Worker Connection

Greetings!

Keep Spiritually healthy this summer! **TIME FOR YOU!** describes [5 Signs of Good Spiritual Health.](#)

May the Holy Spirit surround you with Peace this Easter Season!

Emily

## Don't Miss It! LIVING DISCIPLESHIP II

### The role of the sponsor in the RCIA Process

Join us for a 2-hour session where we study the sponsor's role in the RCIA process and identify formation opportunities. [CLICK HERE](#) for the flyer.



**Register Now!**

Questions: Contact Katie McMaster at [rcia@richmonddiocese.org](mailto:rcia@richmonddiocese.org)

## CALLED FROM WORSHIP INTO SERVICE:



Liturgy and the Call to Reconciliation and Service  
Monday, June 12, 2017 -- Tuesday, June 13, 2017  
9:00am--6:00pm      9:00am-12:00noon  
Saint Mary's Church, Richmond

**Register Now!**

Catechetical Leaders will receive a \$40 rebate on hotel accommodations. Send your paid hotel invoice to Nina Henry at [nhenry@richmonddiocese.org](mailto:nhenry@richmonddiocese.org) and your parish will receive the rebate directly.

# TIME FOR YOU!



## Steps to creating a spiritual health plan

This article was prepared by Deborah Stollery, ConSpirita Consulting Network, LLC [info@conspirita.com](mailto:info@conspirita.com)

I'd love to take credit for the idea for this article, but credit belongs to Matthew Kelly. During one of his 2017 five-minute "Best Lent Ever" videos, he asked listeners if they had a spiritual health plan, similar to other healthy living plans. I admit my two swift responses: "No!" and "That's a good idea!" [Read more...](#)

## Navigating Transitions

A reflective workshop for parish leaders and staff by Elaine Kiziah on the human experience of change.



In three locations:  
Pastoral Center, Richmond  
Simulcast to  
St. Bede, Williamsburg  
St. Andrew, Roanoke

July 25, 2017  
9:00am - 3:30pm

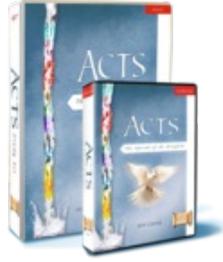
[Click here for more information and to register by July 17th.](#)

**Workshop Description:** This day-long session will provide you with an opportunity to reflect on the inner human experience that is a part of every significant external change we encounter. Using William Bridges' Transitions Model, we'll explore the three stages of the human side of change: (1) Ending, (2) the Neutral Zone, and (3) the New Beginning. Discover how to apply this framework both to yourself and to leading others through the upcoming change in diocesan leadership. You'll walk away with a new approach to navigating transitions!

## RESOURCE LENDING LIBRARY

### Which is the Right Bible Study for You?

With over 100 Bible studies to choose from, it is hard to know where to begin. Two frequent users provide insight into their favorite publishers.



"I love the Ascension Press DVD Studies. The scholars presenting the material (Jeff Cavins, Edward Sri, Tim Gray, etc.) are very knowledgeable and relatable. They teach difficult material but make it relevant to today. I enjoy being able to do the reading before, learning and prepping, and then delve deeper into the material during the DVD presentations. I love how they know the Bible and the catechism, showing how the traditions of the Catholic Faith are rooted in Biblical text."

Mary Aldridge, Blessed Sacrament, Norfolk, VA

"Little Rock Scripture Study's contextual approach to scripture, consistent with Catholic teaching, is why I greatly respect this series. The commentaries, video lectures, and discussion questions are designed to allow Catholics to see Scripture from the historical, literary, narrative, and spiritual perspectives. Used along with the Catholic Study Bible, LRSS has been an energizing and stimulating way for our group to grow in our understanding of God and our call to respond to His vision for creation."

Claudia Stewart, Church of the Good Shepherd, Smithfield, VA

To view our complete listing of Bible studies, [CLICK HERE](#). Search for Ascension Press or Little Rock Scripture Study. The password is **lending**.

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## SAVE THE DATE!

### Family Systems Workshop

**Msgr. Mark Lane**

**Pastoral Center, Richmond, June 15, 9:30am – 3:30pm**

Gain a better understanding of your own family-of-origin and how your family dynamics manifest themselves in relationships throughout your life. This mini-workshop offers practical insights in the area of organizational leadership as well as personal development. You'll find out how the role you played in your own family can interrelate to how you function as a leader in your parish. \$10 fee includes lunch. Registration will open soon.

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### RCIA Retreat

**"Are not our hearts burning?" Walking the Journey of Conversion**

RCIA leaders and their teams: Renew your personal journey of conversion with prayer and reflection.

Friday, August 4-Saturday, August 5 at Roslyn Retreat Center.

Registration to open soon!

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***Christian Formation supports, educates, and empowers ministry leaders to become Spirit-filled disciples leading others to Christ.***

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<http://richmonddiocese.org/office/christian-formation/>

STAY CONNECTED

