

Give yourself the gift of spiritual growth in 2010

Take time to reflect, respond, and grow.

More than Silver or Gold

February 8 - 9

7:00 pm - 8:30 p.m.

Reflect on the treasures of our faith by joining us for this 2-part series. A reception will follow this thought-provoking talk the first evening in Doyle Hall.

Live to Give

February 13 - 14

Reflect on all your God-given gifts. Consider if there are new or different ways for you to show your gratitude for these gifts. Respond by making or renewing your commitment to the parish for the next year.

Living Your Strengths Groups

4 sessions beginning the week of March 1

Grow as an individual and as a member of the Body of Christ by discovering and exploring your strengths this Lent. Based on research with more than 3 million people over a forty-year span, Living Your Strengths is a powerful tool that will help you become more familiar with your God-given talents and more appreciative of the talents of those around you. We are, in deed, uniquely created to serve God in wonderful and powerful ways!

Imagine yourself debt-free with

Dave Ramsey's Financial Peace University, 13 sessions

Thursdays, 7-9 p.m. beginning January 22

Contact: Martin Wagner at martinjwagner@yahoo.com

Financial Peace University is a biblically-based, video-driven, small-group study that teaches families to beat debt, build wealth and give like never before! Financial Peace University is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace!

Each of the 13 Lessons deals with a different topic that will **change the way you think about personal finance**. Dave teaches about how to save money, live on a budget, communicate about money, eliminate debt, find bargains, and experience the joy of giving.

Over 650,000 families have completed FPU with amazing success. On average, they pay off \$5,300 in debt and save \$2,700 in just 13 weeks. That's an \$8,000 change in position in just 91 days!

Ministry of Mothers Sharing (MOMS)

Wednesdays, 7:00 pm - 9:00 p.m., beginning February 24

Parish Center Offices

Contact: Melissa Love at melrossi5@yahoo.com

MOMS is an 8-week parish-based peer ministry that leads a group of women through an experience of self discovery, mutual support, and prayer. MOMS has reached over 500,000 women and their families in over 100 dioceses since 1992.

Through this journey, you can expect to experience the support of other women as you discover the depth of your spirituality. Learn to share with other women and mothers the stress, concerns and positive experiences that have influenced your personal growth.

Please accept this invitation to take a couple of hours each week to develop a greater awareness of your own spirituality as a mother, and to appreciate the ministry of your motherhood. Don't miss this opportunity to do something special for yourself!

Divorce & Beyond, 6 sessions

Tuesdays, 7:00 pm - 9:00 p.m., beginning February 16

Contact: Marilyn Hess at 236-1596 or mhess@archindy.org

Divorce is a difficult process, but many people have moved beyond the cycle of anger and grief to discover "new life". A commitment to this six-week program will help you begin the healing process. You will experience hope and healing simply through listening and sharing insights with others on topics such as: the process of divorce, self image, stress, anger, blame, guilt and loneliness. Sharing such concerns will bring comfort and support and the experience of others can provide wisdom for your own journey. Registration is limited and pre-registration is required.

Systematic Training for Effective Parenting (STEP), 5 sessions

Tuesdays, 6:30 pm - 8:00 p.m., beginning February 16

Contact: Mary Anne Schaefer at 283-5508, ext. 123 or maschaefer@sjoa.org

The **STEP** parenting program is an effective training curriculum that focuses on topics important to parents today. This course provides valuable tools which improve communication among family members and lessen conflict. Easy to understand and apply, **STEP** presents effective skills that can be used immediately.

Fr. Guy's Class

Wednesdays, 7:00 pm - 8:30 p.m., beginning April 7

During Easter, 2010, Fr. Roberts will present a four-week study. This will be a great opportunity to develop a deeper prayer life, as participants are challenged to look more closely at their own relationship with Jesus Christ.

Eucharistic Adoration

First Fridays, noon- 5 p.m., beginning February 6

Take some time alone with Jesus to recite your favorite prayers, read the bible, contemplate acts of faith, hope, charity, thanksgiving, reparation, pray a rosary or do whatever type of prayerful devotion that suits you before Our Lord. You can just sit and say nothing simply keeping Him company, just as you would with a dear friend.



MARK YOUR CALENDARS

Stay tuned for an evening
with Grace Trahan,
Channel 6 News
"Faith & Family"
Date TBA