

Faith Alive!

RESOURCE LIST: WAYS TO KEEP GROWING SPIRITUALLY

As an individual

- Finger rosary (1 decade)
- Lector at Mass
- Down on your knees the first thing in the morning
- Journal
- Home Eucharistic ministry
- Start and end days with praise and thanksgiving
- Say a prayer for person who cut you off on the freeway
- Say a short Thank You to Jesus each day
- When outside, find God in nature sunset, flowers coming up, trees
- CD/tape for inspiration
- Surrender your worry about what you can't control, past or future
- Make room for sanctuary (when someone is stressed/depressed)
- Contemplative Prayer and meditation
- Rosary
- Adoration of Blessed Sacrament
- Spend time in an empty church
- Pray for someone who is really bugging you, each day
- Sit in silence
- Approach Sunday liturgy with the intention of leaving with one practical thing that you can put into practice during the week.
- Pin St. Christopher on visor, "pray for us"
- Spiritual music
- Thanksgiving and praise when we don't know what to pray.

- Spiritual Director
- Appreciate art as worship
- Volunteer with underprivileged kids

As part of a group

- Prayer Group – small faith group
- Rosary gathering—group meet before Mass
- Music ministry group
- Retreats with others
- Find positive people with which to surround yourself
- Walks around the block/exercise with someone and talk as you walk
- Youth Missions
- Couple faith sharing group (support group with strong theme of faith)
- Join with other seekers and believers
- Small Christian Communities (faith groups)
- Do volunteer service to the community

Through the media

- ◆ 7:30 a.m. Sunday – Joel Osteen – Channel 5
- ◆ 103.3 Christian music
- ◆ EWTN TV—Mother Angelica
- ◆ 95.5 The Fish
- ◆ Rair Zachanus (WCRF Sunday's 2 pm) speaker author

Through reading

- Reading books based on our faith
- *God Calling* by A.J. Russell (book of inspirational readings)

- Staying in the present (written like a parable: *The Present* by Ken Blanchard.)
- *Awareness* by Anthony Domello (book)
- *One Bread One Body* (book)
- *Prayer of Jabez* (book)
- *Mother's Treasury of Prayers* (book)
- *Pray with the Heart!* Medjugorge Manual of Prayer
- *Centering Prayer in Daily Life and Ministry* by Thomas Keating & Gustave Reininger (Editor).
- *Centering Prayer: Renewing an Ancient Christian Prayer Form* by M. Basil Pennington
- *Centered Living* by M. Basil Pennington
- *The Imitation of Christ* by Thomas à Kempis
- *Fr. Allender's Hopes*
- *Home Sweet Home* – Scott Hann
- *Purpose Driven Life* by Rick Warren
- Chuck Stanley, Chuck Swindell
- Fr. Ben Groeshel
- Authors – Matthew Kelly, Henri Nouwen, Max Lucado
- Prepare weekend readings and study before Sunday
- The Word Among Us
- Bible stories/Bible study
- Ligourian magazine
- Magnificat magazine
- Living Faith booklet
- New American Bible – Bible Compare.com
- Bible next to the toilet
- Catholic Digest
- At Home with the Word
- Motivational booklet on email address

- Daily reflections (i.e. Give Thanks for Blessings and Pray for Guidance)

Through Internet Websites

- www.vatican.va (the official Vatican website)
- www.nccbuscc.org/ (National Conference of Catholic Bishops)
- www.dioceseofcleveland.org
- www.livingfaithatwork.org/ (Living Faith at Work: information and dialogue aids)
- www.osjspm.org/ (Office of Social Justice, Diocese of St. Paul, MN)
- www.appleseeds.org/religfav.htm (Fr. Brian's Favorite Bookmarks)
- www.ohiocathconf.org/home_frameset.htm (Ohio Catholic Conference)
- www.christophers.org (The Christophers: Three Minutes a Day, short daily reflections)
- www.americancatholic.org/ (Has a daily Minute Meditation on the home page)
- www.magnificat.net/ (an online Catholic magazine)
- www.wau.org/ (daily meditations and a magazine)
- www.sacredspace.ie/ (Sacred space, a prayer and reflection site)
- www.contemplativeoutreach.org (information and guidance on forms of contemplative prayer)
- www.kyrie.com/cp/ (information about and instructions for Centering Prayer. Links to additional related sites)
- www.ewtn.com/ (Eternal Word Television Network, Catholic teachings and more)
- www.catholicnews.com/
- www.catholic.com
- www.Catholic.org