

We are entering a period of new vitality for the Church, a period in which adult Catholic laity will play a pivotal leadership role in fulfilling the Christian mission of evangelizing and transforming society. For adults to fulfill their roles in this new era of the Church, their faith formation must be lifelong, just as they must continue to learn to keep up in the changing world. (Par 29) from OUR HEARTS WERE BURNING WITHIN US –A Pastoral Plan for Adult Faith Formation in the United States; United States Catholic Conference of Bishops, 1999.

2018 SACRED HEART PARISH FAITH FORMATION OPPORTUNITIES FOR ADULTS

Sacred Heart Parish Life Communities are open to ALL parishioners who want to continue to learn about our faith and grow closer to God. These groups meet twice per month on Sundays after each morning mass. A typical session involves sharing a meal together, followed by a presentation & conversation on one of the Essential Concepts from the Catechism of the Catholic Church and ending with time for shared prayer, drawing upon the many prayer forms we enjoy as Catholics. This format for Faith Formation replaces the Sunday School model we have followed in the past and is especially designed for families with children who go to public schools. We encourage families with children, young adults, seniors, couples without children in the home.... Basically, EVERY member at Sacred Heart to consider joining a Life Community. Registration forms are at the back of Church or on our website at www.sacredheart.org under the Faith Formation tab. You can join a Life Community at any point in the year.

RCIA: The Rite of Christian Initiation of Adults is the process by which adults and older children are prepared to join the Catholic Church, whether they are unbaptized or members in other Christian ecclesial communities. Those who are exploring the idea of becoming Catholic are invited to Inquiry sessions on Sunday mornings twice a month, 9:45am-10:45am, downstairs in the parish hall. Those who make the commitment to formal preparation receive the Sacraments of Initiation at various times throughout the year. Contact Carol Guenther for exact dates and topics.

Annual Women's Winter Retreat: *Exploring the Many Faces of Mary.* Saturday, Jan. 13th at 8am - Sunday, Jan. 14th, 2018, 6pm at Sursum Corda Retreat Center in Copalis Beach, WA. This retreat will draw upon the art work of Fr. William McNichols, the writings of Mirabai Starr and Sr. Joan Chittister, the music of Enya and the mystery of Celtic Spirituality. Cost: \$90.00, which covers transportation, meals and materials.

Adult Education Opportunity: This winter we will study the topic of Happiness, a 7-week exploration of some of life's most profound questions, drawing upon the wisdom of psychiatrists, New Testament scholars, physicists, priests and women religious, through video presentations and readings. Monday evenings at 6:30pm OR Wednesday mornings at 9:45am, beginning the first week of February 2018.

World Marriage Day Evening of Enrichment: Saturday, February 10th, beginning with the 5pm Mass, followed by dinner and presentation by Christie Eppler, Ph.D., LMFT: *Reimagining our Energy.* Dr. Eppler is a professor and program director of Couples and Family Therapy at Seattle University's School of Theology and Ministry. Her research focuses on the intersection of resiliency and spirituality. She has worked clinically with couples and families in a variety of settings including

community clinics, schools, and university counseling centers. She is the 2017 recipient of Washington Association of Marriage and Family Therapy's Educator of the Year award. Cost: \$75.00/couple; engaged couples are welcome at no charge! Space is limited.

Lenten Day of Reflection, Saturday, March 17th: 9am-1pm- *A Heart on Fire: Rediscovering Devotion to the Sacred Heart of Jesus* by Fr. James Kubicki, SJ, the national director of the Apostleship of Prayer. Fr. Kubicki will presents a persuasive and engaging guide to the Sacred Heart of Jesus, an age-old and often misunderstood Catholic devotion. He delves into the rich theological and spiritual roots of the devotion and demonstrates how the faithful may encounter the Sacred Heart of Jesus in one another, scripture, the sacraments, and especially in the Eucharist. The morning will end with a simple soup lunch. All are welcome. Childcare will be provided.

Adult Confirmation preparation is offered every Spring for adults who did not receive this Sacrament in their youth. The preparation process consists of an introductory interview with Carol Guenther; consistent participation in mass every weekend and three large group sessions: April 8, 22 & May 6th. The sessions start at 12:15pm and run 75 minutes in the Parish Office Conference room. The Sacrament of Confirmation will be celebrated on Saturday, May 26th at the 5pm Mass. To participate in this program, please contact Carol Guenther.

Eastside Deanery Easter Offering: *LIVING EVERY DAY WITH PASSION & PURPOSE*- An evening with Matthew Kelly and Eliot Morris, Friday, April 13, 2018, 6:30-9:30pm at St. Louise Parish, Bellevue Tickets are limited and are on sale now! Cost: \$39.00

<https://dynamiccatholic.com/passion-and-purpose-bellevue-wa-apr-13-2018>

Men's Prayer Group meets monthly at 6:30am on the last Thursday of the month in the Youth Room. Please enter off the 14th street courtyard. We use the Fr. Peyton's Rosary Prayer Book as one of our guides. For more information, contact Ignacio Davila at ignaciodavila@outlook.com

Monday Evening Rosary Group meets every week at 7:30pm in the Eucharistic Chapel and welcomes newcomers. No registration necessary.

Electronic Faith Formation: We are happy to provide a wonderful on-line resource to all our parishioners this year to continue to grow in your knowledge and understanding of the Catholic Faith through www.FORMED.org. This website offers full length videos, Scripture studies, multi-part courses on Catholicism, audio presentations, full length books and more. In order to access FORMED, you must use Sacred Heart's parish code to log in: **2RQTQZ** (The code also listed on the parish website, under the Faith Formation tab!)

For details about any of these programs, contact Carol Guenther at 425-450-3910; cguenther@sacredheart.org