



DIocese OF GALLOWAY

ADULT FAITH FORMATION

Resources for Individuals and Parishes

General Resources

- *Our Catholic Life*: A program based on the four parts of the Catechism of the Catholic Church: Creed, Sacraments, Prayer, and Morality.
<http://www.twentythirdpublications.com/ourcalireand.html>
- *Encore Access*: Guides to using recorded (and available to parishes/individuals) video presentations as conversation starters within adult faith formation settings.
www.bc.edu/encoreaccess
- Programmes from *RENEW International*, such as: *Why Catholic?*; *Longing for the Holy*; *Arise*; *Living in the Sacred*, etc. <https://www.renewintl.org/>
- *Catholic Spirituality for Adults Series*: A series of ten books for adults; the topics include: Listening to God's Word, Mary, Eucharist, Holiness, Jesus, Prayer, Reconciliation, Spirituality and Community. Discussion guides at <http://www.bemydisciples.com/spirit-for-adults>
- *Discovering My Experience of God: Awareness and Witness* by Frank DeSiano, CSP and Kenneth Boyack, CSP. Paulist Press, 2009
- *Living Faith at Work*: contains numerous resources which can be used in various adult settings to help Catholics live their faith at work. www.livingfaithatwork.org
- *Vibrant Faith at Home*: <http://vibrantfaithathome.org/>
- *Catechistcafe* – a good general overview with pointers to resources and, specifically for lay ecclesial ministry: <https://catechistcafe.weebly.com/adult-faith-formation.html>
- *Dynamic Catholic* – offers free Catholic content online, like prayer reminders for Lent or other liturgical seasons, also useful for children's resources: <https://www.dynamiccatholic.com/>
- *Parish Faith* - set up by St Henry's Catholic Church in Minnesota, also contains links to apps that may be used for those who are very tech-savvy and lots of Bible resources
<https://www.parishfaith.com/adult-faith-formation>
- *Sycamore* - Sycamore is an informal course about the Christian faith and its relevance for life today. It gives you space to meet other people, share ideas, explore your beliefs, and think

about questions that really matter. Each session involves a short film and time for discussion.

<https://www.sycamore.fm/>

- **The Chosen.** A multi season drama reimagining the life and ministry of Jesus with artistic license but keeping to the core messages of the Gospels
- **Bible gateway.** An online Bible available in many translations through a drop down menu <https://www.biblegateway.com>
- **The Veil Removed.** A short 5 minute film that reveals the coming together of heaven and earth at Mass, as seen by saints and mystics, revealed by scripture and in the catechism of the Catholic Church. [>](https://theveilremoved.com)
- **Busted Halo** A ministry of The Paulist Fathers
- **The Augustine Institute short courses** engaging, self-paced, and in-depth online learning modules that offer a scaled-down version of the institution's graduate theology curriculum. Designed for laypeople, they provide high-quality video instruction, readings, and quizzes to help Catholics deepen their knowledge of Scripture, doctrine, and the Christian life <https://shortcourses.augustineinstitute.org>
- **Brant Pitre** Scripture Scholar and Professor at the Augustine Institute has many excellent teaching youtube videos and books. This example is The Mass Explained, Active Participation <https://www.youtube.com/watch?v=qDmVxXm436Y>
- **The Vatican Media Live (English)** <<https://www.youtube.com/channel/>
- **The Holy Father's Catechesis** at the Wednesday General Audience <https://www.youtube.com/watch?v=cyYx3wuoh4w&t=54s>
- **The Holy See** for amongst other things, the Catechism of the Catholic Church, Encyclicals, Letters Papal Bulls etc., This example is the Dogmatic and Pastoral Constitutions of the Second Vatican Council etc., Dei Verbum, Lumen Gentium, Sacrosanctum Concilium, Gaudium et Spes https://www.vatican.va/archive/hist_councils/ii_vatican_council/index.htm
- **Bishop Barron's Catholicism Series**, 10 episodes, <https://www.youtube.com/watch?v=EUrUTWYMz1c&t=1532s>
- **Pope Francis Apostolic Exhortation, Evangelii Gaudium**, The Joy of the Gospel, https://www.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20131124_evangelii-gaudium.html
- **Pope Francis Apostolic Exhortation Rejoice and be Glad**, Gaudete et Exultate https://www.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20180319_gaudete-et-exsultate.html
- **Ascension Press** for many things Scripture and Faith https://ascensionpress.com/?srsltid=AfmBOoqLi_RUiuhy_AbZ-TsD9bVHDYKvpHIhLe6xklabEpFDIyEVRga2

APP BASED FORMATION (for iPhone and android)

- **The Vatican** 3 new Vatican apps for news, prayer and saints
- **Universalis.** A comprehensive digital resource for Roman Catholic liturgy, providing immediate access to the full liturgical calendar, the Daily Mass Readings, and the Liturgy of the Hours. It functions as a complete, portable "digital breviary and missal" that does not require an internet connection, allowing users to pray anywhere.

- **Pray as you Go** By the Jesuits in Britain a free daily audio prayer resource designed to help users pause, reflect, and connect with God amidst a busy schedule. Primarily based on Ignatian spirituality, it offers a 10–13 minute guided session combining music, scripture, and reflective questions
- **Sacred Space** By the Jesuits in Ireland The Sacred Space app is a daily prayer and meditation guide rooted in 500-year-old Ignatian spirituality. Designed to help users find God in a busy world, it provides a structured, six-stage prayer journey—including Scripture, reflection, and conversation—to promote peace, mindfulness, and spiritual connection throughout the day
- **Laudate** free, comprehensive Catholic app, serving as an "all-in-one" digital companion for daily prayer, scripture reading, Catechism of the Catholic Church, and Catholic devotion.
- **Word on Fire** Bishop Barron's ministry a digital resource by Bishop Robert Barron's Catholic ministries. It serves as a multimedia platform and streaming service, providing users with access to educational courses, video series, and a supportive global community designed to deepen their understanding and practice of the Catholic faith
- **Hallow** prayer and meditation app designed to help users deepen their faith and build a daily habit of prayer
- **Examen** digital guide for practicing the daily Ignatian Examen. It provides step-by-step audio or text prompts to help users pause, reflect on their day, identify moments of gratitude, and recognize God's presence in their everyday lives.
- **Youcat Daily** a free digital spiritual companion designed to help young people and busy believers grow in their faith. By dedicating just five minutes a day, users receive a curated trio of content: the daily Gospel, a related Q&A from the YOUCAT or DOCAT, and an inspiring reflection
- **3 Minute Retreat** Developed by Loyola Press, the 3-Minute Retreat app provides short daily prayer breaks to help users relax, re-center, and reconnect with God. Each bite-sized retreat guides individuals at their own pace using Scripture passages, peaceful imagery, soothing music, and thought-provoking reflection questions
- **PODCASTS** (A selection only) Bible in a year, Father Mike Schmitz Father Timothy Gallagher on Ignatian Spirituality Catholic Bible Study, The Augustine Institute, The Examen with Father James Martin, Pints with Aquinas.

Scripture Study

- **Ascension Press: Great Adventure Bible Study series:**
https://ascensionpress.com/pages/the-great-adventure?srsId=AfmBOoqLs4E468PSytepPMhtzbGn11avuf0ENJ3K6_H8_owS_-S1rQSv includes a learning system one can follow, problem is cost....
- **Word on Fire (Bishop Barron):** Produces high-quality video content and commentaries on scripture, good for 'beginners' to explore: <https://bible.wordonfire.org/>, and it could be used as a basis for the course and individual sessions, then open it to discussion
- **Augustine Institute/FORMED:** Offers *Lectio: Peter and other Bible studies*.
<https://www.augustineinstitute.org/bible-studies/lectio-peter>, sessions are organised around

specific themes, such as the person of Peter, perhaps more advanced material, see also

<https://www.augustineinstitute.org/program-and-resources/word-of-life>

- **Little Rock Scripture Study** – provides ready-made Bible study sets and specific topics for further study, includes video lectures: <https://www.littlerockscripture.org/>
- **Threshold Bible Study** – set up by pastoral ministers to help pastoral ministers, also for family catechesis, liturgy and sacraments alongside Scriptural study: <http://pastoral.center/threshold-bible-study-series>
- **Bringing Home the Word** – based on material sent out via newsletter, containing all the material for the month of study, including Home Church reflections: <http://www.liguori.org/bringing-home-the-word>
- **Six Weeks with the Bible** – provides different guides to approach Bible study, also for OCIA/RCIA: <http://www.loyolapress.com/products/parish-ministry/bible-study-or-scripture>
- **Formed:** a variety of video resources from different online projects, not always specifically Catholic, but also from Bible Project to explain the background of the Bible etc. in accessible form: <https://watch.formed.org/bible-studies>
- **YouVersion** – although chiefly Evangelical, it works very well as an app for looking up Bible verses and some reading plans. There are also different translations available which can be helpful for comparisons and enlighten understanding. There is also **YouVersion Kids**. <https://www.youversion.com/bible-app>
- www.taketime.org.uk You can sign up then they send the meditations to your e-mail they are short but good. They are sometimes free or you can pay a subscription and they offer training for people to then do their own meditations for groups.
- *The Beatitudes Eight Reflections Exploring the Countercultural Words of Jesus in Matthew 5* by Beartrice Smith. It has the scripture, a modern day story where you might apply the Word, a video which is accessed via QR code then some questions and can be used individually or as a group.
- Also to be highly recommended for in depth Scripture Study is the *Sacra Pagina* series of biblical commentaries published by The Liturgical Press.

Thanks to the Diocesan Adult Faith Formation Core Team of Josephine Friederich-Thomas, Geraldine McClune, Celia McQueen, Jane Lennon and Jaqui Morris for their help in compiling this list of resources. They are offered to support individuals or groups who might wish to pray, reflect or study and so seek to grow in faith and understanding.

The group will soon be facilitating the study of **The Gift of Scripture**, a resource published by the Catholic Bishops' Conferences of England and Wales, and of Scotland, a number of years ago, but well worth revisiting for its clarity and intelligibility. More information on this will follow soon.

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