

# Adult Faith Formation Opportunities 2011-2012

*Adult Faith Formation programs & events are offered throughout the year to assist parishioners in their lifelong spiritual journey through prayer groups, scripture studies, retreats, small groups, speakers, book groups, days of recollection & evenings of prayer.*  
*Up-To-Date Information and Registration Form can be found at [www.strose.com/site-swish/adults](http://www.strose.com/site-swish/adults)*

## Sunday Morning Program Offerings

*Spiritual enrichment offered at the same time as the children's religious education program on Sunday morning — parents of students in religious education are welcome to come in after your child is in class & leave a few minutes early to meet them as class ends.*

### CENTERING PRAYER

**Description:** For those called to deepen their interior spiritual life, this group is focused on understanding the Church's tradition of quiet, peaceful prayer. Many people find this deeply quiet prayer an answer to their inner call & need for peace (for some reason, groups like this attract a good many teachers). Book: Palace of Nowhere, by Thomas Merton. Come & try it—no commitment to stay; facilitated by Msgr. Paul.

**Time:** Sundays, 10:00-11:00am in the Pastor's office.

**Contact:** Monsignor Paul, 301-948-7545, [msgrpaul@strose.com](mailto:msgrpaul@strose.com)

### GROUP STUDY OF THOMAS MERTON

**Description:** Join our small group as we read challenging texts on living contemplative lives by Thomas Merton & other diverse spiritual writers. These small group dialogue sessions will provide an atmosphere where we can freely speak our hearts & minds, not theoretically, but out of our personal experiences. The process allows us to practice listening to one another with attention & empathy. It allows us to speak our truth, knowing that our words will be received with sympathy & respect.

**Time:** Sundays, 10:00-11:00am, Lower Parish Office.

**Contact:** Eileen Gould, 301-926-8178, [egmissny@aol.com](mailto:egmissny@aol.com)

### SEASONAL STUDIES: ADVENT, LENT, EASTER

**Description:** 4 – 6 weeks studies related to liturgical seasons of Advent, Lent, & possibly Easter. Watch the bulletin for details.

**Time:** Sundays, 10:00 – 11:00, Youth Room.

**Contact:** Kathryn Heetderks, 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com)

## Other Formation Offerings

### ADORATION OF THE BLESSED SACRAMENT

**Description:** Eucharistic Adoration is the act of worshipping God as He is present in the consecrated Eucharist. Sign up for a specific hour or simply drop by for personal prayer before the Blessed Sacrament.

**Time:** Thursdays in the Historic Chapel, after weekday Mass until 9 pm.

**Contacts:** Janet Scanlan, 301-926-9196, [jjgscanlan@comcast.net](mailto:jjgscanlan@comcast.net)

### DATE NIGHTS FOR MARRIED COUPLES

**Description:** For couples who have been married for a few weeks to 50 years (or more!) Couples learn the skills & principles of successful relationships. Topics & Dates are still being determined. Check upcoming bulletins for details. Topic ideas? Interested in helping to plan? Contact Alice Houk. Childcare is provided for a small fee.

**Time:** Select Friday evenings, 7:30 P.M. to 9:15 P.M. (Dates to be determined)

**Contact:** Alice Houk, 301-208-1904, [abhok@comcast.net](mailto:abhok@comcast.net)

### FRANCISCAN SPIRITUALITY STUDY

**Description:** Like our Carmelite Spirituality series last fall, this fall we will have a three-part series on Franciscan Spirituality. We hope that this will lead to the development of a regional Franciscan Third Order group based at St. Rose. Look to future bulletin announcements for more details.

**Time:** Three Wednesdays evenings in October or Early November, 7:00 PM to 8:30 PM. Exact dates to be determined soon.

**Contact:** Kathryn Heetderks, 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com),

### **GREAT ADVENTURE BIBLE STUDY – EVENING -James (October - December) & Psalms (January – March)**

**Description:** The Great Adventure Bible Study involves personal prayer & reading, answering reflection questions, & attending weekly discussions including viewing a video lecture. This year we will be studying “James: Pearl of Wisdom” in the Fall & “Psalms: The School of Prayer” in the Winter.

**Time:** Mondays 7:00 – 9:00pm. James: October 17<sup>th</sup> – December 19<sup>th</sup>, Psalms: January 9<sup>th</sup>- March 26<sup>th</sup>. St. Joseph Room

**Cost:** \$20 for each study

**Contact:** Beth Fisher, 301-972-3406, [LJFisher57@verizon.net](mailto:LJFisher57@verizon.net)

### **GREAT ADVENTURE BIBLE STUDY – DAYTIME -Psalms (September 8 – November 17th) & Winter Study TBD**

**Description:** The Great Adventure Bible Study involves personal prayer & reading, answering reflection questions, & attending weekly discussions including viewing a video lecture. This year we will be studying “Psalms: The School of Prayer” in the Fall and will choose our Winter and Spring Studies later in the year.

**Time:** Thursdays, 10:00 – 11: 00 AM, St. Joseph Room.

**Cost:** \$20 for each study

**Contact:** Janet Scanlon, [jgscanlan@comcast.net](mailto:jgscanlan@comcast.net)

### **HEARTS AFLAME COURSES**

**Description:** The Hearts Aflame Faith Catechist Formation Program provides both initial & comprehensive formation for parish catechists. The Hearts Aflame Program also provides interested adults with opportunities to grow in their faith & knowledge. Archdiocesan certification is awarded to those who satisfy the requirements of the Hearts Aflame Program. Topics are: Scripture, Prayer, Creed, Sacraments, & Catechetical Methodology. If you have a group of 6 or more interested in taking a course on any of the topics, please contact Kathryn Heetderks, Adult Faith Formation Director at St. Rose to arrange to have a class taught by her at St. Rose.

**Time:** Classes are offered throughout the Archdiocese, for more info see: [www.adw.org/education/hearts\\_aflame.asp](http://www.adw.org/education/hearts_aflame.asp)

**Contacts:** Kathryn Heetderks, 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com)

### **LITTLE ROCK SCRIPTURE STUDY**

**Description:** A weekly study group that explores a book of the Bible; offered in the Fall, Winter & Spring. Fall topic will be “Voices in the Desert: Amos, Hosea, & Micah.” Winter & Spring studies will be chosen by the group.

**Time:** Weekly discussion meetings (10-12 weeks); Tuesdays, 10:00am; individual daily preparation for weekly sessions, Lewis Room 1.

**Contact:** Lurline Peeler, [lurlinep@comcast.net](mailto:lurlinep@comcast.net)

### **MEN'S SPIRITUALITY**

**Men's Prayer Group:** Are you looking for Prayer, Fellowship & Faith Sharing with other Men of our Parish? Our group begins with prayer & then reflects on the Sunday Gospel. Our time segues into various topics of interest specifically for Catholic Men & Fathers. Everyone is encouraged to participate as much or as little as they wish.

**Time:** Meets every 2nd & 4th Saturday morning, 7:30-9:00am in the Duggan Room on the Church Lower Level.

**Contact:** Frank Avenilla, [Faven44d@yahoo.com](mailto:Faven44d@yahoo.com), (301)704-5376

**Men's Weekend Retreat:** See listing under Weekend Retreats.

### **\*\*NEW\*\* In the Spirit of St Francis & the Sultan: Muslims & Christians Working Together for the Common Good (A JustFaith Module)**

**Description:** Participants will learn the basics of each other's faith in such a way that their faiths' commonalities & differences are clarified & respected. Praying together is encouraged, but never assumed, Muslims' & Christians' differences in their understandings of God are recognized, & participants are provided with ceremonies in which their common faith symbols can be honored, as well as visit each other's places of worship & will work towards engaging in a specific social justice project at the module's end., the module covers the following topics: Finding Common Symbols, Developing Common Prayers, The Fundamentals of Christian Social Justice, The Fundamentals of Muslim Social Justice, The Blessings of Our Religious & Cultural Sharing, Confronting Our Demons, Past & Present, Common Ground, Common Action

**Time:** Eight - 2 ½ hour sessions Beginning January 2012, Time TBD

**Contact:** Coordinators & Assistant Team Members Needed, [strosemcdialogue@gmail.com](mailto:strosemcdialogue@gmail.com)

### **\*\*NEW\*\* PRAYER IN THE PARK**

**Description:** Join others for prayer & reflection at our beautiful Seneca Creek State Park located across Clopper Road from St. Rose. We'll meet at the Kingfisher Overlook. Bring your own chair or blanket. The group will not meet if it is raining. Map:

[www.dnr.maryland.gov/publiclands/central/senecamap.html](http://www.dnr.maryland.gov/publiclands/central/senecamap.html)

**Time:** Four Wednesdays after Labor Day & Four Wednesdays before Memorial Day, 9:30 AM – 10:30 AM, Seneca Creek State Park

**Contact:** Kathryn Heetderks, [kheetderks@strose.com](mailto:kheetderks@strose.com);

### **OWLS (Older, Wiser, Loving Seniors)**

**Description:** Active Seniors gather monthly for social activities. The Annual OWLS Retreat will be held on Tuesday, February 21<sup>st</sup> from 10:00 AM – 2:00 PM. This year's retreat, "Passing Over Coming Back: How Learning About Other Faiths Can Help Strengthen Your Own" will be facilitated by Karen Egan, Faculty Member of the Religion Department at Our Lady of Good Counsel High School.

**Time:** Meets monthly, 12:00 Noon, usually on the 3<sup>rd</sup> Tuesdays.

**Contact:** Pat Miron, 301-294-0517; Sharon Brady, 301-840-9596, [r.f.b@rcn.com](mailto:r.f.b@rcn.com)

### **SCIENCE & FAITH**

**Description:** This discussion group meets monthly to discuss various topics in the area of science & religion. This year the group will be discussing the book *Making Sense of Evolution* by John Haught, PhD. Bring a copy of the book to the first meeting (available on Amazon for \$10.)

**Time:** Fourth Monday of each month, 7:30 –9:00 King David Room (No Meetings in December, May - August)

**Contact:** Carl Paperiello, 301-990-3843, [paperiello@aol.com](mailto:paperiello@aol.com); Joe Rice, [janericemail@msn.com](mailto:janericemail@msn.com)

### **SMALL FAITH COMMUNITY**

**Description:** A small faith community is a group of parishioners, who gather to pray, reflect on & discuss the Sunday Readings—asking how the Word confronts their everyday lives. In so doing, members share what is happening in their lives & find ways to reach out to others. Typically a SFC has 8 -15 members who meet in one another's homes at least twice monthly. During these gatherings, members also socialize & share refreshments. This year's Small Faith Community Potluck will be Sunday, April 22<sup>nd</sup> from 5 – 8 PM. All Are Welcome!

**Time:** Varies. New Groups Forming Every Lent.

**Contact:** Kathryn Heetderks, 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com)

### **ST. ROSE SCRIPTURE INSTITUTE**

**Description:** Develop a better appreciation of the Bible by exploring the scriptures, their writers, & the people for whom they were originally written. This year, our 14th consecutive year, we will examine the theme: "Finding our Lord Jesus through the Scriptures: Exploring the New Testament through the Eyes of Faith". St. Jerome wrote that "ignorance of scripture is ignorance of Jesus". We will explore what the New Testament reveals about the life & person of Jesus with the assistance of the two short volumes "Jesus of Nazareth" recently written by Pope Benedict XVI. No prior scripture study needed. Reading the selections from the Pope's books ahead of time will be useful, but not required. Just bring your bible, your questions, your ideas, & be open to the journey.

**Time:** 1st & 3rd Wednesdays of the month, Sep. 21, 2011 – June 6, 2012, 7:45 – 9:15 pm, St. Joseph's Room.

**Contacts:** John Armstrong, 202-478-8918, [jarmstrong@ciw.edu](mailto:jarmstrong@ciw.edu)

Jerome Miron, 301-294-0517, [jpmiron@verizon.net](mailto:jpmiron@verizon.net)

### **ST. ROSE LIBRARY**

**Description:** Recognizing the need to offer opportunities for Catholic life-long faith formation & spiritual development, the St. Rose of Lima Parish Library provides an organized collection of resources for the entire community. All parishioners & guests are welcome to use the library during days & evenings when the Parish Centre is open & the Duggan Room is available. Self-service check-out logs must be used before items are removed from the library. Non-circulating periodicals are available for on-site reading including: *America*, *Commonweal*, *U.S. Catholic*, & *St. Anthony's Messenger*. On Sundays, when the Duggan Room is being used for Religious Education, peruse our cart of books in the Parish Centre. A listing of our collection should be available online by November 1, 2011. We are not currently accepting donations.

**Library Open Houses:** After 5:00 Masses on the following dates, please come peruse our library offerings, meet the library team & get direction on the resources you are looking for: October 15<sup>th</sup>: Featuring Cider & Doughnuts; January 28<sup>th</sup>: Cocoa & Cookies; (April 21<sup>st</sup> & July 28<sup>th</sup>: Tentative)

**Contact:** Kathryn Heetderks, [kheetderks@strose.com](mailto:kheetderks@strose.com)

### **SEASONAL PRAYER & ACTIVITIES**

#### **Advent & Lent Evening Prayer**

**Description:** Evening Prayer is offered once a week during Advent & Lent as an opportunity to retreat from the busy-ness of the world for a half-hour & focus on the Lord through song, prayer & meditation. Groups that meet on Wednesdays are encouraged to begin their meetings by attending Evening Prayer together.

**Time:** Wednesdays during Advent & Lent, 7:00 pm to 7:30 pm.

**Contacts:** Patti Sullins, 301-948-7545 x235, [psullins@strose.com](mailto:psullins@strose.com)

## **Lenten Simple Soup Suppers & Stations of the Cross**

**Description:** On most Fridays during Lent, we gather for a shared meal of homemade soup & bread served by one of the many small groups or ministries at St. Rose. We take time to listen to a presentation or watch a video on a topic of interest & have discussion at our tables. Those in attendance & others join together in the Main Church for Stations of the Cross following supper.

**Time:** Most Fridays in Lent (Check Weekly Calendar for Details), 6:15: Dinner, Duggan Room; 7:30: Stations of the Cross

**Contact:** Kathryn Heetderks, [kheetderks@strose.com](mailto:kheetderks@strose.com), 301-948-7545 X225

## **NEW!!! THIRD-ORDER CARMELITES**

**Description:** Have you ever felt drawn to Carmelite spirituality? Consider joining a group of laypersons at St Rose to explore the call to Carmel – a call to seek God’s will in the ordinary circumstances of everyday life. The exploratory group will gather monthly, beginning this Fall, to learn about Carmel, its charism & tradition, & consider the formation of a Third Order Carmelite community. A typical two hour meeting in this initial stage will include praying the Liturgy of the Hours & discussing suggested readings on the Carmelite tradition – such as The Carmelite Way, Fr. Jack Welch; At the Fountain of Elijah, Wilfred McGreal; & Mary the Contemplative, Fr. Joseph Chalmers. This group is open to all interested persons, not just St. Rose parishioners. Please consider joining us to explore this 800 year spiritual tradition. Childcare available for a fee upon request.

**Time:** Every third Sunday of each month from 3 – 5 PM beginning September 18, 2011

**Contact:** Nancy Buschman, [nancy@buschmanfamily.com](mailto:nancy@buschmanfamily.com), 301-258-2958

## **WEEKEND RETREATS**

**Description:** Held at Loyola Retreat House. Loyola’s weekend retreats center on a theme presented by the retreat house staff. This year’s theme is “In The Spirit There Is Always A New Beginning.” The retreat begins on Friday with an orientation at 6:45 pm & dinner at 7 pm & concludes with lunch on Sunday at 12:30 pm. The suggested offering for the weekend is \$225. Financial Assistance is available. Register at [www.loyolaonthepotomac.org](http://www.loyolaonthepotomac.org)

**Time:** Retreat for Men & Women: November 11-13, 2011

Men’s Retreat: February 24-26, 2012

Women’s Retreat: April 27-29, 2012

**Contacts:** Women/Co-ed Retreats: Kathryn Heetderks: 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com)

Men’s Retreat: Jack Sahn, 301-367-5043, [jacksahm@verizon.net](mailto:jacksahm@verizon.net)

## **WOMEN’S SPIRITUALITY**

**Women’s Spirituality Mornings:** A speaker is invited to present on a topic pertaining to women’s spirituality 2-3 times a year. Details will be posted in the bulletin. Coffee & a light breakfast are served at 8:30. Presentations begin at 9:00 AM.

**Time:** Saturdays, October 15<sup>th</sup>, December 3<sup>rd</sup>, January 28<sup>th</sup> & April 21<sup>st</sup> from 8:30 -10:00, Duggan Room.

**Contact:** Alice Houk, 301-208-1904, [abhok@comcast.net](mailto:abhok@comcast.net)

**Women’s Faithlift Retreat:** Intergenerational, one-day retreat with keynote speaker & various workshops. This year’s theme is “Spirituality & Laughter: The Importance of Humility & Play in Our Spiritual Lives,” with a Keynote Address by Kathryn Heetderks, Director of Adult Faith Formation at St. Rose. The program will run from 8:00am to 3:00pm on Saturday. Registration fees: \$25 (lunch included). Child care will be available. Join us the Friday evening before for a Simple Soup Supper & Stations of the Cross beginning at 6:15 PM.

**Time:** March 3<sup>rd</sup>, 8:30 AM to 3:00 PM

**Contact:** Alice Houk, 301-208-1904, [abhok@comcast.net](mailto:abhok@comcast.net)

**Women’s Weekend Retreat:** See listing under Weekend Retreats

## **YOUNG ADULT MINISTRY (YAM)**

**Description:** Young Adults (20’s & 30’s, single & married) come together to grow in faith through events & programs planned by the Young Adult Core Team. Join our e-mail list, visit the St. Rose Website, or join our Facebook Group (St. Rose Young Adults) to learn about upcoming opportunities.

### **Ongoing Young Adult Events:**

Young Adult Small Faith Community: 1st Wednesday of the Month, 7 pm – 8:30, Youth Room (Contact Lauren at [lmvollberg@gmail.com](mailto:lmvollberg@gmail.com))

Happy Hour: Second Thursday of Each Month, 6 pm, Location Varies, (Contact Shawn Grimm at [sgrimm1@verizon.net](mailto:sgrimm1@verizon.net))

### **Other Events:**

Young Adult Retreat: Saturday, April 21<sup>st</sup>, 10 AM – 6 PM

Retreat for College Aged Adults: Thursday, December 22<sup>nd</sup>, 8 AM to 2 PM

**Contact:** Kathryn Heetderks, 301-948-7545 X225, [kheetderks@strose.com](mailto:kheetderks@strose.com)