

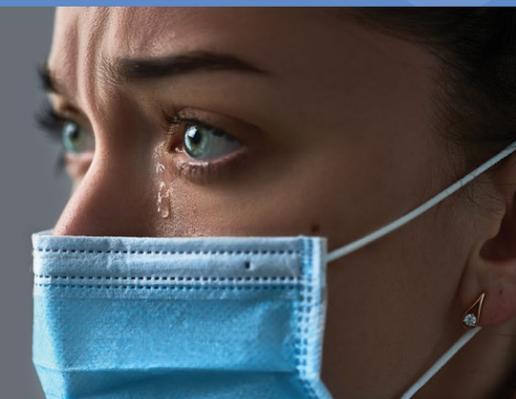
INFORMED

THE FORMED NEWSLETTER FOR PASTORS AND PARISH LEADERS

MENTAL HEALTH FOR CATHOLIC ADULTS

How Can I Help My Parishioners Who Are Facing Mental Health Challenges?

The Augustine Institute invites you to explore *The Sanctuary Course for Catholics* and *Grieving with Great Hope*—available on formed.org



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FROM THE DESK OF THE DIRECTOR

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The Church dedicates the month of March to the memory of St. Joseph. This year he takes on special meaning because of the Year of Saint Joseph proclaimed by Pope Francis (December 8, 2020, through December 8, 2021). The FORMED team has curated a content stripe of movies and talks dedicated to this great saint. In addition, there is a new FORMED Now series airing the Fridays of March (5, 12, 19, 26), during which Taylor Kemp, the FORMED platform manager, and I will discuss this saint's role in salvation history and how to increase devotion to him.

As you are well-aware, COVID-19 has put enormous stress on everyone's mental health. It has been a top priority for us at FORMED to find and to provide you with compelling resources from a Catholic perspective on this topic. I am excited that we have available *The Sanctuary Course for Catholics*, which explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. FORMED has other resources related to this important subject which are discussed further in this edition of the newsletter.

Finally, I want to introduce a new online resource to support you and your team's work. We are creating ready-made plans related to the different areas you serve in the parish, accessible on our leader's page (<https://leaders.formed.org/>). Inside this inFORMED newsletter you can read about our first (of many) pathways—RCIA. Let us pray for one another.

National surveys show an increasing number of Americans who report feelings of worry, nervousness, anxiety, or depression during the COVID-19 pandemic. Catholic faith communities are called to respond compassionately and effectively to members who are wrestling with these challenges amid an atmosphere of isolation.

Starting the Conversation

In January, Dr. Tim Gray devoted two episodes of *The Augustine Institute Show* to the topic of mental health. In the first, Dr. Gray interviewed clinical psychologist Dr. Lillian Hendricks about COVID-19's impact on mental health from a Catholic perspective.

The following week, Dr. Gray welcomed Eric Windeler, founder and executive director of Jack.org, to the show. After their son Jack's suicide, Windeler and his wife, Sandra, created Jack.org. The organization empowers young people to take care of their own mental health and to look out for one another.

The Sanctuary Course for Catholics

Available on formed.org, *The Sanctuary Course for Catholics* explores the realities of mental health and illness, as well as the vital need for Catholic faith-based community conversations about these topics. The program's eight sessions are designed for adult small groups—either online or in-person—to start a parish conversation around mental health. Each is devoted to a single mental health topic and includes a short film in which

a Catholic shares a personal story about a mental health challenge. The program includes interactive discussion questions and group exercises; prayers and reflections; and comprehensive leader and participant guides.

The Sanctuary Course for Catholics is based on a Christian course from Sanctuary Mental Health Ministries and has been tailored for a Catholic audience. Its presenters include priests, bishops, theologians, and mental health professionals.



Also on formed.org: *Grieving with Great Hope*

In a time when family members cannot always be at the bedside of a dying relative and attendance is limited at visitations and funeral Masses, our need to process grief is hampered.

FORMED subscribers can access *Grieving with Great Hope*, a grief support program and healing ministry developed by John and Sandy O'Shaughnessy, co-founders of Good Mourning Ministry, a Catholic Bereavement Apostolate.

FORMED Leader Resources

Many parish leaders are prayerfully considering how to improve their programs to reach the hearts of the faithful. In March, FORMED is introducing a new online resource—a pathway by which leaders can review resources for their particular ministry. This month, the FORMED Leaders Site offers a comprehensive list of RCIA resources.



Pathways for Parish Leaders: RCIA

The challenge of leading an RCIA program is twofold: to inspire catechumens with a glimpse of God's infinite and merciful love and to inform them about the truths of the Faith. The Augustine Institute offers a wealth of resources to support RCIA coordinators in that endeavor. The videos and video series on formed.org can give structure to an RCIA program, whether leaders choose one resource or several to use in combination with one another. The Pathways page gives the top-recommended resources, a list of additional recommendations, suggestions for program best practices, and RCIA leader testimonials that will energize and inspire a parish's RCIA and Adult Faith Formation efforts.

View the first of these pages here: <https://leaders.formed.org/pathway-rcia/>.



Webinars

The Augustine Institute Parish Leader Webinar Series offers insight and inspiration in making the most of FORMED resources as part of your parish's ministry programs. Each week, Brian Truckenbrod, senior director of Parish and School Channels at the Augustine Institute, welcomes a guest who relates a personal story and approach to parish ministry that has made a difference in a parish like yours. Whether you are looking to establish post-RCIA small groups, revive an established ministry with new ideas, or challenge your parish team with an entirely new approach to proclaiming the Kerygma with a program such as THE SEARCH, the Parish Leader Webinar Series is a great source of energy and inspiration. Watch your email for the next invitation!

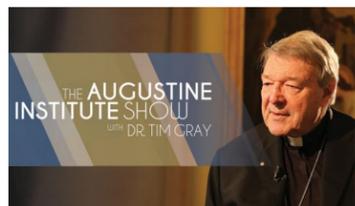
View these webinars here: <https://leaders.formed.org/webinar-recordings/>.

NEW ON FORMED



Revive Parishes

REVIVE courses provide insights, practical steps, and training for your staff, catechists, and parish leader volunteers. Don't reinvent the wheel—learn from the best with over 10 hours of expert training. **Evangelization with Chris Stefanick**, **Missionary Discipleship with Julianne Stanz**, and **Loving and Serving the Poor with Fr. Mark Mary Ames, CFR**, are courses that are more than inspirational—they offer real, practical solutions.



Dr. Tim Gray welcomes Cardinal Pell from Rome to *The Augustine Institute Show*

Dr. Gray and Cardinal Pell sit down to discuss the cardinal's time in prison, the journal he kept throughout, and the meaning of redemptive suffering. The cardinal's incredible journey is an inspiration to all who seek to keep the faith amidst persecution and a desire to unite all suffering to the redemptive Cross of our Lord.

AN INTERVIEW WITH DR. BRANT PITRE

LECTIO: THE CASE FOR JESUS



What inspired you to write *Lectio: The Case for Jesus*?

The primary inspiration was my own experience of going off to college and almost losing my faith because I was not equipped to answer questions about the truth of the Gospels and the divinity of Jesus. After years of having parents ask me over and over again if I knew a book they could give to their adult children who had lost their faith, I decided to write one myself.

Why is *Lectio: The Case for Jesus* a fruitful study for parishes?

Understanding the reasons *why* we believe in Jesus can strengthen the faith of believers and help them share their faith with others. Let's face it: skepticism about Jesus is no longer confined to the ivory tower of academia. It is part of the secular culture we live in. Laity on the front lines of the New Evangelization need to be ready to confidently and clearly

answer questions such as "Why should I believe in Christ?" and "How is Jesus different from other leaders of world religions?"

The Lectio: The Case for Jesus Bible study will help prepare parishioners to confidently share their faith in Christ with the increasing number of people who are losing their faith or who grew up with no faith at all.

What is the value of *Lectio: The Case for Jesus* for the spiritual lives of parishioners?

My hope is that it will increase their confidence in the truth of the Gospels and draw them *closer to the Person of Jesus* by giving them a deeper understanding of the mysteries of his divinity, Passion, Death, and Resurrection.

FORMED NOW



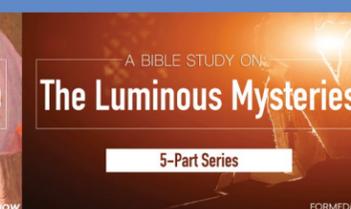
Evangelizing Millennials

This four-part series touches on principles of evangelization and then draws out particular marks of evangelization needed to reach millennials.



St. Francis de Sales and the Character of a Christian

In this four-part series, Dr. Ben Akers and Dr. Christopher O. Blum sit down to discuss St. Francis de Sales, his best-known work *The Introduction to the Devout Life*, and the character of a Christian revealed through his life's witness and writings.



A Bible Study on the Luminous Mysteries of the Rosary

This five-part series looks at the biblical roots of each Luminous Mystery and provides reflection material to help listeners deepen their prayer of the Rosary.



"How to" on the Sacraments

In three episodes looking at two sacraments—Communion and Confession—Dr. Ben Akers, Taylor Kemp, and Fr. Daniel Moloney discuss how to receive these sacraments well.