



STAGE ONE: AN ATTENTIVE LIFE

JANUARY 22

Introductions

S1, Session 1: An Invitation to Discover

FEBRUARY 5

S1, Session 2: Engaging The Biblical Story

S1, Session 3: The Story We Find Ourselves In

FEBRUARY 19

S1, Session 4: A God Who Calls Us

S1, Session 5: Formed From The Inside Out

MARCH 5

S1, Session 6: Uncovering Our Core Values

S1, Session 7: Key Scriptures In Our Lives

**Book Reflection: Liturgy of The Ordinary: Sacred Practices in Everyday Life*

STAGE TWO: AN EXAMINED LIFE

MARCH 26

S2, Session 1: A God Who Shapes Us

S2, Session 2: Remembering Your Story: A Timeline Exercise

APRIL 9

S2, Session 3: Early Shaping Experiences

S2, Session 4: Twists and Turns Along the Way

APRIL 23 and MAY 7

S2, Session 5: Writing Our Spiritual Narratives

S2, Session 6: Sharing Our Spiritual Narratives

[Share with your triad and/or mentor team.]

**Book Reflection: The Gift of Being Yourself: The Sacred Call to Self-Discovery*

STAGE THREE: A SHARED LIFE

MAY 21

S2, Session 7: A Shared Meal

S3, Session 1: Our Need for Others

JUNE 4

S3, Session 2: Exploring Our Strengths

JUNE 18

S3, Session 3: The Power of Being Seen

S3, Session 4: Jesus' Relational Way with Others

JUNE 25

S3, Session 5: Companionship Others

S3, Session 6: Offering Our Lives to God

JULY 9

S3, Session 7: A Time of Blessing

**Book Reflection: Liturgy of The Ordinary: Sacred Practices in Everyday Life*

**Most book reflections will be discussed with a group of three during a separate meeting time.*