SPIRITUAL BOOT CAMP — INTRODUCTION TO THE WORKOUT

The Faith Formation and Evangelization Committee has developed a program to support you and your family in your journey to a deeper understanding of our beautiful Catholic faith and a more intimate relationship with God.

Welcome to **SPIRITUAL BOOT CAMP!**

Similar to a military boot camp, where recruits engage in physical and mental exercises to strengthen their bodies and develop a focused mindset, **SPIRITUAL BOOT CAMP** will give you tools, guidance, and support for your mission to become a saint and return to Heaven.

Each week, we'll give you an opportunity or two to engage in Spiritual Calisthenics – either through an insert or small item in the bulletin, an invitation to a program or group activity, or simply a refresher on some of the ancient traditions of our faith.

As this program evolves, your involvement, responses, and suggestions will guide the curricula moving forward. Our Faith has such beautiful depth and tradition – let's explore it and learn more together.

- Do you want to learn a new way to pray?
- Have you ever wondered about the meaning of the Advent wreath we have on the altar? Did you know that you can have one at home, and pray around it through the season? We'll help you make one.
- What is a Sacramental?
- Why do church bells ring at certain times of the day? Should I do something when I hear them?
- Maybe your family tradition included a craft, such as baking for specific seasons and holidays, like Lenten Hot Cross Buns, an Easter bread, or a St Joseph's table and feast. Will you tell us about it?
- Perhaps your grandmother taught you how to weave palms on Palm Sunday and you'd be willing to share that skill. Some of us can't wait to learn how to do that.
- How do I pray when I hardly have time to do laundry, let alone homework?!

SPIRITUAL BOOT CAMP to the rescue!

And ***Be Not Afraid!*** There's no loud and intimidating Drill Instructor – you'll learn and work at your own pace. Age and strength don't matter either – anyone who wants to can do Spiritual Calisthenics.

Your workout can include your favorites, or new-to-you exercises: little sacrifices and mortifications – my mother always urged me to "Offer it up!"; Eucharistic Adoration; apps like Hallow (hallow.com), and Ascension (ascensionpress.com); Formed, a Catholic on-demand platform, free through our parish (formed.org); contemplative prayer and meditation; spiritual reading; the Rosary; Emmaus 90; Bible study; daily prayer; Lexio Divina and so much more. Start and work out at your own pace.

Don't wait until 2027 to make a New Year's resolution – commit yourself now to making a lasting improvement in your spiritual health starting this Advent and continuing into the new year. **OOH-RAH!**