

The Resilient Life

Living a Vital, Virtuous Life in the Midst of Daily Challenges

The overall goal of **THE RESILIENT LIFE** mission is to foster within individual Christians a strong sense of being called into an ever deepening covenant love relationship with God and one another. We reflect upon the core values that Jesus lived and how we can follow his way more wholeheartedly. We explore how we can live with integrity and genuinely care for others on a habitual, lifelong basis.

We facilitate a process through which people become more aware of and more committed to living a virtuous life, a life which inwardly desires to be good and to do the right thing, a life inspired and strengthened by the Holy Spirit.

The heart of this process is the three-session **RESILIENT LIFE** journey, which includes presentations, personal reflection time, music, prayer and fellowship. The gatherings will be facilitated by a member of the Heart to Heart mission team, joined by members of the parish team. Together they will present a format that helps people to better connect their faith and values to their daily activities, especially through the practice of fundamental Christian virtues. Below are brief descriptions of the themes for each session (sessions are usually three consecutive evenings, but this can be adapted).

For further information, including a *Resilient Life* packet of materials, please contact Father Norm Douglas, by email, fathernorm@livingfaithatwork.org, or by phone, 330-434-3278.

Session 1: Awareness of Love as Gift and Responsibility

A look at how we can open up to God's redeeming love in a way that calls and empowers us to live responsible, virtuous lives, to act with integrity and care for others on a habitual, lifelong basis. An exploration of how we can daily live with greater faith, hope, and love – the core values of the Christian life.

Session 2: Commitment to Following His Way

A rediscovery of the cardinal virtues of prudence, temperance, justice, and fortitude – recognizing how absolutely relevant they are for living in today's world with its many distractions and temptations. A practical look at how we can strive to live an excellent, virtuous life while dealing with imperfection in ourselves, others, our world

Session 3: Living a More Vital and Virtuous Life... Keep Practicing!

A review of practical ways we can grow in virtue as a foundation for our emotional and spiritual wellness, as a source of daily vitality. A reflection upon how to remain mindful and inspired in living "the way of Jesus."