



## APPENDIX A

### PRE-GATHERING PARISH ADULT FAITH FORMATION SNAPSHOT TOOL

This tool is designed as a starting place; one that creates a snapshot of faith forming in your congregation. It might also serve as a starting place for generating new ideas and plans for deepening your parish's faith formation plan. It is not intended to be all inclusive nor is it size or geography specific. Check the column that best indicates your level of agreement with the statement. Answer spontaneously and honestly. The value in this tool comes in noting where you are and seeing where you might go. If you don't know if something is true for some or most, just check the last box. The snapshot you create is intended to help you participate in the Adult Faith Formation gathering, is only intended for your use and will not be collected. It's solely to stimulate your reflections and your sense of what's possible.

Adult Faith Formation Statements Describing Your Parish	True of most of us	True of some of us	Not true of most of us
We are comfortable talking to one another about our faith.			
We are comfortable talking about our personal faith to people who are not parishioners or perhaps not Christians.			
We can comfortably respond to questions like: Why do you believe in God? How has Jesus changed your life? What's the connection between your faith and your participation in church?			
We have a sense of God's presence in our daily lives, the holy in the ordinary.			
We participate in training about how to tell our faith story.			
We engage in ongoing faith formation activities like Bible study, discussion groups, liturgy writing, intercession writing, mentorship programs, Christian basics courses, Revive, Bishop's Book for Lent, Alpha, etc.			
We participate regularly in a discussion group focused on the Sunday sermon and/or the Sunday readings.			
We have a rhythm of reading the bible and prayer in our daily lives.			
We participate in activities to deepen and expand our spiritual practices e.g. Examen, Labyrinth, Meditation, Journaling, Daily Office etc.			
We live the Way of Jesus through care of others, care for God's creation, and justice action and advocacy in our neighbourhood & the broader world.			
We are so transformed by God's love and the impact of our community of faith that we readily invite others to share in our worship and activities.			
We use a spiritual gifts tool to discern and deploy our gifts in ministry.			
Our generous gifts of time, talent and treasure draw us closer to God with whom we are always collaborating in new things.			
Our stewardship focus makes us feel invited to invest our personal resources in God's mission.			

See glossary on the back for explanation of spiritual practices



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## GLOSSARY

**Bible Study:** a gathered group led by a cleric or lay person regularly discusses scripture passages and relates their meaning to participants' lives. Some groups include memorization of passages.

**Bible Journaling:** a technique for reading and pondering daily scripture readings that invites creative doodling and drawing in your bible to assist in learning and connecting with the bible; especially helpful for visual learners.

**Bishop's Book for Lent:** Each winter, the bishop chooses a book for individuals and parish groups to use to enhance their Lent experience. Some parishes share study groups with other parishes and in other cases, people use the provided study guide to explore the material on their own.

**Centering Prayer:** a method of meditation used by Christians placing a strong emphasis on interior silence that employs the use of a chosen sacred word to help one let go of thoughts and remain open to an interior silence.

**Christian basics course:** a program of study that invites those new to Christianity to easily explore key beliefs and practices. One used frequently in the Diocese of Niagara is Christian Foundations, described as an introduction to the good news of the gospel and an overview of the Bible, church history, key Christian beliefs and core practices of the faith.

**Daily Office:** the practice in Anglican churches or by individuals of saying two daily services of Morning Prayer and Evening Prayer (with some including Compline/night prayers) with the core of the services based almost entirely on praying words of the Bible and hearing passages from it.

**Discussion Groups:** gatherings of parishioners and others with discussions typically focused on life issue or "big questions" or a shared interest with a faith lens offered by the leader and some participants.

**Examen:** a technique of prayerful reflection on the events of one's day in order to notice God's presence and discern God's direction for our lives, often done at noon and at the end of the day.

**Intercession Writing:** in some parishes, those who offer the intercessions or prayers of the people write prayers that speak into the context of the parish, arising from reflection that includes scripture, culture, daily news, and the missional focus of the parish.

**Journaling:** a process of reflecting on problems, issues or just life through writing on a daily basis.

**Labyrinth:** an ancient tool that relates to wholeness combining both a circle and a singular spiral path to walk that reflects our journey to God and our journey to our own center; a walking silent meditation.

**Liturgy Writing:** In parishes where contextual liturgy is created, groups typically gather to ponder scripture related to a particular season or theme with the intent of crafting liturgical pieces that reflect both scripture and the context of the parish and the neighbourhood.

**Meditation:** a form of prayer and reflection in which the practitioner attempts to become aware of and reflect upon the voice of God in one's life.

**Revive:** a small group program that highlights transformation and spiritual leadership through spiritual formation focused on praying, understanding scripture, and developing a sense of call.

**Spiritual Gifts tool:** a survey intended to create a snapshot of our individual strengths and gifts, and to help us discern the use of those gifts for God's mission of love.