

Adult Faith Formation during Elementary, Middle School, High School Sessions are sessions in which any interested adult and/or parents of children and youth whose classes are in progress are offered time to reflect on, dialog and discuss topics upon which the children and youth are studying and reflecting

ADULT FAITH FORMATION

AN INTRODUCTION TO THE THEOLOGY OF THE BODY

“**Theology of the Body**” is the title which Pope John Paul II gave to 129 talks he delivered between September 1979 and November 1984. It is a biblical reflection on the meaning of human as male and female, particularly as it concerns the call of the two to become “one flesh”. However, it is not meant only for married people. John Paul II focuses on love as a gift of self and uses the Trinity as the original model of love. To live as a person is to live as a body that offers a rich natural expression for the gift of self in spousal love and in general. A book (\$8.00) with discussion questions is used.

Sundays –October 18, November 8 & 22, December 6 & 20

Times: 9:30 am, 11:30 am, 3:30 pm, 6:00 pm

Mondays – October 19 & 26, November 2 & 9

Time: 6:30 pm



MAKING THE MOST OF MARRIAGE

Following the “Theology of the Body” and spousal love as a gift, “**Making the Most of Marriage**” gives some practical ways of living out this love relationship of spousal love.

Dr. Kevin Leman, an internationally known Christian psychologist, bestselling author, radio and television personality and speaker offers marriage and parenting advice that can change your life. Some of our most rewarding life experiences also can be our most challenging. He gives practical and proven truths about the marriage relationship couched in his trademarked humor and fun. Dr. Leman is on DVD. A workbook (\$8.00) with discussion questions is used.

Some St. Mark's couples participated in these sessions last spring and said they gained much for their lives. Some wanted to review them and offer this information to others in the parish.

There are seven sessions with the following titles:

1. **Designed To Be Different** – Balancing the Challenges and Benefits of Two Distinctive Personalities
2. **Where Have All the Flower's Gone?** – Doing Your Best For the One You Love the Most
3. **Striking the Perfect Match** – How Birth Order Affects Who You Are and the Marriage of Your Dreams
4. **Looking for Love in Two Special Faces** – How Kids Grow and Thrive Through Mom and Dad's relationship
5. **Don't Rock the Jukebox!** – Resolving Conflicts by Turning Off and Tuning In
6. **Sex Begins in the Kitchen** – How to Light the Fire and Keep the Flame Burning
7. **Enjoying the Journey** – Become ONE in Marriage That Will Last a Lifetime

Sundays – January 10 & 24, Feb. 7 & 21, March 7, April 11 & 25 (*Mar. 21– Parish Mission Retreat*),

Times: 9:30 am, 11:30 am, 3:30 pm, 6:00 pm

Mondays – November 30, December 7 & 14, January 11 & 25, February 1 & 8

Time: 6:30 pm



PARENTING THE EARLY YEARS: 10 Biblical Traits Your Kids Will Remember You For

Drs. Les & Leslie Parrott are married for 25 years. Leslie is a professional marriage and family therapist and Les is a clinical psychologist. These sessions hinge on "who you are mattering more than what you do". Your child's character hinges on the traits you model as a parent. Therefore, the ten character traits for parent (affirming, patient, celebratory, visionary, prayerful, authentic, connected, attentive, comforting and insightful) are developed and then followed by discussion questions with the aid of a workbook (\$8.00).

Sundays – May 2 & 16 (*Discussion about Continuing Sessions*)

Times: 9:30 am, 11:30 am, 3:30 pm



HAVE A NEW KID *By Friday*

Dr. Kevin Leman, an internationally known Christian psychologist, bestselling author, radio and television personality and speaker on DVD says you'll be surprised what you can accomplish in five days if you are willing to get off to a good start on day one! He speaks from his experience as a parent and psychologist regarding the parenting process. He acknowledges that parents may feel hemmed in and hopeless at home because it seems that their dreams for raising respectful, responsible and resourceful children are just not coming true. Dr. Leman uses Scripture in laying out a plan for each day of the week. Discussion follows each presentation with the aid of a workbook (\$8.00).

Session Titles follow:

1. **Wake Up to Reality** – It's Time to Break Free from the Parent Trap
2. **Caution: Kids Growing Up Here!** – What Kids Need that Parents Must Deliver
3. **Staying Connected To Be Respected** – It's Not an Impossible Dream
4. **Check Your Attitude At The Door** – Dude and Dudettes with "Tudes Not Permitted Inside!"
5. **The Amazing Race For Self-Esteem** – Raising the Bar of Confidence Without Lowering the Boom of Discouragement
6. **"Leman Secrets" For Enjoying the Journey** – Little Things Mean a Lot!

Sundays - May 2 & 16 (*Discussion about Continuing Sessions*)

Times: 9:30 am, 11:30 am, 3:30 pm

Mondays – February 22, March 1, 8 & 29, April 12 & 26

Time: 6:30 pm