

EPISCOPAL DIOCESE OF VERMONT
COMMISSION ON MINISTRY/COMMITTEE ON CHRISTIAN FORMATION
Personal Resources for Christian Formation
September 2007

TYPE OF RESOURCE	DESCRIPTION	AREA CONTACTS	LINKS TO OTHER RESOURCES	TIME COMMITMENT	COST (IF ANY)	FINANCIAL RESOURCES
Cursillo group reunions	A meeting of two to six friends who share their prayer life, moments close to Christ, study and apostolic action. Group agrees on meeting time. Meeting begins with prayer, then each member shares what they are doing in their prayer life, and then shares a moment close to Christ, and then shares what they are doing for study, and action. Group is intended to make each person more aware of Christ in their lives, and to give ideas of ways to grow in one's spiritual life. Meeting closes with prayer. There is a printed format for meetings.	Anyone who has made a Cursillo (including Mary Lou Ashton). Information available at parish or Diocesan Office? (Cursillo no longer active in Vermont?)		One hour to an hour and a half weekly or bi-weekly.	None	N/A
Daily devotions (there are a variety of ways to do daily devotions. Listed here are several suggestions. Any single devotion or combination could be used.)	<p>Reading Forward Day by Day each day, followed by a time of meditation on the scripture reading for that day. Forwards usually available in track rack at church.</p> <p>Daily Devotions for Individuals/Families: pages 136-140, Book of Common Prayer (BCP) (instructions included).</p> <p>Praying Psalms daily (10/day?). BCP pages 582-808.</p> <p>Other devotionals available at Hopkins Book Store, Cathedral Church of St. Paul, Burlington, VT.</p> <p>Meditation practice: take time apart to sit with God, to talk to and listen to God. Will need instruction for this, if never done before.</p>	Parish priest or any priest; members of CCF; known lay people in parish involved with daily devotions. Meditation Center at Cathedral. Convents, monasteries, spiritual directors.		Ten minutes to an hour, depending on choice of devotion/meditation/prayer.	Purchase of BCP (\$15 - \$50, BCP with hymnal, \$96) or other devotionals, ranging in price from \$0.35 to \$35.00.	Parish?

Daily office: Compline	BCP pages 127-135	Parish priest or any priest; members of CCF; known lay people in parish involved with daily devotions. Meditation Center at Cathedral. Convents, monasteries, spiritual directors.		Ten minutes to an hour, depending on choice of devotion/meditation/prayer.	Purchase of BCP (\$15 - \$50, BCP with hymnal, \$96) or other devotionals, ranging in price from \$0.35 to \$35.00.	Parish?
Daily office: Evening Prayer	BCP pages 37-73 EP Rite I; BCP pages 115-126 EP Rite II (instructions included)	Parish priest or any priest; members of CCF; known lay people in parish involved with daily devotions. Meditation Center at Cathedral. Convents, monasteries, spiritual directors.		Ten minutes to an hour, depending on choice of devotion/meditation/prayer.	Purchase of BCP (\$15 - \$50, BCP with hymnal, \$96) or other devotionals, ranging in price from \$0.35 to \$35.00.	Parish?
Daily office: Morning Prayer	BCP pages 37-73 MP Rite I; BCP pages 74-102 MP Rite II (instructions included)	Parish priest or any priest; members of CCF; known lay people in parish involved with daily devotions. Meditation Center at Cathedral. Convents, monasteries, spiritual directors.		Ten minutes to an hour, depending on choice of devotion/meditation/prayer.	Purchase of BCP (\$15 - \$50, BCP with hymnal, \$96) or other devotionals, ranging in price from \$0.35 to \$35.00.	Parish?
Daily office: Noonday Prayer	BCP page 103	Parish priest or any priest; members of CCF; known lay people in parish involved with daily devotions. Meditation Center at Cathedral. Convents, monasteries, spiritual directors.		Ten minutes to an hour, depending on choice of devotion/meditation/prayer.	Purchase of BCP (\$15 - \$50, BCP with hymnal, \$96) or other devotionals, ranging in price from \$0.35 to \$35.00.	Parish?

Diocesan Advent and Lenten retreats, BBCC	Silent retreats held from Friday 5 p.m. to Sunday 2 p.m. Silence begins after supper on Friday, ends at Eucharist at noon on Sunday. Usually four meditations/talks given by the retreat leader throughout the weekend. Daily offices and Compline offered each day along with Holy Eucharist at noon on Saturday and Sunday. Spiritual counsel available, as well as lots of free time for reading, walking, sleeping, etc. Participants invited to do as much or as little of scheduled events according to their needs.	John King, 433 Bean Road, Colchester, VT 05446, 802/862-6823. Retreats advertised in Mt. Echo and information mailed to all parishes.	http://home.comcast.net/~jking05401/SRetreat.html http://home.comcast.net/~jking05401/SRetreat.html (2007-08 schedule)	Friday 5 p.m. to Sunday 2 p.m. on scheduled weekends	\$150 for double or triple room; \$200 for single, when available. Cost includes all meals.	Some parishes give <i>some</i> assistance. Limited help also available via Committee on Christian Formation (http://www.dioceseofvermont.org/Orgs/ChristianFormation.html)
Education For Ministry (EFM)	See Longterm Programs chart					
Intensive Journal	Founded by Dr. Ira Progoff, depth psychologist; now run by his son, Jon. The method “is an integrated system using writing exercises in a setting of privacy and quiet to help you gain awareness about diverse areas of your life, connect with your real self, develop a more meaningful life... [O]ur method is based upon principles of psychology, providing you with unique approaches to develop your life.” For clergy, laypeople, specialized audiences.	www.intensivejournal.org Hal Woods, halwoods@earthlink.net , 802/372-4784		Varies	Cost of books, tapes, workshops	
Labyrinth	Community Labyrinth of the Chartres model permanently installed outdoors at All Saints, South Burlington. Odyssey of Light sculpture by Kate Pond focuses the sun’s rays in the shape of a cross in the center on the equinoxes and winter solstice. Ceremonies held at special times of the year. Open year round, though snow covers it in winter.	Linda Morrell, All Saints			None	

Personal collect	Craft your own to use along with Daily Office or at other times	Martha Holden, marthachristchurch@gmail.com , 802/229-9036 934 Templeton Road, Montpelier, VT		Varies	None	
Personal retreats at Bishop Booth Conference Center	Located on the shores of Lake Champlain, the Bishop Booth Conference Center (BBCC) is a sanctuary where the people of the Diocese of Vermont, other religious groups and non-profit organizations may experience a sense of God's presence, the beauty of creation and Christian community. Facilities include overnight accommodations, food service, meeting rooms, a chapel and outdoor recreation opportunities.	Debi Paterson, Director 20 Rock Point Circle Burlington, VT 05401-2735 bishopbooth@dioceseofvermont.org Office: 802/658-6233 Fax: 802/658-8836	http://www.dioceseofvermont.org/	Weekend, weekly, Summer Camp	Call for rates	
	Group program retreats are generally conducted from Thursday or Friday evening through Sunday midday. In addition to joining the brothers for worship and meals, guests attend a series of addresses or meditations offered by the retreat leader. Time is also set apart for prayer, reflection, and recreation. Customarily, those on retreat observe silence. Individual retreats: Most weekdays and some weekends are available for individual retreats. (The Guesthouse and Emery House are closed on Monday.) If you would like to meet with a brother during your individual retreat, please be certain to make that request when you book your reservation. Assignments will be made subject to brothers' availability.	The Monastery 980 Memorial Drive Cambridge, MA 02138 617/876-3037 Emery House 21 Emery Lane West Newbury, MA 01985 978/462-7940 http://www.ssje.org/			\$75/night for individual self-directed retreats; \$100/night for directed retreats.	Limited help available via Committee on Christian Formation (http://www.dioceseofvermont.org/Orgs/ChristianFormation.html)

Retreats: Society of St. Margaret (Boston)	The Society of St. Margaret welcomes inquiries from persons seeking a time apart for retreat or refreshment. Their facilities in Boston and Duxbury are also available to non-profit groups for their programs.	Reservations Desk Society of St. Margaret 17 Highland Park Street Boston, MA 02119-1436 617/445-8961 x127 Fax: 617/445-7120 resbostonssm@yahoo.com		Varies	\$50/night suggested donation	
Retreats: St. Joseph's Dwelling Place, Ludlow	Individuals or small groups can arrange to come to Saint Joseph's any time for experiences of prayer and reflection, joining in the public prayer times at St. Joseph's and at Weston Priory, and using the guest kitchen for meals, if desired. Private Directed	Catherine Joanne, Director http://www.stjosephdp.com/sjgh_retreat.html		Retreats may be arranged at a time convenient to one's schedule. Retreatants usually come 4-8 days, bringing their own food for breakfast and lunch in the guest kitchen. Private Spiritual Direction is available each day and an evening meal is provided. Two or three times per year St. Joseph's offers a month-long retreat that follows the pattern of the Spiritual Exercises of Saint Ignatius of Loyola. Retreats are scheduled in Winter, (January/February), Summer, (July/ August), and Fall, (October/November).		
Retreats: Weston Priory	We have guest facilities for adult men and women who wish to come individually to the priory. We also have guesthouses that provide accommodations for groups of adults, such as groups of married and single persons, members of religious communities, and clergy.	Weston Priory 58 Priory Hill Road Weston, VT 05161-6400 802/824-5409 Fax: 802/824-3573 www.westonpriory.org/				
Spiritual direction	See information for Society of St. John the Evangelist; Sisters of St. Margaret; Sisters of Mercy					
<i>Too Deep for Words: Rediscovering Lectio Divina</i> (New York: Paulist Press, 1988)	Aid to scriptural meditation. Table of Contents has 50 topics related to Bible passages.			Varies	Cost of book (if still in print)	

Other Suggestions

Collegial consultation groups meeting on a regular basis

Diocesan Quiet Days

Linking the spiritual world and the natural world

Meditation, various types

Retreats: St. Helena's

Small groups, foyers

Spiritual companionship

Spirituality and exercise

Study groups: Book studies

Study groups: Healing teams

Walking prayerfully and with meditation