

# 3 Ways to Register

1. Register online at [gbdioc.org/spiritual](http://gbdioc.org/spiritual)

2. Email the following information to:  
[evangworship@gbdioc.org](mailto:evangworship@gbdioc.org)

Name:

Course Name:

Address:

City:

State:

Zip:

Email:

Day Phone:

Parish & Parish City:

3. Mail registration info to:

Catholic Diocese of Green Bay  
Evangelization & Worship Department  
PO Box 23825  
Green Bay, WI 54305-3825

**Deadline: On or before  
Monday January 10, 2011**



**Content Scholar:**  
Fr. Michael Himes

**Fr. Michael J. Himes** serves as professor of theology at Boston College and is a popular author, teacher, preacher and workshop presenter.

**Facilitator:**  
Melinda Brown  
Donovan, M.A.

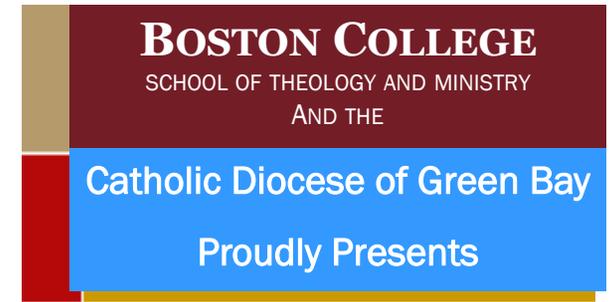


**Melinda Brown Donovan** is Associate Director of Continuing Education for the Boston College School of Theology and Ministry.

**Facilitator:**  
Paula Raposo, M.Ed.



**Paula Raposo** is Director of Adult Faith Formation at Saint Julie Billiart Parish in Dartmouth, MA.



## Winter Online Courses “Spiritual Practices” and “Spirituality Matters” featuring Fr. Michael Himes

**FREE** to first 20 registrants  
from parishes  
in the following counties:

**Florence, Forest, Langlade,  
Marinette, Menominee, Oconto  
Shawano, Waupaca, & Waushara  
(and subsidized for everyone else!)**

Funded by Bishop’s Appeal



Diocese of  
Green Bay





## “Spiritual Practices”

This 2-week course provides guided discussion around 20 distinct spiritual practices, including retreats, the Ignatian examen, praying with images, and family life as spiritual practice. Participants receive a packet of short, informative articles about each spiritual practice, mostly reprinted from a variety of journals like *Weavings*, and *America*.

**Course Offered from Jan. 24—Feb. 4, 2011**  
**Cost Incl. Readings: was \$35; now \$15!**

### All C21 Online courses include these special features:

- Participants have access 24 hours/7 days a week to the course's password protected web site.
- Each participant belongs to a small community for conversation and faith sharing guided by a trained facilitator.
- An orientation in how to navigate the web site is always available.
- Technical assistance is easy to contact and prompt in returning messages.
- Weekly questions for reflection and discussion.
- A "town meeting" forum where you can meet other participants and socialize.

Those who actively participate receive an acknowledgement of completion of course.

## “Spirituality Matters”

featuring video presentations  
by Fr. Michael Himes, faculty  
Department of Theology

This 4-week course examines how our spirituality affects our total outlook on life and every aspect of daily living. Join other adults in discussing some of life's most important questions as you further explore how spirituality matters.

- Week 1: What is Spirituality?
- Week 2: What is Prayer?
- Week 3: What Can Suffering Teach Us?
- Week 4: Do I Need Community?

**Course Offered from Feb. 7—March 4, 2011**  
**Cost Incl. Himes Videos: was \$75; now \$35!**

In addition to the course cost, you will need to purchase the book *7 Essentials for the Spiritual Journey*, Crossroad, 1999, by Dolores R. Leckey. Book is available for purchase at St. Catherine Bookstore, Amazon.com or other online book stores for approx. \$15

### Time Commitment

For both Spiritual Practices and Spirituality Matters, participants can expect to spend an average of 2-3 hours each week completing the

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## Is Online Learning for Me?

Online learning is a new experience for many of our participants. To see if a C21 online learning course is for you, respond to each of these statements as True or False for you:

1. I am comfortable writing email and using the Internet.
2. I would like to discuss faith matters with people from all over the English-speaking world.
3. I would enjoy being able to participate in a course according to my own schedule instead of needing to arrive in a classroom at a certain time.
4. I would enjoy not having to commute to participate in a learning experience.
5. I am self-motivated when it comes to following through on a project.
6. I am comfortable with trying out new ways to learn.
7. I would find it relaxing and interesting to come online and read messages from participants in different parts of the country and the world.
8. I would like to receive feedback to my reflections from an experienced facilitator and from my peers.
9. I enjoy being part of a discussion board or listserv.
10. I don't mind asking for assistance when I need help.

The more statements you answered true, the more likely you will enjoy a C21 online learning experience.