



NAME: \_\_\_\_\_

Date: \_\_\_\_\_

# MEN'S CROSS TRAINING





# CTM TRIPLE PLAY FOR SPIRITUAL LEADERSHIP DEVELOPMENT

CTM has arrived at a three pillared approach for men to strive to achieve our mission of

**“Men Helping Men Step Up and Become Better Spiritual Leaders by Following Christ and the Teachings of His Church”**

The three pillars are:

1. ***Attend a Men's Retreat each year***
2. ***Attend CTM Events (Monthly Events and MCT Practices), and***
3. ***Be part of an Accountability Group (2 or more men)***

Will you commit to being part of the CTM mission to help grow the number of men stepping up to be the spiritual leaders in their family, parish, and community?

## SPIRITUAL PROGRESS CARD

Name: \_\_\_\_\_

Year: \_\_\_\_\_

Men's Retreat(s)	MCT Practices			Accountability Groups					
Dates: _____	<u>Spring</u>	<u>Fall</u>		<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>
Monthly CTM Events	#1 ____	#1 ____	#1	___	___	___	___	___	___
Jan: ____ Jul: ____	#2 ____	#2 ____	#2	___	___	___	___	___	___
Feb: ____ Aug: ____	#3 ____	#3 ____	#3	___	___	___	___	___	___
	#4 ____	#4 ____	#4	___	___	___	___	___	___
Mar: ____ Sep: ____	#5 ____	#5 ____		<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>
Apr: ____ Oct: ____	#6 ____	#6 ____	#1	___	___	___	___	___	___
	#7 ____	#7 ____	#2	___	___	___	___	___	___
May: ____ Nov: ____	#8 ____	#8 ____	#3	___	___	___	___	___	___
Jun: ____	#9 ____	#9 ____	#4	___	___	___	___	___	___

**MEN HELPING MEN FOLLOW CHRIST AND THE TEACHINGS OF HIS CHURCH**

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## THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## APOSTLE'S CREED

I believe in God, the Father almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died, and was buried. He descended into Hell. The third day he rose again from the dead. He ascended into Heaven and sits at the right hand of God, the Father almighty. He shall come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## OUR FATHER

Our Father, Who art in heaven, Hallowed by Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## HAIL MARY

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

## FATIMA PRAYER

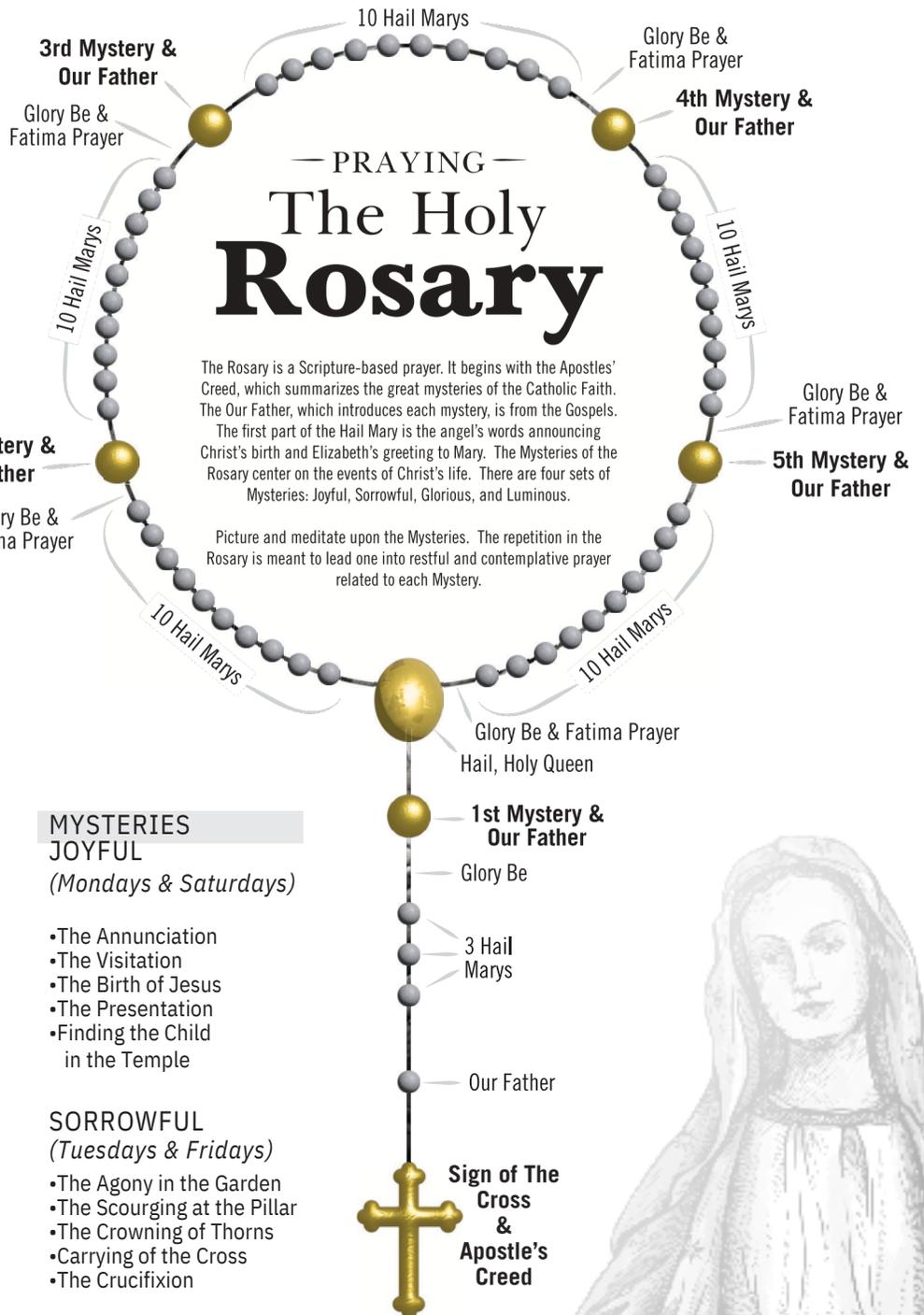
Oh my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of Thy mercy. Amen

## HAIL HOLY QUEEN

Hail, Holy Queen, mother of mercy; our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy towards us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

## LET US PRAY

O God, whose only-begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech Thee, that, by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



## MYSTERIES JOYFUL

(Mondays & Saturdays)

- The Annunciation
- The Visitation
- The Birth of Jesus
- The Presentation
- Finding the Child in the Temple

## SORROWFUL

(Tuesdays & Fridays)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning of Thorns
- Carrying of the Cross
- The Crucifixion

## LUMINOUS

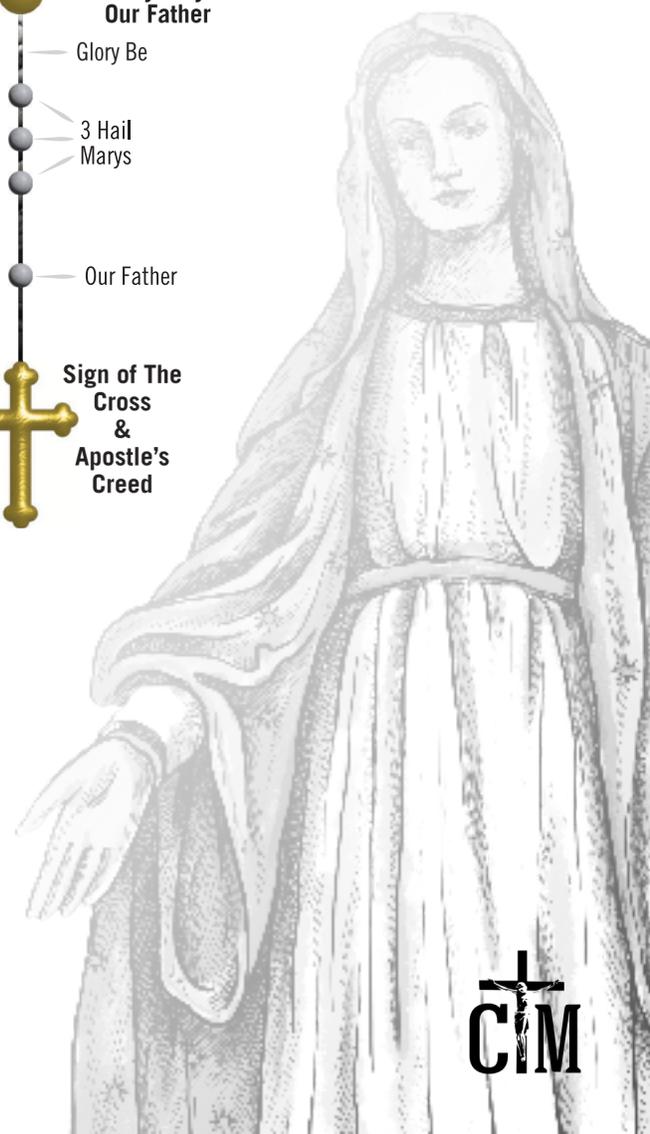
(Thursdays)

- The Baptism of Jesus
- The Wedding at Cana
- Jesus Proclaims the Kingdom of God
- The Transfiguration
- Jesus Institutes the Eucharist

## GLORIOUS

(Wednesdays & Sundays)

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Coronation



# PRAYER FOR MCT

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**Heavenly Father,**

Creator of all things in Heaven and on earth,

You created me in Your image and likeness.

Help me to be a man who always puts God first.

Help me to pray daily  
pursue joy in everything I do, and  
keep me always close to your sacraments.

Understanding the importance of leading my family spiritually:

Help me always lead my family to Mass.  
Help me become a student of Church history.  
Help me learn more about the teachings of Christ and His Church.

Help me communicate those teachings  
without pride or arrogance, and  
show strength and confidence with true humility.

I will love my wife and show it.

I will model what it means to be a man  
by looking beyond my needs and  
taking care of others because I want to.

I will recognize the distinct differences between a man and a woman;  
a woman wants to be loved and  
a man wants to be respected.

By choosing to constantly grow in understanding  
the teachings of Christ and His Church,  
I will express my belief in God's Truth without provoking others and  
will not be offended by the words of others.

I understand the reasons for being a CTM man  
and I will apply all of these efforts to help grow the Catholic Church.

**AMEN**

# The Practice



## OUR IMPOSSIBLE GOAL

6,000 Catholic Men participating in the CTM's Triple Play Leadership Journey

## MISSION

Men helping men BECOME better spiritual leaders in their various environments by following the teachings of Christ and His Church.

## 6:00 PM

WARM UP - The Rosary

## 6:30 - 7:30 PM

CTM Prayer

CTM Intro Video

My Leadership Journey

Conforming Myself to Jesus Christ in order to Grow in Virtue and Be in the Service of My Family, My Parish, and My Community

Breakout Groups - Q&A

What Am I Going To Do to BECOME a Better Spiritual Leader before our next MCT practice?

St. Michael the Archangel Prayer

# **ST. MICHAEL THE ARCHANGEL** † **PRAYER**

**Saint Michael the Archangel,**

Defend us in battle.

Be our protection against  
the wickedness and snares of the devil.

May God rebuke him, we humbly pray;  
and do thou, O Prince of the Heavenly Host,  
by the power of God, cast into hell Satan  
and all evil spirits who prowl about  
the world seeking the ruin of souls.

**Amen.**



# What are the **MEN'S CROSS TRAINING** practices about?

We men observe on a daily basis the increasing problems and challenges that are oftentimes overwhelming to us and to our closest relationships. We are ALL dealing with PROBLEMS! We find ourselves asking...

What is the Solution? It is found in following Jesus and the teachings of His Church!

The vision within the Community of Transcendent Men is that each of us men should "step up" and become better leaders - to be people that others want to follow - by being the man God is calling us to be in our respective environments (home, work, school, community, church).

We have to engage with other men regularly to continue to grow in virtue and service to our families and others we encounter daily.

**QUESTION:** How does each one of us become a better leader? How do we become better at anything?  
**ANSWER:** We practice. We attend the Men's Cross Training practices.

Men's Cross Training is about men coming together to learn from each other and challenge each other to become better leaders. Men will give witness to struggles they have encountered and how they made positive changes to be better men, better spiritual leaders. At an MCT practice, you will hear from other men not very different from you. They talk about times when they weren't the leader they could have been. They share changes that they made in their life that helped them to become a better leader and to draw closer to Christ.

Men will discuss thought-provoking questions and then spend some time committing to an all-important action that will help each of them in their faith life and their relationship with Jesus.

MCT practices are designed to help each man progress towards becoming a better Spiritual Leader for his family and closest relationships. The idea is to get better with each practice. Our playbook is taken from the teachings of Jesus and His Church - the Bible and the Catechism of the Catholic Church.

Each practice lasts only an hour. In that time, we learn fundamental principles that will help each of us become part of the "solution" rather than part of the "problem".

What is being asked of you? There are nine one-hour practices over a three-month period. Attend the nine practices that are scheduled and work toward becoming a better leader. We realize you may have other commitments; nine evenings may not be possible. In that case, attend whatever practices you are able. We are confident that even just one practice will have a positive impact.

# Why should I attend the **MEN'S CROSS TRAINING** sessions?

- For where two or three are gathered together in my name, there am I in the midst of them.  
Matthew 18:20
- Come and join with other men who are trying to be better men, husbands and fathers. Come and listen to another man like you who gets up every morning and goes to work in order to provide for his family, Listen how he shares about a time in his life when he wasn't living out his role as the man, husband or father that God is calling him to be. Listen to him tell you what his life was like before and after he encountered Jesus and started becoming a man of God.
- Come and see how to become a better man, husband and father. Come learn how to lead your wife and family to heaven; to live the life God is calling you to live.
- Come and see how striving to become a better leader - to live out a sacrificial life for God and family - brings joy and happiness you may have not experienced and that's what God wants for you.
- Come grow in knowledge of the teachings of Jesus and the His Church.
- Why attend Men's Cross Training sessions? The short answer is "Why not attend?" We are constantly hearing that it's time for men to step up and be the spiritual leaders in our homes. Come out and spend a little time with a group of men that are facing the same issues that you are. We all have the same goal - getting our family to Heaven.
- It is vital for men to hear real life experiences and be in a group setting where other men are sharing their faith. Very few males ask for help or admit they are struggling. In these practices, many will hear stories of similar experience and also also hear how others handled it. This is a great example of Proverbs 27:17, "As iron sharpens iron, so one man sharpens another".
- Go for the children who need and deserve a Godly man in their lives. All men need help remembering who they were created to be.
- Ask the question, "if not me, then who?" If men are not willing and able to face the distractions and adversity in our current situation, then who is there to assist with the growth of the Church? Who is willing to be held accountable for the Spiritual Growth of my Family, Friends, and the Church?  
Acts 2:42-47

# **EXAMINATION** ---

## **FOR A CATHOLIC MAN ENGAGED IN HIS FAITH**

### **Have I been committed to Christ and His Church?**

- Have I put God first, before all else?
- Have I been a man of prayer?
- Have I been a reverent man who respects life?
- Have I been an honest and compassionate man?

### **Have I been committed to getting my family and others to heaven to share in the resurrection?**

- Have I been a masculine presence and faith leader of my family?
- Did I see the entire family attend weekly Mass, Holy days?
- Have I been a good example of full, active participation at Mass?
- Did I encourage the family to take advantage of frequent confession?

### **Have I been committed to Christ centered communities?**

- Have I been other-centered?
- Did I have a willingness to help others?

### **Have I been humble yet confident in my Catholic faith?**

- Have I communicated my faith with confidence?
- Have I communicated my faith without pride and arrogance?

### **Have I been a dynamic and determined Catholic man?**

- Did I use the gifts God has blessed me with to build His Kingdom on earth?
- Have I been determined to make a difference for the glory of God?

### **Have I been committed to personal growth in my Catholic faith?**

- Did I take advantage of opportunities and programs to learn more about the Catholic faith?
- Did I take advantage of opportunities to improve myself and the people I encountered?
- How did I spend my free time?

### **Have I been taking advantage of the Sacraments: Eucharist, Reconciliation frequently?**

- Weekly Mass
- Daily Mass
- Mass on Holy days of obligation
- Monthly confession

### **Have I been serving my parish?** (Member of various parish ministries: Parish Council, Finance Council, Liturgy Committee, Men's Group, K of C, etc.)

### **Have I been a Disciple of Christ?** (Missionary Disciples)

- Have I been living out my Baptismal promises (Catechism of the Catholic Church Paragraph 1270)

# MAKING A GOOD CONFESSION

## KEYS TO A GOOD CONFESSION

**1**  
Examine your conscience.

**2**  
Be truly sorry for your sins.

**3**  
Confess your sins to a priest

**4**  
Resolve to amend your life.

**5**  
Do penance the priest assigns.

## PROCEDURE IN THE CONFESSIONAL

You say:

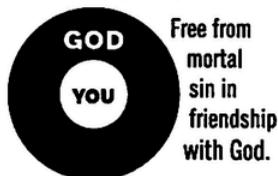
**"Bless me, Father, for I have sinned. It has been (state the length of time) since my last confession. These are my sins."**

Then tell your mortal sins and the number of times committed. If you have no mortal sin to confess, then confess the venial sins you have committed since your last confession. When you have finished telling your sins, you should say: **"For these and all the sins of my past, I am truly sorry."**

The priest now gives the necessary advice, assigns your penance and asks you to say the **Act of Contrition** (in some form). Then wait and listen as the priest gives the absolution. Then say **"Thank you, Father"**, then leave the confessional and then perform the penance assigned by the priest

## MORTAL SIN vs. VENIAL SIN

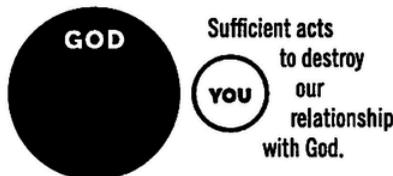
### STATE OF GRACE



### VENIAL SIN



### MORTAL SIN



### CONDITIONS FOR SIN TO BE MORTAL:

1. It must be a grave matter.
2. We must know we are sinning.
3. We freely choose to sin.

## EXAMINATION OF CONSCIENCE

### 1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices (horoscopes or ouija boards) or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever received Communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

### 2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?

- Have I insulted a sacred person or abused a sacred object?

### 3. REMEMBER TO KEEP HOLY THE LORD'S DAY.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I not kept Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?
- Do I make others work on Sunday?

### 4. HONOR YOUR FATHER AND YOUR MOTHER.

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?
- Do I respect my elders?
- Do I respect my pastor, bishop, and the Pope?

### 5. YOU SHALL NOT KILL.

- Have I had an abortion

- or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?

- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I been sterilized for reasons of birth control?
- Have I encouraged or condoned sterilization?

### 6. YOU SHALL NOT COMMIT ADULTERY.

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity before marriage or outside of marriage?
- Have I used any method of contraception or artificial birth control?
- Has each sexual act in my

- marriage been open to the transmission of new life?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be pure in my thoughts, words and actions?
- Am I careful to dress modestly, so as not to tempt others?
- Have I been guilty of masturbation with myself.

### 7. YOU SHALL NOT STEAL.

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time at work, school or at home?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?

### 8. YOU SHALL NOT BEAR FALSE WITNESS.

- Have I lied?
- Have I gossiped?
- Have I harmed someone's reputation?
- Have I spoken behind someone else's back?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?

### 9. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

- Have I consented to impure thoughts? Have I caused them by impure television, movies, books, magazines or Internet?
- Do I pray at once to banish impure thoughts and temptations?
- Do I listen to, or engage in, impure conversations or jokes?

### 10. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.

- Am I jealous of what other people have?
- Do I envy other people's

- families or possessions?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?
- Do I trust that God will care for all of my material and spiritual needs?

### ACT OF CONTRITION

**"O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all My love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen."**

# **Glossary**

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## **Apostle**

The general term apostle means “one who is sent” and can be used in reference to any missionary of the Church during the New Testament period. In reference to the twelve companions chosen by Jesus, also known as “the Twelve”, the term refers to those special witnesses of Jesus on whose ministry the early Church was built and whose successors are the bishops.

## **Assembly**

Also known as a congregation, it is a community of believers gathered for worship as the Body of Christ.

## **Bible**

The collection of Christian sacred writings, or Scriptures, accepted by the Church as inspired by God and composed of the Old and New Testaments.

## **Blessed Sacrament**

Another name for the Eucharist, especially for the consecrated bread and wine when reserved in the tabernacle for adoration or for distribution to the sick.

## **Catechumen**

One who is preparing for full initiation into the Catholic Church by engaging in formal study, reflection and prayer.

## **Celebrant**

The person who oversees any act of public worship. In a Eucharistic Liturgy or Mass, the celebrant is always an ordained priest.

## **Discernment**

From a Latin word meaning “to separate or to distinguish between,” it is the practice of listening for God’s call in our lives and distinguishing between good and bad choices.

## **Disciple**

A follower of Christ. Based on a word for “pupil” or “student”, used both to designate those who learned from and followed Jesus in New Testament time (the disciples) and those who commit themselves to follow Him today.

## **Easter**

The day on which Christians celebrate Jesus’ Resurrection from the dead; considered the most holy of all days and the climax of the Church’s liturgical year.

## **Eucharist**

Also called the Mass or Lord’s Supper, and based on a word for “thanksgiving,” the central Christian liturgical celebration; established by Jesus at the Last Supper.

## **Gospel**

“The Good News” of the revelation of God in and through Jesus Christ, proclaimed initially by Him, then by the Apostles, and now by the Church; also refers to first four books of the New Testament that focus on the person, life, teachings, death and Resurrection of Jesus.

## **Grace**

The free and undeserved gift of God’s loving and active presence in the universe and in our lives.

## **Holy Communion**

Another name for the Eucharist, the Body and Blood of Jesus Christ.

## **Holy Water**

Blessed Water used in ritual sprinkling or when making the Sign of the Cross as a reminder of Baptism.

## **Infallibility**

The gift of the Holy Spirit to the whole Church by which the leaders of the Church – the Pope and the bishops in union with him – are protected from fundamental error when formulating a specific teaching on a matter of faith and morals.

## **Initiation**

The process by which a nonbaptized person is prepared to become a full member of the Church. The three Sacraments of Initiation are Baptism, Confirmation and the Eucharist.

# **Glossary**

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## **Jesus Christ**

The Son of God, the second Person of the Trinity, who took on flesh in Jesus of Nazareth. Jesus in Hebrew means "God saves" and was the name given the historical Jesus at the Annunciation.

Christ, based on the word for "Messiah," meaning "the anointed one," is a title the Church gave Jesus after his full identity was revealed.

## **Kingdom of God**

The reign or rule of God over the hearts of people and, as a consequence of that, the development of a new social order based on unconditional love.

## **Laity**

All members of the Church, with the exception of those who are ordained. The laity share in Christ's role as priest, prophet, and king, witnessing to God's love and power in the world.

## **Lent**

The liturgical season of forty days that begins with Ash Wednesday and ends with the celebration of the Paschal Mystery in the Easter Triduum.

## **Magisterium**

The name given to the official teaching authority of the Church, whose task is to interpret and preserve the truths of the Church revealed in both the Scriptures and Tradition.

## **Mass**

Another name for the Eucharist. Based on the Latin word *missa*, meaning "to be sent," refers to the Dismissal in which worshippers are to "Go in peace, glorifying the Lord by your life."

## **New Testament**

The twenty-seven books of the Bible written during the early years of the Church in response to the life, mission, death and Resurrection of Jesus; also, another name for the New Covenant established between God and humanity by Jesus.

## **Nicene Creed**

The formal statement or profession of faith commonly recited during the Eucharist.

## **Old Testament**

The forty-six books of the Bible that record the history of salvation from Creation, through the story of ancient Israel, and up to Jesus; also refers to the Old Covenant established between God and the people of Israel in God's encounter with Moses on Mount Sinai.

## **Parish**

A specific community of believers, commonly but not always defined geographically, whose pastoral and spiritual care is guided by a priest or other leader appointed by a bishop.

## **Pope**

Based on a word for "father," the successor of Saint Peter and Bishop of Rome, who holds the office of the papacy. Often called the Holy Father.

## **Resurrection, the**

The passage of Jesus from death to life on the third day after his Crucifixion; the heart of the Paschal Mystery and the basis of our hope in the resurrection of the dead.

## **Revelation**

God's self-communication and disclosure of the divine plan to humankind through creation, events, persons and, most fully, Jesus Christ.

## **Sacrament**

In Catholic life and worship, the seven efficacious signs of God's grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. (The sacraments are efficacious in that they bring about the spiritual reality they signify.)

# **Glossary**

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## **Scripture**

Generally, the term for any sacred writing. For Christians, the Old and New Testaments that make up the Bible and are recognized as the Word of God.

## **Tabernacle**

The receptacle in a church in which the consecrated bread and wine of the Eucharist are reserved for Communion for the sick and dying; sometimes the focus of private and communal prayer and adoration.

## **Transubstantiation**

In the Sacrament of the Eucharist, this is the name given to the action of changing the bread and wine into the Body and Blood of Jesus Christ.

## **Venerate**

An action that shows deep reverence for something sacred. For example, on Good Friday, individuals in the assembly venerate the Cross by bowing before or kissing it.

## **Worship**

Adoration of God, usually expressed publicly in the Church's official liturgy, as well as through other prayers and devotions.

# **MEN HELPING MEN STEP UP AND LEAD BY INCREASING CHRIST'S PRESENCE IN THEIR COMMUNITIES**

\_\_\_\_\_  
Date

Important Insights from Presentation and Table Discussions...



**What Am I Going to Do to BECOME a Better Spiritual Leader  
Before Our Next MCT Practice?**

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Important Insights from Presentation and Table Discussions...



**What Am I Going to Do to BECOME a Better Spiritual Leader  
Before Our Next MCT Practice?**

# **MEN HELPING MEN STEP UP AND LEAD BY INCREASING CHRIST'S PRESENCE IN THEIR COMMUNITIES**

\_\_\_\_\_  
Date

Important Insights from Presentation and Table Discussions...



**What Am I Going to Do to BECOME a Better Spiritual Leader  
Before Our Next MCT Practice?**

# HELPFUL RESOURCES



## ARCHDIOCESE OF ST. LOUIS

**Men & Fatherhood:** [www.archstl.org/marriage-family-life/resources/for-families/men-and-fatherhood](http://www.archstl.org/marriage-family-life/resources/for-families/men-and-fatherhood)

**Resources for Families:** [www.archstl.org/services-and-resources/for-families](http://www.archstl.org/services-and-resources/for-families)

**Learn your Faith:** [www.archstl.org/live-the-faith/learn-your-faith](http://www.archstl.org/live-the-faith/learn-your-faith)

**Grow your Faith:** [www.archstl.org/live-the-faith/grow-your-faith](http://www.archstl.org/live-the-faith/grow-your-faith)

**Know the Issues:** [www.archstl.org/live-the-faith/know-the-issues](http://www.archstl.org/live-the-faith/know-the-issues)

**Learn about the Sacraments:** [www.archstl.org/sacraments](http://www.archstl.org/sacraments)

**Services & Resources** [www.archstl.org/services-and-resources](http://www.archstl.org/services-and-resources)

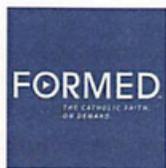


## DYNAMIC CATHOLIC

**Daily inspirations sent your email box:** [www.dynamiccatholic.com/daily-reflections](http://www.dynamiccatholic.com/daily-reflections)

**Preparing for 1st Reconciliation & 1st Communion:** [www.dynamiccatholic.com/blessed](http://www.dynamiccatholic.com/blessed)

**Marriage Enrichment:** [www.dynamiccatholic.com/better-together/marriage-enrichment](http://www.dynamiccatholic.com/better-together/marriage-enrichment)



## FORMED

**Resources from faith formation to the Sacraments, Bible studies, youth programs, movies, audio programs and books:**

[www.formed.org](http://www.formed.org)



## CATHOLIC ANSWERS

**Daily inspirations sent your email box:**

[www.catholic.com](http://www.catholic.com)



## EWTN GLOBAL CATHOLIC RADIO

**If it has to do with Catholicism, you can probably find it on EWTN:** [www.ewtn.com](http://www.ewtn.com)

**Television:** Check local listing for EWTN

**Podcast:** [www.ewtn.com/radio/podcasts](http://www.ewtn.com/radio/podcasts)

**Radio:** Covenant radio from St. Charles/St. Louis on KHOJ 1460 AM (1080 AM) or 102.9 FM (96.7FM)



## HALLOW

**The #1 catholic prayer & meditation app in the world:** [www.hallow.com](http://www.hallow.com)

**App:** Available on Google Play and Apple App Store



## SIRIUSXM RADIO

**The Catholic Channel:** Channel 129

**EWTN:** Channel 130





## CONTACT

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Festus, MO 63028

## FOLLOW

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