

Rev. Lori Kochanski

Notes from July 14, 2020, workshop

**Faith Formation Online: Best Practices and Sharing Resources for Sustainable Digital Learning**

**The Foundation for Best Practices of Sustainable Faith Formation Online**

1. Remember Your WHY of doing faith formation ministry
2. Listen with one another about needs
3. Notice ways to Innovate vs. Pivot. Innovation requires knowing the audience and being willing to make changes in how we learn together. Pivoting suggests being anchored to the past with changes that will be reversed when things go back to the way they were before.
4. Be Curious. Accept that things may need to keep changing and evolving to meet needs.

*Resources:*

Christine V. Hides: Weaving Faith Into Daily Life

(<https://christinevhides.com/2020/07/05/a-glimpse-what-fall-ministry-might-look-like/?fbclid=IwAR1TDm-lCwyHM6NJVnCJ0IZKvpGI4Oq-2R7PjxZJHCn6bLIAsUoDFM7S9o>)

Helpful Guide From Vibrant Faith on How to Innovate:

([https://media2-production.mightynetworks.com/asset/11538085/Guide\\_to\\_Transforming\\_Faith\\_Formation\\_for\\_a\\_Changed\\_World.pdf](https://media2-production.mightynetworks.com/asset/11538085/Guide_to_Transforming_Faith_Formation_for_a_Changed_World.pdf))

Needs from the Perspective of Youth:

([https://apcenet.org/2020/07/05/hearing-from-our-youth-during-covid-19/?fbclid=IwAR2dpQed\\_4p3PP16f2rkXF9DMN68YW73d0t23HRwDbjk6WfMAqNorgdEQ\\_Y](https://apcenet.org/2020/07/05/hearing-from-our-youth-during-covid-19/?fbclid=IwAR2dpQed_4p3PP16f2rkXF9DMN68YW73d0t23HRwDbjk6WfMAqNorgdEQ_Y))

Sample Covenant:

(<https://buildfaith.org/creating-sacred-space-for-children-online-sample-expectations-covenant/?fbclid=IwAR0mYL-3rV2xvld-2RzbX8SOr9nVd2O0QXYRthaZtUA4r2irRnascEggAe8>)

**Focus on Elementary and Middle School**

Traditional Content:

Sparkhouse Digital

<https://www.wearesparkhouse.org/sparkhouse-digital/>

Dwell

(digital at home)

<https://dwell.faithaliveresources.org/digital.html>

Think and create curriculum in the form of play lists

(<https://faithformationplaylists.weebly.com>)

Read aloud of books focusing on Anti-Racism and Social Justice

([https://docs.google.com/presentation/d/18pOK3roiWPQ9WF7D2wA0o7Ktr8KwAJeZfn-o6O8T\\_Y/mobilepresent?fbclid=IwAR2B-n098vHf9\\_RqypND8yrO8NXHmiQ\\_T5nT2rCBqvPMeTyvP9958q7Aqt0&slide=id.g8628bccfda\\_0\\_0](https://docs.google.com/presentation/d/18pOK3roiWPQ9WF7D2wA0o7Ktr8KwAJeZfn-o6O8T_Y/mobilepresent?fbclid=IwAR2B-n098vHf9_RqypND8yrO8NXHmiQ_T5nT2rCBqvPMeTyvP9958q7Aqt0&slide=id.g8628bccfda_0_0))

Remember to plan for no more than twenty minutes of online connection

### **Youth and Young Adults**

General Content:

Yale Youth Ministry Institute

(<https://yaleyouthministryinstitute.org>)

Institute of Youth Ministry, Princeton Seminary

(<http://iym.ptsem.edu/resources/youth-ministry-in-pandemic/>)

### **Confirmation:**

The Flourishing Life Project:

(<https://yaleyouthministryinstitute.org/flourishing-life-project/#background>)

Anti-racism work

([https://network.crcna.org/chaplaincy/anti-racism-resources?utm\\_source=dlvr.it&utm\\_medium=twitter&fbclid=IwAR2dpQed\\_4p3PP16f2rkXF9DMN68YW73d0t23HRwDbjk6WfMAqNorgdEQ\\_Y](https://network.crcna.org/chaplaincy/anti-racism-resources?utm_source=dlvr.it&utm_medium=twitter&fbclid=IwAR2dpQed_4p3PP16f2rkXF9DMN68YW73d0t23HRwDbjk6WfMAqNorgdEQ_Y))

### **Adults**

Develop playlists, combinations of a few things to listen to or read or think about based on a theme

(<https://faithformationplaylists.weebly.com>)

(<https://faithformationplaylists.weebly.com/do-not-worry-playlist.html>)

Yale Bible Study

<https://www.godsacre.org/adult/yale-bible-study/>

Light on the Lessons

<http://www.bibleministries.org>

Cultivate Spiritual Practices (see separate list of suggestions at the end of these notes)

Adult formation around issues of race and diversity

[https://buildfaith.org/resources-for-adult-formation-with-an-emphasis-on-race-and-diversity/?fbclid=IwAR0IKqhPIYNZFqoUsC9hbXq70fDpu-OuskJTI-1\\_Jwc8xlllYEz5zaXwqWM](https://buildfaith.org/resources-for-adult-formation-with-an-emphasis-on-race-and-diversity/?fbclid=IwAR0IKqhPIYNZFqoUsC9hbXq70fDpu-OuskJTI-1_Jwc8xlllYEz5zaXwqWM)

### **Play**

Tech Free Fun

(<https://apcenet.org/2020/05/17/35-tech-free-faith-forming-fun-activities-for-families-to-do-at-home/?fbclid=IwAR3qjniP7IbLD3kc8fWnfxKYfQyESH5Hj3gUhx-dwK6a4hkYOuAG2SZG6a4>)

Games

(<https://buildfaith.org/games-for-all-ages-via-zoom/?fbclid=IwAR2NQGAm8erwMNTQxAwFczOulr42yx-8ybDRKWrrtdDGPcJQDahF8mzjdU>)

Art Classes

(<https://kidsactivitiesblog.com/142288/art-classes-from-moma/?fbclid=IwAR3qjniP7IbLD3kc8fWnfxKYfQyESH5Hj3gUhx-dwK6a4hkYOuAG2SZG6a4>)

Art Activities

(<https://artfulparent.com/watercolor-art-activities-kids/?fbclid=IwAR2SMK3DnJTpKZ8YED9DrXo2oI-j4Hsqk5ooXd9420mbb1Kh1tm9coSQgbk>)

**Spiritual Practices**  
**Lori Kochanski**  
**June-July, 2020**

**Counting the Breath**

This practice is not about attaining a certain number. The counting helps to keep focused on each breath, helping the you to stay present and not rush too fast ahead or dwell in the past.

*The practice:*

Set a timer for the amount of time you plan to spend in meditation practice. I suggest 5 minutes. Then, when you are ready, increase by 5 minutes each week.

- Settle into your space.
- Take a few cleansing breaths.
- When ready, begin to count each breath as it comes in and goes out.
- If you lose track of the number, begin again.

**Walking Meditation**

Walking meditation can happen inside or outside. The practice is intended to help you focus on the movement of your body, intentionally noticing the way your feet are lifting and placing on the ground. It may take some practice to move this way, so I suggest you begin slowly and then find the pace that feels right for you.

*The practice:*

Stand and do a brief body scan, especially noticing how your feet feel on the ground.

Form the intention to move. As you move notice and name the action of your feet. When you take a step gently say in your mind "lifting." Then, as you move forward, gently say in your mind, "moving." Next, as you put your foot on the ground, say in your mind, "placing." As you shift your weight to take another step gently say in your mind, "Shifting."

Repeat this pattern of words as you continue to walk: lifting, moving, placing, shifting

**Examen**

Inwardly Focused

- In Lutheran context, it's more of our practice to turn our prayers outward toward other people.
- In service – when we are asked to have silence for our own meditation, it often makes people uncomfortable.
- Difficulty praying for those who have committed evil deeds – policeman who shot George Floyd, white supremacists, etc.
- Trying to have more compassion for those who don't think like you.
- Because there is such a framework, things sometimes arise from this prayer.
- How do you want to live differently/make patterns/rituals?

**Presence**

- Accessibility, community, being with, visibility – showing up, kinetic, stimulates a sense of time, mindfulness,
- Praying – you can pray first to name what is on your heart - and start there.

- Kinesis – bodily presence (Kinesis hymn)
- Kairos – timewise presence
- Attention
- Sacred – comes from sacrifice – showing up being present with God

### Gratitude

- Thankfulness, appreciation, deep knowing, valuing, joy, heart practice

### Reviewing

- Scan, sketchy, some days easier than others
- Could go very deep – but often does not.
- When you get to the review part, literally slow yourself down. Take a few breaths – sit in the space. Dive deep with one thing more than one time – really dwelling in the moment.
- Sit with the first thing that comes to you. Name it. Where does it take you? – Turn it over in your mind. Look at it from different angles. Why did it spark joy? Why did you need it? How am I feeling about this?
- I then turn them over to God. – There’s a revelation that happens in the review that comes from God.
- Deepening – turning point moment.
- Try to be intentional about the times in your life where God is present.

### Response

- What do you want to do better, differently, more of?
- This is fed by the review – as well as gratitude and presence.
- How we go out into the world with our new insights.

PRACTICE	DESCRIPTION	LINK
Body Scan	Mindful.org	<a href="http://mindful.org">mindful.org</a>
Mindfulness	Sharon Salzberg – Street Loving Kindness	<a href="https://www.sharonsalzberg.com/street-lovingkindness-video-series/">https://www.sharonsalzberg.com/street-lovingkindness-video-series/</a>
Mindfulness	Spirituality and Practice	<a href="https://www.spiritualityandpractice.com/">https://www.spiritualityandpractice.com/</a>
Mindfulness	Tara Brach	<a href="https://www.tarabrach.com/">https://www.tarabrach.com/</a>
Mindfulness	Open Horizons – Macrina Wiederkehr	<a href="https://www.openhorizons.org/and-macrina-laughed-a-tribute-to-macrina-wiederkehr.html">https://www.openhorizons.org/and-macrina-laughed-a-tribute-to-macrina-wiederkehr.html</a>
Mindfulness	UMS Awakened Life	<a href="https://www.gbhem.org/education-leaders/collegiate-ministry/awakened-life-curriculum/">https://www.gbhem.org/education-leaders/collegiate-ministry/awakened-life-curriculum/</a>
Ignatian Examen	Xavier	<a href="https://www.xavier.edu/jesuitresource/resources-by-theme/daily-examen-resources">https://www.xavier.edu/jesuitresource/resources-by-theme/daily-examen-resources</a>
Ignatian Examen	Ignatian Solidarity	<a href="https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/">https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/</a>

Ignatian Examen	Pray As You Go	<a href="https://pray-as-you-go.org/article/examen-prayer">https://pray-as-you-go.org/article/examen-prayer</a>
Ignatian Examen	USFCA	<a href="https://www.usfca.edu/sites/default/files/pdfs/reflection.pdf">https://www.usfca.edu/sites/default/files/pdfs/reflection.pdf</a>
Ignatian Examen	Ignatian Spirituality	<a href="http://www.ignatianspirituality.com/ignatian-prayer/the-examen/lunchtime-examen/">http://www.ignatianspirituality.com/ignatian-prayer/the-examen/lunchtime-examen/</a>
Ignatian Examen	God in All Things	<a href="https://godinallthings.com/prayer/">https://godinallthings.com/prayer/</a>
Ignatian Examen	Ignatian Resources	<a href="https://ignatianresources.com/prayer/">https://ignatianresources.com/prayer/</a>
Audio Divina		<a href="https://www.youtube.com/watch?v=eWxgvY5j0HY&amp;list=PL9mpr8caC9_uo-o9epz8otfQ1VvI7BlIF&amp;index=8">https://www.youtube.com/watch?v=eWxgvY5j0HY&amp;list=PL9mpr8caC9_uo-o9epz8otfQ1VvI7BlIF&amp;index=8</a>
Listening	Sweet Honey in the Rock	<a href="https://www.youtube.com/watch?v=IMGnjcJ8mVQ">https://www.youtube.com/watch?v=IMGnjcJ8mVQ</a>
Poetry	Lynn Ungar	<a href="http://www.lynnungar.com/poems/camas-lilies-2/">http://www.lynnungar.com/poems/camas-lilies-2/</a>
Visio Divina	Busted Halo	<a href="https://bustedhalo.com/ministry-resources/praying-with-your-eyes-how-to-get-started-with-visio-divina">https://bustedhalo.com/ministry-resources/praying-with-your-eyes-how-to-get-started-with-visio-divina</a>
Visio Divina	Abbey of Hearts	<a href="https://abbeyofhearts.com/wp-content/uploads/2013/11/Visio-Divina.pdf">https://abbeyofhearts.com/wp-content/uploads/2013/11/Visio-Divina.pdf</a>
Visio Divina	Lindsay Boyer	<a href="https://www.lindsayboyer.com/visio-divina-experience">https://www.lindsayboyer.com/visio-divina-experience</a>
Visio Divina	Episcopal Prayer	<a href="https://episcopalprayer.wordpress.com/visio-divina/">https://episcopalprayer.wordpress.com/visio-divina/</a>
Visio Divina	Seeing the Word	<a href="http://blog.seeingtheword.org/?page_id=45">http://blog.seeingtheword.org/?page_id=45</a>
Visio Divina	Omega Center	<a href="https://omegacenter.info/category/visio-divina/">https://omegacenter.info/category/visio-divina/</a>