



Sheboygan South Catholic Parishes

Christian Formation Programs

Immaculate Conception

SS. Cyril & Methodius

St. Peter Claver

August 2023

“You need to find what is genuinely yours to offer the world before you can make it a better place. Discovering your unique gift to bring to your community is your greatest opportunity and challenge. The offering of that gift—your true self—is the most you can do to love and serve the world. And it is all the world needs.” —Bill Plotkin, Soulcraft

Dear friend,

This past year during our Confirmation retreat we reflected on what it means to be a disciple of Jesus Christ: the journey to discover the person God has created each of us to be. Each of us is called to *become our true selves*, and this process of *becoming* is a lifelong task. It is the most important and worthwhile thing we will ever do. As the poet E.E. Cummings wrote, “It takes courage to grow up and turn out to be who you really are.”

This upcoming year as Seniors your life will be filled with great choices and change. You will be making decisions about what your future holds after you graduate and leave the communities you have been with for many years. You may find yourself asking: what’s next? Where do I go? What do I bring to the table, and how should I use my gifts and talents? Who is the person God is calling me to be?

I invite you to bring these questions with you and join our Senior Discipleship Group. You and your Confirmation peers will journey with me, reflecting and discovering the person God created you to be and considering how you might use your unique gifts and talents to love and serve others.

Beginning with our first session in October and ending with a retreat in May, we will meet twice a month for one hour and 15-minute sessions. The day of the week and time will be decided based upon those who take part and their schedules. Sessions will include time for reflection and prayer, group discussion, self-exploration, and other activities. All are aimed at helping you better understand who you are in God’s image and likeness.

To give you a better idea of what this program is all about and to help you with your decision-making, here are a few of the topics we will be exploring in our time together:

1. Why does this matter? – Using the book, “Becoming Who You Are” by Fr. James Martin as a guide for this program.

2. What brings me joy? Where do I find meaning and purpose in my life? What is my calling?
3. Who is my True Self made in God's image and likeness? How do I recognize and uncover the person God created me to be?'
4. Personality assessment – understanding who I am and how I operate in the world in relation to others: using Myers Brigg and/or Enneagram
5. Strength assessment – identifying our strengths, processing, and reflecting on how to use them
6. Love language assessment – How do I give and receive love? How can this inform and help me better share Christ's love in the world?
7. Interviewing people in my life – how they see and understand me. Have them identify my gifts and talents.

Friend, I hope that you consider this opportunity to learn more about the unique and valuable person that you are, and how you might use your gifts in becoming Christ to others.

Peace and good things, always,

Lauren Monaghan