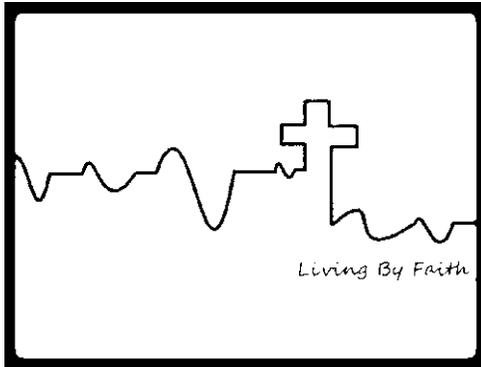


DASH 2 ~ Faith Boosters



WHAT'S a Faithbooster?

It's something you choose to do that "boosts" your faith life.

WHY? To have you, the disciple in training, develop your spiritual muscles outside of DASH RE and Mass.

Another way to look at it?

These are ways to "spend time with God,"

to enhance your prayer life,

and prepare you for your role as a Christian disciple –

which is seeking to find God in all things and *talk to God too!*

The following is a list of *possible* "boosters" to deepen your relationship with Jesus (that's the WHOLE point!) **Choose things you LIKE & ones that are different from what you'd usually choose, just to try different things.**

Expectation for DASH 2 students in 2022-2023:

Complete **1 new** Faithbooster *per month* (Jan – May) **that is approximate 1 hour in length.**

You will write a short reflection to share: **1)** What you chose/why? **2)** Share HOW you very specifically felt/saw/heard/experience God in that chosen activity. **3)** Some experiences have prompts in the section below, so answer those as your reflection. **Reflections** are meant to be brief. You will see the spot to do this in your Google Classroom

The following are IDEAS. You may come up with other things, just talk to Ms. Julie!

- 1. STATIONS OF THE CROSS:** Especially during Lent at St. Anne, there are different ways to pray the Stations every Friday. Or ask Ms. Julie for links to some live Living Stations. *Write something that shows how you were touched and which specific station(s) most stood out for you.*
- 2. THE ROSARY –** Say a rosary with your family. On a separate sheet of paper write WHICH mystery you meditated on while praying the rosary. *(1) Why did you choose that mystery? (2) What did you learn about Mary/Jesus from your time reflecting on it? (3) how can this mystery be related to your life today?*
- 3. EUCHARISTIC ADORATION -** Talk to your family or look what this means. Watch the bulletin and attend adoration here at St. Anne's or at another Catholic Church. *Write a reflection that shares: what you know (or learned) about why we do adoration AND most importantly how you felt spending time with Jesus in this way.*
- 4. GO TO a SHRINE/Special Holy Place and learn about its importance–** St. Therese Shrine in Darien, IL; Shrine of Christ's Passion in Indiana (about 1.5 hours away); Marytown and the Shrine of St. Maximilian Kolbe (in Libertyville, IL) -wherever you go, share about your experience, who/and what you learned and what you thought.

5. **TRIDUUM SERVICES:** Attend the most amazing services of our faith: Holy Thursday, Good Friday Liturgy, and Easter Vigil. Each day is so prayerfully awesome that it will touch you in some way. While we want you at all of them, make sure to go to at least one. **For your reflection write:** which day you attended, the importance of that day, and then *what you thought/felt/experienced/liked/didn't understand about the service.*
****NOTE: Easter Sunday Mass does NOT count as a Faithbooster because being at Easter Mass is a requirement as a Catholic.****

6. **MUSIC:** Some people find God best through music. Choose to listen only to Christian music for a month (*in the car with your parents or in your room.*) This isn't just one song BUT all the time and only Christian music for **ideally 30 days.** (Have Alexa? Tell it to play one of these stations, or stream in on your phone or computer. These are great stations!!) Air 1 <http://www.air1.com/> or on the radio 94.3; WBGL, 104.3 or <https://www.wbgl.org/>; Shine 89.7 or <http://chicago.shine.fm/>
If you take the challenge, in your reflection share:
 - (1) What songs (at least 3) spoke to you the most and why? (*include the name of the song/artist*)
 - (2) Would you listen to this music more often? Why/why not?
 - (3) Did one of the stories or scripture passages of the day touch you?

7. **MOVIES** –Go onto Netflix and look for Christian Movies. YouTube has several great, unique Christian centered movies. Some well-known Christian based movies are: “Breakthrough”; “Same Kind of Different as Me”; “God’s Not Dead: A Light in the Darkness”; “I’m Not Ashamed”; “The Shack”. Other recommended titles: “Young Messiah”; “Letters to God”; “God’s Not Dead 2”, “I Can Only Imagine”, “Paul: Apostle of Christ”. **Depending on curriculum for DASH 2, watching Season 1, or Season 2, or “The Chosen” can count as a Faithbooster (or 2 – talk to Ms. Julie!)**

If you aren't sure about your choice, send Julie an email to ask. **For any MOVIE reflection:** I do NOT want a synopsis of the movie, I DO want you to **FOCUS ON** your personal feelings regarding what you saw. **How did this movie/show/episode effect your own heart and understanding of God and our Christian faith?** Was there a moment you really liked/connected to? Or a character that helped you see faith differently?

8. **READ A BOOK with a FAITH BASED PURPOSE:** There are many options out there for those who love to read, including things at the library with the key words “Biblical Fiction”. For any book, if you aren't sure if the book would ‘count,’ email Ms. Julie.

I recently saw these great books of historical fiction with a Catholic twist [The Haunted Cathedral](#) by Antony Barone Kolenc, which is set during Lent in 12th Medieval times. This author has two other books in that series. I have previewed/ read: *A Single Bead*, a book about a girl struggling with faith that connects to the rosary. Others have recommended faith-sports theme books (such as ones by Tim Tebow or other Christian athletes.)

For a reflection, give a **very brief** synopsis of the story you read and **most importantly how it made you experience your faith differently due to a character** or something else written.