



## Selecting Studies for Your CWOC

CWOC programming is not one-size-fits-all and the options are endless. From faith studies to DVD series, there is much from which to choose.

The first step in planning is to pray for your group. From there, speak with your chaplain advisor to see what areas he would like to best see his CWOC focus. It is important to be mindful of the specific needs of your chapel community, and your priest-chaplain can best assist. If you aren't sure about the needs, interests, and time-commitments of your chapel community, take a survey to learn more.

Begin planning early – you will want to be sure you have time to order materials and get the approval of your chaplain before your year begins. This guide is broken into three focus sections: Discernment, Development, and Discipleship.

### BIBLE OR FAITH STUDIES

Bible and Faith studies are foundational to women's ministry. Selecting a study for your CWOC provides continuity and a sense of learning more deeply about a given topic. When selecting a study, consider the interests of your members. Reading a dense papal encyclical may not be the best choice for a group of tired, young mothers, but likewise a study about the challenges of motherhood might not be the best fit for a group that includes many retirees.

Also consider the time women have available to dedicate to the study – some studies require a lot of “homework” while others can be done largely as a group during each gathering.

As you look for studies, keep in mind the value of selecting Catholic studies, as opposed to more generic Christian studies. There are many amazing Christian resources out there, but even for the most well-catechized among us, it can be easy to miss subtle teachings that differ from or contradict our Catholic faith.

### DVD SERIES AND VIDEO RESOURCES

There are many DVD-based bible and faith studies available today, covering a broad array of topics. DVD studies can be ideal for groups that aren't able to commit to a lot of outside preparation time.



The internet and Catholic-specific web resources can also be a source of good, short video segments on religious topics. Be sure to check the source if you are using a resource you find online – you might even ask your chaplain to review it before showing it to your group.

## OF NOTE

The guide below offers recommendations of group studies, previously compiled by MCCW-Worldwide members, and updated as of May 2023. There are no links, as each individual chapel might have a preference as to which publishing group to use in order to order actual books, studies, and other study materials. The resources are alphabetized by title, and are resources that have been beneficial for group studies, either at military installations or civilian parishes. These recommendations are not exhaustive. Each resource can and should be adapted to the individual CWOC groups at each installation. In light of the 3D Focus, the studies are separated into three categories: Discernment, Development, and Discipleship. However, you may notice that there can be some overlap between the 3Ds, especially as your group dives into the chosen study for your program year.



## Discernment

### BOOK STUDIES:

- **33 Days to Morning Glory: A Do-It-Yourself Retreat in Preparation for Marian Consecration** by Michael E. Gaitley, MIC
- **Courageous Women: A Study on the Heroines of Biblical History** by Stacy Mitch
- **Embracing the Icon of Love** by Br. Daniel Korn, CSsR
- **Everyday Sacrament: The Messy Grace of Parenting** by Laura Kelly Fanucci
- **Fearless** by Sonja Corbitt
- **Jesus: A Pilgrimage** by James Martin, SJ



- **Jesus and the Jewish Roots of the Eucharist** by Brant Pitre
- **Mary: A Biblical Walk with the Blessed Mother** by Edward Sri
- **My Sisters the Saints: A Spiritual Memoir** by Colleen Carroll Campbell
- **My Life with the Saints** by James Martin, SJ
- **On the Incarnation: Saint Athanasius**
- **Opening Your Heart Bible Study** by Walking with Purpose
- **Pray, Decide, and Don't Worry: 5 Steps to Discerning God's Will** by Bobby and Jackie Angel
- **Rediscover Catholicism** by Matthew Kelly
- **Rome Sweet Home: Our Journey to Catholicism** by Scott Hahn
- **Six Weeks with the Bible** series by Loyola Press
- **Surrender** by Fr. Larry Richrds
- **The Creed: Professing the Faith Through the Ages** by Scott Hahn
- **The Discernment of Spirits: An Ignatian Guide for Everyday Living** by Timothy Gallagher, O.M.V.
- **Theology of the Body for Beginners: A Basic Introduction to Pope John Paul II's Sexual Revolution** by Christopher West
- **Unleashed** by Sonja Corbitt
- **Walk in Her Sandals: Experiencing Christ's Passion through the Eyes of Women** by Kelly Wahlquist



## VIDEO STUDIES:

- A Biblical Walk through the Mass: Understanding What We Say and Do in the Liturgy (Ascension)
- Catholicism by Bishop Robert Barron (Word on Fire)
- Great Adventure Bible Timeline Study (Ascension)
- Jesus: The Way, the Truth, and the Life (Ascension)
- Lectio: Eucharist (Formed)
- No Greater Love: A Biblical Walk through Christ's Passion (Ascension)
- Priest, Prophet, King by Bishop Robert Barron (Word on Fire)



## Development

### BOOK STUDIES:

- *A Mother's Rule of Life* by Holly Pierlot
- *Consecration to St. Joseph* by Donald Calloway, MIC
- *Drowning in Lemonade* by Lynda McFarland
- *Forming Intentional Disciples* by Sherry Weddell
- *Good News About Sex & Marriage (Revised Edition): Answers to Your Honest Questions about Catholic Teaching* by Christopher West
- *How to Pray Like Mary* by Sonja Corbitt
- *Joyful Momentum* by Elizabeth Tomlin
- *Letter of Pope John Paul II to Women* (Vatican website)
- *Love & Responsibility* by Karol Wojtyla (St. Pope John Paul II)
- *Start with Jesus* by Julianne Stanz
- *The Domestic Church: A Room-by-Room Study Guide for Catholic Mothers* by Donna-Marie Cooper O'Boyle
- *The Love that Keeps Us Sane: Living the Little Way of St. Therese of Lisieux* by Marc Foley
- *The Story of a Soul: The Autobiography of St. Therese of Lisieux*
- *Worthy of Wearing* by Nicole Caruso



### VIDEO STUDIES:

- Lectio: Evangelization (Formed)
- OSV Talks (Formed)



## Discipleship

### BOOK STUDIES:

- *Consoling the Heart of Jesus* by Michael Gaitley, MIC
- *Divine Mercy for Moms* by Michele Faehnle & Emily Jaminet
  - *Doing the Truth in Love* by Michael Hines
  - *Fatima for Today: The Urgent Marian Message of Hope* by Andrew Apostoli C.F.R.
  - *From Christendom to Apostolic Mission* by Msgr. James Shea
  - *Joy of the Gospel (Evangelii Gaudium)* by Pope Francis
  - *Left to Tell: Discovering God Amidst the Rwandan Holocaust* by Immaculee Ilibagiza
  - *Letters to a Young Catholic* by George Weigel
  - *Living as Missionary Disciples* by USCCB
  - *Parenting with Grace: The Catholic Parents' Guide to Raising (Almost) Perfect Kids* by Dr. Greg and Lisa Popcak
- *Then Comes Baby: the Catholic Guide to Surviving and Thriving in the First Three Years of Parenthood* by Lisa and Gregory Popcak
- *The Kiss of Jesus: How Mother Teresa and the Saints Helped Me to Discover the Beauty of the Cross* by Donna-Marie Cooper O'Boyle
- *The Soul of the Apostolate* by Jean-Baptiste Chautard
- *Three to Get Married* by Archbishop Fulton J. Sheen
- *Treasure in Clay: The Autobiography of Fulton J. Sheen*
- *Wholly Mary: Mother of God* by Chris Padgett



### VIDEO STUDIES:

- *Missionary Discipleship* with Julianne Stanz (Formed)
- *The Activated Disciple: Taking Your Faith to the Next Level* with Jeff Cavins (Ascension)
- *The Gospel of John (Turning Point)* by Allen Hunt (Dynamic Catholic)
- *Who Am I to Judge?* by Edward Sri (Formed)



## Website Resources for Adult Formation

- ascensionpress.com
- dynamiccatholic.com
- formed.org (Army installations *should* have access to Formed accounts already paid by Army Chief of Chaplains)
- goodcatholic.com
- milarch.org
- wordonfire.org



## Alternate Resources

- **Catholic Distance University** with a discount on courses offered by the Archdiocese for the Military Services
- **Reach More Discipleship Training** offered by the Archdiocese for the Military Services
- **VLFFF at University of Dayton** (Virtual Learning Community for Faith Formation) with a discount on courses offered by the Archdiocese for the Military Services