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## **ECHOES good for spiritual health**

Katie Dubas

Fifty-one ECHOES facilitators have already been trained across the diocese. Many of your parishes will be rolling out this program in the months ahead so be on the look-out.

This adult faith enhancement program (which was featured in the God's Gift Video) is simple, affordable and fun to do.

If you compare participating in ECHOES to training for a half marathon, here are their similarities.

- They both are good for your health. (Echoes is good for your spiritual health.)
- They both require some time and commitment.
- They both are great accomplishments you'll never regret.

St. Paul relates striving for heaven to running a race. In 1 Corinthians 9:24-27, he says, "Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified."

Are you running so as to win spiritually? Do you know and love your Catholic faith so much that you are intentionally handing it on? Many of us are not. But we can start now.

Sign up for ECHOES at your parish. The program instills confidence while providing an overview of Catholic essentials such as:

- What is the Good News and how can you summarize the basic story of salvation?
- Overcoming misunderstandings most adults have about catechesis.
- How to use the Bible and catechism, plus the importance of using these primary sources to hand on the faith.
- Why catechesis leads to and flows from liturgical worship and more.

I invite you to participate in the ECHOES sessions, as they become available at your parish or another nearby location. Some parishes are in need of lay people to step forward to be facilitators.

ECHOES is a foundational series of 11 interactive sessions for groups of three to 20 in size. And there is no homework involved for participants. Sessions are run by a trained facilitator for any adult over 18 — parents, godparents, confirmation sponsors, religious education teachers, youth ministers, RCIA sponsors, adult education groups, Bible study groups and others.

It is my hope that all of our formal catechists in the diocese will complete this Level I certification to be equipped with the basic tools needed to catechize properly.

*A facilitator training session is set for Thursday, March 31, from 3 to 4:30 p.m. at the Pastoral Center in Fargo. Call (701) 356-7908 to register. For information, visit the website: [www.fargodiocese.org](http://www.fargodiocese.org).*