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*“Charisms or spiritual gifts are the special abilities given to Christians by the Holy Spirit to enable them to be powerful channels of God’s love and redeeming presence in the world.”*

Catechism  
of the Catholic Church

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## FREQUENTLY ASKED QUESTIONS

### How will I benefit from this process?

You'll learn how to differentiate between the spiritual gifts God has given you at your Baptism and the talents you have developed over your lifetime.

You'll discover that by exercising your charisms you will experience joy and a new spiritual energy.

You'll learn the tools of discernment will help you move forward in confirming the specific charisms you have.

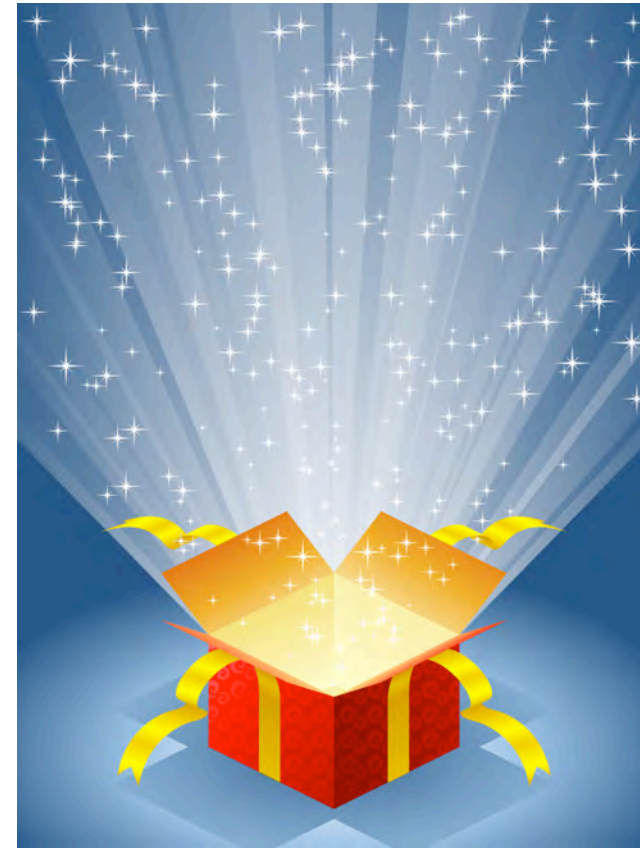
### Who is the audience for this process?

College students will find this process as a way to put their career goals in perspective. Adults in their 20s and 30s will find great tools for making important life decisions. Older adults are able to see their life experience in a new light, clarifying how God is working through them. People of all ages find a way to live out their baptismal call.

### Is this about finding parish volunteers?

No, because the primary place we use our spiritual gifts is in *the world* (*university, workplace, home, etc*). You'll learn a new language to describe how God is working through you, and new ideas for how you can become a more effective channel of God's love on campus, at home or in the workplace. It is hoped you will also see your parish as a place that builds you up and supports you in your mission in the world.

# Discerning Our Giftedness



St. Thomas Aquinas Church  
& Catholic Student Center  
Ames, IA

Every Christian, through Baptism receives special gifts from the Holy Spirit called charisms. We do not know how many charisms there are, but a few of those found in the Scriptures include: hospitality, leadership, knowledge, service, encouragement, teaching, writing, music, mercy and administration.

Discerning your spiritual gifts can be a major clue in discovering God's plan for your life and your role in God's plan for bringing about the Kingdom.

Knowing your spiritual gifts can help you make better decisions, simplify your life, excel at work, free yourself from *envy* and better appreciate the gifts of family and friends. Our gifts are the channels God uses to enter the world. When we develop our spiritual gifts we become more effective instruments of God's love.

The ***Discerning Our Giftedness*** process is a tool for helping Catholics discern their charisms. It provides an opportunity for people to reflect on their life experiences and identify patterns which may indicate a charism. The process encourages participants to identify and develop their spiritual gifts.

## QUESTIONS?

NEED MORE INFORMATION?

Contact Bobby LeBlanc  
515.292.3810  
bobby@STAparish.net

# STEPS IN PROCESS

## STEP 1: Spiritual Gifts Inventory

Complete inventory, at home, prior to June 12<sup>th</sup>

## STEP 2: Call & Gifted Workshop

Saturday June 12<sup>th</sup>, 2010  
9:00 am to 4:00 pm

### Workshop covers:

- ✧ Understanding the Spiritual Gifts Inventory
- ✧ Definitions and types of charisms
- ✧ Steps for Discerning charisms
- ✧ How discernment can change your life and spread the Gospel

## STEP 3: Listening Session

June 20 - 26  
1 session of approx. 60 minutes

Meet with a trained interviewer at a mutually agreed upon time to explore your discernment.

## STEP 4: Discernment in Small Groups

beginning July 5<sup>th</sup>  
3 sessions of approx. 90 minutes

The small group allows participants time to reflect, explore and experiment with their charisms and gain insights as they share their journey of discovery.

## STEP 5: Ongoing Discernment

Opportunities to continue to reflect and share your journey with others.

## DISCERNING OUR GIFTEDNESS

# Registration Form

Name
Address
email
Phone
Date

Please return this form with \$20 fee for program materials to the parish office

by Friday, June 4<sup>th</sup>

If you are interested in the program, but the fee presents a difficulty, please let us know.

### The \$20 fee covers the cost of:

- ✧ The Spiritual Gifts Inventory.
- ✧ Discerning Charisms Workbook.
- ✧ Discerning Charisms Resource Guide.