

ONGOING FORMATION GUIDELINES & SUGGESTIONS (as given at PCM visitations)

- 1- Ongoing formation usually consists of a "book study" – the book is chosen by the Council, with recommendation from formation director. A designated member of the community, usually the formation director, makes monthly assignments of a segment of the book. Assignments should take members about 30-45 minutes to read (at home). The assignment is to be read ahead of time and personally significant ideas are underlined or highlighted as the assignment is being read.

- 2- At the community meeting, the members spend 1 ½ hours discussing the assigned reading. Each member thus spends the required 2 hours per month on ongoing formation since at least 30 minutes have been spent reading the assigned pages ahead of time in preparation for the 1 ½ hour discussion at the meeting.
 NOTE: It is strongly recommended that if a community has 10 or more members, this discussion be done in small, randomly set up groups of 5 or 6 people.

- 3- What book to choose?
 - a-The book is to be CARMELITE by its topic and by its author.
 - b-To insure that LCCs are studying acceptable Carmelite literature for the community ongoing formation, recognized Carmelite sources are to be used in choosing books. Some of those sources are:
 - Lay Carmelite Office – (<http://laycarmelitespcm.org>) –
 Note: the LC Office also has a list of recommended books available on request.
 - Carmelite webstore of Carmelite Media (<http://Carmelites.info/publications>)
 - Edizioni Carmelitane (in Rome) – (www.ocarm.org/edizioni)
 - Institute of Carmelite Studies Publications (ICS) – (www.icspublications.org) This is an OCD Carmelite Publishing Company located in Washington DC
 Note: any order made to the ICS of 5 or more books receives a 40% discount.

- 4- Suggested format for the 1 ½ hours of ongoing formation at the community meeting:

FIRST STAGE ---Share the significant ideas that were underlined by going around the circle, taking turns, noting where and then reading aloud the significant thought that was underlined. Do not discuss the idea yet, and go around the circle at least 2 or 3 times before letting this stage be more "free flowing". The first stage is completed when all the significant ideas that were underlined by the members of that small group have been noted and read aloud.

SECOND STAGE ---Now that there is a pool of significant ideas that have been brought to the small group's awareness, those ideas need to be discussed in depth, with the intention of making concrete application to one's life as a Carmelite. As in the first stage, go around the circle in turn at least 2 or 3 times before moving into a more free-flowing mode of discussion.