**SAMPLE CONTINUING FORMATION REPORT (2018)**

To: Deacon Personnel Board

From: Deacon XX

Date:

Subject: Continuing Formation Report – July 1, 2017 through June 30, 2018

**HUMAN**: I attended the 2018 Deacon Convocation.

**SPIRITUAL**: I was able to improve my rate of praying the Liturgy of the Hours up to 80% of the time.

I**NTELLECTUAL**: I attended a course on XXXX at St. Bernard’s and completed a one-day training in Microsoft Word.

**PASTORAL**: I read Pope Francis’ Apostolic Exhortation “Gaudete et Exsultate” and attended a workshop for “Fully Engaged” marriage preparation training.

I completed a minimum of twenty (20) hours of formal continuing education through a course at St. Bernard’s, attendance at the Convocation, the “Fully Engaged” workshop, and other reading and study on my own concerning contemporary theological and pastoral issues.

**GOALS FOR JULY 1, 2018 THROUGH JUNE 30, 2019**

**HUMAN**: I will attend a workshop through Catholic Family Center on local and regional poverty.

**SPIRITUAL**: I will continue regular meetings with my Spiritual Director at least bi-monthly.

**INTELLECTUAL**: I will take an on-line course through the Pontifical College Josephinum.

**PASTORAL**: I will participate in at least one diocesan workshop of marriage preparation or the annulment process.

**ANNUAL RETREAT**: I attended my required annual three day retreat at Mt. Saviour Monastery in Pine City, NY in August 2018.