



on mission with FOCUS

A Newsletter for FOCUS Supporters

March 2023

WWW.FOCUS.ORG
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GOLDEN, CO 80401

YOUR FAITHFUL SUPPORT FORMS STUDENTS TO BE LIKE CHRIST.

You lovingly send out FOCUS missionaries to share the joy of the Gospel. When they set foot on campus, they need to know how to transmit a way of life and call students to, “be imitators of me, as I am of Christ” (1 Cor 11:1). That is where the world-class formation they receive comes into play.

Have you ever wondered how FOCUS forms and educates staff? God works through a formation process — classes and seminars geared to help staff develop the habits of Christ — to grow His disciples in their holiness and become more like Him: humanly, spiritually, intellectually and apostolically.

This formation is not limited to FOCUS staff members; aspects of formation are given to all students who participate in FOCUS mission trips, SEEK, retreats and Summer Projects. Now, you get to read about some of the incredible, unbounded fruits that you and God have produced through these opportunities. You make this possible!



HOW do we form men and women to be like Christ? See inside.



THE FORMATION YOU BRING TO STUDENTS AND MISSIONARIES EACH YEAR

FOCUS strives to raise up missionary disciples of Christ by forming them deeply in these pillars of formation:

1 HUMAN FORMATION: taking on the character and virtues of Christ. Examples:

- **virtue:** prudence, temperance, justice, fortitude
- **character:** peace, patience, gentleness, kindness, joy
- **emotional intelligence, relational ability, communication** (verbal and nonverbal), **honesty, dependability and professionalism**

2 INTELLECTUAL FORMATION: growing in the ability to think with the mind of Christ and the Church. Examples:

- **reading Scripture, the Catechism of the Catholic Church and the lives of the saints**
- **studying the teachings of the Church**
- **listening to or watching spiritually formative podcasts**

3 SPIRITUAL FORMATION: encountering God and entering into relationship with Him. Examples:

- **prayer and discernment**
- **regular reception of the sacraments, including Mass and confession**
- **Sabbath living**

4 APOSTOLIC FORMATION: : acquiring the mission-specific vision and skills to make disciples who make disciples. Examples:

- **leading a Bible study or another in discipleship**
- **having spiritual conversations and sharing the Gospel with others**



WHAT IS A MISSIONARY DISCIPLE?

One key word that sums up the life of a disciple is "imitation." A disciple should be "covered in the dust of the Rabbi," constantly striving to imitate Christ. As in Acts 2:42, the four practices that define what a disciple of Jesus devotes himself to are prayer, fellowship, the breaking of the bread and the teaching of the Apostles. Missionary disciples follow after Christ by inviting and equipping others to imitate Him as well.

RUN
SO AS TO
WIN **LEGACY**
CHALLENGE

WE INVITE YOU TO JOIN US.



www.focus.org/run

Through this Legacy Challenge, we hope to ensure the future:

- **for this generation.**
- **for future generations.**
- **for the Church and the world.**

Several families have already committed to a challenge gift of \$35,000,000 to help us reach our goal.

Will you bring us to the finish line of this campaign?

YOUR GENEROSITY PREPARES STUDENTS FOR ...

Summer Projects, which FOCUS began in 2016, fills college students' summer break with a ten-week program in which they work a paid summer job by day and receive world-class faith formation from FOCUS at night.

Summer Projects entails an intense yet rewarding schedule. Both before and after the workday, students spend 30 – 60 minutes each day in silent prayer, usually attend daily Mass with the chaplain on-site and meet weekly with a peer mentor. Each program includes a small group Bible study, a reading plan, a speaker series that includes two lectures a week and regular spiritual direction. Weekly recreational activities include white-water rafting, hikes, camping and other adventures.

Through this program, you've cultivated many "imitators of Christ", like Daniel Payne, a fourth-year missionary at Towson University in Towson, Maryland (pictured top right). He reflects that the "icing on the cake" in his conversion experience was at Summer Projects between his junior and senior years of college.

"Summer Projects provided a greenhouse for virtue, holiness and friendship."

As he was exposed to the four main areas of formation, he recalls that, "It was a very natural crescendo of integrated living and it all seemed very natural, none of it forced. Summer Projects provided a greenhouse for virtue, holiness and friendship."

Humanly (taking on the character and virtues of Christ)

"I experienced the goodness and striving of those around me who I was living life with. The construction of the day-to-day life helped formed me humanly because it incorporated meals, friendship, work, prayer and fun. I encountered good and holy men who didn't just want to compete against each other but lifted me up and challenged me in my behavior, teaching me how to love."

Intellectually (growing in the ability to think with the mind of Christ and the Church) "We had two speakers every week [who have] doctorates in theology and chaplains who spoke on a wide variety of topics, from angels and demons to friendship and Theology of the Body. I still have some of the talks recorded!"





LIFELONG CATHOLIC MISSION

Spiritually (encountering God and entering into relationship with Him) “I was blessed to have Eucharistic adoration and Mass every day, go to confession weekly (it was the first time I went to confession regularly). I learned about the weight of mortal sin. I didn’t know what a decade [of the Rosary] was and couldn’t recall how to pray a Hail Mary or the Our Father, so I slowly learned. I started a Marian Consecration. It was like a fire hydrant of stuff. We learned *Lectio Divina*, and I prayed with Scripture outside the context of a Bible study for the first time.”

“Without experiences like Summer Project ... I would never have become ... a man who continually desires to lead his family and students to heaven.”



Apostolically (acquiring the mission-specific vision and skills to make disciples who make disciples) “The apostolic formation came naturally to me because when I applied to Summer Projects, I invited two of my friends to apply with me, and they also [ended up serving with me]. I continually [endeavored to open] my eyes to see those who are unseen, and I spent a lot of time with people who didn’t fit in. It was my first time sharing my testimony [so often]. There was another Christian group working with us at the same time, and I invited some of the them to our get-togethers, Mass and talks. One in particular, Brad, would come to everything, and he became Catholic the following year. I got to pray his first rosary with him and teach him things which I had just learned. I learned how to encourage others in a small group setting to talk and share. After this experience at Summer Projects, I became a FOCUS missionary!”

DAN WANTS TO THANK YOU

“To every benefactor, every prayer and every dollar makes a difference. It transformed this small-town Cheesehead into a striving, humble man of God. Without experiences like Summer Projects, I would have never become the man who I am today, a man who not only continually desires to lead his family and students to heaven, but who desires to teach others how to lead others to heaven. Give yourself ... to Jesus in your everyday life because that it what will makes the difference in your parish and your family life.”





seek²³

St. Louis, MO | Jan 2-6

 focus



"Jesus is who he says he is. Everything that he says is true, regardless of what our culture says."

—Fr. Mike Schmitz



"This love and this truth we've all been seeking has a name. His name is Jesus Christ, and it just so happens that He's been seeking you first."

—Paul J. Kim



"Jesus is not embarrassed of you. He knows you and He sees you and He loves you, and He says that it is good that you exist."

—Sr. Miriam James Heidland, SOLT

Extending Our Reach

Thousands encountered the Gospel through experiences shared on social media during SEEK23.

MORE THAN

2,667,646

POST VIEWS

You're bringing hope to the Church.

NEARLY **19,000** ATTENDEES

386

COLLEGE
CAMPUSES

1,000

PARISHES

3,000+

CONFESSIONS
HEARD

500+

PRIESTS

24

BISHOPS

50+

SPEAKERS



“

I feel inspired to share my faith by being more open about my personal experiences with Jesus.

—Emily Scott, Student at Angelo State University

The work of the Holy Spirit at SEEK23 was palpable and has me ready to bring the work of missionary discipleship back to my parish and community.

—Jason Rubel, Parishioner at St. Clare of Assisi in Ellisville, Missouri



RELIVE #SEEK23    
@focuscatholic | seek.focus.org



See You Next Year!

Great news: SEEK will be returning to St. Louis in 2024!

We're thrilled to return to this incredible city for another year —

and we want **YOU** to join us!



Come be a light.

January 1 – 5, 2024

America's Center,
St. Louis, Missouri

For more details, visit:

[www.seek.focus.org/
seek24/](http://www.seek.focus.org/seek24/)

