

Keep the Faith Project:

Getting Started

Step 1: Pick a date and time for your recording session with Ryan Pollock (ryan-pollock@sttaustin.org). Then, if you like, invite some family and friends to come along and watch - unless that idea gives you stage fright, then don't worry about it! Do what's most comfortable.

Step 2: Pick an interviewer. After you tell your story, this person can ask some clarifying questions and explore parts of it that make them want to say, "tell me more about..." Anyone with a curious mind can be a good interviewer for you. Remember to tell them when/where to show up!

Step 3: Write your story. See next page, *Writing Your Spiritual Autobiography*. Share your notes with the interviewer ahead of time if you can, so they can be thoughtfully reflecting upon them.

Step 4: Show up to Elmer Hall room 104. We'll record it and send you copies!



Keep the Faith Project:

Writing your Spiritual Autobiography

Write the story of your life by emphasizing your faith as the central theme. Include “mountain top” experiences of God’s presence with you, times you felt utterly alone, and anything in between. Telling our stories is a gift to others, it helps us evangelize (“being always ready in and out of season; to give a reason for the hope within you”), and it helps us better see our place in God’s plan for the world.

Organize it chronologically: childhood, teenage years, college/young adulthood, marriage/children, career changes, moves, retirement, etc. and include themes like:

Significant Persons and Ideas – you’ve been shaped by family members, teachers, clergy, friends, characters or notions in literature, film, music, etc. Which of these were most important? Who taught you something meaningful? Who really loved you most? When and where did these relationships form? Have you ever encountered a Bible verse or theological thought that changed your course? Who taught you to understand both yourself and God in Christ?

Spiritual experiences – “Earth is crammed with heaven...” Spirituality is earthy and contextual, but often mysterious. Has something ever happened that you can’t quite explain, but that you felt almost instinctively was the Holy Spirit working in your life? Examples include dreams, visions, prophecies, miracles, pilgrimages, mission trips, or just a profound experience of the Divine in the mundane.

Recreation – How do you have fun? Where are the lines blurred between work and play for you? Have your interests or passions changed as you’ve gotten older? What do they show you about the way God made you? Do they shed light on what God has given you as *charismata* - spiritual gifts?

Church – Was it quarterly drudgery, never engaged, or an integral part of your growing up? Did you attend a church-school? Did you convert from another religion or denomination? What role have the Sacraments played in showing you the presence of Jesus? How has belonging to Christ’s body shaped your life?

Vocation – “Whatever you do, do your work heartily, as for the Lord rather than men.” How has your work history influenced your faith? Was it particularly easy or difficult to be a Christian in your field? What unique opportunities did it give you to grow in the love God and neighbor?