

LIVING WITH LIMITS, LIVING WELL!

Produced by the Jesuit Forum for Social Faith and Justice of the English Canadian Province of the Society of Jesus and sponsored by the Canadian Conference of Catholic Bishops, this 7-session 54-page workbook guides participants through a facilitated reflection that educates and encourages deep connections between economic and ecological realities and spirituality.

- More suitable to engage small group reflections rather than individual use
- Designed to guide and inspire educators, animators, leaders, and others through group reflections by providing group dynamics, preparation, and timing info
- In-depth reflections and quotes, but lack of visuals, make it more fitting for adult audiences
- Interdisciplinary approach that in a broader way draws connections between poverty, inequality, globalization, ecology and spirituality
- Written from a Canadian perspective, the workbook can be easily applied to US scenarios with some slight adjustments to references and data
- Quotes and reflections are taken both from religious as well as lay colleagues
- Biblical and non-biblical references and list of resources in each session assist group leaders in developing a starting prayer/meditation for group sessions
- Reflection questions and tools are geared towards community-building, sharing of personal experiences, and final action outcomes
- Workbook's cost: \$15.00