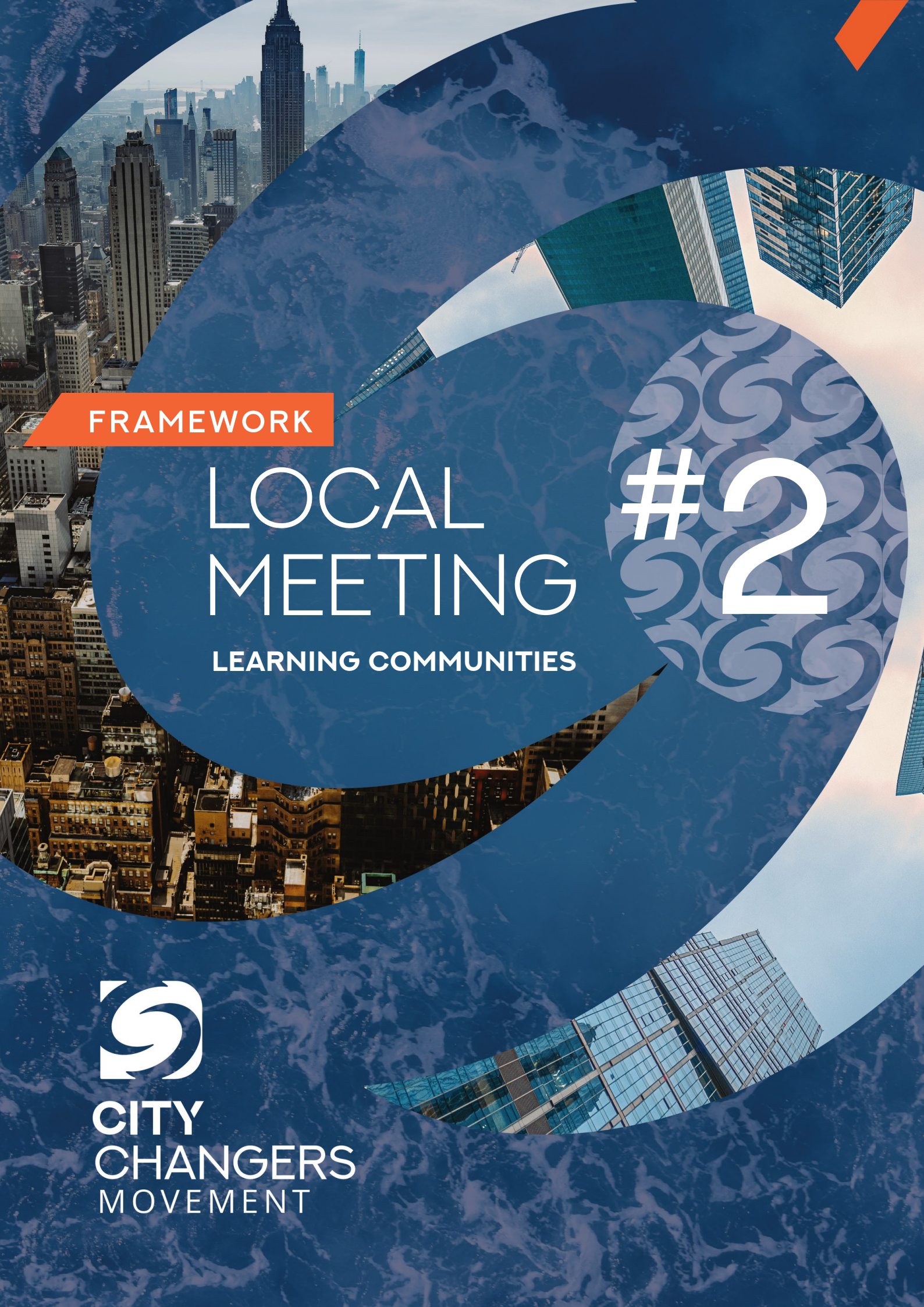


FRAMEWORK

LOCAL MEETING #2

LEARNING COMMUNITIES

CITY CHANGERS MOVEMENT

2

THEME

SPIRITUAL FORTITUDE

TIME COMMITMENT FOR PARTICIPANTS

90 - 120 minutes per week for 3 of the 4 weeks in a month:

- 30 min to watch the video
- 60 - 90 min for worksheet questions

3 hours for the local meeting

SCHEDULE FOR LOCAL MEETING

WELCOME AND GREETINGS – GETTING CONNECTED AND SETTLED	10 Minutes
VIDEO 1 DISCUSSIONS	45 Minutes
BREAK	10 Minutes
VIDEO 2 DISCUSSIONS	45 Minutes
BREAK	10 Minutes
VIDEO 3 DISCUSSIONS	45 Minutes
ORIENTATION TOWARDS THE NEXT THEME	5 Minutes

BOOK

Replenish
Lance Witt

VIDEOS

VIDEO 1
SPIRITUAL FORTITUDE: SOUL CARE [1]
Rhythm - Lance Witt

VIDEO 2
SPIRITUAL FORTITUDE: SOUL CARE [2]
Lance Witt

VIDEO 3
SPIRITUAL FORTITUDE: RESILIENCE
Paul Donders

OUTCOMES

1. Embracing rhythm and margin as a life routine [Spiritual Fortitude]
2. Developing Spiritual Fortitude through Soul Care [Spiritual Fortitude]
3. Understanding resilience and how to build it [Spiritual Fortitude]

