J. **USCCB, Spiritual Readings, & resources**

IV. Spiritual Growth and Faith Formation

A. **Resources: Formed.org, Hallow App, & USCCB.org**

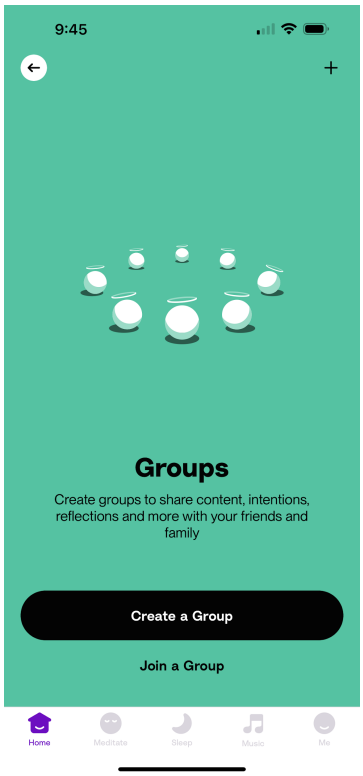
1. **Formed.org Log-in**
2. **Hallow App - Parish Prayer Group**

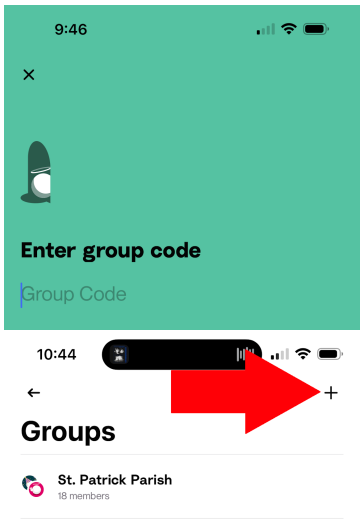
Step-by-step guide on joining your parish groups: A short guide on getting started with the Parish challenge!

Step 1: Make sure you have Hallow on your mobile device. You can visit the app store relevant to your device (Apple, Amazon, Google). And then search "Hallow", then tap download, or if you already have it, make sure it is up to date by tapping "update" in the app store.

Step 2: Open the Hallow app and then tap on the three dots in the top right-hand corner of the screen (if you have a different interface tap on the three dots in the bottom bar of your screen)

Step 3: Tap "Join Group" and then you'll notice that you have two groups to join, one for our daily reflections that will be posted beginning Ash Wednesday and then an intentions group to have other members pray for you.





Step 4: On the next screen tap save preferences and then tap "close" on the bottom to then tap the "+" in the top right-hand corner to add the other group

V. Mid-Autumn Festival Briefing (Gabby)

VI. CPR plus AED Session

VII. Closing Remarks, Q&A, Closing Prayer