

HISTORY

IN JANUARY 2001 a group of 12 women from St. James Cathedral Parish in Orlando, Florida, initiated the first **OUR CATHOLIC FAITH** Study. The founder, Diana Coffman, had a thirst for a deeper knowledge of her Catholic Faith and the vision to compile the study. The first study had such a profound impact on the participants that the word spread, and each year thereafter more study groups formed.

Study participants came to realize the benefits of understanding their faith and to recognize the richness of Catholicism! Wanting further connections with each other through continued opportunities to explore their Catholic Faith, they organized several themed studies. It soon became apparent, however, that these efforts needed a larger, more encompassing connection point.

Formed in 2003 as the umbrella organization to coordinate these efforts, *Una Fides*[™] (Latin for One Faith) offers fellowship in the Catholic Faith. In larger social settings with speakers and meals, *Una Fides*[™] has hosted more than 30 events, retreats, conferences, pilgrimages and gatherings at which attendees have enriched, fortified and embraced their faith. We have served over 5,500 meals!

In 2009, *Una Fides*[™] incorporated and became a 501c(3) organization and formed its first Board of Directors. In the same year, Dominicus Press, printed 1,000 copies of the beautifully inspired **OUR CATHOLIC FAITH** Study Guide. In 2010, Young Catholic Orlando was started for young adults in their 20s and 30s. In 2011, the Spanish version, *Nuestra Fe Católica* was printed.

INVOLVEMENT

More than 4,000 people have participated in the *Una Fides*[™] Apostolate.

We invite you to be a part of *Una Fides*[™] by:

- Praying for the *Una Fides*[™] Apostolate
- Attending *Una Fides*[™] sponsored events, conferences, and retreats
- Donating monetarily to the nonprofit *Una Fides*[™] Apostolate (100% of all donations go directly to the ministry and are tax deductible)
- Volunteering to serve on the event, conference or retreat committees
- Participating in the 12-week **OUR CATHOLIC FAITH** Study and making a commitment to continue with further study
- Facilitating an **OUR CATHOLIC FAITH** Study
- Organizing an *Una Fides*[™] sponsored event or study at your parish

Website: www.UnaFides.com
Email: info@UnaFides.com
Write: Una Fides
P.O. Box 1928
Orlando, FL 32802-1928

Una Fides[™]



An Apostolate for Today's Catholic

The mission of *Una Fides*[™] is to build the Body of Christ by encouraging Catholic men and women to enrich, fortify and embrace their faith through prayer, study and fellowship.

PRAYER

PRAYER is the first means by which we enrich, fortify and embrace our Catholic Faith through *Una Fides*[™]. It is the lifting of mind and heart to God, and it is through prayer that we grow in love and faith.

According to Scripture it is the heart that prays: "If our hearts are far from God then our words are in vain" (ccc 2562). The hearts of individuals and the heart of *Una Fides* are centered on the love of Christ. It is through the direction of the Holy Spirit that our apostolate continues to grow and enrich the faith of all those involved. We gather for Mass (the perfect prayer), Eucharistic Adoration, rosaries, stations, chaplets and novenas. We also offer retreats to nourish the soul and enhance spiritual growth.

For more information about future retreats and prayer opportunities, please visit our website: www.UnaFides.com. All are welcome and invited to participate in any and all activities. Our twice monthly email newsletter includes the Pope's intentions, prayers and highlights saints.



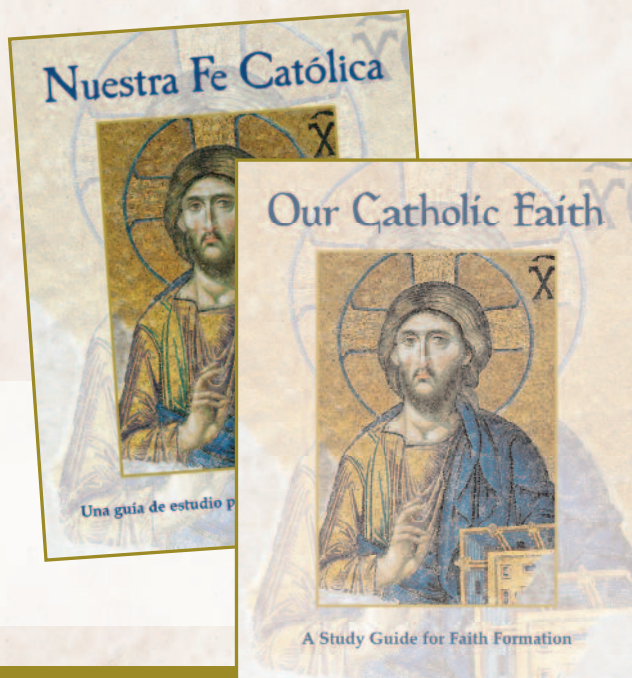
"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." – *Phil. 4:6-7*.

STUDY

BLESSED Pope John Paul II in his Apostolic Constitution, *Fidei Constitution*, said, "Guarding the deposit of faith is the mission which the Lord entrusted to His Church, and which she fulfills in every age." From this call, *Una Fides*[™] encourages individuals to participate in the **OUR CATHOLIC FAITH** Study.

Most people do not truly learn something until they are required to teach it. This principle is the ground upon which **OUR CATHOLIC FAITH** was developed. Based on Sacred Scripture and the *Catechism of the Catholic Church*, this 12-week study invites its participants to select a topic from a specific outline, research it under the guidance of their priest and/or facilitator, and present it to their study group. The **OUR CATHOLIC FAITH** Study is strengthening Catholics for today's world and is helping them re-discover their faith.

Una Fides[™] also sponsors other studies and pilgrimages delving into the Bible and the Catholic Faith. These topics and times vary. To obtain current information, please visit our website: www.UnaFides.com.



FELLOWSHIP

MANY PEOPLE attending **OUR CATHOLIC FAITH** study and later *Una Fides*[™] studies felt a need to be in communion with fellow Catholics on a social basis also. *Una Fides*[™] now organizes events twice a year, usually with a meal and a speaker to bring topics that enrich and fortify.

Past speakers have included Fr. Ignacio Larrañaga, Fr. Leo Patalinghug, Immaculée Ilibagiza, Rosalind Moss, Johnette Benkovic, Dr. Ray Guarendi, Katrina Zeno, Barbara Nicolosi, Suzanne Fowler, and Mary Jo Anderson. Generous donations make each event possible, keeping events affordable and under the actual production cost. To find out more about current scheduled events, please visit our website: www.UnaFides.com.

Una Fides[™] organized its first conference in 2010 at Holy Family Catholic Church to help Catholics deepen, discover, and defend their faith. The conference featured Stephen Ray, Teresa Tomeo, and Tom Peterson. Also that year Fr. Larrañaga was the speaker for the first Hispanic conference. If you would like to be put on a mailing and/or email list to receive event and conference information, please email your information to info@UnaFides.com.

In addition, *Una Fides*[™] supports Book Clubs that read quality, orthodox literature to enhance spiritual life and an understanding of the Catholic Faith. Any parish or group of individuals may start an *Una Fides*[™] Book Club by following simple guidelines explained on the website: www.UnaFides.com.

