



“Let no one have contempt for your youth, but set an example for those who believe, in speech, conduct, love, faith, and purity.” (1 Tim 4:12)

ILF 4:12

Forming and empowering young adults in the Catholic faith and leadership while fostering authentic missionary discipleship.

“ILF 4:12” is an initiative of the INSTITUTE OF LAY FORMATION of the Diocese of Winona-Rochester. The initiative seeks to offer young adults an experience of formation for discipleship, including:

- Faith-filled Accompaniment & Leadership
- Service & Social Mission
- Encountering & Proclaiming Christ in Word and Deed
- Living and Praying a Sacramental Spirituality.

ILF 4:12 sessions will be held on five Saturday mornings (from 9:00-11:30 am) in Rochester during the 2021-2022 academic year (from early October through mid May). The sessions will include time for prayer, presentation, reflection, and sharing.

Save the Dates!

October 9

November 20

February 5

March 26

May 14

More information is available at the DOWR website, or by contacting Todd Graff, diocesan Director of Lay Formation (Email: tgraff@dowr.org / Phone: 507-858-1270).