



A Doubter's Journey to Catholicism

Thomas Collingwood

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Faith can be viewed as a journey and such a journey can raise many questions. Tom Collingwood has tended to live up to his namesake: Thomas the doubter. Whether it be science, politics or religion he has questioned, studied and reflected on what to believe. His journey from an irreligious background to Lutherism and finally to Catholicism was a process of raising and attempting to answer many questions that will be explored in this book. Those questions are: -Why do we need a formal religion? -Where does God and the Christian faith fit in history? -How does belief in God link with science and the Natural law? -Do the traits of Christianity make it the best expression of the Natural law and our response to God? -How does Catholicism answer major faith issues? -Where does the authenticity and authority of the Catholic Church come from? -Why is there the need to defend Christianity? -How to build a culture of life and live the Christian life? -Why is a sense of mystery, purpose and Jesus Christ important? While these questions are not all the ones that can be raised they are representative of one pilgrim's search for Truth that led to an acceptance of the Catholic faith. Investigating the answers and the process for finding those answers can serve as an aid for the on-going faith journey we all are pursuing even if we don't know it. About the Author: Thomas R. Collingwood Ph.D. is a nationally recognized leader in the field of physical fitness and outdoor education. He has degrees in both exercise science and psychology, and advanced training in environmental science. As a former YMCA Director and Director of Continuing Education for the world renowned Kenneth Cooper Aerobics Research Center, he has instituted physical fitness programs for employee groups and at-risk youths worldwide. He designed the FitForce national law enforcement fitness program serving thousands of police officers nationwide. Dr. Collingwood has conducted hundreds of national and international seminars and lectures. He has instituted numerous environmental education and service projects while serving as a Master Naturalist with the Texas Parks and Wildlife, as a volunteer Interpretive Ranger at Rocky Mountain National Park in Colorado, and as an Interpretive Hikemaster for the YMCA of the Rockies. Most recently, he developed and implemented faith based seminars and retreats for clergy, seminarians, parishioners and students on a Catholic Ethic for Stewardship of the Environment and the Body (physical fitness). He currently provides lectures, seminars and retreats that teach stewardship of the environment and the body through the CREATIO faith based stewardship organization affiliated with the Christian Life Movement. He teaches in the RCIA and adult ministries such as "Renew" and "Why Catholic" and is active in the Knights of Columbus and parish Eucharistic ministries. Over the years he has served in many leadership capacities for the President's Council on Physical Fitness and Sports and the American College of Sports Medicine. He is the recipient of the Healthy American Fitness Leader award as one of the 10 outstanding physical fitness leaders in the nation.

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