

Handout 5 - Four Approaches for Developing a Family Faith Formation Plan

These approaches can be used alone or in combination with each other to form a faith formation plan .

Approach 1. Developing Life-Stage Appropriate Ideas/Programs/ Activities

The six elements provide the template for generating ideas, strategies, programs, and activities that are designed for one life stage or for two combined life stages, e.g., activities for children.

| | Families with Children 0-5 | Families with Children 6-10 | Families with Youth 11-14 | Families with Youth 14-19 |
|---|----------------------------|-----------------------------|---------------------------|---------------------------|
| Forming the faith of the family at home | | | | |
| Forming the faith of the family in the parish | | | | |
| Equipping parents with practices and skills for parenting | | | | |
| Equipping parents to be faith formers | | | | |
| Providing family catechesis for the entire family | | | | |
| Fostering intergenerational relationships | | | | |

Approach 2. Developing Ideas/Programs/Activities that Apply to all Four Life Stages

The six elements provide the template for generating ideas, strategies, programs, and activities that can apply to all four life stages, e.g., parent workshops to introduce each new stage of life.

| | For all life stages |
|---|---------------------|
| Forming the faith of the family at home | |
| Forming the faith of the family in the parish | |
| Equipping parents with practices and skills for parenting | |
| Equipping parents to be faith formers of | |
| Providing family catechesis for the entire family | |
| Fostering intergenerational relationships | |

Approach 3. Developing Sacramental Preparation for Baptism, First Eucharist, and Confirmation using a Catechumenal Formation Model: Preparation-Celebration-Mystagogy

A parish can incorporate sacramental preparation for Baptism, First Eucharist, and Confirmation into a two-decade plan for family faith formation, using the catechumenal model of preparation, celebration, and mystagogy; and the six elements of family faith formation. The catechumenal model of formation is a holistic formation process that includes:

- A first proclamation of the Gospel (kerygma)
- A comprehensive introduction to the Christian life
- Liturgies, rituals, and symbols that engage the heart and the senses
- A community of faith and support
- Apprenticeship and mentoring in faith
- Engagement in the mission of the Church and service to the world

- Formation that fosters conversion of heart and mind in a new way of life
- Ever deeper formation in faith and the life of the community (mystagogy)

Incorporate the six elements of parent and faith formation into your sacramental preparation plan.

Approach 4. Developing a Family Catechesis Model of Learning for the Entire Family

Parish can develop a family catechesis learning model that involves the whole family and incorporates the six elements of parent and family faith formation.

Family catechesis learning models engage the whole family in faith formation experiences (parents and caregivers, young people, and grandparents) as the primary model for catechesis with families (monthly, twice-a-month, or weekly), as an integrated model within age group programming and/or within the seasons of the year (Advent, Lent, and more) and/or as family workshops throughout the year, and as family-centered sacramental preparation (Reconciliation and First Eucharist).