

1st Approach - Ideas for Family Faith Formation

- for one life stage or multiple life stages -

Use a variety of programming formats to implement your strategies, such as a digital platform for families with the resources in print, audio, and video formats; a monthly print or digital newsletter/magazine; family catechesis programming on a topic, theme, season, or practice; monthly parent gatherings in conjunction with existing age group gatherings; courses, workshops, and webinars; mentoring, small groups (in-person and online). Review the variety of formats in Part 3.

Provide liturgical formation designed around the Lectionary readings or the Church year season with a variety of resources that help families experience, reflect, and apply the theme from Sunday to their family life throughout the week. For example:

- Family conversation questions on the theme of the Sunday readings
- Activities for the Church year feast or season
- Weekly table ritual
- Podcast or video of the sermon with a study guide for the parents, children's creative Bible activities, storybooks, video presenting the Bible story
- Daily prayer, weekly family devotion
- Short Bible reading for each day of the week, online resources for studying the Bible (print, audio, video)
- Ideas for living the biblical teaching in the family or in the community.

Celebrate the seasons of the year at home by identifying a monthly seasonal event and incorporating Scripture, prayer, learning, service/action, ritual, and family conversation into each seasonal event. Highlight a Christian practice that will be communicated and experienced through the event. For example:

- January: Martin Luther King Jr. (working for justice and peace, serving)
- February: Valentine's Day (loving)
- March: Lent (praying, serving/almsgiving, forgiving)
- April: Easter (new life) and Earth Day (caring for creation)
- May: Mother's Day (honoring parents, loving caring)
- June: Father's Day (honoring parents, loving, caring)
- July: Independence Day (working for justice)
- August: Back to school (celebrating new beginnings)
- September: Fall harvest (being grateful, generosity, caring for the earth)
- October: St. Francis (caring for creation, caring for animals, living simply)
- November: Thanksgiving (being grateful, serving, living hospitality)
- December: Advent and Christmas (celebrating rituals, praying, serving)

Provide formation in Christian Practices in a variety of formats: Raising religious children is primarily a practice-centered process, not chiefly a didactic teaching program. Certain faith practices make a significant difference in nurturing the faith of children and adolescents at home, especially:

- Reading the Bible as a family and encouraging young people to read the Bible regularly
- Praying together as a family and encouraging young people to pray personally
- Serving people in need as a family and supporting service activities by young people
- Eating together as a family
- Having family conversations about faith

Handout 6 - Four Approaches for Developing a Family Faith Formation Plan & Two Examples

- Talking about faith, religious issues, and questions and doubts
- Ritualizing important family moments and milestone experiences
- Celebrating holidays and church year seasons at home
- Celebrating milestones and sacraments in the lives of individuals and the whole family
- Providing moral instruction
- Being involved in the parish community and participating regularly in Sunday Mass as a family

Offer annual retreats for each life stage: Family retreats (half day or full day) focused on following Jesus and introducing the practices of discipleship or each of the four stages of life (half-day or full day)

Develop a yearlong focus on the Bible, such as the “Bible Story of Month” to introduce important stories and teachings in the Bible by teaching the practices for reading, interpreting, praying, and applying the scriptures to their lives. Select twelve of the most relevant and developmentally appropriate Bible stories for each age. Integrate the Bible teaching into one session or program each month. Provide online resources for parents to reinforce the Bible story online: reading the story, watching the video, discussing the story.

Develop the prayer life of children, teens, and families by focusing on learning Catholic prayers, teaching the different forms of prayer, and/or experiencing a prayer practice each month during the class or program. Have children and teens experience the different types of prayer: contemplative, Scriptural, intercessory, praise (adoration), and thanksgiving. Develop a short video of the children or teens praying so that parents can see prayer in action. Develop the “prayer of the month” for families.

Engage families in serving those in need, caring for creation, and working for justice. Develop an annual family or parish-wide Service Day, a monthly family Service Project, and family Service Nights at the parish. Create immersive experiences for families where they can experience service/justice/care for creation firsthand, such as hospitality at a homeless shelter or serving a meal at a soup kitchen or caring for creation by planting a garden. Combine the at-church experience with activities for families to do at home.

Celebrate one-time milestones and annual milestones through experiences at home and programs in the parish with activities that include learning, prayer, celebrating a ritual, and reflecting together on the experience. Consider for example: Birth and Baptism, anniversary of Baptism, welcoming young children to worship, beginning faith formation at church, annual blessing of the backpacks at the beginning of a new school year, first Bible, school graduations and transitions, driver’s license, and more.

Develop family life skills by adding a parent-child/teen component to age group faith formation or by adding special parent-child/teen programs throughout the year. Focus on the types of skill-building that will strengthen family life, and parent-child/teen relationships, such as: communicating effectively, discussing tough topics, making decisions and solving problems as a family, learning how to build strong relationships and express care for each other, supporting each other (encouraging and praising, giving feedback, standing up for each other), and treating each with respect and dignity. Many of these skills can be developed using movies selected for their positive messages. An example of a movie that provides a foundation for follow-up activities is Disney/Pixar’s *Inside Out* about the emotional life of child growing up.

2nd Approach - Ideas for Parent Formation

- for one life stage or multiple life stages -

Develop a progression of “Stage of Life” parent workshops (in-person and online) and a resource kit for parents (digital) to prepare as the family enters a new stage of life. Consider workshops, webinars, or courses through the life cycle as children and adolescents enter a new stage of life—birth: parenting young children; start of school: parenting older children; parenting young adolescents; parenting older adolescents; parenting emerging adults.

Provide targeted programs of theological and biblical formation for parents in a variety of learning formats to make it easy for them to access the opportunities: independent (online), mentored, at home, in small groups, in large groups, or church-wide. Incorporate a parent component into an adult faith formation program so that the specific needs of parents can be address. This content needs to be tailored to the four spiritual-religious identities of parents—active, occasional, spiritual/uninvolved, and unaffiliated; and to the traditions, beliefs, and practices of the particular Christian tradition. For example:

- Developing and sustaining a personal relationship and commitment to Jesus Christ
- Living as a disciple of Jesus Christ and making the Christian faith a way of life
- Reading and studying the Bible—its message, meaning, and application to life today
- Learning the Christian story and foundational teachings of the Christian faith (Trinity, Jesus, creed, morality and ethics) and integrating its meaning into one’s life
- Praying—together and by ourselves, and seeking spiritual growth through spiritual disciplines
- Living with moral integrity guided by Christian ethics and values
- Living the Christian mission in the world—serving those in need, caring for God’s creation, and acting and advocating for justice and peace.
- Worshipping God with the community at Sunday worship, ritual celebrations, and the seasons of the church year
- Being actively engaged in the life, ministries, and activities of the faith community
- Practicing faith in Jesus Christ by using one’s gifts and talents within the Christian community and in the world

Add a parent component to existing programming. For example:

- Add a parallel parent experience to the existing children and adolescent program where parents can gather occasionally for a targeted program while their children are in age-specific programs.
- Add a parent component to vacation Bible school in the evenings or online.
- Incorporate parent formation and education into parish events that already engage parents, such as parent preparation programs for baptism, first communion, or confirmation, as well as the celebration of milestones

Provide parent support through gathered settings (church, home, community) and in online groups (such as a Facebook parents group) that provide opportunities for parents with children in the same age group to talk about parenting, get information and encouragement, discuss family life issues and challenges, and more. Parishes can also sponsor support groups for divorced parents, parents in blended families, parents of children with special needs, and other affinity groupings. An example of a life cycle support group is MOPS (Mothers of Preschoolers).

Handout 6 - Four Approaches for Developing a Family Faith Formation Plan & Two Examples

Equip parents with the knowledge and skills for passing on faith so they can incorporate faith practices into the day-to-day religious practices of the family by providing courses, workshops, webinars, mentoring, resources (digital, print, audio, video), online small groups, and more, focused on:

- having family conversations about religious topics
- reading and discussing the Bible with children and teens
- prayer as a family and encourage children and teens to pray
- participating in Sunday worship as a family
- celebrating family rituals and milestones
- celebrating holidays and seasons as a family
- engaging in actions of service, justice, and care for creation as a family and encouraging children and teens to serve
- talking about faith and the religious tradition, and providing moral instruction and discussing moral issues with children and teens

Equip parents with the knowledge and skills for developing quality relationships with their young people and applying styles of parenting that make a difference in faith transmission by providing courses, workshops, webinars, mentoring, resources (digital, print, audio, video), online small groups, and more, focused on:

- Cultivating relationships of warmth and love which makes everything else possible
- Balancing religious firmness with religious flexibility in their parenting so as to maintain more positive relationships with their children
- Transmitting their faith to their children while honoring their agency by teaching principles and values, providing expectations of religious participation and responsibility, not forcing faith, allowing exploration and mistakes, and showing respect for children's views
- Talking about religious matters during the week – when parents talk about their religion in personal terms that sends a strong message to their kids that it's important to them
- Practicing an “authoritative” parenting style (as opposed to authoritarian, permissive, or uninvolved style) by maintaining and enforcing high standards and expectations for their children while simultaneously expressing a lot of open warmth and connection to their children, and confidently giving them enough space to work out their own views and values
- Listening more and preaching less. It is a more satisfying and successful religious and relational experience when the conversations are more child/youth-centered than parent-centered

Equip parents with the knowledge and skills for effective parenting by providing courses, workshops, webinars, mentoring, resources (digital, print, audio, video), online small groups, and more, focused on:

- Expressing care to young people by listening to them, being dependable, encouraging them, and make them feel known and valued
- Challenging young people by expecting them to do their best and live up to their potential
- Providing support for young people by encouraging their efforts and achievements and guiding them to learn and grow
- Treating young people with respect, hearing their voices, and including them in decisions that affect them
- Inspiring young people to see possibilities for their future, expose them to new experiences and places, and connect them to people who can help them grow
- Demonstrating a warm and affirming parenting approach
- Creating a warm, caring supportive family environment
- Practicing effective communication skills
- Managing screen time and social media use
- Learning effective discipline practices

Handout 6 - Four Approaches for Developing a Family Faith Formation Plan & Two Examples

- Creating a warm, caring supportive family

Provide parent mentors (or coaches) who can offer guidance and support for parents and the whole family at each stage of life from birth through the end of adolescence. Mentors can accompany parents and families in their spiritual lives, guiding them in growing in their relationship with God and learning more about the faith. Mentoring can be life-cycle specific with mentors who focus on children or adolescents. Parents mentors can be drawn from the grandparent generation who are actively engaged in church and bring decades of parenting and family life experiences. Churches can provide training for mentors (mentoring skills, understanding today's family, learning how to access online resources and activities).

Use online platforms and digitally enabled strategies that can utilize the abundance of digital media and tools for parent formation and education—to engage parents anytime, anyplace, and just-in-time—and extend and expand faith formation from physical, face-to-face settings into their daily lives through digital content and mobile delivery systems. Online platforms for parents (websites) integrate the content (programs, activities, resources), connect people to the content and to each other, provide continuity for people across different learning experiences, and make everything available anytime, anywhere, 24-7-365. Digital media tools and resources—social media (Facebook, Twitter, Instagram, and more), webinars and online learning, video conferencing, videos, audio podcasts, and much more—provide more features in designing parent programs, more methods for delivering programs, and more ways to connecting parents to each other.

3rd Approach - Ideas for Sacramental Preparation in a Catechumenal Model

The catechumenal model of formation provides 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)

Using the catechumenal process, catechesis can be *personalized* around people's religious faith:

1. Those who have a vibrant faith and relationship with God and are engaged in a faith community
2. Those who participate occasionally in the community and whose faith is less central to their daily lives
3. Those who are uninvolved in a faith community and who value and live their spirituality outside of organized religion
4. Those who are unaffiliated and have left involvement in organized religion, and have little need for God or religion in their lives.

The catechumenal process can offer catechesis for those who need “taste and see” experiences, “refresher” experiences, “growing” experiences, and “going deeper” experiences.

Catechumenal Process for Baptism

Three Pathways through “Remote” Preparation

1. For parents who have not been active in their faith life and practice – provide a first proclamation of the Gospel (kerygma) and then an introduction to the Christian life.
2. For parents who need a refresher – provide an introduction to the Christian life.
3. For parents who are growing in their faith – provide an exploration of the areas of the Christian life where they need growth.

“Immediate” Preparation for All Parents

- Catechesis on Baptism: theology, rituals, and symbols
- Engagement with a community of faith and support – other parents or families and the intergenerational faith community
- Mentoring by members of the faith community

Celebration of Baptism

Continued Growth and Accompaniment (Mystagogy)

- A continuous plan for family forming from Baptism to First Eucharist using the seven elements of faith forming (see above)
- Continuing parent formation
- Continued mentoring and support for parents
- Continued engagement with a community of faith and support

Catechumenal Process for First Eucharist

Three Pathways through “Remote” Preparation

1. For parents and children who have not been active in their faith life and practice – provide a first proclamation of the Gospel (kerygma) and then an introduction to the Christian life.
2. For parents and families who are active and growing in their faith – provide an exploration of the areas of the Christian life where they need growth.

“Immediate” Preparation for All Parents

- Catechesis on the sacrament of Eucharist: theology, rituals, and symbols
- Family-centered preparation for the whole family – large group or parent/family small groups
- Family retreat experience
- Engagement with the intergenerational faith community and Sunday Mass

Continued Growth and Accompaniment (Mystagogy)

- Family catechesis programming in the parish
- A continuous plan for faith formation at home
- Parent formation and continued mentoring and support for parents
- Continued engagement with a community of faith and support

Catechumenal Process for Confirmation

Three Pathways through “Remote” Preparation

- For young people who are not actively living their faith and have not been involved in faith formation since their First Eucharist – provide a first proclamation of the Gospel (kerygma) and then an introduction to the Christian life. Consider offering a specialized mini-course or retreat experience or a small group mentored experience focused on an introduction to the Christian faith and the parish community.
- For young people who are actively practicing their faith and have been involved in faith formation – provide a deeper exploration into the Bible and Catholic tradition in areas of interest to them.

“Immediate” Preparation

- Catechesis on the sacrament of Confirmation: theology, rituals, and symbols with sponsors invited to journey with the young people and participate in sessions.
- Spiritual formation in the practices of prayer
- Engagement with a community of faith and support – offered through intergenerational service projects, parish prayer partners, parish-wide liturgies and activities, and more.
- Retreat opportunities offered in different formats and time commitments.
- Mentoring by members of the faith community – creating programming which encourages young people to partner with an adult in short term formats such as a Lenten faith sharing series.

Celebration of the Sacrament

Continued Growth and Accompaniment (Mystagogy)

- Preparation for living one’s faith in the young adult years
- In-depth catechesis that is interest-based
- Exploration of calling and vocation
- Intergenerational projects in the faith community, e.g., justice, service, care for creation
- Involvement in leadership and peer ministry
- Continued mentoring

4th Approach - Ideas for Family Catechesis with the Entire Family

Catechesis with families engages 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).

A Primary Model of Family Catechesis

Family catechesis as the **Primary Learning Model** for parents, children, and young teens is developed around monthly or yearly themes drawn from the Creed, sacraments, morality, justice and service, prayer and spiritual life, Church year seasons, Scripture, Christian practices, and more. Family catechesis models blend gathered experiences (at church or in family small groups in homes or other settings), at-home faith formation, and online resources. They can be structured and scheduled in several ways to respond to the needs of a parish community, such as monthly, twice monthly, or weekly programming.

A Monthly Plan with a family session and at-home faith formation:

- Week #1. Family session at church or in small groups of families (90 minutes to 2 hours)
- Week #2. At-home faith formation with online resources
- Week #3. At-home faith formation with online resources
- Week #4. At-home faith formation with online resources

A Monthly Plan with a family session, at-home practice, and age group learning:

- Week #1. Family session at church or in small groups of families (90 minutes to 2 hours)
- Week #2. At-home faith formation with online resources
- Week #3. Age group learning session at church for children, young teens, and parents (90 minutes)
- Week #4. At-home faith formation with online resources

A Twice Monthly Plan with a family session and at-home faith formation:

- Week #1. Family session at church or in small groups of families (90 minutes to 2 hours)
- Week #2. At-home faith formation with online resources
- Week #3. Family session at church or in small groups of families (90 minutes to 2 hours)
- Week #4. At-home faith formation with online resources

A Weekly Plan with family sessions at church or in small groups of families:

In the Weekly Plan the movements of the learning process are assigned to individual weeks. Over a month the entire learning process is experienced. Each session is usually one hour in length.

- Week #1. A whole family learning experience with content and methods appropriate to all-ages
- Week #2. An in-depth learning conducted in one of three ways: a) the whole family learning together with activities appropriate to all ages in the family; b) parallel groups (children, teens, parents) learning at the same time with content and learning activities appropriate to each age group; c) learning activity centers with whole family and age-specific learning activities

Handout 6 - Four Approaches for Developing a Family Faith Formation Plan & Two Examples

Week #3. A whole family activity to discover how to apply their learning to daily life using resources and activities provided in print or digital formats.

Week #4. At-home practice with online resources

An Integrated Model of Family Catechesis

An Integrated Model incorporates family catechesis within the age group curriculum for grades 1-8. The themes for family catechesis can flow from the age group curriculum or focus on core faith themes and Church year seasons. Here is an example of a 4-week sequence. (*This continues throughout the year.*)

- Weeks #1-3. Age group catechesis
- Week #4. Family learning experience
- Weeks #5-7. Age group catechesis
- Week #8. Family learning experience

A Seasonal Plan is built around the Church year seasons and feasts – Advent, Christmas, Lent, Holy Week, Easter, Pentecost, All Saints/All Souls, and more. Family catechesis sessions are incorporated into the schedule of the year so that age group programs and activities are not scheduled during a family catechesis program. A Season Plan is an excellent way to introduce family catechesis to the families and the parish community.

A Workshop Plan is designed around family life skills that will strengthen family life, and parent-child/teen relationships, such as communicating effectively, discussing tough topics, making decisions and solving problems as a family, learning how to build strong relationships and express care for each other, supporting each other (encouraging and praising, giving feedback, standing up for each other), and treating each with respect and dignity. A Workshop Plan can provide occasional family or parent-only gatherings throughout the year. Workshops can also be designed as mini-conferences (e.g., 3 hours) on a Saturday or Sunday with a general session for the whole family and break-out sessions for parents, children, and teens.

Additional Family Catechesis Models

1. Family-centered sacramental preparation programs
2. Family cluster or small group learning programs
3. Family-centered vacation Bible school
4. Family-centered (small group or large group) lectionary-based Scripture reflection
5. Family retreats and camps
6. Family Bible study

Family Catechesis Designs: Content Themes

Themes and their topics, like the ones below, can become the focus of a year of family programming or topics can be combined into a multi-topic year of programming.

Theme: Catholic Sacraments

Baptism and Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Marriage
Holy Orders

Theme: Jesus and Discipleship through the Church Year Seasons

Preparing for the Messiah
Becoming a Disciple
Death of the Messiah
New Life in Christ
Identity of Christ
Living as Disciple

Theme: The Creed & Christian Beliefs

God, Father & Creator
Jesus Christ, Son of God
Jesus Christ: Death and Resurrection
Holy Spirit
Church
Communion of Saints, Life Everlasting

Theme: Catholic Social Teaching

Justice, Peace, and Care for Creation
Dignity of Human Life
Rights & Responsibilities
Peace
Option for the Poor
Care for God's Creation

Theme: Moral Living

Loving God & Neighbor
Being Good Stewards
Care, Compassion, and Forgiveness
Honesty and Integrity
Living Faithfully

Theme: Prayer

Call to Prayer
The Lord's Prayer
Praying through the Year: Advent and Christmas
Praying through the Year: Lent and Easter
Catholic Prayers and Devotions
The Rosary

Church Year Feasts & Seasons

Advent: Preparing for the Messiah
Lent: Three Lenten Practices
Lent in Word and Symbol
Holy Week: Death and Resurrection of Jesus
Holy Week in Word, Ritual, and Symbol
Easter Vigil in Word and Symbol
Easter: New Life in Christ
Pentecost: We Believe in the Holy Spirit
All Saints and All Souls: We Believe in the Communion of Saints
Mary, the Mother of Jesus

Family Catechesis Learning Process

The family catechesis learning process involves five elements, conducted in an extended time format, e.g., 90 minutes to two hours.

1. A Shared Meal

Depending on the time of day, a meal begins the program, introducing people to the theme of the learning program, building community among the participants, doing table activities that model at-home faith practices, such as prayer or a table ritual.

2. A Shared Prayer Experience for All Families

3. An Opening Learning Experience for All Families

Introducing families to the topic of the program with content and methods appropriate to all-ages, such as:

- ritual or extended prayer service
- dramatic presentation of a Scripture passage or real life story
- storytelling or retelling a Scripture passage with contemporary examples
- witness presentations by church members (of all ages)
- learning games or TV game show formats
- film or media presentation using art/photos and music
- table group activity and discussion in intergenerational, family and/or age-groups.

4. In-depth Learning Experiences Conducted in One of Three Ways

Conducting in-depth learning activities that explore the theme or topic organized in one of three formats:

- a) family learning together with activities appropriate to all ages
- b) parallel groups (children, teens, parents) learning at the same time with content and learning activities appropriate to each age group
- c) learning activity centers designed for the entire family and/or age groups

5. Closing Activity for All Families

Guiding families in discovering how to apply their learning to daily life using resources and activities provided in print or digital formats.

6. Closing Prayer Experience

[For examples of family learning programs go to: <https://www.intergenerationalfaith.com/>]

Example of a Families with Young Children Plan (0-5)

Programs, activities, and resources are designed to provide a variety of experiences that address the distinct religious needs and interests of Active Believers, Believers, and Inactive Believers.

Forming the faith of the family at home

- Monthly digital newsletter (with website page) of activities for the whole family and age-appropriate activities for each of the five years of early childhood, including a monthly Bible story, prayers throughout the day and week (bedtime, mealtime, seasons of the year), movie/video suggestions, family activities, etc.
- Milestones activities (online) to celebrate the transitions or rituals of early childhood, such as birthdays, baptism anniversaries, first prayers (learning the Lord's Prayer), entry to preschool and kindergarten, etc.
- "Welcome to the Season Celebration Kits" digital and print resource for the home to introduce young children to the celebration of the seasons of the Church year (Advent, Christmas, Lent, Holy Week, Easter, Pentecost, All Saints/All Souls)
- Children's "Storybook of the Month" – age appropriate suggestions of storybooks that focus on values, morals, and spiritual themes

Forming the faith of the family in the parish and fostering intergenerational relationships

- Connecting parents at Baptism with mentors from the parish community (e.g., grandparents) to accompany them on their journey from Baptism to start of school (pray for them, meet with them, accompany them to Sunday Mass, etc.)
- Children's Liturgy of the Word at Sunday Mass where children through prayers, songs and readings learn about the same Scriptures as the rest of the community
- "Welcome to Sunday Mass" experience for families with young children, including a video for parent preparation, an illustrated guide to the Mass for children to use at Mass, age-appropriate activities for children on the lectionary readings (e.g., coloring a handout illustrating the Gospel reading during Mass or at home)
- Parish dinner for families who had a child baptized in the past to meet other parents with young children (babysitting provided), hosted by the ministries and organizations of the parish (such as a women's group and men's group)
- Seasonal creative arts festivals, e.g., Advent wreath-making activity at the parish for families with young children and grade school children

Equipping parents with practices and skills for parenting and to be faith forms of their children

- A two-part "Welcome to a New Stage of Life" workshop and/or webinar focused on understanding growth and development of young children, parent practices for this stage of life, faith forming activities appropriate to this stage of life (how to pray with children, how to read a Bible story, etc.)
- Parent enrichment webinars (monthly or quarterly) and an online parent library of videos, podcasts, and articles on topics of interest to parents of young children
- Twice yearly half-day retreat for parents of young children to nurture their growth in faith and to connect and share with other parents (with babysitting)
- Parent support groups for support, prayer, and faith sharing (in-person or online)

Example of a Families with Children Plan (Grades 1-8)

Programs, activities, and resources are designed to provide a variety of experiences that address the distinct religious needs and interests of Active Believers, Believers, and Inactive Believers.

Providing family catechesis for the entire family

- Monthly family catechesis program using the following format:
 - Week #1. Family session at church on the topic of the month (90 minutes to 2 hours)
 - Week #2. At-home faith formation with online resources on the topic of the month
 - Week #3. Age group session at church for children, young teens, and parents to go deeper into the topic of the month (75-90 minutes)
 - Week #4. At-home faith formation with online resources on the topic of the month
- Theme for the Year: Jesus and Discipleship
 - Preparing for the Messiah - December
 - Becoming a Disciple – Part 1 and 2 (January and February)
 - Death of the Messiah – Lent and Holy Week
 - New Life in Christ – Easter Season
 - Identity of Christ – Easter Season
 - Living as a Disciple – September-November

(For examples of family learning sessions go to: <https://www.intergenerationalfaith.com/jesus--discipleship.html>)

Forming the faith of the family at home

- “Faith at Home” monthly online experiences with a variety of activities for age groups and family activities on the theme of the monthly family program. Types of activities: Scripture reading and reflection, prayer, family faith conversations, living your faith, watching videos on the topic, etc.
- “Seasonal Celebration Kits” digital and print resource to prepare for, celebrate (at church and home), and live the Church year (Advent, Christmas, Lent, Holy Week, Easter, Pentecost, All Saints/All Souls)
- “Big Bible Story of the Month” – age appropriate activities for the family to read, explore, pray, and apply one Bible story each month

Forming the faith of the family in the parish and fostering intergenerational relationships

- Family engaging celebrations of the Church year feasts and seasons with at-home celebration using the “Seasonal Celebration Kit”
- Quarterly “Service Project Days” for the entire family, together with the other generations in the parish

Equipping parents with practices and skills for parenting and faith forming

- Annual retreat day for parents, focused on their growth in faith and discipleship
- A two-part “Welcome to a New Stage of Life” workshop (and/or webinar) – one for parents with children entering grade 1 and a second for parents with young people entering middle school – focused on understanding growth and development, parent practices for this new stage of life, faith forming activities appropriate to this stage of life, etc.
- Parent enrichment webinars (monthly or quarterly) and online parent library of videos, podcasts, and articles on topics of interest to parents (see Parent Interests in the survey results):
 - discussing tough topics with my children
 - learning to listen to my children and talk with them about things that matter to them
 - managing screen time and social media use
 - developing the strengths and potential of my child
 - managing my time and balancing the many commitments as a parent
 - developing strong relationships of warmth and love in our family and expressing care for each other
 - encouraging children to talk about their doubts and questions about faith
 - providing moral and values instruction and teaching healthy concepts of right and wrong
 - praying together as a family