



Faith Formation Guidebook

"God freely created us so that we might know, love, and serve him in this life and be happy with him forever."

-St. Ignatius of Loyola

Our program aims to help children and their families know God and His church in order to better love and serve Him and others in their lives. Through regular participation in the celebration of the Mass and sacraments, a personal prayer life, classes, youth ministry events, family activities, and service projects, students not only learn about their faith but how to live out their faith in meaningful and beautiful ways.

Family Centered

Your family is such an important part of our program and your child's faith formation. Our goal is to support you as the first and foremost catechist of your child. By regularly reviewing these material and prayers and engaging in the ministry opportunities our parish offers, your family will grow alongside your child in the faith.

Service

The Spiritual and Corporal Works of Mercy are the ways through which we are asked to serve God and love one another. In K-8, we will support a different charity or need each month. Catholic Social Teachings are introduced and opportunities increase for our children and teens to learn about the needs around them and to serve. By our confirmation program, students are fostering service-minded hearts, logging monthly service in our parish, their schools, and the local and global communities.

Youth Ministry

Our parish Youth Ministry Program is an important partner to our Faith Formation Program – allowing our students the opportunities to grow in their faith, explore specific questions and interests, find support and prayer in difficult times, and enjoy a sense of community with other parish teens.

Participation and Celebration of the Mass

Families and children will regularly attend Mass together as the source and summit of our faith. Our materials will focus on the weekly Gospel message and our lessons will follow the liturgical year. Classes teach us about Jesus, but the Mass allows us to experience Him.

Catechetical themes by grade groupings: see the following pages for goals by grade

Pre-K – 1	My family, My Church, and my God
Grade 2-3	The gifts of Reconciliation and the Eucharist
Grade 4-6	The 7 Sacraments, the Bible, and the Church
Grade 7-8	The Person of Jesus Christ, Following Him: Catholic Social Teachings, Experiencing Him: the Mass
Grade 9	Preparing our hearts and minds for Confirmation
Grade 10	Confirmation and the Journey Forward



Pre-K – Grade 1

Focus: Family and God

Our Faith and Church

- The Holy Family: Jesus, Mary, and Joseph
- Creation is a gift from God. We were created by God in his image each with a divine purpose.
- We are members of God's family through the Sacrament of Baptism
- God asks us to join Him in Mass every Sunday

Our Prayer Life

The sign of the Cross (words and actions): In the name of the Father (right hand touches forehead), and of the Son (touch heart), and of the Holy (touch left shoulder) Spirit (touch right shoulder). Amen (hands together at heart)

Prayer Before Meals

Bless us, Oh Lord, and these, your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen

Guardian Angel Prayer

Angel of God, my guardian dear, To whom God's love commits me here, Ever this day be at my side,
To light and guard, to rule and guide. Amen.

Night Prayer

Now I lay me down to sleep, I pray the **Lord** my soul to keep; Thy angels watch me through the night, and keep me safe till morning's light. Amen

Our Lives and Witness

- We go to Mass every Sunday to thank God, repent, petition, and praise.
- We respect the church space as Holy and the Mass as sacred
- We take care of God's creation
- We honor our mother and father
- We are helpful and loving to our family, teachers, and friends
- We help those in need
- We pray Grace before meals

Family Resources



Grade 2

Focus: My Church and the Gift of Reconciliation

Our Faith and Church

- General order of the Mass: Welcome, Forgiveness, God's Word, the Eucharist, Closing
- Genuflection (method and meaning)
- We are not perfect like God; He forgives us when we sin and strengthens us through sacraments and virtues
- Sin is knowing what God wants and choosing to do otherwise
- God gives us Free will to choose to do good and make good choices
- The Holy Spirit helps us make good choices
- The Bible is Holy Scripture and the Word of the Lord
- **Reconciliation/Penance:** The Sacrament in which sins committed after Baptism are forgiven by God. It provides gifts of healing, forgiveness, mercy, and grace. It restores and strengthens our friendship with God.
 - Before the Sacrament of Penance, I perform an *examination of conscience* to reflect on my sins.
 - I come to the Sacrament of Penance with contrition (sorrow) for my sins.

Our Prayer Life

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Lord's Prayer

Our Father, Who art in Heaven, hallowed be Thy Name; Thy Kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Act of Contrition

Oh my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You Whom I should love above all things. I firmly intend, with the help of Your grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

Our Lives and Witness

- We pray for, and serve, those who need our help in our family, school, parish, community, and world
- We love others as God loves us
- We forgive others (friends and family) as God forgives us
- We ask God regularly for His forgiveness when we choose to act against His wishes.
- We recognize one of the five precepts of the church is to go to confession at least once a year.
- We receive God's grace through reconciliation

Preparation for the Sacrament of Reconciliation

- Children in Grade 2 will begin preparing for the Sacrament of Reconciliation and will receive the sacrament in the third grade.
- Parents and parish catechetical leaders, together with the pastor, will determine if a child is ready to receive First Penance-Reconciliation based on preparation and understanding.
- Children must receive the Sacrament of Penance-Reconciliation for the first time prior to their first reception of the Eucharist.
- Readiness for reception includes a child's ability to understand his/her capacity for both good and evil through free will, to engage in a simple examination of conscience, to confess his/her sins to a priest and recite the appropriate prayers of penance, to recognize God's unconditional love, and appreciate the power of God's forgiveness and grace.
- The child regularly attends Mass with his/her family and recognizes the sacrifice of Jesus on the cross saving us from sin and death.

Family Resources



Grade 3

Focus: The Gift of the Eucharist

Our Faith and Church

- Baptism and First Holy Eucharist are Sacraments of Initiation
- Sacrament of Penance and Reconciliation is a Sacrament of Healing
- Forms of Prayer: repentance, petition, intercession, thanksgiving, praise
- The liturgical year follows the life, death, resurrection, and gift of Jesus.
- The 12 Apostles followed Jesus and spread the faith.
- The four marks of the church: One, Holy, Catholic, and Apostolic
- The Church is the people of God, the Communion of Saints, a light to the world

Prayer and Scripture

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now and ever shall be world without end. Amen.

The Prayer of Praise

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we give you thanks for your great glory. Amen

Lectio Divina (5 R's of "Divine Reading")

- **Read**
- **Reflect** on the meaning
- **Respond** in prayer
- **Rest** in contemplation with the Lord
- **React** by forming an intension

Prayers of Intercession

St Patrick's Prayer

Christ with me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me, Christ at my right, Christ at my left, Christ in every eye that sees me, Christ in every ear that hears me.

Our Lives and Witness

- We thank God for the gift of our life by using our talents to help others
- We show our faith through actions and service
- We are called to spread God's Good News
- We care for God's creation
- We celebrate and understand the meaning of events in the Liturgical Year, especially Advent and Lent
- We attend weekly Mass and experience Jesus through the Eucharist each Sunday

Preparation for First Holy Eucharist/Communion

- Preparation for First Penance/Reconciliation and the first reception of the Eucharist begins with the child's family; family has the most important role in communicating and modeling the Christian and human values that form an understanding of Reconciliation and the Eucharist.
- A child's regular participation in weekly Mass with his/her family is crucial in order to fully understand, appreciate, and internalize its value for one's life and to experience the powerful liturgical prayer of the assembled church.
- The pastor, along with parents, catechists, and catechetical leaders, decide the readiness of each child to receive First Reconciliation and First Holy Communion.
- Readiness for reception of the Eucharist includes a child's ability to accept in faith that the Eucharist is the "Real Presence" of Christ's Body and Spirit; to appreciate the gift of this sacrifice and saving grace; to understand that it commemorates Jesus' last meal with his disciples; to see the importance of receiving the sacraments of Baptism and First Reconciliation before First Holy Communion; to receive the Eucharist in an informed, reverent manner, and seek to receive it and experience Jesus at the weekly Mass.

Family Resources



Grade 4

Our Faith and Church

- The five precepts of the Church: to attend Mass on Sundays and Feasts of Obligation; to go to confession at least once a year; to receive Communion during the Easter season; to keep holy the Feasts of Obligation; and to observe the days of fasting and abstinence.
- The 10 Commandments and the Beatitudes are God's guidebook for us to follow
- A covenant is a promise/agreement between God and his people
- The Mass is a celebration of God's death and resurrection and his life in us.
- We are part of the universal church as part of our parish, deanery, and archdiocesan.
- The Greatest Commandment: Love God with our whole hearts and others as ourselves

Prayer and Scripture

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned
in my thoughts and in my words, in what I have done, and in what I have failed to do;
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God. Amen

Prayer of St Michael

St. Michael the Archangel, defend us in battle;
be our defense against the wickedness and snares of the devil.
May God rebuke him, we humbly pray; and do you, O prince of the heavenly host,
by the power of God, thrust into hell Satan and the other evil spirits
who prowl about the world for the ruin of souls. Amen.

Our Lives and Witness

- We know why God made us: to know Him, to love Him, and to serve Him in this world, and to be happy with Him forever in the next.
- We understand the truth of the passage, "What we do for the least of our brothers, that we do unto God."
- We ask the Holy Spirit to help us make moral decisions and follow the commandments in order to live fully and without sin.
- We can praise God through music, art, Nature, prayer, community, and service.
- We can pray to God with traditional and spontaneous prayer.



Grade 5

Focus: The gifts of the Seven Sacraments

Our Faith and Church

- The Creed is a declaration of our Catholic beliefs: One God in the Trinity, redemption, sanctification, Mary is Mother of God, Communion of Saints.
- The sacraments of the Eucharist and Reconciliation should be received regularly to strengthen and renew us.
- The meaning, impact, and power of the sacraments need to be realized in the Catholic life
- The Grace of God is given through the Sacraments

Sacraments of Christian Initiation: Baptism, Confirmation, Eucharist

Sacraments of Healing: Reconciliation/Penance, Anointing of the Sick

Sacraments at the Service of Communion: Holy Orders, Matrimony

Prayer and Scripture

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Our Lives and Witness

- We understand that God wants us to work for justice; make peace in our lives, homes, communities, and world; respect each person's dignity
- We practice the Cardinal Virtues: prudence, temperance, justice, and fortitude
- We talk with our families about our growing faith and beliefs and seek answers to our questions.
- We look for God's love in trials and in celebrations.

Family Resources



Grade 6

Focus: The wisdom of the Old Testament and Sacred Scripture

Our Faith and Church

- God reveals Himself, his faithfulness, and his plan for salvation through Sacred Scripture.
- The Ten Commandments are the basis of Catholic Morality

- There is only one God; worship only Him
- God's name is holy; do not misuse the name of the LORD
- Keep holy the Lord's Day
- Honor your father and your mother
- Do not kill
- Do not commit adultery
- Do not steal
- Do not lie
- Do not covet your neighbor's wife
- Do not covet your neighbor's goods
- The 46 books of the Old Testament contain the Jewish roots of our faith pointing to the promised Messiah
- The 27 books of the New Testament contain Jesus's life and lessons and those of his earliest followers
- Catholic Social Teachings are in integral part of who we are as followers of Christ

Prayer and Scripture

Gloria

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father,

you take away the sins of the world, have mercy on us;

you take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the most high,

Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

The Mysteries of the Rosary: guide to praying the Rosary

(<http://www.kofc.org/en/resources/cis/devotionals/4772.pdf>)

The Rosary is a devotion to Mary consisting of meditations on the joys, sorrows, and mysteries in the lives of Jesus, Mary, and Joseph while repeating prayers over five decades of beads.

The Joyful Mysteries

1. **The Annunciation**
Mary learns that she is to be the mother of Jesus.
2. **The Visitation**
Mary visits Elizabeth
3. **The Nativity**
Jesus is born in a stable in Bethlehem.
4. **The Presentation**
Mary and Joseph present the baby Jesus to God.
5. **The Finding of Jesus in the Temple**
Jesus is found discussing his faith with the teachers.

The Mysteries of Light

The Sorrowful Mysteries

- **The Agony in the Garden**
Jesus prays on the night before he dies.
- **The Scourging at the Pillar**
Jesus is lashed with whips.
- **The Crowning With Thorns**
Jesus is mocked and crowned with thorns.
- **The Carrying of the Cross**
Jesus carries the cross.
- **The Crucifixion**
Jesus is nailed to the cross and dies.

The Glorious Mysteries

- **The Resurrection**
God the Father raises Jesus from the dead.
- **The Ascension**
Jesus returns to his Father in heaven.

1. **The Baptism of Jesus in the River Jordan**
God proclaims that Jesus is his beloved Son.
2. **The Wedding Feast at Cana**
At Mary's request, Jesus performs his first miracle.
3. **The Proclamation of the Kingdom of God**
Jesus calls all to conversion and service to the Kingdom.
4. **The Transfiguration of Jesus**
Jesus is revealed in glory to Peter, James, and John.
5. **The Institution of the Eucharist**
Jesus offers his Body and Blood at the Last Supper.

Our Lives and Witness

- We treat all persons with dignity and love. We look for Jesus in each face we meet and strive to be His face to others.
- We respect ourselves and others as sons and daughters of Christ. Our decisions and actions protect their virtue and ours because they're sacred.
- We seek those in need and serve God through serving them:

Corporal Works of Mercy

The Corporal Works of Mercy are acts of love that help us to care for the physical and material needs of others.

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|-------------------------------|--------------------------|-------------------|
| 1. Feed the hungry. | 4. Shelter the homeless. | 7. Bury the dead. |
| 2. Give drink to the thirsty. | 5. Visit the imprisoned | |
| 3. Clothe the naked. | 6. Visit the sick. | |

Spiritual Works of Mercy

Spiritual Works of Mercy are acts of love helping us to care for the needs of people's hearts, minds, and souls.

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|---------------------------|---------------------------|--------------------------------------|
| 1. Admonish the sinner. | 4. Comfort the sorrowful. | 7. Pray for the living and the dead. |
| 2. Instruct the ignorant. | 5. Bear wrongs patiently. | |
| 3. Counsel the doubtful. | 6. Forgive all injuries | |

Family Resources



Grade 7

Focus: The Person of Jesus Christ

Our Faith and Church

- The mystery of the Holy Trinity (one God in three persons: Father, Son, and Holy Spirit)
- The life, words, and witness of Jesus and the saving gift of Himself is the heart of our faith.
- The liturgical year celebrates, and asks us to reflect upon, the life events of Jesus Christ.
- Jesus Christ is the Way
- The authors of the Gospels are Matthew, Mark, Luke, and John.

Prayer and Scripture

We participate in the devotionals and mediations at each Station of the Cross:

1. Christ condemned to death
 2. The cross is laid upon him
 3. His first fall
 4. He meets His Blessed Mother
 5. Simon of Cyrene is made to bear the cross
 6. Christ's face is wiped by Veronica
 7. His second fall
- He meets the women of Jerusalem
 - His third fall
 - He is stripped of His garments
 - His crucifixion
 - His death on the cross
 - His body is taken down from the cross
 - His body is laid in the tomb.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope.

To you do we cry, poor banished children of Eve.

To you do we send up our sighs, mourning and weeping in this valley of tears

Turn then, most gracious advocate, your eyes of mercy toward us,

and after this exile show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

The Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy mercy. Amen

Our Lives and Witness

- **We understand and advocate for the seven themes of Catholic Social Teaching:**
 1. Right to life and dignity of the human person
 2. Call to family, community and participation
 3. Rights and responsibilities
 4. Option for the poor and vulnerable
 5. The dignity of work and the rights of workers
 6. Solidarity – We are one human family
 7. Care of God's creation
- We respect the sanctity and dignity of all life from conception to natural death
- We model our faith at home, at school, and in our community
- We ask ourselves regularly: What would Jesus do?

Family Resources



Grade 8

Focus: The power and beauty of the Church and roots in the Early Church

Our Faith and Church

- We can demonstrate our understanding of the basic tenants, doctrine, and dogma of the church
- The Feast of Pentecost represents the birth of the Church
- We understand the parts and purpose of the Mass and actively participate in weekly Mass
- We acknowledge the True presence in the Eucharist
- A virtue is a habitual and firm disposition to the good.

- The 3 Theological Virtues (Virtues from God)
 - Faith, hope, charity
- The 4 Cardinal Virtues (Human Virtues)
 - Prudence, justice, fortitude, temperance
- A vice or sin is knowing what God wants and choosing to do what you want instead.
 - The Seven Deadly/Capital Sins
 - Pride, greed, lust, anger, gluttony, envy, sloth

Prayer and Scripture

Prayer of St Francis

Lord, make me an instrument of your peace:

where there is hatred, let me sow love; where there is injury, pardon;

where there is doubt, faith; where there is despair, hope;

where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console,
to be understood as to understand, to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life. Amen.

Our Lives and Witness

- We strive to practice modesty and chastity in order to form healthy, lasting relationships, build our virtue and protect the dignity and virtues of others.
- We seek the courage and fortitude to stand up against temptations and choices that taint our character and invite sin into our lives.
- We rely on prayer and the Sacraments to strengthen us and guide us.
- We actively participate in weekly Mass

Family Resources



Grade 9

Focus: Preparing our hearts for Confirmation and Serving Others

Our Faith and Church

- The saints lived courageous lives in witness to the faith. The saint's name we choose for Confirmation is one after whom we model our lives, to whom we pray, and who will intercede on our behalf and guide us through our lives.
- Our Catholic Sponsor is a person we look to in the faith. He/she is a practicing Catholic who models the faith by their lives. They will support us and inspire us throughout our journey.

- The seven gifts of the Holy Spirit that are strengthened through confirmation are the following:

1. Wisdom	5. Knowledge
2. Understanding	6. Piety
3. Counsel	7. Fear of the Lord
4. Courage	

Prayer and Scripture

Prayer for Vocation

O Lord, help me know your will for me. Let your light shine in the depths of my heart that I may know what you want me to do with my life.

Help me believe that you have a special plan for me.

Lord, I know I pass through this life only once; help me decide how you want me to make a difference.

Like our Blessed Mother, give me the wisdom to hear your voice and the courage to answer your call.

Above all give me peace of mind and heart.

I offer this prayer in the name of Jesus Christ our Lord. Amen.

Our Lives and Witness

- We understand the seven themes of the Catholic Social Teachings and strive to live our lives in accordance.
- We seek out those in our school, parish, and community in need of friendship or kindness
- We lead by example in virtuous and moral choices
- We protect our virtue and others by the thoughtful decisions we make.
- We speak on behalf of the vulnerable and degraded

Family Resources



Grade 10

Focus: Sacrament of Confirmation, the Holy Spirit, and the journey forward

Our Faith and Church

- Discernment is the process through which we seek to hear God's will for us and find the path we choose to follow in our lives.
- Christian Maturity means to consciously and carefully choose to develop life habits consistent with Christian values: love, compassion, empathy, selfless giving, dignified living, etc. We avoid all things that promote negative values. Through self-awareness and prayer, we seek to live out these values in all areas of life.
- **Confirmation:** A confirming and strengthening of the grace of Baptism.
 - A special outpouring of the Holy Spirit like that of Pentecost.

- The soul of the baptized Christian is imprinted with a permanent seal that marks this individual forever.
- The Sacrament of Confirmation roots the recipient more deeply as a son or daughter of God, binds the recipient more firmly to Christ and to the Church, and reinvigorates the gifts of the Holy Spirit in the soul.
- The Sacrament of Confirmation gives a special strength to witness to the Christian faith.

Prayer and Scripture

Veni Sancte Spiritus

Come, Holy Spirit, come!
And from your celestial home
Shed a ray of light divine!

Where you are not, we have naught,
Nothing good in deed or thought,
Nothing free from taint of ill.

Come, Father of the poor!
Come, source of all our store!
Come, within our bosoms shine.

Heal our wounds, our strength renew;
On our dryness pour your dew;
Wash the stains of guilt away:

You, of comforters the best;
You, the soul's most welcome guest;
Sweet refreshment here below;

Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

In our labor, rest most sweet;
Grateful coolness in the heat;
Solace in the midst of woe.

On the faithful, who adore
And confess you, evermore
In your sevenfold gift descend;

O most blessed Light divine,
Shine within these hearts of yours,
And our inmost being fill!

Give them virtue's sure reward;
Give them your salvation, Lord;
Give them joys that never end. Amen.

Our Lives and Witness

- We discern our path forward from Confirmation, thoughtfully choosing ways to contribute to our parish and community and to continue to grow in our faith.
- We become missionary disciples, armed with the gifts of the Holy Spirit and God's grace to make a positive impact on all those we meet.
- We continue to model Christ's love and service among our friends, family, and larger communities.

Preparation for the Sacrament of Confirmation

- Students prepare for the Sacrament of Confirmation during a two-year program in which they are asked to apply what they've learned about their faith, find important ways to grow in their faith through various parish ministries, engage in meaningful service to others, and reflect on their readiness for, and commitment to receiving the Sacrament of Confirmation.
- Students choose the name of a saint whom they admire for certain qualities, who will guide them and intercede on their behalf, and to whom the student will pray throughout their lives.

- Students choose an active Catholic to be his/her sponsor in Confirmation – someone they admire for their witness and model of the faith.
- Students attend a Reconciliation service and Confirmation Retreat during the program so that they prepare their minds and souls accordingly for receiving the Sacrament.
- Students will meet with the parish priest and program coordinator to discuss their basic knowledge of their faith, their prayer and faith life, and their experience of service as well as thoughts about, any questions regarding, and preparation for receiving the sacrament.
- Students will formally request the Sacrament of Confirmation from the Bishop; they will state what they've done in preparation for receiving the sacrament and why it is they want to receive it.



Family Resources, Ministry, and Service

General Family Support, Faith Building, and Educational Resources

- **SJB Mother's Group:** a group to support and uplift mothers of all ages and kind (biological, adoptive, hopeful, soon-to-be, grandmothers, spiritual mothers) Contact Catherine Shannon (cathshan@gmail.com)
- **Family Resources** on our archdiocesan website:
<https://www.catholicdaohct.org/faith-formation/faith-resources/resources-for-families>
- **Formed:** Expansive collection of all Catholic content [movies, children's shows, documentaries, webinars, podcasts, etc] for all ages and interests at <https://formed.org/> (all SJB parishioners have free subscription "click sign in and choose our parish)
- Full online version of **YouCat** (Youth Catechism of the Church: a user-friendly version of the Catechism)
<https://docs.google.com/document/d/1LQ6delqWRkcpgkXZVEmh5hD4oDV6Yk9K2NGIz6Bm3tA/edit?usp=sharing>

Family Resources from Life and Dignity Ministry

Please note: These are some resources you may find helpful for support and information, but our parish in no way endorses or recommends them and is not responsible for their messaging.

Theology of Body - what it is (and what it is not) and materials to use with children and teens

- Ruah Woods Press: <https://www.ruahwoodspress.com/what-is-theology-of-the-body/>
- Theology of the Body Evangelization Team: <https://tobet.org/product-category/bodymattersbooks/>
- **Educational Podcast** US Conference of Catholic Bishops initiative asking the important questions about the call to love and discussed through interviews and compelling topics in pop culture topics. Will definitely learn something new here and/ or be challenged!
<https://www.marriageuniqueforareason.org/madeforlove/>

Spiritual Podcasts for Mothers

- **Abiding Together:** weekly podcast with two experienced Catholic mothers and a consecrated sister, former Division 1 athlete with a radical personal conversion story. Inspiration and encouragement for women.
<https://www.abidingtogetherpodcast.com/about>
- **Let Love with the Sisters of Life:** Two beautiful, funny voices discussing love. Sweet, calming, inspiring and entertaining.
<https://sistersoflife.org/let-love-podcast/>

Informational / Educational

- **Ask Fr Josh:** Fr. Josh, a sweet southern priest addresses 3 to 4 questions each week, dealing with morality, spirituality, relationships, evangelization, scripture and more! He responds humbly and thoughtfully. You will love him!
<https://media.ascensionpress.com/category/ascension-podcasts/askfrjosh/>
- **All Things Catholic** with theologian, Dr. Edward Sri, a father of 6 kids discussing weekly insights on understanding and living the Catholic faith. Dr. Sri does a fantastic job discussing the Bible, prayer, virtue, relationships, marriage and family and culture with very practical reflections on all things Catholic. In short, how to be a good, intentional Catholic and disciple of Jesus.
<https://edwardsri.com/all-things-catholic/>
- **On Being Human:** Dr. Greg Bottaro, Catholic psychologist discussing various human issues with the goal of integrating psychology through the Catholic lens. This is not therapeutic but meaningful discussions about the challenges of being human.
<https://www.catholicpsych.com/podcast>

Teen Hotlines/Resources

- **The Upper Room Crisis Hotline:** 1-888-808-8724
- **National Suicide Prevention Lifeline:** 800-273-8255
- **Crisis Text Line:** 741741
- **National Domestic Violence Hotline:** 800-799-7233
- **National Sexual Assault Hotline:** 800-656-4673

- **Catholic Therapists:**
<https://www.catholictherapists.com/>
- **Christian Therapists:**
<https://www.faithfulcounseling.com/>
- **Christian Counseling:**
<https://www.christiancounselordirectory.com/>
- **Franciscan Life Center** - Offers Family Counseling, as well as Youth Programs and Service Opportunities in Meriden, CT
<https://flcenter.org/portfolio-items/counseling-clinical-services/> Phone: 203-237-8084 Email: flc@flcenter.org
- **Donna Marotto (You are Loved Ministry)** - Catholic Therapist and Speaker
<https://www.youarelovedministry.com/> Phone: 860-952-4005 Email: marottodonna8@gmail.com
- **Rachel's Vineyard** - Safe place to renew, rebuild and redeem hearts broken by abortion
<https://www.rachelsvineyard.org/>
- **Eden's Invitation** Offers LGBTQ+ Doctrine and other resources, pdf's, links, books, etc.
<https://www.edeninvitation.com/sexuality-resources> -



Catechist Resources and Support

- Catechist Resources on our archdiocesan website:
<https://www.catholicedaohct.org/faith-formation/faith-resources/catechist-resources>
- **Ascend and Summit by LifeTeen:** To be included on the weekly emails sharing these brief and engaging reflections on the Mass, contact Kim Reinwald at youth@saintjohnboscobranford.org. (learn more: <https://lifeteen.com/ascend/>)