



Seasons of Faith Fall 2026

Lifelong, Intergenerational Faith Exploration
holyspiritchurcheg.weebly.com
Bringing Faith to Life

“The best curriculum for forming children, youth and anyone else in Christian faith is guided by the participation in a community of practice where people are vibrantly, passionately risking themselves together in lives of faith in a world crying out for the love of Christ.”

(Generations together: A Vision of an Intergenerational Church. Kathie Amidei, Jim Merhaut and John Roberto. Lifelong Faith Associates, 2014, p.23)

Adults: Your faith journey is life long. We invite you to join us for our Fall Semester sessions. We have many options for you to choose from. Take as many sessions as you like for one low fee for both our Fall and Spring Semesters.

“...catechesis for adults, since it deals with persons who are capable of an adherence that is fully responsible, must be considered the chief form of catechesis.” Directory for Catechesis 77

The family is the most basic foundation of the church. Seasons of Faith is our lifelong, intergenerational faith exploration process for families and adults. As parents and guardians, you are the most important influence on your child's faith. We at Holy Spirit are here to partner with you on this faith journey.

Families are pulled in many different directions, so we have designed Seasons of Faith for families to attend together. We recommend that your family begin Seasons of Faith by the time your child is six and continue throughout their childhood and adolescence. Having a basic understanding of our faith, and building a relationship with Jesus are essential before children can begin the process for the sacraments of Eucharist or Confirmation.



Church of the Holy Spirit - 667 Columbia Tpk - East Greenbush, NY
www.holyspiritchurcheg.weebly.com



The model of family/intergenerational catechesis is a return to how the early church passed on the faith. The goal of catechesis is to build a relationship with Jesus and to become disciples in the mission to share the Good News.

FOR ALL PARISHIONERS

Advent Family Retreat - Join us for a mini-retreat that is family friendly to reflect on advent. We will gather on Sunday December 6th at 3pm in the church. Come with your family and take some time to renew your soul.

FOR YOUNG FAMILIES

Church Life - is for our younger families. We will explore the basics of our faith, including prayer, saints, holy days, the liturgical year and more. We will gather virtually at 6:30pm. Choose the option that works best for your family.

- Sunday 9/20 or Monday 9/21
- Sunday 10/25 or Monday 10/26
- Sunday 11/15 or Monday 11/16

Church Life Family Night - is for our Church Life families to share their projects. We will gather virtually after each Church Life session at 6:30pm. (Monday 10/12 or Tuesday 10/13) (Sunday 11/1 or Monday 11/2) (Sunday 12/6 or Monday 12/7).

Circle of Grace - is required for all school-aged children who are participating in Seasons of Faith. We will gather at 6:30pm virtually.

- Elementary aged -Tuesday 9/29 or Thursday 12/3 at 6:30pm

FOR FAMILIES WITH OLDER CHILDREN

Family Bible Study - Using the readings from the liturgy, we will read through and discuss how the readings fit together and what we can take away with us to live as families of faith. We will gather at 6:30pm virtually.

- Monday 9/14 - 24th Sunday in Ordinary Time
- Tuesday 9/22 - 26th Sunday in Ordinary Time
- Monday 10/19 - 29th Sunday in Ordinary Time
- Sunday 11/22- Our Lord Jesus Christ King of the Universe
- Sunday 12/13 - 3rd Sunday of Advent

Circle of Grace - is required for all school-aged children who are participating in Seasons of Faith.

- Middle School - Tuesday 10/6 or Monday 12/14 at 6:00pm (Parish Office)
- High School - Tuesday 10/6 or Monday 12/14 at 6:45pm (Parish Office)

FOR ADULTS AND FAMILIES WITH TEENS

ELECTION YEAR SESSIONS:

Civilize It: A Better Kind of Politics is a nonpartisan initiative that seeks to assist Catholics to counter polarization and division in Church and society by following the example of the Good Samaritan, who challenges us to “become neighbors to all” (Fratelli Tutti, no. 80). Join us as we explore how we can have more civil discussions this political season.

- Wednesday 10/7 at 6:30pm in the Parish Office.
- Friday 10/9 at 10:30am in the Parish Office

Forming Your Conscience for Faithful Citizenship is the Catholic bishops of the United States teaching document on the political responsibility of Catholics and reflects the perennial role of the Church in public life in proclaiming timeless principles: the infinite worth and dignity of every human life, the common good, solidarity, and subsidiarity. Join us to explore what are we supposed to think about as we discern this complicated process of how to cast our vote.

- Wednesday 10/21 at 6:30pm in the Parish Office
- Friday 10/23 at 10:30am in the Parish Office

Church Year - join us to explore the cycle of the church year, feast days, solemnities and how this cycle leads us through a spiritual journey every year. We will gather at 6:30pm in the Parish Office.

- Part one: Tuesday 10/20.
- Part two: Thursday 11/12

The Creed: I Believe - Join us for our 2-part exploration of the Creed, its history and meaning. We will gather in the Parish Office at 6:30pm

- Part 1 - Monday 9/28 or Wednesday 9/30
- Part 2 - Monday 10/5 or Thursday 10/8

Navigating Catholic Life – Join us once a month for an exploration of current events while discerning what the Church teaches and how through prayer, reflection, Scripture, Church tradition, reflection on personal experiences and meaningful discussion, we can begin to figure out how to navigate this world we live in.

Sessions are on Wednesday at 3:00pm or 6:30pm in the Parish Office. Choose the option that works best for you. We will be continuing to discuss Pope Leo's Encyclical Magnificent Humanity.

- Wednesday 9/16
- Wednesday 10/14
- Wednesday 12/9

FOR ADULTS AND FAMILIES WITH TEENS - CONTINUED

Prayer - Prayer is the foundation of our relationship with God. Explore the rich variety of prayer and learn how the saints deepened their relationship with God through prayer. We will gather on Wednesday 9/23 at 6:30pm in the Parish Office

Sacraments - Belonging, Healing, Serving - Join us as we explore our 7 sacraments. Where did they come from and what happens after we celebrate them?

- Monday 11/9 or Tuesday 11/10 at 6:30pm in the Parish Office
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Simply Scripture Bible Study - We will read and reflect on the readings before Sunday's liturgy. We have two options to choose from, Fridays at 10:30am in the Parish Office or Thursday at 6:30pm virtually. Come and join our great discussions.

- Thursday 9/10 or Friday 9/11 - 24th Sunday in Ordinary Time
- Thursday 9/24 or Friday 9/25 - 26th Sunday in Ordinary Time
- Thursday 10/15 or Friday 10/16 - 29th Sunday in Ordinary Time
- Thursday 11/5 or Friday 11/6 - 32nd Sunday in Ordinary Time
- Thursday 11/19 or Friday 11/20 - Our Lord Jesus Christ King of the Universe
- Thursday 12/10 or Friday 12/11 - 3rd Sunday of Advent

“...catechesis aims to achieve a more integral formation of the person rather than merely to communicate information.”

National Directory for Catechesis 3

“The purpose of catechesis is to “inform, form and transform Christian persons and communities as apprentices to Jesus for God's Reign in the world.”

Dr. Thomas Groome, Professor of Theology and Education, Boston College.

“Ongoing catechesis fosters the growth of a more mature faith in the members of the community. It aims to make each person's faith “living, explicit and active ...enlightened by doctrine.” While catechesis seeks to enrich the faith life of people at every stage of their development, every form of catechesis is oriented in some way to the catechesis of adults who are capable of a full response to God's word.”

National Directory for Catechesis 19

“In their dignity as children of God, all believers are active participants in the catechetical initiative, not passive consumers or recipients of a service, and because of this are called to become authentic missionary disciples.”

Directory for Catechesis 4

“Lifelong catechesis is absolutely necessary for the Christian formation of the faithful.”

National Directory for Catechesis 3

Partnering



Families



with



Choosing which sessions to attend: For families with younger children, we recommend the Church Life sessions. As your children get older, you can move on with our Family Bible Study. When your children reach MS/HS age, choose from our other Seasons of Faith sessions, including the prerequisites for Confirmation, similar to college requirements. If your family has a wider age range, we would be happy to work with you to come up with a plan that best fits your family situation. For families with older children, we also have sessions that you can work on at home as a family.

Families that explore faith together experience many benefits. Therefore, for all Seasons of Faith and sacramental discernment events, it is vital that they are attended by parents and guardians along with their children.

Projects: All school age children are required to complete projects during each semester. For the families in the Church Life sessions, the projects are included and we will share them on Family Night. For families with older children, we ask that the family complete a service project each fall and spring semester along with a service project reflection form. We are all called by our baptism to serve and families that serve together plant seeds that will flourish throughout their child's lifetime. Service projects for the fall semester will be due by December 1st.

Circle of Grace is also required for all school aged children by the Albany Diocese.

For more information to see how Seasons of Faith can enrich your family, or to register, contact Laura Countryman at faithformation@hsceg.org or in the Parish Office to set up an appointment.

“Just showing up with the rest of the community at Sunday worship impresses kids and reminds the adults that “this” is important.”

(Will There Be Faith? A New Vision for Educating and Growing Disciples. Thomas H. Groome. Harper One 2011, p. 211)

LIFELONG

“Lifelong catechesis is absolutely necessary for the Christian formation of the faithful.”

(National Directory for Catechesis 3)

“Adult catechesis ought to include opportunities to learn and reflect upon how one is called to live out the basic principles of Catholic social teaching in family life, workplace, community, and the world. More and more adult catechesis is understood to be the chief form of catechesis and is given priority in catechetical planning.”

(National Directory for Catechesis 3)

INTERGENERATIONAL

“Intergenerational faith formation strengthens parental faith with high-quality learning experiences. It also puts those same parents in a position to express their faith in the presence of their children. This dynamic helps to build stronger faith families, and these faithful families produce service-oriented children who are more likely to carry the practice of discipleship into their adult years than children and teens who participate in church faith formation experiences without their parents.”

(Generations Together: A Vision of an Intergenerational Church. Kathie Amidei, Jim Merhaut, and John Roberto. Lifelong Faith Associates 2014. p. 85)

“Catechesis that involves the whole family is a particularly effective method of catechesis for young children because it helps parents to become more confident in sharing their faith with their children and encouraging their children’s emerging faith.”

(NDC 48 – National Directory for Catechesis, USCCB)

FAITH EXPLORATION

“Catechesis has to investigate new possibilities offered by the existence of the new technologies and imagine whole new models and systems if the Gospel message is to penetrate the culture, make sense to the next generation of Catholics, and bring about a response of faith.”

(NDC 4 – National Directory for Catechesis)

“...catechesis aims to achieve a more integral formation of the person rather than merely to communicate information.”

(NDC 3 – National Directory for Catechesis - USCCB)

SACRAMENTAL FORMATION

is an important time a family's faith journey.

We look forward to walking with your family during this process.

...discernment is a decision-making process that honors the place of God's will in our lives."

Joe Paprocki for Loyola Press. <https://www.loyolapress.com/catholic-resources/ignatian-spirituality/discernment/discernment-making-inspired-choices/>

- Am I ready?
- Is this the right time?
- Is the family ready at this time?

RECONCILIATION AND EUCHARIST FORMATION begins during the Fall Semester.

Prerequisites before beginning discernment:

- Nine prior Church Life courses
- Ability to make the Sign of the Cross and pray the Our Father and Hail Mary on their own.

Requirements: Candidates must be at least seven years of age by November 1st

CONFIRMATION FORMATION: begins in late spring with a fall celebration of the Sacrament of Confirmation.

Prerequisites before beginning discernment:

- 20 various Seasons of Faith Sessions (some required)
- Retreats and/or adoration
- Ministry investigation

In order to allow time to complete the prerequisites at a reasonable pace, families should begin the process when their child is in 7th grade.

Requirements: student candidates must be at least in 10th grade at Confirmation.

ADULT DISCERNMENT:

It's never too late. Are you an adult who missed the Sacrament of Confirmation when you were a teen? Were you raised in another faith, or are unbaptized and are discerning becoming Catholic? It's never too late. We would love to meet with you and accompany you as you discern your faith.

If your child attends Catholic School, please contact Laura Countryman at faithformation@hsceg.org to register and discuss any other requirements.

**We look forward to walking with all of our Holy Spirit Parish family
as we grow and live in faith together.**

If you have any questions, please contact Laura Countryman,
Pastoral Associate for Lifelong Faith at faithformation@hsceg.org

Registration Information:

Online registration at:
www.holyspiritchurcheg.weebly.com

Email:

Laura Countryman at
faithformation@hsceg.org

Prior registration is required for all
virtual options. Virtual session will
have their own zoom code.

*“Catechesis has the task of
making the heart of every
Christian resound with the call
to live a new life in keeping with
the dignity of children of God
received in Baptism and with
the life of the Risen One that is
communicated through the
sacraments.”*

Directory for Catechesis 83

**Seasons of Faith is lifelong intergenerational faith exploration
for our entire parish family.**

July 2026 - June 2027 fees:

Seasons of Faith is \$35 per household or \$15 per person (age 6+).

This fee is for the entire July 2026 - June 2027 year.

Take as many sessions as you like.

We have many options for you to choose from.

- Checks can be sent to the Parish Office.
- Payment can also be placed in the offertory collection at Mass to the attention of Seasons of Faith.
- E-giving has a faith formation option.
- If you wish to use e-giving with a credit card instead of your checking account, we are charged a fee for processing. Please adjust the fee to \$36 or \$16. Thank you.

“The aim of catechesis is to “put people in communion and intimacy with Jesus Christ” (GDC #80). As people grow in relationship to Jesus, they naturally want to know more about him and how to live more fully as disciples in the Catholic Church. This comes about, not solely through formal parish catechetical programming, but through life lived in the family and in the parish community.”

Curriculum Framework for Parish Catechetical Programs Roman Catholic Diocese of Albany

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