

An Invitation For Families with Children Ages 5 and Older!



A FAMILY OF FAITH
Family Catechesis
for Our Parish

“The family is the fundamental locus of the covenant between the Church and God’s Creation.”- Pope Francis

A Family of Faith, an ongoing parent-led catechesis program to serve families in St. Bernard’s parish will continue in the Fall of 2025. The group runs on a “family catechesis” approach and is **aimed at families with at least one child who has made their First Holy Communion (including younger and older siblings)**. Lessons are taught by parents. **Registration is mandatory.**

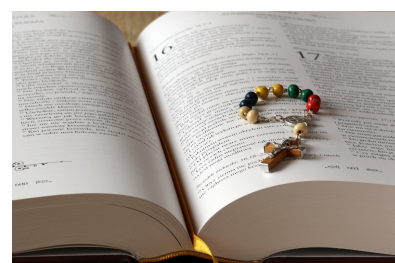
This group is for families who wish their children to grow in the knowledge of Christ with the Word of God in their hearts within a faith-based small group setting.

- The Family of Faith program covers the four sections of the Catechism over a 4-year cycle in 4 volumes
- The 4 Volumes cover: The Creed, the Sacraments, The Christian Life, Christian Prayer; families cycle through the program in 4 school years, but **each year’s topic is self-contained – so families can join in any year.**
- **The program builds a welcoming community** for families and suits children of all ages as content is at different levels of understanding on the same topic
- Materials are drawn from the Sophia Institute’s **"Family of Faith" program** - each child gets a workbook and parents get their own guide book
- We will work with **Volume III** in the 2025/2026 school year.

COSTS: Family registration fee 25 Euro (covers cost of parent book) plus 25 Euro per child (for workbook costs)



Younger children will learn through Bible stories, crafting & games.



Older children will learn through scripture, art reflections, reading, & guided discussions.

Session 1: September 21st, 2025
No meeting in October (Fall break)
Session 2: November 16th, 2025
Session 3: December 21st, 2025
Session 4: January 18th, 2026
Session 5: February 15th, 2026
Session 6: March 15th, 2026
Session 7: April 19th, 2026
No meeting in May
Session 8: June 21st, 2026

You must register your family in advance for this program. Spaces are limited and materials need to be ordered. For more information & registration, please contact Anne Fonseca at msanne2101@gmail.com.

Feeding the Mind and Body

ONE Sunday per month (usually 3rd Sunday of the month). Meetings take place in the hall after 11 am Mass, incl. a potluck meal and a teaching unit in age groups.

Supporting the domestic church:

Parents commit to ONE additional lesson at home (on your own) before the next meeting; parents are supported with helpful hints for teaching at home.