



RE Family Days 2025-26 Guidelines & Overview

What are Family Days? As parents and guardians, we offer our children love, food and shelter from the moment they're born to help them to grow and be healthy. But in the hectic and challenging situations of life, it is hard to find the time, and sometimes even the way, to help our children grow in faith, to nurture the early days of their lifelong relationship with God.

Yet nothing can be more important than their life of faith – a faith that can sustain them through all the ups and downs, trials and joys of life. And we have no greater gift to give them than sharing a living faith in Jesus Christ – a gift that is never too early to share.

As an essential part of St. Benedict's Religious Education program, we offer support to family faith life by providing celebrations, activities and events that invite us to know the Lord better, and to receive His grace and light. These opportunities – our "Family Days" - give us time to explore our life together as the family of God and provide resources to help fulfill the task of passing on the light of faith to our children.

When we help our children grow in faith, they will be better able to love God, themselves, and others. And when our children grow in faith, our own faith can be renewed, as we experience the Lord speaking and working through them.

How are Family Days arranged? Family Day eligible opportunities can be a challenge as we seek to meet the particular needs of different age groups and various formation needs. Therefore, they are arranged in 3 categories:

- ✠ **Family Days:** include all regular seasonal, prayer and parish events listed on the Family Day Calendar, and are geared toward 1st thru 6th graders.
- ✠ **"CYO Eligible" Family Days:** These include the family days that are appropriate for our 7th graders, as well as their younger siblings and families, and will be marked accordingly on the Family Day Calendar. Periodic CYO (Middle School Youth) events will be scheduled during the school year, and a calendar of options will be provided when it becomes available.
- ✠ **Sacramental Prep Family Days:** Children who are in their final year of preparation for the Sacraments of First Reconciliation and First Eucharist have dedicated formation sessions when they will prepare for and rehearse reception of the Sacraments. A separate calendar of events will be distributed to First Sacraments families.

What are the Family Day attendance requirements? Family Days are required “supplemental sessions” for all students, and attendance requirements are as follows:

- ✚ **Summer Academy:** All non-sacramental year children in grades 1 thru 6 should attend a minimum of 4 Family Days throughout the year.
- ✚ **Traditional:** All non-sacramental year children in grades 1 thru 6 should attend a minimum of 4 Family Days throughout the year.
- ✚ **First Reconciliation/First Communion prep:** All children in their final year of preparation for First Reconciliation & Communion should attend the specifically designated formation/rehearsal days for sacrament readiness. This year there will be about six (6) of these sessions consisting of four (4) formation sessions, one (1) parental meeting and attendance at either the FHC Enrollment Mass or the Mid-Year Mass.
Please note: If you have older/younger children, and they attend these formation days with you, most of them will count toward the Family Day requirements for non-sacramental year children. But please be aware that most of the activities are specifically geared toward younger children.
- ✚ **7th Grade (1st year Confirmation prep):** All children in 7th grade (Summer Academy and Traditional) should complete 4 sessions appropriate to their formation, and may attend any “CYO Eligible” designated family day.
- ✚ Attendance at these formation sessions is mandatory for students and at least one family member.

How do you sign up for Family Days? All family day information will be updated regularly on the Family Day tab of the Religious Education page (and/or the Youth tab of the Faith Formation opportunities) on the parish website. Periodic email reminders will also be sent to all RE families (with links for sign up, if it’s needed).