

September 2025

Dear Faith Formation Families,

Welcome to **A Family of Faith**! I want to begin by thanking you for your openness, enthusiasm, and willingness to walk this journey of faith with us. This program is designed to support you as parents and caregivers—equipping you with the tools and confidence to live out and pass on the Catholic faith in your home.

I know that for many parents, this approach may feel a little daunting at first. Some have shared concerns like, “*But I’m not a teacher,*” or “*What if I don’t know enough about our religion?*” If you’ve had these thoughts, you’re not alone. And to that I say—just as Jesus did many times—**Do not be afraid!**

For years, the most effective religious educators have been people just like you: parents, not theologians. While some may have backgrounds in education, most are simply faithful Catholics doing their best to guide their children. You already have what it takes. Our parish will provide the resources, structure, and support you need—but even more importantly, God has already given you the grace for this sacred calling.

At your child’s baptism, you were entrusted with the beautiful responsibility of raising them in the faith. That moment was not just symbolic—it was a commissioning. The Church affirmed that you, as their parent, are the primary educator in faith. And the good news is that **God never calls us to something without also giving us what we need to succeed.**

This year, we’re excited to explore **The Profession of Faith (Volume 2)** as our focus in *A Family of Faith*. We’ve also expanded the **sacramental preparation** component of the program. Children preparing for First Reconciliation, First Communion, or Confirmation will meet **twice a month** with our dedicated catechists, who will guide them through the curriculum, answer questions, and most importantly—share their own lived faith.

I look forward to growing in faith alongside each of you, and watching how Jesus continues to transform our parish into a true **Family of Faith**.

Peace and blessings,

Ana Cardenas

Director of Family Faith Formation

Dir. Of Faith Formation

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A FAMILY OF FAITH

Saints Mary and Joseph Family Faith Formation Program

Why Family Catechesis is so Important Today

Our vision is to have a Family based Catechesis program that helps parents to catechize and assist in handing on the Faith to their children. Children thus perceive and joyously live the closeness of God and of Jesus made manifest by their parents in such a way that this first Christian experience frequently leaves decisive traces which last throughout life. This childhood religious awakening which takes place in the family is irreplaceable. The program is designed for youth in grades K-8 along with their families. Young people in grades 6-8 will be introduced to Youth Ministry!

The Catechetical series that we will use is called A Family of Faith. This parish family-based Catechism series covers the entire Catechism of the Catholic Church in four years and assists parents in teaching their children the Faith. One special advantage of teaching children catechism at home is that it is an opportunity to draw your family closer together. It also can be the occasion for correcting any errors that your children might have picked up, whether they go to Catholic or public school. Each month parents and catechists discuss one chapter of the book and then the parents teach it to their children. There are activities in each chapter to help the children to learn the key points of each chapter. At the end of the month, there is another meeting. At this meeting, Catechists meet with the parents and their children to discuss what they have learned that month. There are also opportunities during the year for families to spend time with each other to support one another in this holy endeavor.

Our “traditional” classroom program which served us well in the past is no longer the best way to serve families. Its past success depended on families regularly participating in Sunday Mass and actively practicing their faith at home...but these can no longer be taken for granted. *A Family of Faith* fosters both.

- **How does *A Family of Faith* work?** A *parent session* (90 minutes) is held near the beginning of each month, to help parents deepen their own knowledge of the Catholic faith. (While only one parent is required to attend, both are highly encouraged to do so—which is why childcare will be provided.) There are two *at-home lessons* (30-45 minutes each) to be completed per month, with additional activities to help make the Catholic faith a part of your family’s daily life. And then there is a *community meeting* (90 minutes) near the end of each month, which is for the entire family, to build community and ensure accountability.
- **Where is this all happening? And what’s the schedule? We’re a busy family!** There’s a lot

more flexibility in *A Family of Faith* than in a traditional religious education program. [Add parish meeting details]

You determine when to do the two monthly lessons—at home, on your family's schedule, and at your child's level. The program runs from September to May. A calendar for the year will be provided at the first parent session.

- **Who is this for? What if we don't have children or our kids are grown?** The at-home lessons are geared for kids in grades K-8...but all parishioners are most welcome to get involved. Teens can help teach younger siblings, or assist with childcare. All adults can come and benefit from the teaching during the parent sessions, and those without their own children might consider volunteering to accompany and mentor another family that could use a helping hand.
- **What about First Penance, First Holy Communion, and Confirmation?** Specific preparation to receive these Sacraments is something separate from *A Family of Faith*, and additional information will be provided. However, families who have children that will receive one of these Sacraments either this year must either participate in *A Family of Faith*.
- **Who is running this program?** [Add your parish details]
- **Why is there a cost for registration?** We believe this small investment by each family will make a big return, while also encouraging a family's ongoing involvement.
- **Learn more about *A Family of Faith*?** Visit <https://sophiainstituteforteachers.org/shop/family-of-faith>.