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# Family Faith Formation

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## Family Faith Formation

*Part 1 - Understanding Twenty-  
First Century Parents and Families:  
A Review of Research Trends*

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Family Faith Formation



## A glimpse into family life in 2020 and 2021

The urgency for reimagined faith formation was accelerated during the global pandemic that left many families isolated at home.

Vision

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# DISRUPTION & LIMINAL SPACE


Covid caused an incredible disruption in the life of the Church.

- Mass
- Faith Formation
- Weddings
- Baptisms
- First Communions

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## LIMINAL SPACE

THAT PLACE OF  
NO LONGER  
BUT NOT YET



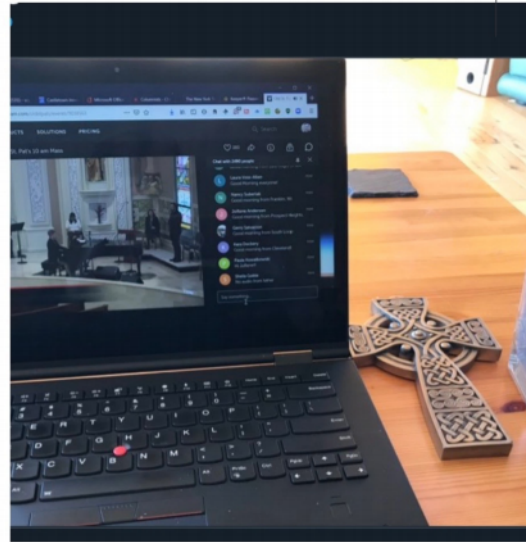
*The Land Between: Finding God in Difficult Transitions ~ Jeff Manion*

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## An opportunity and a challenge

I believe the parish that thrives in the future will:

- Connect the church of the home (the Domestic Church) and the church of the community (the Parish)
- build community online and in-person
- provide opportunities for people to "Be Church" within and outside of the church walls



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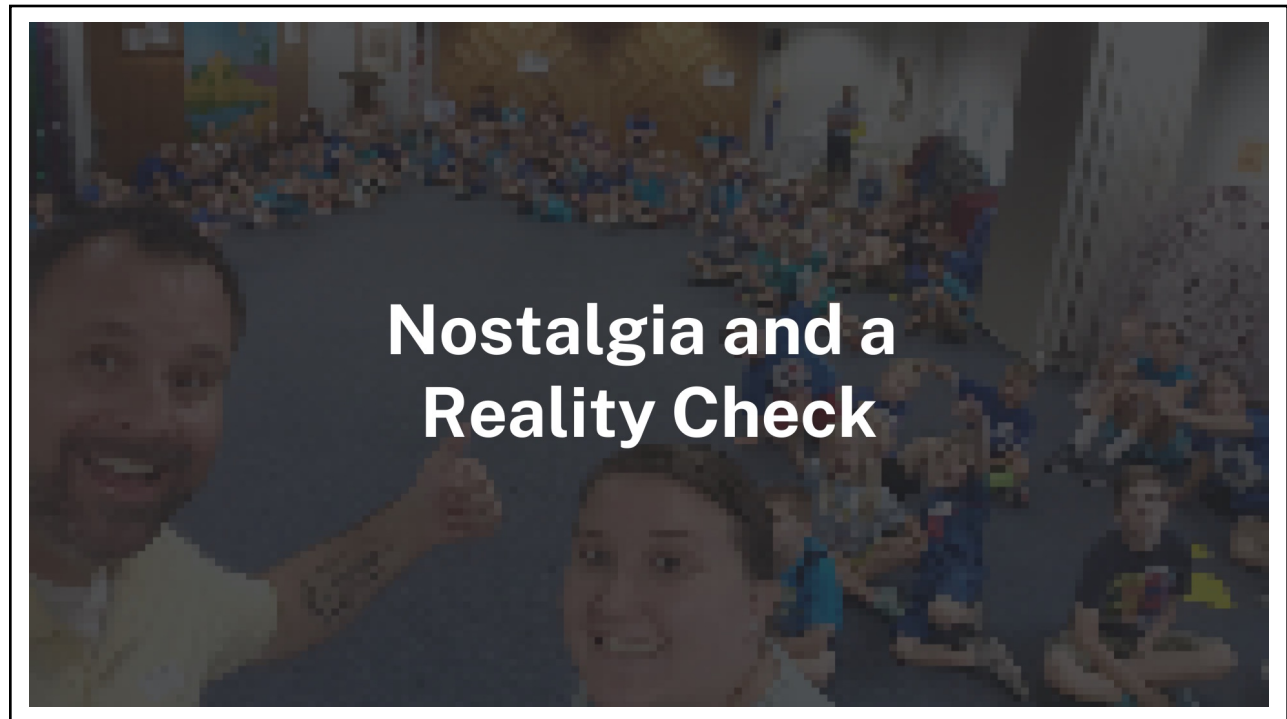


## Authentic Experience of the Home Church

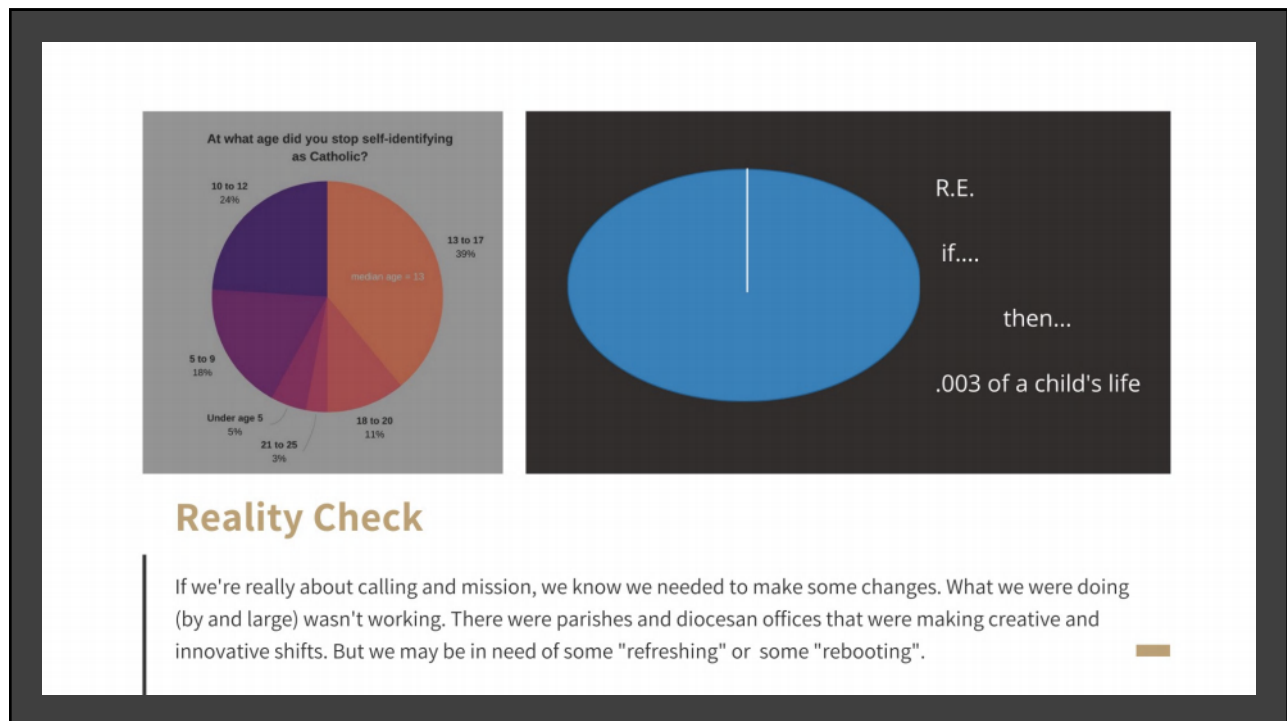
For some families this was the first real authentic experience of the Domestic Church. Families created prayer spaces, had faith conversations, and worshipped from home.

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## Four Insights From Research on Children's Faith & Parents

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### Research Finding #1

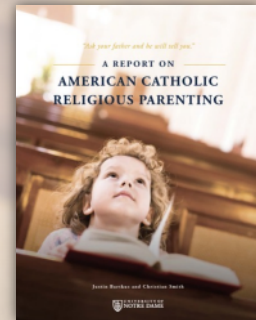
Parents are the most significant influence on the religious and spiritual outcomes of young people.

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One of the most basic suggestions of our findings is that young adults arrive at a sense of their fundamental identity and worldview not by weighing all possible intellectual arguments for and against a proposed way of life, but rather by roughly adopting the worldview of those mentors who left the deepest impression upon them—and who loved them and cared for them the most...

**...It should come as no surprise, then, that the emergence of the new generation of dedicated young Catholics will rise and fall with the choices of their parents.**

*American Catholic Religious Parenting*  
~ Smith and Bartkus



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**We know parents matter most.**

Recent studies on religion point to the importance of parents in the spiritual formation of their children. Parental involvement in a child's faith increases not only a child's identification with their faith as they grow, but their commitment to the faith, and their practice of that faith as they reach adulthood.

Research

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## Research Finding #2

The primary way by which Christian identity becomes rooted in children's lives are the day-to-day religious practices of the family and the ways parents model their faith and share it in conversation, collaboration, and exposure to outside religious opportunities.


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1. Reading the Bible as a family and encouraging young people to read the Bible regularly
2. Praying together as a family and encouraging young people to pray personally
3. Serving people in need as a family and supporting service activities by young people
4. Eating together as a family
5. Having family conversations about faith
6. Talking about faith, religious issues, questions, doubts
7. Ritualizing family moments and milestone experiences
8. Celebrating holidays and church year seasons at home
9. Providing moral instruction
10. Being involved in a faith community and participating regularly in Sunday worship as a family

PRACTICE CENTERED PROCESS

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## RELIGIOUS PARENTING



TRANSMITTING  
FAITH *and* VALUES *in*  
CONTEMPORARY AMERICA

*Christian Smith,*  
Christian Smith, Bridget Ritz, Michael Rotolo  
Princeton University Press, 2020

## RELIGIOUS PARENTING

- We have discovered through research that certain faith practices make a significant difference in nurturing the faith of children and teens at home.
- **“Raising religious children should thus primarily be a practice-centered process,** not chiefly a didactic teaching program. Parents modeling religious practices is primary, and explaining belief systems is secondary”

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## Research Finding #3

The family is the primary  
community where Christian  
faith practices are nurtured  
*and* practiced.

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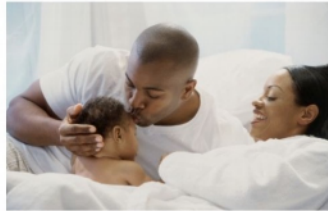


# So many more opportunities...

Families have opportunities throughout each day to nurture the faith in ways we never could.



to love and to teach  
how to love



to practice blessing  
and ritual



to reflect and share  
faith, at the table, in  
the car & more

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## Research Finding #4

The quality of a parent's relationships with their children or teens and the parenting style they practice make a significant difference in faith transmission.

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## RELATIONSHIPS FIRST

CREATING CONNECTIONS THAT HELP YOUNG PEOPLE THRIVE



EUGENE ROEHLKEPARTAIN  
KENT PEKEL  
AMY SYVERTSEN  
JENNA SETHI  
THERESA SULLIVAN  
PETER SCALES

### THE CENTRALITY OF RELATIONSHIPS

Relationships are at the heart of what youth need to learn, grow, and thrive.

**Resilience:** “Whether the burdens come from the hardships of poverty, the challenges of parental substance abuse or serious mental illness, the stresses of war, the threats of recurrent violence or chronic neglect, or a combination of factors, the single most common finding is that children who end up doing well have had at least one stable and committed relationship with a supportive parent, caregiver, or other adult.”  
— *National Scientific Council on the Developing Child*<sup>17</sup>

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So what?

This is all to say that the definitive causal agents in the religious and spiritual outcomes of American youth are neither clergy nor youth ministers, neither educators nor the voices of popular culture and media, but parents.

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## Key Factors

Research over the past 20 years continues to affirm this truth. We know the factors that make a significant difference in promoting faith in children and adolescents.

- Parent's personal faith and practice
- A close and warm parent-child relationship
- Parent modeling and teaching a religious faith
- Parent involvement in church life and Sunday worship
- Grandparent religious influence and relationship
- Family conversations about faith
- Family faith religious practices including: praying, reading the Bible, serving others, and celebrating holidays and rituals.



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Research says these two things make the greatest impact:



### GOD TALK

Faith conversations. Giving parents language to talk about love, God, faith, and prayer from the earliest days of their children's lives makes a difference.



### FAITH PRACTICE

Accompanying families, offering opportunities and experiences in faith practices allows parents to create the traditions that continue into the next generation.

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How have congregations responded to the need to support families this last year?



GOD TALK



FAITH PRACTICE

This is where many churches have excelled these last 2 years!

Research

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## Shifts in Faith Formation

From an emphasis on...

- Programs
- Parenting as a strategy
- Pathologizing or idealizing families
- “Passing on” the faith
- Serving families
- Congregation-centered ministries



Toward an emphasis on...

- Relationships
- Parenting as a relationship
- Tapping their strengths and resilience
- “Living into” the faith
- Empowering families
- Community-centered ministries

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# Family Faith Formation

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## *Part 2 - Guiding Principles*



**training**

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## Shifts in Faith Formation

From an emphasis on...

- Programs
- Parenting as a strategy
- Pathologizing or idealizing families
- “Passing on” the faith
- Serving families
- Congregation-centered ministries



Toward an emphasis on...

- Relationships
- Parenting as a relationship
- Tapping their strengths and resilience
- “Living into” the faith
- Empowering families
- Community-centered ministries

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- God is actively present in family life.
- Parents and the family are the most important religious influence on religious transmission.
- Faith is formed through the day-to-day religious practices of the family and the ways parents model their faith and share it.
- Faith is formed when there is a substantial investment of thought, time, and intimacy by parents in faith transmission.
- Faith is formed in relationships – at home and in the intergenerational faith community.
- Faith is formed in developmentally-appropriate ways over time.

## Guiding Principles



Let's Talk!

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## Affirm them!

- Affirm families in their holiness.
- Families are holy, not perfect, but they are holy.
- Most families do not feel holy.

30

## Parents are becoming more like Christ in the ways they do the things he taught us:



Sacrifice



Forgive



Heal



Pray

Love and Teach  
Others

Remind parents what they're already doing right! Affirm them in their holiness, and in the ways they are responding to God's call.

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## What would it look like?

- To reimagine the conversation with parents?
- To really partner with parents?
- To reimagine parent meetings, orientations, parent workshops?

What happens when you ask parents about their children?

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## Get Parents Comfortable!

- Don't start out by asking parents deep questions about their faith.
  - Ask them about their children.
  - How many children do you have?
  - What are their ages?
  - What has most surprised you about parenting or about becoming a parent?
- 



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## Be an authentic witness

- Be vulnerable.
- Be willing to share your own stories.
- Tell your story as a parent, or a grandparent, an aunt, an uncle, or even a son or daughter.
- Remember we all have families. What does that look like for you?

Vulnerability doesn't come after trust, it precedes it.

- Daniel Coyle, author of *The Culture Code*

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## Remember the first time you held your child?

- What did you feel?
  - What did you think?
  - What were your dreams?
  - What were your fears?
- 



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## Parenthood

- Call parents more into who they were created to be
  - Calls forth characteristics and values that lead them (or can lead them) closer to God
  - Teaches them about God and about themselves in relationship to God
- 



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My children taught me to pray...

*Really, really pray!*

My children taught me to surrender.

*Children teach us quickly - we are not in control.*

My children taught me to be present.

*"Look at me, Mama!"*

## My Spiritual Directors

Our children are often our greatest spiritual directors. Ask parents what they've learned from parenting.  
 "What have your children taught you about life? Love? Faith? Prayer? God?"

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## Practical Strategies for Today

- Family Experiments
- Faith Practice of the Month
- Connect to Sunday Worship
- Seasons at Home & at Church
- Whole Family Programs
- Sacraments & Milestones
- Family Life Skills
- Parent Programming
- Ideas to keep from 2020-21



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## Family Rhythms - Think Like a Family



- Through the day: mealtime, car time, morning and bedtime, exits and entries, family sharing times, waiting for... times
- Through key family moments: good times and bad times, times of sorrow, grief, celebration, and joy
- Through the year: Church year seasons, holidays and rituals, birthdays, anniversaries, etc.
- Through the lifecycle: milestones and rites of passage

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## Strategies Across Age Groups



Faith Practices at Home



Milestones



Seasonal Events



Bible through the Year



Family &  
Intergenerational  
Programming at Church



Parent Education &  
Formation

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## 1. Faith Practices at Home

Young  
Children

Older  
Children

Young  
Adolescents

Older  
Adolescents

1. Seasons of the year
2. Rituals and milestones
3. Learning the tradition
4. Prayer and spiritual formation
5. Reading the Bible
6. Service, justice, care for creation

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## 2. Milestones Throughout Life

- Birth / Baptism
- Baptism anniversaries
- First prayers
- First Bible stories
- Starting school year
- Receiving a first Bible
- First Communion
- Confirmation
- Graduation



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### 3. Celebrating Seasons: Church Year



- Advent
- Christmas
- Epiphany
- Ash Wednesday
- Lent
- Holy Week

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### 3. Celebrating Seasons: Calendar Year



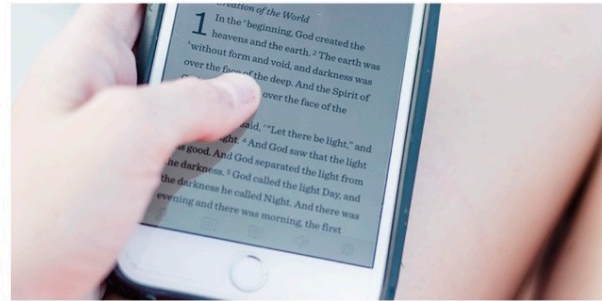
- New Year's Eve and Day
- Martin Luther King Jr. Day
- Valentine's Day
- St. Patrick's Day
- Earth Day
- Mother's Day
- Memorial Day
- Father's Day
- July 4 – Independence Day
- Labor Day
- Start of School
- Halloween
- Thanksgiving

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## 4. The Bible & Sunday Worship



At Home and Daily Life Experiences



At Sunday Worship

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## 5. Whole Family Programs

- Incorporate family programs throughout the year – on seasonal themes, family life themes, etc.
- Substitute an age group program for a family program: Weeks 1-4 - Age Groups + Week 5 – Family Program.
- Redesign VBS as a family program or with family components
- Design extended time (half-day, full day) immersion experiences—at church or in the community—where families can experience the Christian faith firsthand, such as hospitality at a homeless shelter or serving a meal at a soup kitchen or caring for creation by planting a garden.

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## 6. Parent Programming

- Parent Faith Formation
- Faith Forming Skills and Practices
- Knowledge and Skills for Parenting



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## Strategies Across Age Groups



Faith Practices at Home



Milestones



Seasonal Events



Bible through the Year



Family &  
Intergenerational  
Programming at Church



Parent Education &  
Formation

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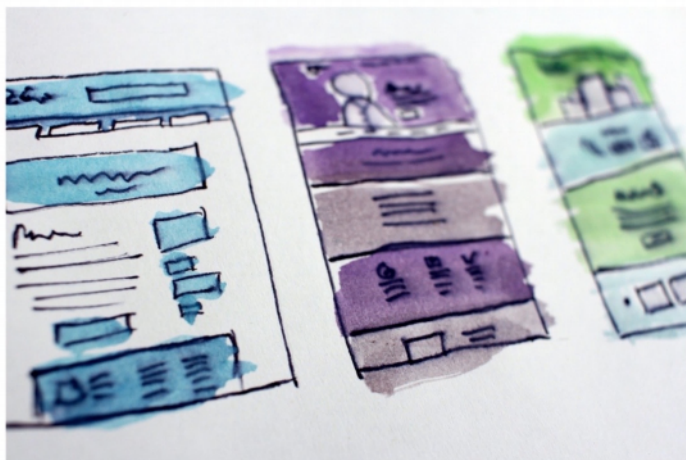
*Part 3 - Designing for  
Family Faith Formation*



**training**

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## Designing Faith Formation

Putting Families at the Center

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Designing Faith Formation







## When?

-  *Through the day:* mealtimes, car times, morning and bedtime, exits and entries, family sharing times, waiting for... times
-  *Through key family moments:* good times and hard times, times of joy and sorrow
-  *Through the year:* church year seasons, holidays, rituals and celebrations—birthdays, anniversaries, etc.
-  *Through the lifecycle:* milestones and rites of passage
-  *Finding the spaces and times in family life*

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Designing Faith Formation






## Where?

-  Independent
-  Mentored
-  Small Group
-  Large Group
-  Church Community (intergenerational)
-  Community and World

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Designing Faith Formation








## How? Learning Styles

-  Microlearning and episodic learning experiences
-  Lots of activity-based group work
-  Fast-moving, interactive activities
-  Visual learning (images, videos)
-  Technology enabled learning using their own devices for learning
-  Collaborative learning environments with peer interaction
-  Entertainment and learning at the same time

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Designing Faith Formation

## How? Methods & Media

-  Print
-  Audio / Podcasts (created / curated)
-  Video (created and curated)
-  TV and Movies and YouTube
-  Online: website, social media
-  Families Together Experiences
-  Church or Community-wide Projects

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Designing Faith Formation



## How? Digital

**Gathered using Online Content:** A gathered event or program that uses online content as part of the design of the event or program

**Gathered with Online Content:** A gathered event or program that provides online content/activities to extend the learning from the program

**Online and Gathered Content:** Online learning focused on presenting the content of the program combined with face-to-face, gathered sessions to discuss, practice, & apply the content.

**Mostly Online Content:** A mostly online program with opportunities for regular interaction in face-to-face, gathered settings

**Fully Online Content:** An online program with all learning done online and limited face-to-face experiences

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Designing Faith Formation



Don't forget to design for WHY!

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Designing Faith Formation



Don't forget to design a communication plan around your WHY!

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## Strategies Across Age Groups

 Faith Practices at Home	 Milestones	 Seasonal Events
 Bible through the Year	 Family & Intergenerational Programming at Church	 Parent Education & Formation

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## I. Faith Practices at Home



parkviewchristian1  
joining us online this  
so grateful that tech  
connected. isn't it e  
our diparkviewchr  
worshipping Jesus f  
25w

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### Authentic Experience of the Home Church

For some families this was the first real authentic experience of the Domestic Church. Families created prayer spaces, had faith conversations, and worshipped from home.

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Research says these two things make the greatest impact:



#### GOD TALK

Faith conversations. Giving parents language to talk about love, God, faith, and prayer from the earliest days of their children's lives makes a difference.



#### FAITH PRACTICE

Accompanying families, offering opportunities and experiences in faith practices allows parents to create the traditions that continue into the next generation.

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## I. Faith Practices at Home

Young  
Children

Older  
Children

Young  
Adolescents

Older  
Adolescents

1. Seasons of the year
2. Rituals and milestones
3. Learning the tradition
4. Prayer and spiritual formation
5. Reading the Bible
6. Service, justice, care for creation

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## Connecting Home and Church Community



Imagine extending  
the Lent Kit:

- Invitation to participate in the virtual Ash Wednesday service (kit includes enough ashes for the family)
- Video on the meaning/symbolism of our Ash Wednesday practice
- Video on Lenten practices of prayer, fasting, and almsgiving
- Encouragement and resources for prayer and participation
- #socialmedia tags to promote community building.



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THE ROMAN CATHOLIC ARCHDIOCESE OF ATLANTA  [HOME](#) [THE PROCESS](#) [TOOLS](#) [CONTACT US](#) [ABOUT](#)

By adapting curriculums...

# FAMILIES FORMING DISCIPLES

A hybrid, family-focused approach to faith formation

<https://www.evangelizationatl.com> Disponible en Español Learning the faith

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Introducing Families Forming Disciples (FFD) to Parents

PDF PPT PDF PDF

Intro Lesson Four Keys for Practicing Faith A Three Week Model

<https://www.evangelizationatl.com>

## LESSON 1

Weeks 1-3

Family as Domestic Church

PDF PPT PDF PPT PDF PPT

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## Family Sharing

Has your family experienced any of the ways that the time of COVID-19 has been like a desert? If yes, what are they?

What are some of the little and/or great challenges your family has faced during the pandemic?

What are some good things that have happened during this time?

What good have you gained from going through this experience together as a family, as a faith community?

Do you think your family has grown closer to one another and/or to God?

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## 2. Milestones Throughout Life

- Birth / Baptism
- Baptism anniversaries
- First prayers
- First Bible stories
- Starting school year
- Receiving a first Bible
- First Communion
- Confirmation
- Graduation



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## 2. Milestones Throughout Life

- a ritual celebration or a blessing marking the milestone with the whole church community
- a home ritual celebration or blessing marking the milestone
- a learning program, often for the whole family or intergenerational, that prepares the individual and the whole family for the milestone and for faith practice at home
- a tangible, visible reminder or symbol of the occasion being marked
- resources to support continuing faith growth and practice after the milestone



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### Rituals & Milestones

*celebrate meaningful, memorable moments in your family*

**Baptism Anniversary**

Share with each of your children the story of their baptism day to celebrate their new life in Christ and embrace their relationship with God as their Father and Creator. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Starting School**

Going off to Preschool or Kindergarten or First Grade for the first time is an exciting milestone for children and their families. As children prepare to venture out from home and begin a new routine at school, they'll hear Jesus' promise to be with them always. Together, the family will create a visual reminder of Jesus' great love for children. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Getting Ready to Worship**

Getting out the door to make it to worship on time can be a trying experience for parents and children. Create a preparation ritual to help your family get ready to worship at your church, whether on Sunday morning, Saturday night, or during the week. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Birthday Celebrations**

**Prayer**  
God, we come today to give thanks to you for creating the life of \_\_\_\_\_ (name). We ask your blessing on \_\_\_\_\_ (name), that he/she may continue to honor and praise you by using the gifts and talents you have given him/her. We ask that \_\_\_\_\_ (name) continue to grow in age, wisdom and grace - as Jesus grew.

**Scripture Reading**  
Be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (Letter of Paul to the Colossians.)

**Prayer**  
Through Baptism, (name) entered God's special life of love. On this special day of remembrance we ask that (name) may be faithful to God's love and trust; may make good choices in life; may continue to grow in age, in wisdom

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# Forming Faith through Milestones



## Preparing

What types of experiences, programming, activities, and resources will you develop to prepare people for the event?



## Experiencing

How will you design the event?

How will you engage age groups, families, and the faith community?



## Living

How will you sustain/extend the event?

What types of experiences, programs, activities, and resources will you offer people?

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## 2. Milestones Throughout Life



**Graduation Milestone Moment Online**

Sometimes it is not possible for families and friends to physically gather together to celebrate a special occasion. This Graduation Milestone Moment Online provides detailed outcomes, suggestions, and a discussion guide to use for an online celebration of a graduation. A graduation gift story is shown as a possible inexpensive send-ahead gift to remind the graduate of the online celebration, but because families cannot get together to present does not mean they can not still share the joy of this important life milestone and recognize God's presence in the moment.

**Desired Outcomes:**

- Provide a discussion guide for faith-filled conversations to have online with the graduate to recognize God in this moment.
- Celebrate this special time in one's life when graduation ceremonies are being canceled or rescheduled due to mandatory stay at home restrictions.
- Experience prayers and blessings from family and friends that provide a memorable moment for the graduate.
- Send messages of love and support by creatively using online resources that surround the graduate with the love and grace of God.

**Suggestions:**

- Be creative! Send gifts ahead of time to the graduate that can be opened while you are meeting.
- Use Zoom, Google, House Party, or other online venue to meet with family and friends.
- Send a picture that all can see as a fun virtual background to celebrate this occasion.
- Design a slide show of pictures (maybe set to music) of the graduate.
- Invite all participants to pre-record a message for the graduate and share the videos during the time you meet.
- Build a game show with multiple choice questions about the graduate's life for all to have fun guessing the correct answer. A good site for this is kahoot.com.
- Provide a graduation cap and gown the graduate can wear or a special T-shirt.




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### 3. Celebrating Seasons: Church Year



- Advent
- Christmas
- Epiphany
- Ash Wednesday
- Lent
- Holy Week

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oldstpatschicago • Following ...



**oldstpatschicago** Lots of Lent at Home kits assembled and ready to go thanks to a team of generous volunteers who braved the cold over the weekend to assemble the first 1,000!

If you would like to reserve your own Old St. Pat's Lent Kit including ashes for Ash Wednesday, an Old St. Pat's votive candle, music playlists, and more - to help enrich your Lenten experience



Liked by rsolava and 214 others

23 HOURS AGO



Add a comment...

Post

Seasons

72



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### 3. Celebrating Seasons: Calendar Year



- New Year's Eve and Day
- Martin Luther King Jr. Day
- Valentine's Day
- St. Patrick's Day
- Earth Day
- Mother's Day
- Memorial Day
- Father's Day
- July 4 – Independence Day
- Labor Day
- Start of School
- Halloween
- Thanksgiving

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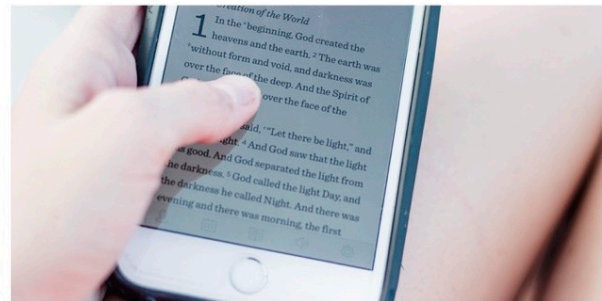


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## 4. The Bible & Sunday Worship



At Home and Daily Life Experiences



At Sunday Worship

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#WeAreOSP #StillTogether #massinourpjs



## One Mom's story...

"At my first online mass, I heard the entire homily for the first time in years..." She described what it was like to go to mass, separating fighting kids in the pews, one of the younger children crawling under the pew in front of them, taking the youngest one to the bathroom multiple times, worrying about the many distractions, and then apologizing to everyone who sat around her family after mass. Some people were kind, others not so much. "It leaves a young mom struggling to regularly attend mass that's for sure."

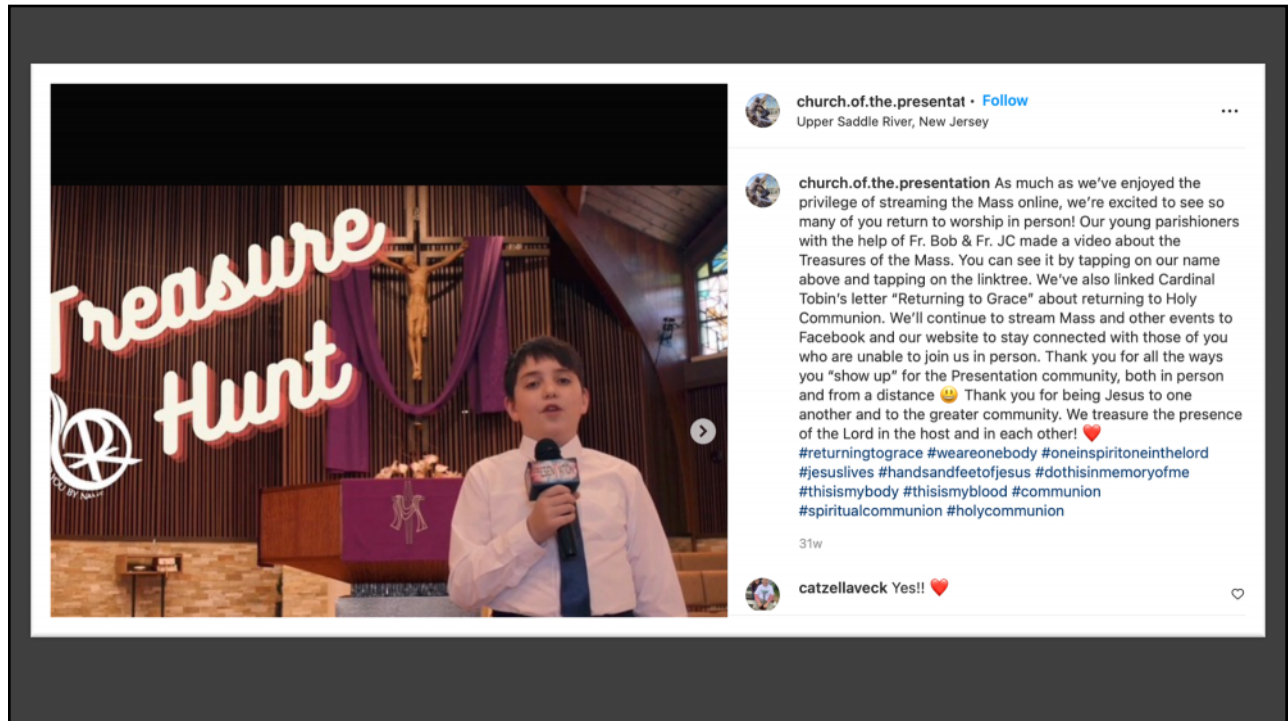
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## One Mom's story...

- In her time at home, she appreciated the beauty of the mass in new and powerful ways.
- She watched the Children's of the Liturgy with her children and answered their questions about the readings, about the kid's sermons, about what happens in mass when they're there and when they're not (all around the world!).
- Even her children began to miss the community.
- The children began to want to join in with the responses.
- They desired to prepare for the Eucharist.
- They missed their pastor.
- She couldn't wait to return to mass, knowing it would be a much different experience than ever before.

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## 5. Whole Family Programs

- Incorporate family programs throughout the year – on seasonal themes, family life themes, etc.
- Substitute an age group program for a family program: Weeks 1-4 - Age Groups + Week 5 – Family Program.
- Redesign VBS as a family program or with family components
- Design extended time (half-day, full day) immersion experiences—at church or in the community—where families can experience the Christian faith firsthand, such as hospitality at a homeless shelter or serving a meal at a soup kitchen or caring for creation by planting a garden.

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## Whole Family or Intergenerational Programming



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## Whole Family or Intergenerational Programming



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## Ideas: Practice of the Month or Season

Incorporate faith practices throughout the year by teaching the practices through experiential activities in children and youth programs, for example:

- Eating Well
- Forgiving
- Generosity
- Hospitality
- Keeping Sabbath
- Praying
- Reading the Bible
- Stewardship / Care for Creation
- Transforming the World

Then invite parents to reinforce the practice through continued at-home experiences that you provide online for easy access.

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ST. CATHERINE OF SIENA

CATHOLIC CHURCH

AUSTIN, TEXAS

Family Faith Formation Website

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FAITH FORMATION 2020-2021

"LIVING LEISURELY THROUGH THE LITURGICAL YEAR"

Welcome to the St. Catherine of Siena Religious Education website. We are glad you're here!

WHAT WILL FAITH FORMATION BE LIKE THIS YEAR? CLICK HERE TO FIND OUT!

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6. Parent Programming

- Parent Faith Formation
- Faith Forming Skills and Practices
- Knowledge and Skills for Parenting



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## Parent Programming



- Develop a progression of parent workshops, webinars, or courses through the life cycle
- Incorporate parent formation and education into church events
- Add a parallel parent experience to the existing child/teen program
- Add a parent component to VBS
- Design laboratory experiences
- Develop parent mentors
- Create life cycle or affinity groups
- Provide a website or online group

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Focus on the types of skill-building that will strengthen family life, and parent-child/teen relationships, such as:

- communicating effectively
- discussing tough topics
- making decisions and solving problems as a family
- learning how to build strong relationships and express care for each other
- supporting each other
- treating each with respect and dignity

*Many of these skills can be developed using movies selected for their positive messages. An example of a movie that provides a foundation for follow-up activities is Disney/Pixar's *Inside Out*, about the emotional life of child growing up.*

## Family Life Skills



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## Family Lab Experiences



- A family-centered worship experience can be an opportunity to teach parents about worship, reading the Bible, and how to do these things at home.
- A church-wide service day can be an opportunity to teach parents about the biblical basis of service and how to integrate service into family life.
- A church year seasonal celebration can be an opportunity to teach about ritual and how to celebrate rituals and church year seasons at home.
- These immersion experiences can be supported with online content for parents and for the whole family.

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## Resource Families & Parents



**GospelWeeklies**  
Phonix TTTT FAITH FORMATION PROGRAM

Browse

[G](#) [P](#) [T](#) [T](#) [T](#) [T](#) [F](#) [A](#) [I](#)

### The Gospel at Home

Designed for busy families, *The Gospel at Home* provides a short description of the Sunday Gospel suggested activities and discussion starters for each age level. These easy-to-do ideas will bring together to share what each member has learned about the Gospel they heard on Sunday (and 1 class).

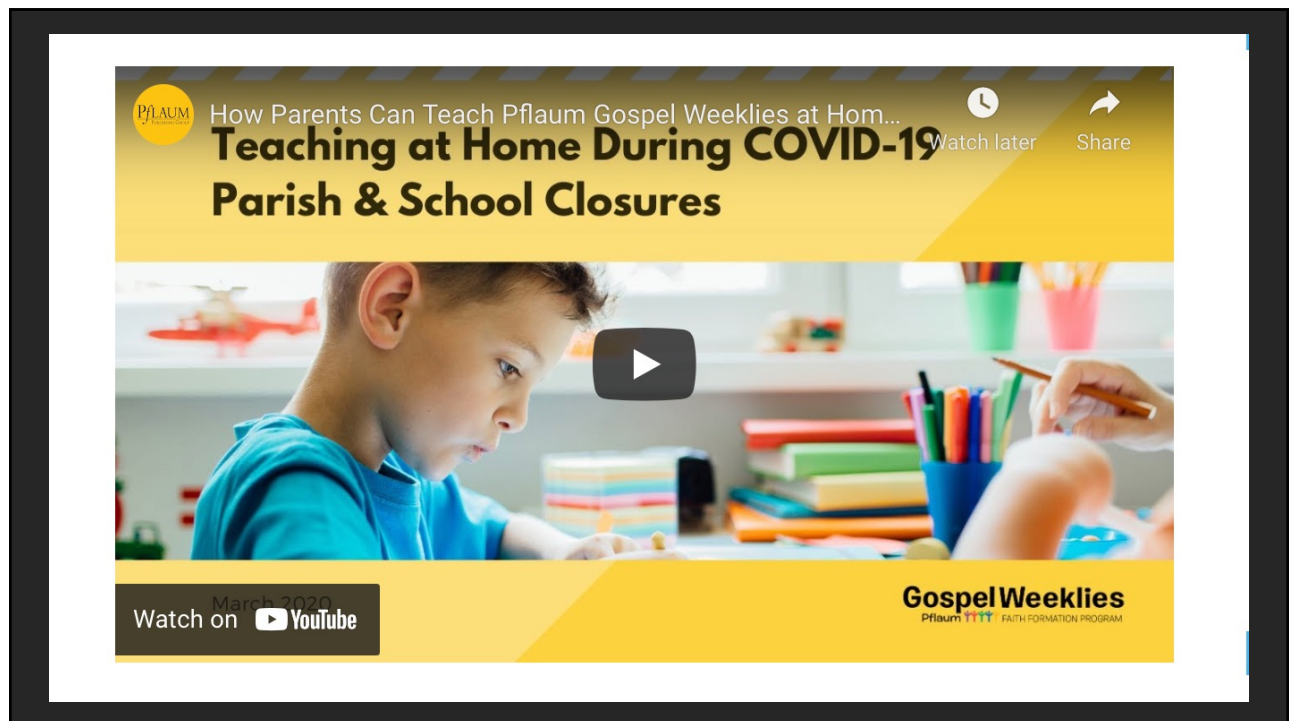
Print them out to send home or send as a link in a weekly newsletter. Available in English and Sp

English Spanish

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## Resourcing Parents and Families: Playlists



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## How might a parish use playlists?

- Extend a church event or program
- Design one event or program and offer it in multiple platforms
- Prepare for an event with a playlist
- Follow up on an event or learning experience with a playlist
- Flip a gathered program
- Integrate online and gathered programs
- Create online experiences only
- Use webinars, Facebook live, podcasts, etc. to deliver programming directly to people

94

## Part 1. What Are Playlists & Why They Work

Check out the training session on playlists.




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## Resourcing Parents and Families: Podcasts




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**DON'T MOM ALONE PODCAST**  
WITH HEATHER MACFADYEN

[Start a podcast club for Moms!](#) Heather MacFadyen has tips, stories, and content so you can make that happen!



**Mom and Dad Are Fighting**  
SLATE

Mom and Dad are Fighting brought to you by Slate. Check out ["So... You Want to Be a Homeschooler"](#).



**Today's Teenager**

Understand | Reach | Influence

[Today's Teenager](#) with counselor Roy Petitfils. Check out ["Managing Cooped Up Teens"](#).

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## Start a Podcast Club for Moms

From Don't Mom Alone

**START A PODCAST CLUB!**

**HOW IT WORKS**

Invite a few friends you'd like to see every week.  
Decide on a day and a time to meet.  
Pick a place to meet.

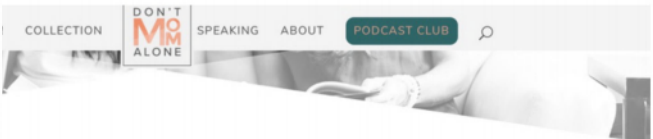
**GET LEADER RESOURCES**

1 Last podcast episodes and discussion questions emailed each week.  
Access to Leader Group on Facebook.

Name

Email


**JOIN UP!**



Motherhood can be isolating. Heather has learned the hard way how much she needs community. She also knows it can be hard to find. So she wants to help you create the thing you need.


- 1) Invite one, two or ten moms to meet with you as often as you want.
- 2) Listen to the podcast on your own time (easier than making time to read a book).
- 3) Come together to discuss the episode and share your mom journey.

It's like a book club...but better! Heather and her team provide the leaders guide, discussion questions and support along the way.



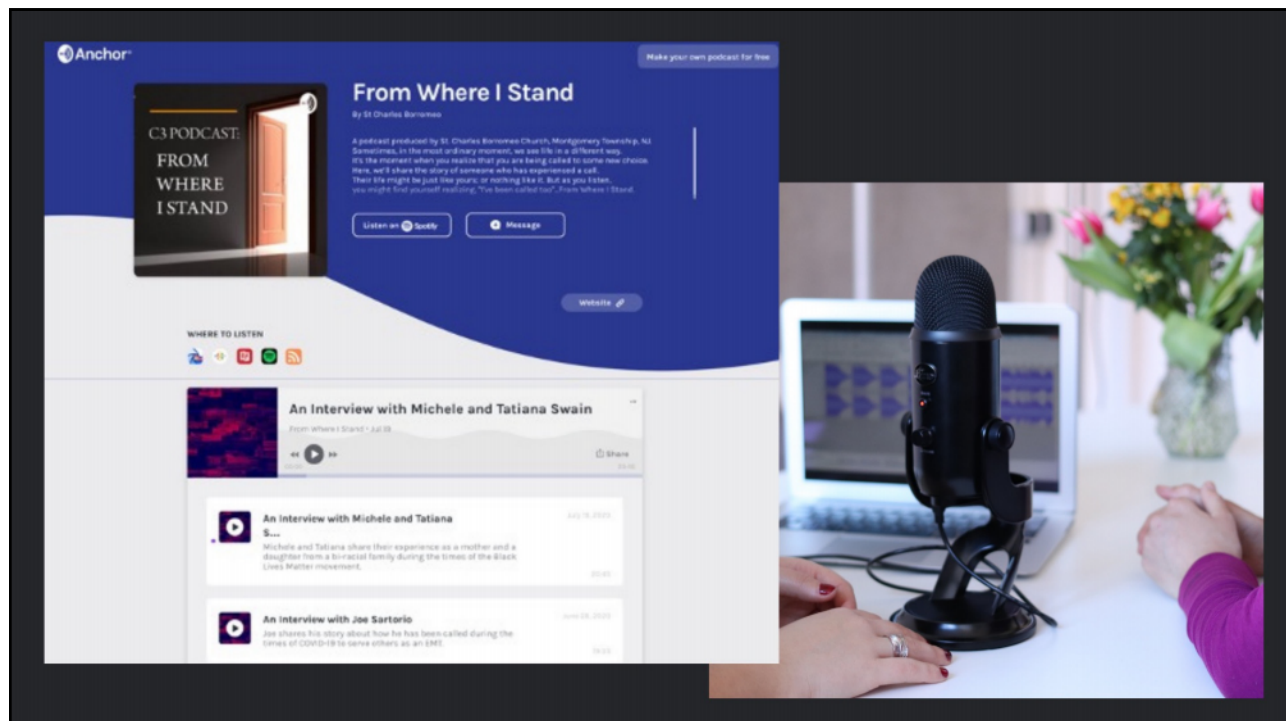
98






The screenshot shows the Catholic Sprouts website. At the top, there is a search bar and navigation links for 'About' and 'Ep'. The main heading reads 'Catholic Sprouts: Daily Podcast for Catholic Kids'. Below this, there is a large black rectangular area, likely a placeholder for an image or video. A small RSS feed icon is visible below the black area. The podcast player section displays the title '884: 1-11-22: The Beauty of Being Human: Tuesday' and the date 'Jan 11, 2022'. The player includes a play button, a progress bar, and a description: 'CATHOLIC SPROUTS: DAILY PODCAST FOR CATHOLIC KIDS CS 884: 1-11-22: The Beauty of Being Human: Tues...'. To the right of the player, there is a promotional text for a book: 'Bring Mary to your family in a fun and beautiful way with our newest book, Our I of Loreto: Storybook Litany for the Family. Books are on sale this week! To le more, head here: ---><https://shop.catholicssprouts.com/products/our-lady-of-lon-storybook-litany-for-catholic-families>

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The screenshot shows the Anchor podcast player interface. The top section features the podcast title 'From Where I Stand' by St. Charles Borromeo Church, Montgomery Township, NJ. Below the title, there is a description: 'A podcast produced by St. Charles Borromeo Church, Montgomery Township, NJ. Sometimes, in the most ordinary moment, we see life in a different way. It's the moment when you realize that you are being called to some new choice. Here, we'll share the story of someone who has experienced a call. Then the night he just see yours or nothing like it. But as you know, we might find yourself realizing "You have realized" From Where I Stand.' There are buttons for 'Listen on Spotify', 'Message', and 'Website'. Below this, there is a section titled 'WHERE TO LISTEN' with icons for various podcast platforms. The main content area shows a list of episodes, including 'An Interview with Michele and Tatiana Swain' (Jul 08, 2020), 'An Interview with Michele and Tatiana' (Jul 18, 2020), and 'An Interview with Joe Sartorio' (Nov 08, 2020). To the right of the Anchor interface, there is a photograph of a person's hands resting on a desk next to a professional microphone and a laptop, with a vase of flowers in the background.

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SEARCH USER SHOP


SUBSCRIPTIONS - MONTHLY & SEASONAL SHOP FREE DOWNLOADS FAQs BLOG

## Resourcing Parents and Families: Supplementals


# Pass on the faith to your kids

Easy to use and fun materials so that even the busiest of Catholic families can make their faith a priority.


START NOW




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Root for Children Box  
\$35.00



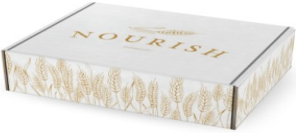
Root for Parents Book  
\$20.00



Claim Box  
\$50.00

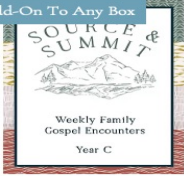


Mend Box  
\$40.00






Nourish Box  
\$50.00

Free Add-On To Any Box



Source & Summit Book  
\$10.00

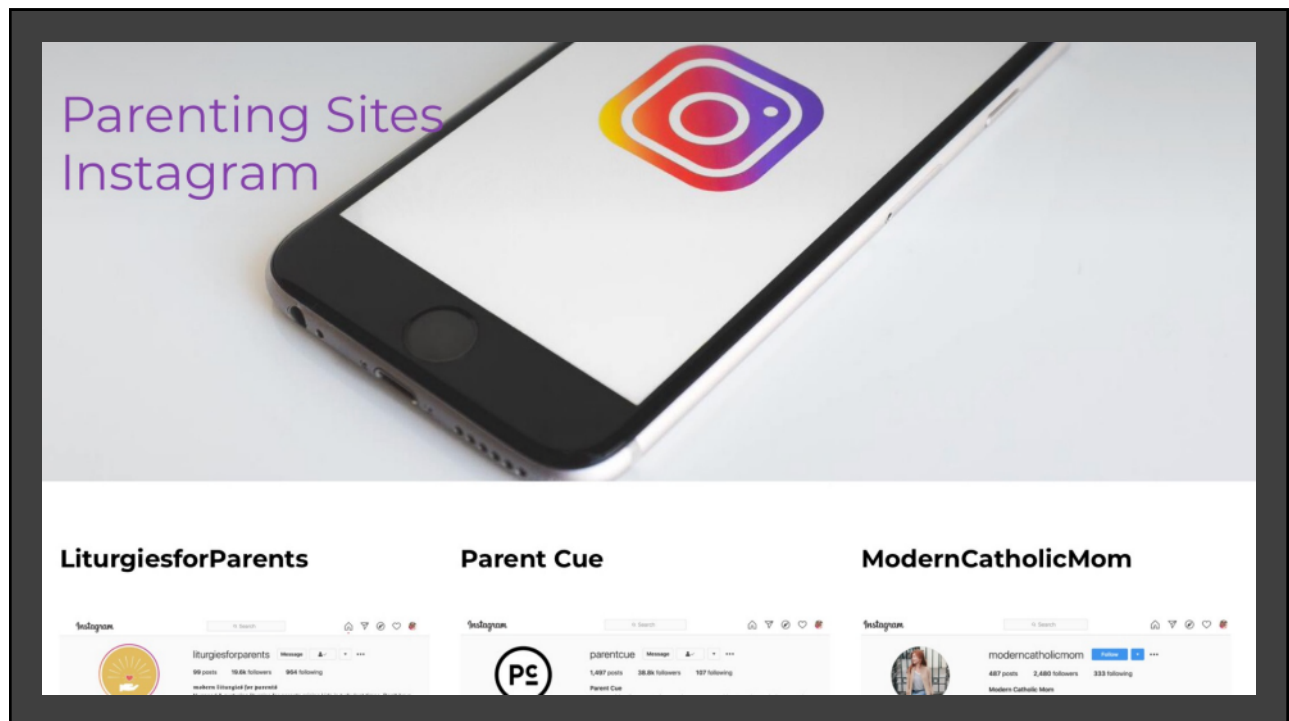




SACRED SPACE SET


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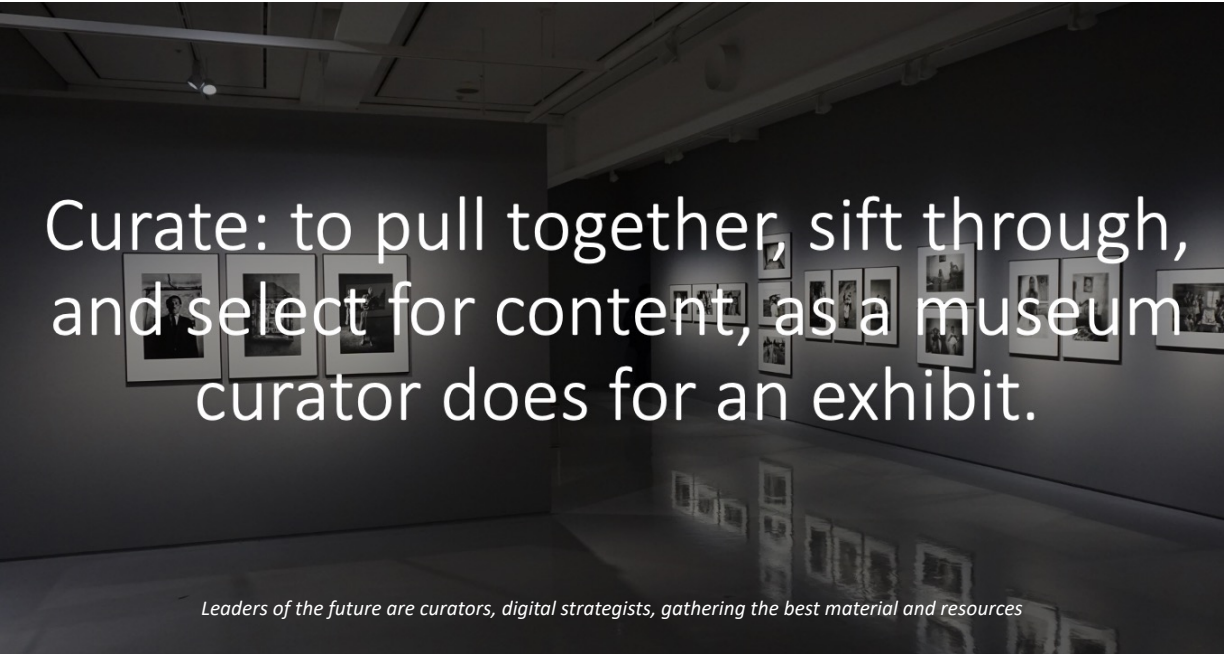
104



**Create a faith community instagram page just for parents**

- Create posts with nuggets from pastor's sermons.
- Create posts with reflections from parents.
- Create posts encourage parents in their role as parents.
- Create posts that equip parents as spiritual leaders in the home.

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**Curate: to pull together, sift through, and select for content, as a museum curator does for an exhibit.**

*Leaders of the future are curators, digital strategists, gathering the best material and resources*

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**UTILIZE**  
What do you currently have that "fits the bill?"


**INFUSE**  
Where can you infuse the flavor of \_\_\_ in what you're already doing?

**CONNECT**  
How can you make connections or extend a lesson beyond its current platform/method?

**CREATE**  
Where can you design something new?

"Shrink it" - for a quick win

- **INTERGENERATIONAL**
- **FAMILY**
- **DIGITAL**
- **PERSONALIZED**



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There are many ways to put families at the center of faith formation. Find the way that works for you and your community.



And check out the other training sessions on this site.

## Designing Faith Formation

Putting Families at the Center

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