

St. Alphonsus Faith Formation

Faith in the Family

Families have the choice of various different activities to fulfill the *Faith in the Family* component of Faith Formation. Families will submit one feedback form at the end of the year that summarizes and provides feedback for how *Faith in the Family* went for their family throughout the year.

Families will have the opportunity to explore these options more at your summer Family Meeting!

1. Family Retreats

- Rather than completing anything at home, families come together at church to participate in a Family Retreat.
- Six retreats will be offered (September, November, December, January, February, & April) on Sunday mornings from 8:30–9:45 AM.
- Families are **required** to attend five.

2. Family Box

- Best for families who want a very structured at-home approach with all supplies provided. Content varies based on the chosen box. Sample boxes will be available to view at your summer Family Meeting.
- MEND/NOURISH boxes required of families with a child preparing for First Reconciliation & First Eucharist (cannot choose another option). Families will be required to submit two feedback forms, one for MEND in advance of First Reconciliation and one for NOURISH in advance of First Eucharist.

3. Movie Night

- A preset list of series will be provided from the *Faith at Home* playlist on FORMED, with suggestions given based on the age of children in the family.
- Families will watch the series together and have a discussion following each episode.

4. Pilgrimage

- Visit 4 Catholic sites as a family.
- Local places to visit include (but are not limited to): St. Anthony's Shrine (Ellicott City), Basilica of the Assumption (Baltimore), Cathedral of Mary Our Queen (Baltimore), National Shrine of St. Alphonsus Liguori (Baltimore), St. Jude Shrine (Baltimore), Archdiocesan Shrine of Divine Mercy at Holy Rosary Church (Baltimore), Seton Shrine (Emmitsburg), Grotto of Lourdes (Emmitsburg), and Basilica of the National Shrine of the Immaculate Conception (Washington D.C.).

5. Service

- As a family, volunteer five times (at St. Alphonsus or elsewhere).
- Best for families with children in 5th grade and above.
- Families should be aware that many volunteer opportunities (especially with outside organizations) are only open to children above a certain age.

6. Living the Liturgical Year

- Using *The Ultimate Liturgical Living Book – Weaving The Faith*, families “weave” their Catholic faith into their lives by making the liturgical year more present in day-to-day life.

7. Cooking with the Saints

- Using *Cooking with the Saints* by Alexandra Greeley and Fernando Flores, families make a dish inspired by a saint while learning about the life of that saint.
- Families are expected to do this once monthly, making a total of 8 dishes throughout the year.
- Parents have the choice to add *Drinking with the Saints* by Michael P. Foley to enhance this experience on an “adult level” (completely optional, but a fun way to add to the component).