

Most Blessed Sacrament Faith Formation Program Overview

1st Grade – High School

Faith Formation is much more than learning facts or memorizing lists, such as the Ten Commandments or the Seven Sacraments. It helps children come to know, celebrate, and contemplate the mystery of God. It invites them to know Jesus and desire to follow Him. As that knowledge and desire grow, their relationship with God and with Jesus is nurtured. Faith Formation also emphasizes the importance of liturgy and the Sacraments, with the hope that all the faithful will be brought to full, conscious, and active participation in the Church. By examining and sharing the core values and attitudes of Jesus, Faith Formation prepares students to live in Christian community and to be active in the life and mission of the Church.

Parental Involvement

A child's faith formation begins long before enrollment in any program. At Baptism, parents are entrusted with the life God has given their child. Through the living witness of parents, children first experience the faith. The single most powerful influence in a child's religious formation is the spiritual example of the parent.

It is critically important that parents are authentic examples of what they believe.

Therefore, parental involvement is a key component of our program. We encourage parents to review lessons with their children and discuss what they have learned after each class. Because classes meet on selected Mondays, students will be assigned at-home lessons for the weeks we do not meet. Each grade will receive specific instructions for weekly at-home assignments. These assignments support what is being presented in class. We ask parents and children to complete all lessons together. Please understand that this is not simply homework for the student; it is a family faith activity that reinforces and builds on classroom discussions and lessons.

Parents are asked to be actively involved in sacramental preparation and to help their children learn the required prayers. It is also important for parents and children to attend Mass and other liturgical celebrations regularly. The MBS Faith Formation Program partners with you in your child's formation and is ready to assist you as the primary catechist. Your active involvement and example of God's love are essential to the success of this program. We pray that, together, we will help your child grow in faith.

Enrollment Options

Families may choose in-person classes or home teaching. For students in a sacramental year, in-person attendance is strongly encouraged. Students preparing for Confirmation are required to attend class; however, home teaching requests may be considered by the Director on a case-by-case basis. Students attending Catholic schools may complete lessons at home with parent supervision and are expected to participate in all faith formation gatherings, events, and Confirmation service projects.

In Person Schedule

Classes Meet on Monday, two – three times a month (see our Faith Formation Calendar for exact dates). We have two sessions:

Session One – 4:30 p.m. – 5:30 p.m.

1st Grade through 5th Grade

Session Two – 5:45 p.m. – 6:45 p.m.

6th Grade through High School

Curriculum

Grade 1

Loyola Press *Christ Our Life – God is Good*. Helping First Graders Discover God’s Goodness

Christ Our Life invites first graders to know God as a loving Father who created all things good and calls each of us to love Him and others. Rooted in Catholic teaching and steeped in tradition, the curriculum helps children recognize God’s goodness in their everyday lives.

What Children Learn in Grade 1

- Recognize God as Creator who loves all things
- Learn to pray and listen to God
- Discover Jesus as the Son of God and our friend
- Understand belonging to God’s family, the Church

Through interactive Catholic lessons, prayer, and storytelling, children experience faith in a way they can understand and share. The program integrates Scripture, liturgy, and kerygmatic catechesis, helping first graders live the Gospel daily.

Digital and Print Resources for Every Setting

Christ Our Life Grade 1 offers flexible options for digital faith formation and blended learning. QR codes link to engaging video, audio, and text content—part of the most integrated Catholic digital curriculum available.

- Supports hybrid parish and home catechesis
- Strengthens Catholic identity and values
- Includes online catechist resources and assessments
- Builds a foundation for lifelong discipleship

Grade 2

Dynamic Catholic Blessed First Reconciliation and First Communion. Students will prepare for the Sacrament of Reconciliation during the first half of the year and First Communion during the second half. The programs combine classroom instruction with animated videos. The video episodes provide teachable moments and use Holy Scripture to illustrate the main point of each session, helping Scripture come to life. Classroom instruction will be held in the church on Mondays 2 – 3 times a month from 5:45 p.m.–6:45 p.m., and video episodes may be watched at home during the alternate weeks. Please refer to the syllabus.

To access the video episodes, go to:

<https://dynamiccatholic.com/blessed/program-view>

- Scroll down to First Reconciliation or First Communion.
- Click on Session (refer to schedule).
- Scroll down to video episodes.

Grades 3-6

Pflaum Gospel Weeklies Faith Formation Program. The program consists of weekly lectionary-based lessons, along with the faith formation handbook, *What the Church Believes and Teaches*. Each lesson flows from the words of Jesus Christ in the Gospels as celebrated at Sunday Mass. Unlike traditional textbook lessons, children are involved in the liturgical life of the Church as they learn Catholic doctrine, sacraments, commandments, and prayer. A weekly online family guide also provides a summary of the Sunday Gospel, at-home discussion starters and activities, and ideas for applying the Gospel in everyday life. To access a digital copy of the lessons, visit: <https://www.pflaumweeklies.com/pgw-lessons>

Grade 7

Pflaum - Gifted with the Spirit, Jr High Edition

Junior high lessons begin with a call to prayer, present Catholic tradition clearly and in depth, include Scripture searches to strengthen biblical connections, and offer engaging activities for young people. A *Called to Serve* feature suggests works of mercy or justice that students can perform outside of class. A return to prayer provides a reflective closing.

Lesson Elements

Every lesson of *Gifted with the Spirit* begins and ends with prayer. Each lesson includes hands-on Bible activities to help the young people develop greater familiarity and comfort with Scripture. Lessons also include a *Catholic Literacy* feature, definition of faith words, journaling opportunities, individual and group activities that invite the young people to consider ways to put their faith into action, and suggestions for service.

Grade 8 – High School: Confirmation Prep

Decision Point by Dynamic Catholic, along with classroom lessons guided by experienced catechists. Topics include the Father, Son, and Holy Spirit; why we believe in God; why we trust Jesus; why we are part of the Church; the Sacraments of Initiation; moral living and the Ten Commandments; sin and grace; prayer, including prayer in the Old Testament, the Psalms, and the Lord's Prayer; Mary and the saints; receiving the gifts of the Holy Spirit; living witness; defending the faith; and celebrating the liturgy of Confirmation.

Decision Point is designed to speak into the everyday lives of young Catholics and to teach them why choosing Jesus and the Church matters. New York Times bestselling author Matthew Kelly wrote the content for the student workbook and leader guide and is featured in the program's 72 short films. The entire program is available online, and families may also [download the free DECISION POINT mobile app](#) to access the program anytime, anywhere. Today's teens live and breathe media. Amid the many messages competing for their attention, DECISION POINT's short films are designed to engage their hearts and minds.

Assignment Guidelines for All Grades

Faith Formation for every grade includes both in-person and *at-home components*. We will gather in person 2 – 3 times a month. On the weeks we do not meet in person, families are asked to complete the assigned lessons together at home. This model supports family catechesis and reinforces that faith begins at home. We encourage families to set aside time each week to learn and grow in faith together. This shared experience will deepen your family's relationship with Christ. *Specific grade requirements will be emailed separately.*

Faith Formation also extends beyond the classroom.

Throughout the year, our students and families have opportunities to gather, serve, and become more involved in our parish community. These opportunities include helping with the Women's Guild Holly Festival, participating in our new Bed for Every Child initiative, volunteering at our monthly community dinners or preparing desserts for guests, and gathering as families for a Lenten Stations of the Cross and pizza evening. We also invite our Faith Formation families to attend our monthly Family Mass on the first Sunday of each month at 11:00 a.m., followed by light refreshments and fellowship in the parish hall. Additional opportunities may also be offered throughout the year.

Attending Weekly Mass

Weekly Mass attendance plays a crucial role in children's faith formation. Regular participation in Mass helps children develop a relationship with God and grow in their understanding of the teachings of the Church. Mass provides a foundational experience where children learn about the liturgy, the importance of community, and the significance of the sacraments. Parents are encouraged to attend with their children, reinforcing that faith is a family journey.

Importance of Mass in Faith Formation

- **Community Engagement:** Attending Mass fosters a sense of belonging within the Church community.
- **Learning the Liturgy:** Children become familiar with the structure and elements of the Mass, which deepens their understanding of Catholic traditions.
- **Spiritual Growth:** Regular attendance nurtures spiritual development and encourages children to engage in prayer and reflection.

Parents play a vital role as the primary educators in their children's faith journey. Their active participation in Mass alongside their children reinforces the importance of faith in daily life.

Family Mass

The 11:00 a.m. Mass on the first Sunday of each month will be dedicated to our Faith Formation families.

After the monthly Mass, light refreshments will be served in the parish hall. Attending weekly Mass is the source and summit of our Catholic faith. Worshiping together strengthens and professes our faith as Catholic Christians. The Holy Sacrifice of the Mass is where Catholics most abundantly encounter the Lord and Savior, Jesus Christ. During the celebration of the Holy Eucharist, through the words of Christ and the power of the Holy Spirit, the gifts of bread and wine are changed into the Body and Blood of Jesus. We invite you to join us each week at the 4:00 p.m. Mass on Saturdays, or at the 8:00 a.m. or 11:00 a.m. Mass on Sundays.

- *We are always looking for help from families by sponsoring a Family Mass: donate light refreshments or help with setup and cleanup. All children are welcome to help during Mass. If they would like to do a reading or bring up the offertory gifts, please notify the coordinator.*

Keeping Children Safe

Our Faith Formation program cares deeply about all children, and their safety is of the utmost importance. We want every child to be treated with love, care, and respect. As part of its ongoing mission, the Archdiocese of Boston requires all parish staff members and volunteers who work with children to participate in a workshop called "Protecting God's Children." The workshop teaches participants how to recognize abuse, understand the lasting harm abuse causes, and take steps to help prevent child abuse. In addition, all volunteers are required to complete a CORI form each year for background checks and to read and follow the Archdiocesan Code of Conduct.

Empowering God's Children – Child Safety Program

As caring adults, we have the great responsibility of helping ensure the safety of children and youth. Preventing child sexual abuse requires more than adult awareness, education, and training about the nature and scope of the problem. We must also give children and youth the tools they need to help us keep them safe by teaching them about boundaries, safe and unsafe behaviors, and healthy relationships.

Research shows that child safety education is most effective when parents and lesson leaders work together, when material is reinforced in a classroom setting, and when training is interactive and activity-based. Research-based and evidence-informed, *Empowering God's Children* is an age-appropriate program through which lesson leaders and parents partner to give children and youth the tools they need to protect themselves and know what to do if someone violates their boundaries. Each year, the program provides a theme that introduces and builds on the basic concepts of the Teaching Boundaries and Safety Guide. The material is developmentally appropriate for each age group and includes content and activities that reinforce the message.

Contact

Kathy Casey, Coordinator 1st Grade – High School

Kathy.casey@mbsparishwakefield.com

781-245-3414