



Seasons of Faith

Lifelong, Intergenerational Faith Exploration
holyspiritchurcheg.weebly.com
 Bringing Faith to Life

Church of the Holy Spirit ♦ 667 Columbia Turnpike, East Greenbush, NY ♦ www.holyspiritchurcheg.weebly.com ♦ faithformation@hsceg.org

Adults: Your faith journey is life long. We invite you to join us for our Fall Semester sessions. We have many options for you to choose from. Take as many sessions as you like for one low fee for both our Fall and Spring Semesters.

“...catechesis for adults, since it deals with persons who are capable of an adherence that is fully responsible, must be considered the chief form of catechesis.” *Directory for Catechesis 77*

“Lifelong catechesis is absolutely necessary for the Christian formation of the faithful.”

National Directory for Catechesis 3



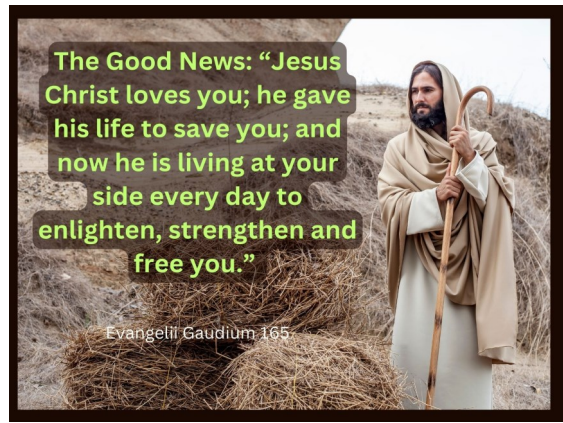
“Catechesis that involves the whole family is a particularly effective method of catechesis for young children because it helps parents to become more confident in sharing their faith with their children and encouraging their children’s emerging faith.”

NDC 48 – National Directory for Catechesis, USCCB

The family is the most basic foundation of the church. Seasons of Faith is our lifelong, intergenerational faith exploration process for families and adults. As parents and guardians, you are the most important influence on your child’s faith. We at Holy Spirit are here to partner with you on this faith journey.

Families are pulled in many different directions, so we have designed Seasons of Faith for families to attend together. We recommend that your family begin Seasons of Faith by the time your child is six and continue throughout their childhood and adolescence. Having a basic understanding of our faith, and building a relationship with Jesus are essential before children can begin the process for discerning Eucharist or Confirmation.

DAYTIME SESSIONS				
Thursday	9/14	10:00am	Simply Scripture	Parish Office
Tuesday	9/19	12:45pm	Breaking Bread	Parish Office
Wednesday	9/20	10:00am	The Road to Emmaus and the Mass	Parish Office
Thursday	9/28	10:00am	Simply Scripture	Parish Office
Wednesday	10/4	10:00am	On the Road to Sainthood	Parish Office
Thursday	10/19	10:00am	Simply Scripture	Parish Office
Tuesday	10/24	12:45pm	Breaking Bread	Parish Office
Wednesday	11/8	10:00am	The Mass - Introductory Rites	Parish Office
Thursday	11/9	10:00am	Simply Scripture	Parish Office
Tuesday	11/14	12:45pm	Breaking Bread	Parish Office
Sunday	TBA	3:00pm	Women’s Mini-Retreat	Church
Tuesday	12/5	12:45pm	Breaking Bread	Parish Office
Thursday	12/7	10:00am	Simply Scripture	Parish Office
Sunday	12/10	3:00pm	Advent Family Retreat	Church
Wednesday	12/13	10:00am	The Mass - Liturgy of the Word	Parish Office



We look forward to walking with all of our Holy Spirit Parish family as we grow and live in faith together.

If you have any questions, please contact Laura Countryman, Pastoral Associate for Lifelong Faith, faithformation@hsceg.org

Join us for these great opportunities to grow your faith.
Choose from any of our daytime or evening sessions.

EVENING SESSIONS

Thursday	9/14	6:30pm	Simply Scripture	Virtual
Monday	9/18	6:30pm	The Road to Emmaus & the Mass	Parish Office
Wednesday	9/20	6:30pm	The Road to Emmaus & the Mass	Parish Office
Sunday	9/24	6:30pm	Church Life	Virtual
Monday	9/25	6:30pm	Church Life	HSS Library
Tuesday	9/26	6:30pm	Church Life	Virtual
Thursday	9/28	6:30pm	Simply Scripture	Virtual
Monday	10/2	6:30pm	On the Road to Sainthood	Parish Office
Wednesday	10/4	6:30pm	On the Road to Sainthood	Parish Office
Sunday	10/15	6:30pm	Church Life - Family Night	Virtual
Monday	10/16	6:30pm	Church Life - Family Night	Virtual
Tuesday	10/17	6:30pm	Circle of Grace - Elementary	Virtual
Wednesday	10/18	6:00pm	Circle of Grace - Middle School	Parish Office
Wednesday	10/18	6:45pm	Circle of Grace - High School	Parish Office
Thursday	10/19	6:30pm	Simply Scripture	Virtual
Sunday	10/22	6:30pm	Church Life	Virtual
Monday	10/23	6:30pm	Church Life	HSS Library
Tuesday	10/24	6:30pm	Church Life	Virtual
Monday	10/30	6:30pm	The Mass - Introductory Rites	Parish Office
Sunday	11/5	6:30pm	Church Life - Family Night	Virtual
Monday	11/6	6:30pm	Church Life - Family Night	Virtual
Wednesday	11/8	6:30pm	The Mass - Introductory Rites	Parish Office
Thursday	11/9	6:30pm	Simply Scripture	Virtual
Sunday	11/12	6:30pm	Church Life	Virtual
Monday	11/13	6:30pm	Church Life	HSS Library
Tuesday	11/14	6:30pm	Church Life	Virtual
Monday	12/4	6:30pm	The Mass - Liturgy of the Word	Parish Office
Thursday	12/7	6:30pm	Simply Scripture	Virtual
Sunday	12/10	6:30pm	Church Life - Family Night	Virtual
Monday	12/11	6:30pm	Church Life - Family Night	Virtual
Wednesday	12/13	6:30pm	The Mass - Liturgy of the Word	Parish Office

Family Mass - Attending Mass together as a family is the most important thing you can do to pass on the faith. We will have Family Mass at either the 11am Sunday Liturgy, or the 4pm Saturday Liturgy, with families assuming the ministry duties. These are the Family Masses for our fall semester: **Sunday 9/24, Sunday 10/22, Saturday 12/9**. We look forward to having your family participate!

Partnering with Families

The family is the most basic foundation of the church. Seasons of Faith is our lifelong, intergenerational faith exploration process for families and adults. As parents and guardians, you are the most important influence on your child's faith. We at Holy Spirit are here to partner with you on this faith journey.

Seasons of Faith and sacramental discernment are designed for families to attend together. We recommend that your family begin Seasons of Faith by the time your child is six years of age and continue throughout their childhood and adolescence. It is essential for children to have a basic understanding of our faith, and build a relationship with Jesus before children can begin the process for the sacraments of Eucharist or Confirmation.

Choosing which sessions to attend: For families with younger children, we recommend the Church Life sessions. As your children get older, you can begin to choose from any of our other Seasons of Faith sessions. If your family has a wider age range, we would be happy to work with you to come up with a plan that best fits your family situation. For families with older children, we also have sessions that you can work on at home as a family.

Families that explore faith together experience many benefits. Therefore, for all Seasons of Faith and sacramental discernment events, it is vital that they are attended by parents and guardians along with their children.

Projects: All school age children are required to complete projects during each semester. For the families in the Church Life sessions, the projects are included and we will share them on Family Night. For families with older children, we ask that the family complete a service project each fall and spring semester along with a service project reflection form. We are all called by our baptism to serve. Families that serve together plant seeds that will flourish throughout their child's lifetime. **Service projects for the fall semester will be due by December 1st.**

Circle of Grace is also required for all school aged children by the Albany Diocese.

For more information to see how Seasons of Faith can enrich your family, or to register, contact Laura Countryman at faithformation@hsceg.org or in the Parish Office to set up an appointment.

Fall Session Descriptions:

"The aim of catechesis is to "put people in communion and intimacy with Jesus Christ" (GDC #80). As people grow in relationship to Jesus, they naturally want to know more about him and how to live more fully as disciples in the Catholic Church. This comes about, not solely through formal parish catechetical programming, but through life lived in the family and in the parish community."

Curriculum Framework for Parish Catechetical Programs Roman Catholic Diocese of Albany



Advent Family Retreat - Join us for a mini-retreat that is family friendly to reflect on baptism and advent. We will gather on Sunday December 10th at 3pm in the church. Come with your family and take some time to renew your soul.

Breaking Bread - Join us for a once-a-month gathering after the weekday mass on Tuesdays. Bring your lunch and join us as we break bread together and break open our Catholic faith. We will meet in the Parish Office immediately following the 12:10pm mass.

- September 19th
- October 24th
- November 14th
- December 5th

Church Life - is for our younger families. We will explore the basics of our faith, including prayer, saints, holy days, the liturgical year and more. We will gather at 6:30pm on Sundays (virtually), Mondays (library) or Tuesdays (virtually). Choose the option that works best for your family. (9/24, 9/25, 9/26) (10/22, 10/23, 10/24) (11/12, 11/13, 11/14). We will also gather for Family Night to share our projects.

Church Life Family Night - is for our Church Life families to share their projects. We will gather virtually after each Church Life session at 6:30pm. (Sunday 10/15 or Monday 10/16) (Sunday 11/5 or Monday 11/6) (Sunday 12/10 or Monday 12/11).

Circle of Grace - is required for all school-aged children who are participating in Seasons of Faith.

- Elementary aged - Tuesday 10/17 at 6:30pm (virtual gathering)
- Middle School aged - Wednesday 10/18 at 6:00pm (Parish Office)
- High School aged - Wednesday 10/18 at 6:45pm (Parish Office)

The Mass and the Eucharist - Parishes throughout the United States are participating in a Eucharistic Revival. We will begin to explore the Mass and the Eucharist, the Source and Summit of our faith. Why do we do what we do? What part do we as parishioners have to play? Join us to explore things you never learned or have forgotten about!

- The Road to Emmaus and the Mass - What does the story of the Road to Emmaus have to teach us about the mass and our mission? Monday 9/18 or Wednesday 9/20
- The Introductory Rites - When does mass really begin and what is the purpose of all the parts that make up the Introductory Rites? Monday 10/30 or Wednesday 11/8
- Liturgy of the Word - What is happening and what are we supposed to do besides sit and listen? Monday 12/4 or Wednesday 12/13.

Many people say that mass is boring. It's only boring when you don't understand what is happening, why we are doing what we are doing, and the deliberate rhythm of all the parts of the mass. Come and explore the genius of the liturgy - the work of the people. Monday sessions will gather at 6:30pm and Wednesdays will gather at 10am or 6:30pm in the Parish Office.

On the Road to Sainthood - An exploration of the saints-to-be from the United States who are in the process of canonization. Join us and learn their interesting stories and see how these extraordinary and also ordinary people can inspire you. We will gather on Monday 10/2 at 6:30pm or Wednesday 10/4 at 10am or 6:30pm in the Parish Office.

Simply Scripture - We will read and reflect on the readings before Sunday's liturgy. We have two options to choose from on Thursdays, 10am in the Parish Office or 6:30pm virtually. Come and join our great discussions.

- 9/14 - 24th Sunday in OT
- 9/28 - 26th Sunday in OT
- 10/19 - 29th Sunday in OT
- 11/9 - 32nd Sunday in OT
- 12/7 - 2nd Sunday of Advent

Women's Mini Retreat - Join us as we take 90 minutes to pray with and be inspired by some of the women on the road to sainthood. We will gather in the church on Sunday 11/5 or 11/12 at 3pm. (Date TBA after Confirmation is scheduled.) Take some time to renew your soul. This is also a great opportunity for mothers and daughters to take a faith break together.

Sacramental Discernment is an important time a family's faith journey.
We look forward to walking with your family during this process.

"Catechesis has the task of making the heart of every Christian resound with the call to live a new life in keeping with the dignity of children of God received in Baptism and with the life of the Risen One that is communicated through the sacraments." Directory for Catechesis 83

Confirmation Discernment: begins in late spring with a fall celebration of the Sacrament of Confirmation.

Prerequisites before beginning discernment:

- Nine sessions (not including Church Life courses). Some sessions are available to work on at home as a family
- Three parish retreats or Eucharistic Adoration
- Three Simply Scripture sessions

Requirements: Candidates must be at least in 10th grade at Confirmation.



Reconciliation and Eucharist Discernment begins during the Fall Semester.

Prerequisites before beginning discernment:

- Nine prior Church Life courses
- Ability to make the Sign of the Cross and pray the Our Father and Hail Mary on their own.

Requirements: Candidates must be at least seven years of age by November 1st.

If your child attends Catholic School, please contact Laura Countryman at faithformation@hsceg.org to register and discuss any other requirements.

discernment is a decision-making process that honors the place of God's will in our lives."

Joe Paprocki for Loyola Press. <https://www.loyolapress.com/catholic-resources/ignatian-spirituality/discernment/discernment-making-inspired-choices/>

- Am I ready?
- Is this the right time?
- Is the family ready at this time?

Adult Discernment:

It's never too late. Are you an adult who missed the Sacrament of Confirmation when you were a teen? Were you raised in another faith, or are unbaptized and are discerning becoming Catholic? It's never too late. We would love to meet with you and accompany you as you discern your faith.

Seasons of Faith is lifelong intergenerational faith exploration for our entire parish family.

Registration Information:

Online registration at:
www.holyspiritchurcheg.weebly.com

Email:
Laura Countryman at
faithformation@hsceg.org

Prior registration is required for all virtual options.
Each course will have it's own zoom code.

"...catechesis aims to achieve a more integral formation of the person rather than merely to communicate information."

NDC 3 – National Directory for Catechesis - USCCB

The model of family/intergenerational catechesis is a return to how the early church passed on the faith. The goal of catechesis is to build a relationship with Jesus and to become disciples in the mission to share the Good News.

"The purpose of catechesis is to "inform, form and transform Christian persons and communities as apprentices to Jesus for God's Reign in the world." Dr. Thomas Groome, Professor of Theology and Education, Boston College.

"In their dignity as children of God, all believers are *active participants* in the catechetical initiative, not passive consumers or recipients of a service, and because of this are called to become authentic missionary disciples." Directory for Catechesis 4

July 2023 - June 2024 fees:

Seasons of Faith is \$30 per household or \$15 per person (age 6+). This fee is for the entire July 2023 - June 2024 year. Take as many sessions as you like. We have many options for you to choose from.

- Checks can be sent to the Parish Office.
- Payment can also be placed in the offertory collection at Mass to the attention of Seasons of Faith.
- E-giving has a faith formation option.
- If you wish to use e-giving with a credit card instead of your checking account, we are charged a fee for processing. Please adjust the fee to \$32 or \$16. Thank you.