

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



Lifelong Faith Formation

faith with their children and encouraging their children’s emerging faith.”

NDC 48 – National Directory for Catechesis, USCCB

“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

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	1/11	10:00am	Simply Scripture	Parish Office
Wednesday	1/17	10:00am	The Mass - Liturgy of the Eucharist	Parish Office
Thursday	1/25	10:00 am	Simply Scripture	Parish Office
Thursday	2/8	10:00am	Simply Scripture	Parish Office
Thursday	2/22	10:00am	Simply Scripture	Parish Office
Thursday	3/14	10:00am	Simply Scripture	Parish Office
Thursday	4/4	10:00am	Simply Scripture	Parish Office
Wednesday	4/17	10:00am	The Mass - The Communion Rite	Parish Office
Thursday	5/2	10:00am	Simply Scripture	Parish Office
Wednesday	5/8	10:00am	The Holy Spirit	Parish Office



Evangelii Gaudium 165

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

Thursday	1/11	6:30pm	Simply Scripture	Virtual
Wednesday	1/17	6:30pm	The Mass - Liturgy of the Eucharist	Parish Office
Thursday	1/18	6:30pm	The Mass - Liturgy of the Eucharist	Parish Office
Sunday	1/21	6:30pm	Church Life - Family Night	Virtual
Monday	1/22	6:30pm	Church Life - Family Night	Virtual
Thursday	1/25	6:30pm	Simply Scripture	Virtual
Sunday	2/4	6:30pm	Church Life	Virtual
Monday	2/5	6:30pm	Church Life	Library
Tuesday	2/6	6:30pm	Church Life	Virtual
Thursday	2/8	6:30pm	Simply Scripture	Virtual
Thursday	2/22	6:30pm	Simply Scripture	Virtual
Thursday	3/14	6:30pm	Simply Scripture	Virtual
Thursday	4/4	6:30pm	Simply Scripture	Virtual
Monday	4/8	6:30pm	Church Life - Family Night	Virtual
Tuesday	4/9	6:30pm	Church Life - Family Night	Virtual
Sunday	4/14	6:30pm	Church Life	Virtual
Monday	4/15	6:30pm	Church Life	Library
Tuesday	4/16	6:30pm	Church Life	Virtual
Wednesday	4/17	6:30pm	The Mass - The Communion Rite	Parish Office
Monday	4/22	6:30pm	The Mass - The Communion Rite	Parish Office
Sunday	4/28	6:30pm	Church Life - Family Night	Virtual
Monday	4/29	6:30pm	Church Life - Family Night	Virtual
Thursday	5/2	6:30pm	Simply Scripture	Virtual
Sunday	5/5	6:30pm	Church Life	Virtual
Monday	5/6	6:30pm	Church Life	Parish Office
Tuesday	5/7	6:30pm	Church Life	Virtual
Wednesday	5/8	6:30pm	The Holy Spirit	Parish Office
Monday	5/13	6:30pm	The Holy Spirit	Parish Office
Sunday	5/19	6:30pm	Church Life - Family Night	Virtual
Monday	5/20	6:30pm	The Mass - The Concluding Rites	Parish Office
Tuesday	5/21	6:30pm	Church Life - Family Night	Virtual

meeting, 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 June 1st.**

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



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. (1/7, 1/8, 1/9) (2/4, 2/5, 2/6) (4/14, 4/15, 4/16) (5/5, 5/6, 5/7) 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 1/21, Monday 1/22) (Monday 4/8, Tuesday 4/9) (Sunday 4/28, Monday 4/29) (Sunday 5/19, Tuesday 5/21)

Circle of Grace - is required once for either the fall or spring semester for all school-aged children who are participating in Seasons of Faith.

- Elementary aged - Monday 1/29 at 6:30pm (virtual gathering)
- Middle School aged - Wednesday 1/30 at 6:00pm (Parish Office)
- High School aged - Wednesday 1/30 at 6:45pm (Parish Office)

Lenten Family Retreat - Join us for a mini-retreat that is family friendly to reflect on baptism and advent. We will gather on Sunday, March 3rd at 3pm in the Library. Come with your family and take some time to renew your soul.

Lent 2024 - Feast on faith this Lent with your parish family. Come join us for opportunities to gather with small groups of parishioners this Lent to explore what it means to belong to the family of God. Daytime and evening options will be available. More dates and times TBA.

- Week 1 - "Repent and Turn to the Gospel" Join us to watch the Gospel of Mark
 - Monday 2/19 at 1:00pm or Wednesday 2/21 at 6:00pm in the library
- Week 2-5- small group gatherings (daytime and evening options will be available).

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!

- Liturgy of the Eucharist - What are we really bringing to the table and how do we prepare for the Eucharist? Wednesday 1/18 or Thursday 1/18.
- The Communion Rite - What is happening and what are we supposed to do besides sit and listen? Wednesday 4/17 or Monday 4/22.
- The Concluding Rites - When is Mass really over and do we have work to do afterwards? Monday 5/20 or Wednesday 5/22.

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 & Thursday sessions will gather at 6:30pm and Wednesdays will gather at 10am or 6:30pm in the Parish Office.

The Holy Spirit - An exploration of the Holy Spirit, our advocate. Join us and learn how the Holy Spirit can inspire you as he did the disciples at Pentecost. We will gather on Wednesday 5/8 at 10am or 6:30pm, or Monday 5/13 at 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.

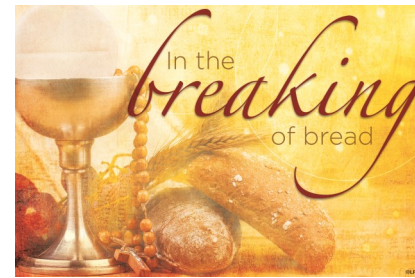
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| • 1/11 - 2nd Sunday in OT | • 5/2 - 6th Sunday of Easter |
| • 1/25 - 4th Sunday in OT | • 5/23 - Trinity Sunday |
| • 2/8 - Ash Wednesday | • 6/6 - 10th Sunday in OT |
| • 2/22 - 2nd Sunday of Lent | • 6/20 - 12th Sunday in OT |
| • 3/14 - 5th Sunday of Lent | |

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.



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

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.

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.