

St. Benedict Family Faith Formation



WORD of LIFE™
Build Strong Catholics

What is Family Faith Formation?

Family Faith Formation is NOT weekly CCD classes for public school children, it is open to all families at St. Benedict. Family Faith Formation offers an opportunity for families of St. Benedict, whether in home school, Catholic school, or public school, to participate in twice a month faith formation where children meet with a catechist and parents meet together in small groups to discuss a theological topic related to what their children are learning. The aim and goal of Family Faith Formation is to bring together our families from various formational corners (public school, home school, and Catholic school) and provide an opportunity for community, faith formation, and prayer on a parish level. Family Faith Formation is also designed to support the “domestic church,” and provide opportunities for families to continue discussions on how to live out the Catholic faith at home.

Who Is Invited to Participate?

All children who are ages 2-9 are invited to participate in Family Faith Formation (roughly grades PreK through 4th grade). All those in Grades 5-8 are invited to join our Middle School Youth Ministry, and Grades 9-12 may join our High School Youth Ministry. Although Family Faith Formation is geared towards parishioners at St. Benedict, you do NOT have to be a registered parishioner at St. Benedict to join.

How Does it Work?

Every other Sunday (twice a month), Family Faith Formation meets at St. Benedict school. Children ages 2-9 (PreK through 4th grade) will meet with a catechist in four separate groups: PreK (ages 2-4), Kindergarten (age 5), First & Second Grade (ages 6-7), Third & Fourth Grade (ages 8-9). Parents will meet in small groups in St. Anselm Hall for discussion on a theological topic related to what their children are learning with their catechists.

All children under 3.5 years and not potty trained are asked to be accompanied by at least one parent to their group. Since meetings occur twice a month, it is possible that mom can accompany the child one weekend and dad accompany the child the next weekend. Children who are 3.5 years old may also be accompanied by a parent if necessary.

What Curriculum/Materials Are Used?

Grades Kindergarten through 4th Grade for 2025-2026 will use materials from the Augustine Institute's Word of Life series. Each lesson will include readings from scripture with a short lesson and activity for the topic of the day. There is no homework, tests, or obligatory work, and the catechist will not be keeping track of work completed if a child misses a session. Each lesson is designed to be accessible so that families don't feel lost if they missed a previous session. The content is meant to assist families in cultivating their spiritual lives in the home. Each grade will touch on the "Four Golden Threads" of the Word of Life series with different lessons throughout the year:

- Salvation History
- Christian Anthropology
- Heroic Virtue and Character Formation
- Learning Through Discipleship

The Word of Life series engages children throughout the lesson with prayer (either lectio divina, meditation on sacred art, or a review of the Sunday readings), a short lesson that includes activities, an explanation on how to apply the lesson to our everyday lives (sometimes looking at the lives of the Saints), and finally, a sending forth to encourage children to share the Gospel in their everyday lives.

PreK (ages 2-4) will use a parish developed curriculum that includes a short, faith-based lesson, and a fun activity so that our children can have a hands on learning experience with the Catholic faith.

Questions? Contact Ben Fleser at bfleser@saintbenedictparish.org
