



TEEN SACRAMENTAL PREPARATION PROGRAM
AT CORPUS CHRISTI PARISH
2024-2025

Welcome to Corpus Christi! By registering your teen in this program, you are now parishioners, and your family is part of the Corpus Christi community. Welcome!



Our Philosophy and Outlook

Parents, at your child's baptism, you agreed to be their first teachers of the Catholic faith. We are here to support you by providing a program of study for your teenager, and resources for you. The Teen Sacramental Preparation Program at Corpus Christi is more than just completing the activities in the workbook; it is about encountering Jesus, strengthening our relationship with Him, deepening our faith and growing in love for God and neighbour.

Practicing the faith at home and regular Mass attendance are essential for children (teenagers included!) to develop a strong faith and to connect what they learn in class to their daily lives. Thus, regular Mass attendance with your child at Corpus Christi (or another Catholic church) is expected. This is a precept of the Catholic Church, a requirement of our faith:

*“On Sundays and other holy days of obligation, the faithful are bound to participate in the Mass.”
(Catechism of the Catholic Church 2180)*

Our catechists are volunteers who have chosen to contribute their personal time, energy and knowledge to helping your child grow in faith. Please support them by bringing your child to class on time, providing snacks if requested and lending a helping hand at special events such as our Christmas food drive and other Social Outreach Activities. Thank you!

Faith Formation

The new Teen Sacramental Preparation Program will prepare your teen to receive the Sacraments of First Reconciliation, First Holy Communion, and Confirmation.

- **Catechesis:** Teens will meet at the parish twice a month, on Sunday evenings from 7 – 8:30 pm. Your teen will also receive a workbook to work on at home between meetings, which supplements and reinforces learning done in class. A guide will explain which lessons to complete each week. You are encouraged to watch the online videos together and discuss them with your teen.
- **Assigned homework** will be checked at each class to insure that the teens are keeping up with the schedule.
- **Family Mass** (once a month): Teens will have the opportunity to sing in the choir, do one of the readings or bring up the gifts during the offertory.
- **Youth Group:** Teens in the program are encouraged to attend the Youth Group gatherings on alternate Saturday evenings after 5 pm Mass for fellowship with other Catholic teenagers.

Preparing for the Sacraments

- The Teen Sacramental Preparation Program is a consecutive two-year program (from September – May each year), with meetings twice a month at the parish.
- Teens will receive the Sacraments of First Reconciliation and First Holy Communion during their first year in the Program. Even if your child has already received these Sacraments, he/she will benefit from the intensive review of all the Sacraments, specifically these two.
- Preparation for the Sacrament of Confirmation will take place during both years in the program. This Sacrament will be conferred in the Fall following successful completion of Year 2.
- We require a copy of your child's baptismal certificate to ensure Church registers reflect the sacraments your child has received. Please provide it when registering.

Catholic Adult Faith Enrichment sessions (CAFES)

As we are all called to learn more about and deepen our faith, parents are invited to attend adult faith enrichment sessions given on Sunday mornings (about once a month) after the 10 am Mass. A schedule will be provided to you. These sessions will help you engage your teen in discussions about the Catholic faith.

You are also invited to attend other faith formation sessions offered in the parish as they become available during the year.

Program Requirements

- Workbook homework to be done weekly. Parental discussions encouraged.
- Two meetings a month (Sunday evenings)
- Two Saturday workshops during Year 1
- Social outreach activities (food drives, Christmas baskets, other class projects as time allows and opportunity arises)
- Children's Way of the Cross on Good Friday
- Attendance at Family Masses
- Retreats in Year 2
- Holy Spirit Day at Cathedral in Montreal in Year 2
- First Reconciliation in February 2025 (Year 1)
- First Holy Communion in May 2025 (Year 1)
- Sacrament of Confirmation conferred in October 2026 (after completion of Year 2)

***Regular weekend Mass attendance with your teenager at Corpus Christi
(or another Catholic church) is expected***

Teens in the program are invited to be of service to the parish community:

This is your parish! You may want to encourage your teen to serve our faith community in any number of ways. At any Mass, teens can serve as altar servers, greeters, musicians/singers or lectors.

Taking an active role in the community will help your teen feel at home in the parish, grow in his/her faith and direct his/her youthful energy towards serving others and the Church.

We are confident your teenager will have an enjoyable and fruitful year! We are grateful for your participation and support. Thank you for your prayers for us as we journey with your family during this catechetical year.

If you have any questions, please do not hesitate to contact me or your catechists.

Thank you.

Blessings,
Evelyn Campbell
Parish Catechetical Leader

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