HIGH SCHOOLER & TEEN SACRAMENTAL PREPARATION PROGRAM AT CORPUS CHRISTI PARISH

2026-2027

Welcome to Corpus Christi! By registering your teen/high schooler 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/high schooler, and resources for you. The High Schooler & 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 High Schooler & Teen Sacramental Preparation Program will prepare your teen/high schooler to receive the Sacraments of First Reconciliation, First Holy Communion, and Confirmation.

- **Catechesis**: Teens/High schoolers will meet at the parish twice a month, on Sunday afternoons from 6 – 7:30 pm. Attendance at all scheduled meetings is expected - they are not optional. There are no make-up classes. Your child 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 at home and discuss them with your teen/high schooler.
- **Assigned homework** will be checked at each class to ensure that the teens/high schoolers are keeping up with the schedule.
- **Family Mass** (once a month): Teens/High Schoolers will have the opportunity to sing in the Youth choir

Preparing for the Sacraments

- The High Schooler & Teen Sacramental Preparation Program is a consecutive two-year program (from September – June each year), with meetings twice a month at the parish.
- Teens/High Schoolers 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 continue to deepen our faith, parents are invited to attend adult faith enrichment sessions (CAFEs) 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/high schooler in discussions about the Catholic faith.

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

Program Requirements

- **Year 1**
  - Two meetings a month (held on Sundays 6 – 7:30 pm)
  - Workbook homework to be done weekly. Parental discussions encouraged.
  - Two Saturday workshops
  - 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
  - Children's Rosary in May
  - Attendance at Family Masses
  - First Reconciliation in February 2027
  - First Holy Communion in May 2027

- **Year 2**
  - Two meetings a month (held on Sundays, 6 – 7:30 pm)
  - Workbook homework to be done weekly. Parental discussions encouraged.
  - Social outreach activities (food drives, Christmas baskets, other class projects as time allows and opportunity arises)
  - Lenten retreat (date TBD)
  - Workshop with child and Sponsor (date TBD)
  - Children's Way of the Cross on Good Friday
  - Children's Rosary in May
  - Attendance at Family Masses
  - Half-day retreat in September 2027
  - Sacrament of Confirmation conferred in October 2027 (after completion of Year 2)

All families registered in our program are expected to attend Mass every weekend at Corpus Christi (or another Catholic church)

Teens/high schoolers in the program are invited to be of service to the parish community: This is your parish! You may want to encourage your child to serve our faith community in any number of ways: signing up to be an altar server, serving as musicians or singers in the Youth Choir or helping when requests are made

Taking an active role in the community will help your teen/high schooler 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 teen/high schooler 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. **Note that the deadline for registration for the coming year is August 16th, 2026.**

Thank you.

Blessings,
Evelyn Campbell
Parish Catechetical Leader

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