

# Parish Sacramental Programmes in a time of Pandemic

Each Parish will face a different set of challenges in 2021, including the provision of Sacramental programmes. These might be from the size of the group, the physical suitability of the space available, the number of schools the participants attend, to the availability of your catechists in this time of pandemic. This resource will not solve all your problems, but will hopefully go some way to enabling you to either begin to plan for 2021, or complete your plans.

We have a wealth of free and easily accessed online resources available to us all, and most children and their families will have experienced remote learning in a school setting already. Some degree of provision for online catechesis will give your parish programme the greatest chance of progressing with the least disruption.

Please do take the time to ensure you understand the needs of the group, especially those who come from families who are particularly vulnerable and are limiting interactions with others - your sacramental provision should meet their needs too. We have to acknowledge that some families have limited access to computers and the internet, so if you do decide to deliver everything online, you might have to factor in an alternate method of correspondence (and additional support re delivery) for some families.

Difficult and challenging times can be a moment for real, meaningful and sometimes much needed change. We encourage you to consider if this is a potential catechetical 'reset' moment for your parish. In particular, you might reconsider the role and duty of the family in passing on our faith. Can you support the parents to enable them to take up this role with enthusiasm and joy? Online catechetical sessions to support catechesis in the home present an opportunity for both evangelisation and catechesis of families. In this difficult time, when we are unable to meet in person, the way your parish supports your families will most likely need to change. How might you seek to accompany your families? Is this a change you will want to continue when the pandemic is over? As a diocesan Agency we are very aware that many of our catechists will not have received training in the accompaniment of families, and will be looking to find ways to provide this in the coming months. If this is something that you would like for your parish, please contact us - [catechesis@rcaos.org.uk](mailto:catechesis@rcaos.org.uk) - we would love to hear from you.



# Guidelines for online catechesis with children

Our main documents which provide guidance for online catechesis can be found here –

<https://aec.rcaos.org.uk/resources>

These include

- a Parish Risk Assessment Form (please remember the government guidelines may apply differently in your area);
- Diocesan Sacramental Preparation Guidance for COVID-19;
- CSAS Guidance on Safeguarding whilst using Videoconferencing Platforms for Ministry; and
- Using Technology for Online Liturgy, Ministry and Formation guidelines (you will find this particularly helpful if you have not used this technology before).

Before setting up online sessions, either with parents or children, read the **CSAS Safeguarding Guidelines** (available on <https://aec.rcaos.org.uk/resources>). In particular, consider the following:

- Online sessions should be arranged using a custom account set up with a [rcaos.org.uk](https://rcaos.org.uk) email address. For example: parishnameconfirmation@rcaos.org.uk. If you need to set these up please email [ictsupport@rcaos.org.uk](mailto:ictsupport@rcaos.org.uk). This account must be accessible to more than 1 person who can act as 'administrator', using a strong password.
- Communication should always be via an 'rcaos' account, it is not appropriate to use personal accounts to contact participants.
- Permission must be obtained from parents to communicate directly with children and young people aged under 16 online.
- When participating in online ministry to children two adult facilitators must be present, one of whom must have read the CSAS Safeguarding Guidelines (available on <https://aec.rcaos.org.uk/resources>).
- It is preferable to have parents present, and those participating should be in a public space in the home.
- Please also read the guidance for **setting up an online meeting**, which include 'rules of engagement' and guidance on making audio or visual recordings of the meeting.
- Please also read the guidance for **conducting an online meeting** which can be adapted to be shared with those participating.

# Baptism Prep

## SYCAMORE



<https://www.sycamore.fm/pathways/sacramental-preparation/>

Sycamore is an informal course about the Christian faith and its relevance for life today. It gives you space to meet other people, share ideas, explore your beliefs, and think about questions that really matter. Each session involves a short film and time for discussion. Everyone is welcome. These video courses are perfect for online meetings.

**There are 2 advised pathways for Baptism prep** – short (3 sessions) and long (6 sessions).

The Sycamore website offers extensive planning advice as well as training for group leaders such as, for example, how to run a discussion group. A British resource, now free to stream for all users.

## CaFE - Baptism Resource

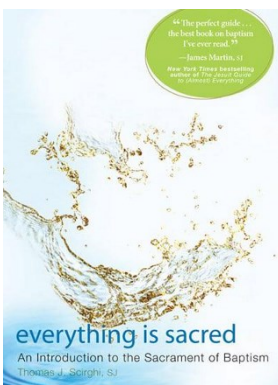


<https://faithcafe.org/collections/baptism>

Video with 5 parent booklets and 5 godparent booklets £40. Also online leader's guide and posters available.

The course has 12 parts based on 12 sections of the Baptism liturgy and accompanying relevant questions. Can be run over 1 or 2 sessions.

## Resource



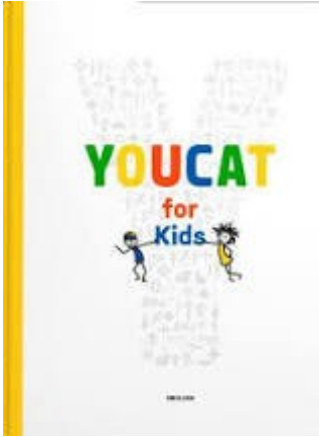
<https://www.amazon.co.uk/Everything-Sacred-Introduction-Sacrament-Baptism/dp/1557256764>

*Everything is Sacred - An introduction to the Sacrament of Baptism* by Thomas Scragh SJ

An excellent book to give to parents to read in their own time, or to support your parish catechists.

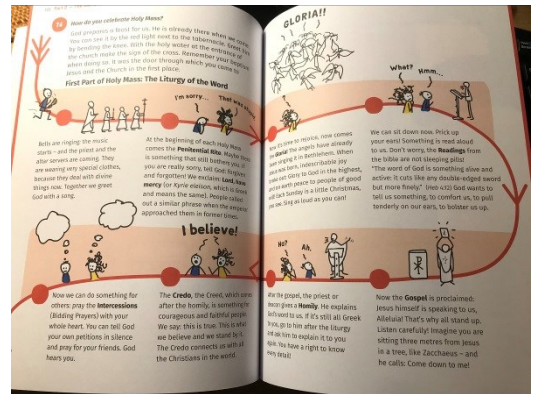
# First Reconciliation and First Holy Communion

## YOUCAT for KIDS



Following on from the very successful *YOUCAT*, this version of the *Catechism of the Catholic Church* is a wonderful resource for parents of children during this Sacramental preparation time. If you are asking your parents to be responsible for an increasing amount of direct catechesis with their children this would be one of the best resources with which to provide them.

Don't let the fact that the book is aimed at supporting parents to share their faith with their children post-FHC age, from 8 to 13 put you off. With instructions on how to use it for parents at the beginning and modern line drawings throughout it is a very friendly format to support parent-led catechesis during FHC and Reconciliation. Widely available through the Redemptorists, CTS and other booksellers.

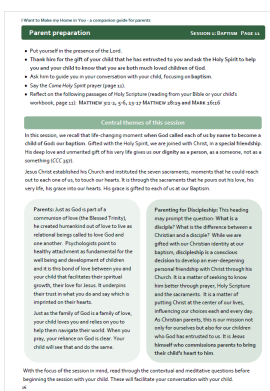
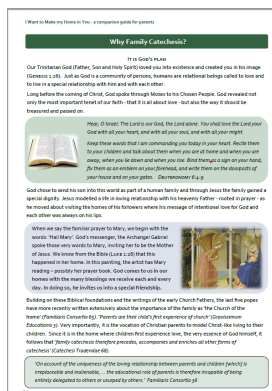


## I Want to Make my Home in You



Margaret Wickware, a catechist in Westminster Diocese, has developed a new resource adapting *I Want to Make my Home in You* (Redemptorist Publications) for parent-led catechesis (below), which works well for remote sacramental preparation. Parent-led sessions (each taking 30 minutes) are based on the 'Lectio Divina' model. Parents are accompanied through this process and are given suggestions to incorporate their faith into family life. The catechists accompany the parents who in turn both evangelise and catechise their children.

A Companion Guide for Parents is available from Mrs Margaret Wickware - mbwickware@hotmail.co.uk



# First Reconciliation and First Holy Communion

## With You Always



The Archdiocese of Liverpool's, *With You Always* is parent-led catechesis where the parents gather with their children and teach the majority of the session to their child directly.

### Structure:

September – Baptism

October – Saints & Names

November – Sacrament of Reconciliation

First Reconciliation is Family Reconciliation in Advent

January – Following Jesus – Beatitudes

February – Teach us to pray – Lord's Prayer

March – Jesus brings us together (Eucharist)

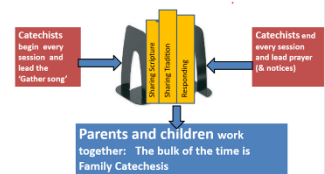
April/May – Jesus calls us to follow him (Eucharist)

First Holy Communion season

Celebrations in Lent and Advent for all the family

Celebrations in school – Feast of Sts Peter and Paul

### The Catechist's Part: 'Bookends'



Available to purchase – order form link below. It is worth contacting the Pastoral Formation Department 0151 522 1040 who will send you sample packs of the entire resource for £40.

[http://www.withyoualways.org.uk/userfiles\\_withyoualways/file/Sacraments%20order%20form%202017.pdf](http://www.withyoualways.org.uk/userfiles_withyoualways/file/Sacraments%20order%20form%202017.pdf)

## SYCAMORE



<https://www.sycamore.fm/pathways/sacramental-preparation/>

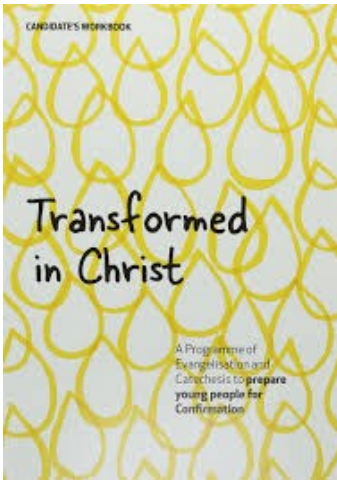
Sycamore is an informal course about the Christian faith and its relevance for life today. It gives you space to meet other people, share ideas, explore your beliefs, and think about questions that really matter. Each session involves a short film and time for discussion. Everyone is welcome. These video courses are perfect for online meetings.

Sycamore offers **First Holy Communion Parents** a Short Course (4 weeks) and a Long Course (8 weeks). It includes additional catechetical material for each video based on YOUCAT. These support the video providing a perfect synthesis of evangelisation followed by catechesis to support your parents.

The Sycamore website offers extensive planning advice as well as training for group leaders, for example, how to run a discussion group. A British resource, now free to stream for all users.

# Confirmation

## Transformed in Christ



<http://www.transformedinchrist.com/sample-page/>

<http://www.gracewing.co.uk/page510.html>

Developed in a parish setting over three years, *Transformed in Christ* is a 22-session programme to prepare 12–16-year-olds to receive the Sacrament of Confirmation. A British resource developed by Hannah Vaughan-Spruce.

Included in this resource are everything a catechist will need: ideas for attention-grabbing games; guidance on leading a small group; a full programme for an evangelisation retreat; two or three recommended video clips for each session; a YOUCAT quiz; an examination of conscience; suggested music to use throughout your programme; and resources for 22 short times of prayer.

## CHOSEN - your journey toward Confirmation



<https://ascensionpress.com/collections/chosen-your-journey-toward-confirmation>

<https://stpauls.org.uk/chosen-your-journey-toward-confirmation-student-pack.html>

Whether you're meeting in-person or online – or a combination of both – the goal of the *Chosen* program remains the same: winning over the hearts of teens and making them disciples of Christ.

The Student Pack includes the three components designed to make sure the student, sponsor, and parents are all involved in the *Chosen* experience. It contains one Student Workbook, one Sponsor's Guide, and one Parent's Guide.

The Parent's Guide not only instructs the parents in their integral role with their child's Confirmation preparation, but is an opportunity to revisit and rekindle their own faith. It includes an overview of a parent's role, guidelines for supporting their child's journey of faith, tips for talking with their child, and more. The Parent's Guide is bundled with other necessary program components in the Student Pack.

Filmed on locations all around the U.S. and internationally, *Chosen* keeps teens' interest with the right balance of faith, fun, and powerful vignettes that challenge their existing perspectives on the meaning of their lives and their ultimate call to holiness.

A 24-session programme with wonderful video content throughout.

# Confirmation

## SYCAMORE



<https://www.sycamore.fm/pathways/sacramental-preparation/>

Sycamore is an informal course about the Christian faith and its relevance for life today. It gives you space to meet other people, share ideas, explore your beliefs, and think about questions that really matter. Each session involves a short film and time for discussion. Everyone is welcome. These video courses are perfect for online meetings.

**There are 2 advised pathways for Confirmation - one for candidates and one for parents.**

The Candidates' pathway is suitable for those in school Year 10 and above (age 14+) and possibly for those in school Year 9 (age 13+). You have a choice of three different lengths - 6, 9, 12 weeks.

The Parents' pathway is designed to support and encourage parents whose children are preparing to be confirmed. Suggested lengths are either 4 weeks or 6 weeks.

The Sycamore website offers extensive planning advice as well as training for group leaders, for example, how to run a discussion group. In addition, suggestions for additional discussions based on YOUCAT are provided which provide a synthesis of evangelisation followed by catechesis. A British resource which is free to stream for all users.

## Free online YouTube videos suitable for Confirmation



The resources on the following 2 pages are offered merely as an example of the wealth of material available suitable for Confirmation catechesis. If you are unable to meet with your Confirmation candidates these provide an opportunity for online evangelisation and catechesis, and using a remote online platform, the opportunity to pray and reflect with the candidates.

# Confirmation

Free online YouTube videos suitable for Confirmation

## The Holy Spirit

Dynamic Catholic - Who is the Holy Spirit? <https://www.youtube.com/watch?v=quwKsFoXfSE>

Pentecost, the coming of the Holy Spirit <http://www.transformedinchrist.com/session13/>

Fruits of the Holy Spirit by Dynamic Catholic <https://www.youtube.com/watch?v=cE8896rsLJU>

## The Ten Commandments

Columbia Catholic Ministries, with Fr Dan O'Reilly <https://www.youtube.com/watch?v=NPxOCxsbzVQ>

Bishop Barron, good for students and catechists <https://www.youtube.com/watch?v=pFemAFXCQ9Q>

## The Beatitudes

Blest are they - the Beatitudes <https://www.youtube.com/watch?v=O9ek5YQmBmkow>

## Original Sin

Noah movie 'Creation' clip

<https://www.youtube.com/watch?v=OwSWRdbSQK0>



*Mary consoles Eve, Sr Grace Remington OCSO*

## Creed

Dynamic Catholic - One, Holy, Catholic and Apostolic

<https://www.youtube.com/watch?v=78ZZ4FGbAH0>

## Importance of women, Mary the Mother of God and Mother of the Church

Fr Nixon explains the relationship Catholics have with Mary, the Mother of God; Why do Catholics

'Worship Mary?' by uCatholic Part 1: <https://www.youtube.com/watch?v=7c6s0YT0F-U>

Part 2: <https://www.youtube.com/watch?v=gBKngnwhkH4>

## Why women can't be priests

Fr Nixon, uCatholic [https://www.youtube.com/watch?v=SxpD\\_1f7QzM](https://www.youtube.com/watch?v=SxpD_1f7QzM)

## Resurrection of the dead, and the life of the world to come

Ascension Presents with Fr Mike Schmitz, The four last things: <https://www.youtube.com/watch?>



# Confirmation

Free online YouTube videos suitable for Confirmation

## **Baptism**

Sacraments 101 <https://www.youtube.com/watch?v=05YB2jdHLsY>

## **Confirmation**

Sacraments 101 - why we're confirmed <https://www.youtube.com/watch?v=Qt32SyDWuW8>

Catholic Central <https://www.youtube.com/watch?v=1v-FLo7bcTE>

## **Eucharist**

Motivation to go to Catholic Mass, Fr Mike Schmitz

<https://www.youtube.com/watch?v=FuyxQvb9Ayw>

Sacraments 201, Busted Halo, Eucharist (what we believe)

<https://www.youtube.com/watch?v=TMSiHGtBdGk>

## **Reconciliation**

Sin by Fr Mike Schmitz <https://www.youtube.com/watch?v=s3iOar7VleU>

Sacrament of Reconciliation by Catholic Central, 6:52min

<https://www.youtube.com/watch?v=abVVVsGITGL4>

Mechanics of making your confession <https://www.youtube.com/watch?v=WjmuqeSgNjg>

Article for catechists on mortal and venial sins [www.saintaquinas.com/mortal\\_sin.html](http://www.saintaquinas.com/mortal_sin.html)

## **Anointing of the Sick**

Sacraments 101, Busted Halo - Reconciliation (who it's for)

<https://www.youtube.com/watch?v=hEppjWNO2y4>

## **Matrimony**

Sacraments 101, Busted Halo - Matrimony (why make it Catholic)

<https://www.youtube.com/watch?v=uq2RDYIOLrs>

## **Holy Orders**

Sacraments 101, Busted halo - Holy Orders (what ordination means)

<https://www.youtube.com/watch?v=q904xlwxnSc>

## **Why we love being Catholic**

Ten Great Reasons to be Catholic by Dynamic Catholic

<https://www.youtube.com/watch?v=tfOXBw-v9Ts>

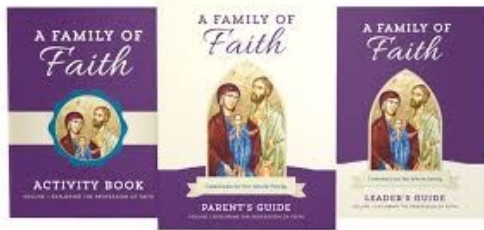
## **What happens after I am confirmed?**

Ascension Presents with Fr Mike Schmitz - what does God want me to do?

<https://www.youtube.com/watch?v=LPhjpue3SfQ>

# Family Catechesis

## A Family of Faith - catechesis for the whole family



<https://www.facebook.com/watch/?v=436481327132360>

A short promotional video

<https://www.youtube.com/watch?v=bsmqnBmMZSQ>

A YouTube video on how to implement a family catechesis model in the parish using A Family of Faith.

<https://www.rpbooks.co.uk/search?search=A+family+of+faith>

*A Family of Faith* is a 4-year course which follows the format of the *Catechism of the Catholic Church*

Volume 1: Exploring the Profession of Faith

Volume 2: The Sacraments

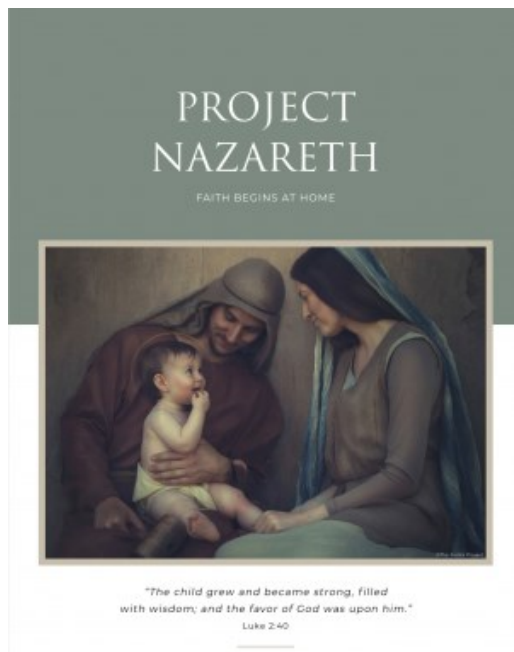
Volume 3: Life in Christ, Christian Morality

Volume 4: Christian Prayer

Each volume has 3 books: Parent's guide, Leader's guide and a family activity book

Volume 2 has been used by parishes in Southwark for to support parent-led Sacramental preparation for First Reconciliation and First Holy Communion.

## Project Nazareth - Faith begins at Home



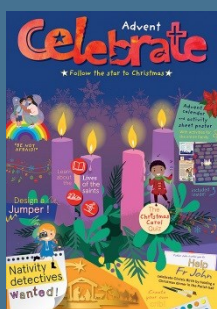
<https://www.evangelizeboston.com/pages/projectnazareth>

"Project Nazareth: Faith Begins at Home" is an initiative that will deliver weekly digital resources to families with children ages 5 through 12. These resources will give parents suggestions for how to Pray, Listen, Act and Ponder with a given topic throughout the course of each week. Guided by Sacred Scripture and the *Catechism of the Catholic Church*, different series within *Project Nazareth* will explore the fundamental Gospel message, the Sunday Mass readings and other special topics such as the Year of the Eucharist. This is not just another lesson to be completed by children at home, but a way to weave their faith formation into the fabric of family life.

You can see a sample of a week's resources here. <https://www.evangelizeboston.com/pages/projectnazareth>

A project developed by the Archdiocese of Boston, pricing is in dollars, either for a family or as a parish, and all resources are then accessed online.

# Liturgy of the Word with Children



<https://www.rpbooks.co.uk/celebrate-following-your-faith>

The **Redemptorists** have a new weekly online Children's Liturgy with the Dominican Sisters of St Joseph, Lymington. Well worth advertising in your parishes, as only 5 minutes long, so good for families in the home who have returned to Mass in the parish. There is a magazine with activities, which can be purchased separately.



<https://cafod.org.uk/Education/Children-s-liturgy>

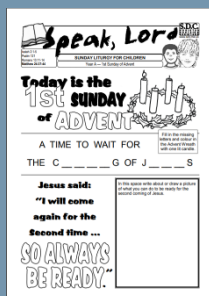
**CAFOD's** weekly virtual children's liturgy for families who aren't able to attend church in person at the moment. Live every Sunday at 10am, with a recording available afterwards, but you need to register first. CAFOD also have free weekly printable resources which can be added to a parish website and used by children's liturgy catechists.



<https://www.facebook.com/colourandshapeonline/>

<https://www.youtube.com/c/ColourandShape/videos>

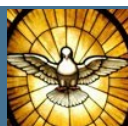
**Connect Sunday's Colour and Shape** weekly online Liturgy of the Word for Children, with Facebook page to encourage family prayer time in the home.



[http://www.sdc.me.uk/sundayliturgy/year\\_b.html](http://www.sdc.me.uk/sundayliturgy/year_b.html)

**S.D.C. (Society of Christian Doctrine)** is a Catholic Society that works in the field of Catechesis and the spreading of the Word of God in different ways. They provide free weekly online resources for Liturgy of the Word for Children.

**LOYOLA PRESS.**



<https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/>

**Loyola Press' Sunday Connection** is another really good set of free Liturgy of the Word for Children resources, these come designed for various ages, including a family sheet. A good resource for families and catechists.

For further advice, or to share your parish's plans, please contact

Mrs Ingrid La Trobe

Family, Child & Youth Catechesis Advisor

[catechesis@rcaos.org.uk](mailto:catechesis@rcaos.org.uk)



Agency for Evangelisation  
and Catechesis  
Archdiocese of Southwark