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Office Hours: Monday through Thursday, 9:00am to 4:00pm

## Welcome to Holy Trinity Cape Cod Faith Formation!

Our family-centered approach to faith formation is for all ages, committed to forming disciples, and to growing in faith together in community. We rely on the Holy Spirit as our guide and inspiration to connect Faith, Scripture, and the Sacraments to bring meaning and purpose to our lives, to grow in holiness as individuals, and as members of a vibrant Catholic community of faith. We gather to receive Jesus in the Eucharist at Mass, meet in small and large groups for faith sessions that are engaging and that provide activities that support learning together, praying together, sharing faith questions, and serving together.

### Faith Formation Goals

- Provide opportunities for every individual to grow in their journey of faith through personal encounters with Jesus, and to foster an ongoing process of growing deeper in relationship with Him;
- Grow the faith of our parish families through active participation in liturgy, faith formation gatherings, and works of mercy service in our community;
- Provide support to families and strengthen the role of parents as the primary teachers of the faith at home;
- Recognize the value of bringing all ages together to learn from one another as Jesus taught us!

### Family Communication

As a small parish community, we aim to develop personal relationships with all of our families! All of our faith formation communication is done through Flocknote email. Please sign up on our parish website: [www.holytrinitycapecod.org](http://www.holytrinitycapecod.org) under the Bulletins tab or from this link: <https://holytrinitycapecod.flocknote.com> using your primary email address to receive important parish communications, information about our faith formation schedule, events, and weekly family news.

### Registration is in Person and Online

We encourage in-person “parent visits” for our new and returning families as a part of our welcome and faith formation family registration process. You can call or email Joan Mattila, our Director of Youth and Faith Formation Ministry, to schedule a meeting time. To register your family online, please visit the Holy Trinity Parish website [www.holytrinitycapecod.org](http://www.holytrinitycapecod.org) and click the Faith Formation tab. Payment can be made by cash, check, or credit card. Please make checks payable to “Holy Trinity Church” and list “faith formation” in the note. To pay by credit card, follow these steps:

1. Go to the **Donate** tab on the home page
2. Under the **Amount** tab, enter your registration payment amount
3. Under the **Direct your gift** tab, choose “**Religious Education**”
4. Under the **Schedule** tab, choose “**One-Time**” payment. Enter your billing information and credit card and select “Make Payment”

### **Faith Formation Offerings**

Our family-based approach includes these components:

- Mass attendance and active participation in parish life
- Sacrament preparation: parent-and-child meet monthly
- Faith Formation for Grades 3-5 and Grades 6-7: parent-and-child meet monthly
- Growing in Faith Together (GIFT): Family participation in our monthly sessions
- Faith-at-home support

### **Mass Attendance and Active Participation in Parish Life**

Attending Mass each week is the most important component of preparation for the sacraments. New this year is our “Children’s Liturgy Of the Word” (CLOW) for our young children during the 9:00AM family Mass, and our teen-oriented Mass (open to all) on Sunday evenings at 5:00PM. All of our faith formation offerings are scheduled around Mass times to make it convenient for families to attend. We ask for family participation in our liturgies as greeters, gift bearers, readers, and altar servers.



### **Sacrament Preparation**

Both the Sacraments of First Reconciliation/Holy Communion, and the Sacrament of Confirmation are two-year preparation programs. The guidelines from the Diocese of Fall River state that the earliest start for First Communion preparation is for children entering their First Grade school year, and the Sacrament is celebrated during May of Second Grade. Confirmation preparation is typically begun in the Eighth Grade and celebrated in the **S**pring of Ninth Grade. However, families of children and teens are encouraged and most welcome to enter the two-year sacrament preparation process at a time

when they are ready to make the commitment. Our monthly gatherings include parent(s) with their child(ren) and teen(s):

- **First Reconciliation/Communion (Yr. 1 and Yr. 2)** - LAST Sunday of each month beginning with the 9:00am Mass, followed by sacrament preparation in small group gatherings in the Parish Center.
- **Confirmation (Yr. 1 and Yr. 2)** - LAST Sunday of each month at 3:45pm in the Parish Hall before the 5:00pm Mass.



**Growing in Faith Together (GIFT).** GIFT is the foundation of our family faith formation program and all children, teens, young adults, parents, and all parishioners and visitors are welcome! This year we will gather together on the FIRST Sunday of the month after the 9:00am Mass for a delicious breakfast, for fellowship, and a dynamic and engaging faith lesson as we explore the Pope's theme for the 2025 Catholic Jubilee Year, "Pilgrims of Hope," as our GIFT theme. Our eight monthly sessions feature speakers who are engaging, and include activities that support families and people of all ages learning together, praying together, and sharing faith questions. Families receive materials that relate to our monthly theme and liturgical seasons to support parents as they continue the faith conversations and prayer practices at home with their children.

### **Small Group Faith Formation for Families with Children in Grades 3-5 and Grades 6-7**

Our new offerings this year are small group, multi-age faith formation gatherings! This is in response to parents who asked the Parish to provide opportunities for faith formation during the non-sacrament preparation years. Our monthly gatherings include parent(s) with their child(ren) and teen(s). Here is the schedule:

- **Grades 3-5** - LAST Sunday of each month beginning with the 9:00am Mass and then meeting in small group gatherings in the Parish Center.
- **Grades 6-7** - LAST Sunday of each month meeting in the Parish Center at 3:45pm and then attending the 5:00pm Mass. (Note: All teens are welcome to attend Youth Group which meets after Mass every Sunday.)

### **Faith-At-Home Support**

Parents are the primary teachers of the faith of their children, and the role of the parish is to provide support by offering engaging faith formation experiences as a church community, to provide resources for family prayer, conversation starters, and activities that can be done at home and on the family schedule. All of our sacrament preparation curriculum have online access so that children, teens, and parents can engage with the learning process beyond our large and small group gatherings.