

Family Catechesis – First Communion
Session 3 - Make-Up Work

- Watch the presentation with the session you missed.
- Complete the following questions
- Once completed, please submit your work to lettygomez@st-bernards.org for credit.

Domestic Church – The First Altar:

a. What does the term Domestic Church refer to?

b. What are the 4 characteristics of the domestic church?

1 .

2.

3.

4.

c. How does your family participate in each characteristic of the domestic church?

1 .

2.

3.

4.

d. Are you lacking in any of these characteristics as a family? Which one? How can you change/improve this?

e. List the Kerygma:

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f. What is one thing your family could start doing this month to strengthen your home as a domestic church and live the Kerygma as a family?

MAKE SURE YOU LISTEN the “Little Liturgies” Audio to complete this second part of the packet.

RHYTHMS THAT SHAPE YOUR HOME

“We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing.” – St. Clare of Assisi

Every home has a liturgy. Maybe you haven’t written it down or named it out loud, but it’s there-shaping your days and forming your hearts. The little habits that happen over and over again – how you start the day, how you eat meals, how you transition into bedtime – these patterns do something. They teach your family what matters.

What rhythms are shaping your family?

“A small habit we return to often is...”

Write down a few things your family does almost without thinking – like how you start the day, what you do at meals, or how you end the night.

“This habit makes our home feel holy...”

is there a moment in your family’s daily rhythm that reminds you of God’s presence or feels particularly sacred?

“This habit feels more like survival...”

Are there patterns you’ve fallen into that leave you feeling rushed, disconnected, or reactive?

“A little habit I’d love to build is...”

No need for big changes – just name one small practice that could help your family turn your hearts toward God.

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Noticing Our Family Liturgies

WHAT DO WE DO EVERY DAY THAT SHAPES WHO WE ARE?

Sit down together as a family and think about the small things you do every day or every week. What does a typical day look like? What are some repeated moments that feel special? What do you wish you had more of? What do you always seem to forget? On the chart below, list (or draw) some of your family's "little liturgies." They can be silly, serious, holy, or mundane.

TIME OF DAY	WHAT WE USUALLY DO	WHAT THIS MIGHT BE TEACHING US
MORNING		
AFTERSCHOOL		
DINNER TIME		
BEDTIME		
WEEKENDS		

Circle one rhythm your family loves and try to name why it feels meaningful. Then, circle one area you'd like to make more prayerful or connected – and brainstorm how.

We love being part of your family's faith journey. Please let us know how we can make these family sessions better for you and your families. All feedback is always welcome.
