



# Family Catechesis™ at Home

- The family commits to gather weekly for one to one and a half hours either on one day of the week or spread out on several days depending on their schedule. This will be their “Family Catechesis Time”.
- During this time, the parents teach their children using *The Apostolate’s Family Catechism*, the commentaries by Cardinal Arinze and the weekly Discussion Guide.
- The family does the recommended family activities either during their “Family Catechesis Time” or on a more appropriate day of the week.
- Groups of families can do their “Family Catechesis Time” together. This will be a good opportunity to build community. They can do the family activities together or separately.



## Time

1. Choose a suitable time where your entire family can be together for a regular “Family Catechesis Time”.
2. Purposefully plan and schedule this time as an appointment on the family calendar. Encourage all family members to keep it.
3. Remind family members of your “Family Catechesis Time” by posting it on the fridge or family room, texting or emailing them.
4. Consider this time as a special opportunity for the family to spend quality time together.



## Location

1. Any comfortable place in the home near a TV set would be suitable.
2. Make sure the place you choose is free from distractions. Put your answering machine on.



## Materials

1. The Apostolate’s Family Catechism (1 per family)
2. The Apostolate’s Family Catechism Commentaries with Francis Cardinal Arinze
  - Available on DVD and CD or free download on [www.familyland.org](http://www.familyland.org)
3. Discussion Guide for the week

4. Bible
5. Other materials required for weekly family activities



## Roles

Keep the “Family Catechesis Time” a family event by assigning different roles to each family member.

1. Dad – Leader; Opening Prayer and Discussions
2. Mom – Liturgical Calendar; Closing Prayer
3. Oldest Child – Video
4. Other Children – Help Dad and Mom gather materials for the family activity
5. Everyone – Clean-up

**Reminder!**

- The parents do not need to be experts in their faith. The thrust of the program is for a family to enjoy learning and living the faith TOGETHER. The program aims for a shared learning experience so family members can support each other as they live the faith. *The Apostolate’s Family Catechism* presents the entirety of the faith in an easy-to-understand question and answer format. The video presentations with Francis Cardinal Arinze provide clear explanations. If the parents would like to learn more about a topic, *The Apostolate’s Family Catechism* contains excerpts from and cross-references to the *Catechism of the Catholic Church* and other church documents.
- A few days before the schedule “Family Catechesis Time”, the parents should read through the *Discussion Guide* to familiarize themselves with the topics to be covered and the family activities.
- Before the “Family Catechesis Time”, research the liturgical calendar information.
- Plan out the family activity before hand and gather or prepare the necessary materials.
- Parents are encouraged to take advantage of the various teachable moments in their family life to reinforce the lesson learned.
- Parents and older children are encouraged to read on their own some or all of the quotes from the *Catechism of the Catholic Church*, Vatican II, papal documents and the other related cross-references indicated in *The Apostolate’s Family Catechism* pertaining to the questions covered during the week. They can also watch or listen to the corresponding commentaries of Cardinal Arinze on those cross- references. These are available online for free at [www.familyland.org](http://www.familyland.org).