



St. Columba- St. Patrick

- Caledonia, NY -

St. Mary of the Assumption

- Scottsville, NY -

St. Vincent de Paul

- Churchville, NY -

Upcoming Events

February

2/17 7-8:30 (V)

*Faith Formation
Advisory Team*

2/22 11-12:30 (V)

HS Teen Time

2/26 7-8:30 (V)

MS/HS Service:

Babysitting

March

3/1 9-11 (M)

HS Teen Time

3/8 10-11:30 (C)

HS Teen Time

3/15 9-11 (M)

Whole Community

Faith Formation

3/21 11-6 Holy Trinity

MS Retreat, Webster

SAVE THE DATE

5/1 7pm St Lawrence

Story and Song Tour

5/2 9:30 St Lawrence

Run for the Young

5/16 9:30am (M)

Baptismal Prep

6/14 9 (C), 10 (V), 11 (M)

HS Senior Blessing

7/20-24

Cal-Mum Churches VBS

7/27-31 (V)

VBS

8/2-8/6 (M)

Summer Program

9/25-27—Philadelphia

*World Meeting of
Families*

11/19-21—Indy

National Catholic

Youth Conference

Lifelong Faith Formation for Spiritual Growth

Spiritually Strong... and Growing

You may recall the vitamin commercial. Lent is a great time to renew your vitamin regimen, your spiritual vitamin regimen, that is.

Our spiritual health is unique and each person needs a different prescription. One person may need to rebuild basic practices, like grace before meals or coming to Mass on a weekly basis. Another may have those habits, and want to add Bible Reading or daily Mass.

Some may be deeply involved in service to others. Some may need to challenge themselves in this area.

Prayerfully consider your spiritual health and choose from the following spiritual vitamins to help you stay strong.

A variety of programs to fit your lives

Our Cluster vision statement calls for lifelong faith formation. To this end we have several models to implement this among all ages from small children to adults. All are unified in the one heart of Faith Formation – becoming faith filled disciples of Jesus Christ in the Catholic Church community.

Weekly—Grades PreK-8 meet weekly on Wednesday evenings at St Columba for sessions with dedicated volunteer catechists. About once a month we invite families to join us for seasonal celebrations. See Colleen Trevisani.*

*(contact info on back)

Prayer

- Weekly Mass
- Daily Mass
- Personal Prayer
- Rosary
- Bible Readings
- Meet with a spiritual director or prayer guide

Fasting

- Give up a treat or luxury
- Fast from gossip or negativity
- Give up a negative habit

Almsgiving

- Fill your CRS Rice Bowl
- Give your time to a cause
- Reach out to a friend or family member in need

Just like with healthy habits that we can commit to at New Years, Lent can be a great time to renew our spiritual habits.

Lent 2015

E-Resources:

Laudate— A free comprehensive Catholic app. Has Bible readings, Rosary and other prayers, Catechism, church documents, podcasts of daily readings and meditations, confession preparation guide.

ColumbaMaryVincent.org— Check out our website with reflections by Pope Francis, news from our cluster, coming events calendar and more.



parents assist with the materials and the whole group gathers about monthly at St Vincent. See Kathy Kuntz.*

Teen Time—Our high school teens gather each Sunday at one of the churches on a rotating basis. They are joined by the Grade 8 students who are preparing for confirmation. See Colleen Trevisani or Sherry Clifford.*

Adult—Under our adult offerings, we have book studies, Bible studies, parish pilgrimages and field trips, liturgical minister enrichment, Lenten retreats. See Deacon David Paluskiewicz or Jeanne Dudek.*

Year Round/Summer Intensive

At St Mary's the children in Grades K-8 have an intensive experience over the summer with our experienced catechists and teen aides and then meet monthly throughout the school year with our whole community—adults and children. See Colleen Trevisani.*

Weekly—St Vincent has programs for Pre K during Sunday Mass, for Grades 1-6 on Tuesday late afternoon, and for Grades 7-8 as Super Sunday sessions all taught by committed catechists. See Kathy Kuntz.*

Home Study—We also offer a home study option in which the

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Christ Made Visible in Town and Village



Updates to Sacramental Guidelines—Our parishes are implementing the new Diocesan guidelines. This has primarily affected how we prepare children for the sacraments of Reconciliation, Eucharist, and Confirmation.

- Children should prepare for Reconciliation before receiving First Eucharist.
- Children should attend at least 1 year of religious education through Catholic School or Parish Faith Formation before beginning preparation for First Eucharist. They must be 7 or older by the time they receive Holy Communion.
- Youth should attend at least 2 years of religious education through Catholic School or Parish Faith Formation before beginning preparation for Confirmation. These two years begin no earlier than Grade 8.
- There are guidelines from the Diocese for the material to be covered at each level from PreK through 12 through Catholic Schools, Parish Faith Formation and Youth Ministry.

Youth Ministry—More than just youth group

Comprehensive Catholic Youth Ministry is more than just youth group.

It is all we do to help youth in grades 6 through 12 grow as disciples of Jesus and members in the Catholic Church through service, prayer and worship and reflective, experiential learning about Bible and our Catholic tradition.

Regular components include teen time gatherings several times a month, and getting involved in

service projects and the liturgical, social and mission life of the parish.

Teens also have the opportunity to take part in diocese and national level events to celebrate our Catholic faith.

This year we have been gathering for Teen Time most Sundays, collaborating with the Scottsville Ecumenical Youth Group and the Cal-Mum Presbyterian Youth Group. Some activities are targeted to High School youth. Some are open to Middle School as well.

Save the Date for:

Diocese Retreat for Grades 6-8—3/21—Webster, Holy Trinity

Story and Song Concert—May 1—7-10pm—attend the concert, sing in the opening act

Run for the Young—May 2—help us win both shoes again

Mission Trip—Summer Date TBA

NCYC—November 19-21—commitment forms due 2/22

See more upcoming activities at columbamaryvincent.org/youthministry

Faith Formation Team Staff

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NCYC
Here I Am Lord. Aquí Estoy Señor