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The Family Catechesis Corner



Department of Faith Formation
Diocese of Ogdensburg

Springs of Faith Prepares Participants for Baptism, Journey of Faith

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What does it mean to live Catholic? Springs of Faith is a new baptismal preparation and family faith formation program that leads the journey for those choosing the life of the Catholic community. Publisher Loyola Press created Springs of Faith for parishes to offer young adults and families considering the Catholic Faith or having their child begin their new life with God.

The program comes in three phases: Discover, Encounter and Share.

Discover is for young adults exploring the Catholic Faith. It provides a no-pressure atmosphere for young adults to connect and share their spiritual beliefs with one another.

Encounter fully prepares parents for the sacrament of baptism for their infant children. Parents and Godparents learn the scripture and the meaning behind each step in the tradition. They are also encouraged to dive deeper into their faith journey using an activity journal.

The Share phase gives parents the tools to keep the family faith going in their home post-baptism. It provides continued engagement in the parish through family gatherings and “Baby & Me” sessions which offer a variety of songs, movement, activities, and prayer.

“Baptism is a moment in time,” states Faith Formation Director, Sister Ellen Rose Coughlin, SSJ. “The fruit of that moment, however, grows and develops throughout one’s life. When parents practice their faith, their child grows in his or her relationship with Jesus and what it means to follow Him. The family is the primary environment in which faith grows.”

Simple gestures like displaying a crucifix, saying grace before meals, and making the sign of the cross help create an environment where faith is present in between sacraments.

Interested parishes can learn more about the Springs of Faith program at www.loyolapress.com.

Families will also find free and printable activities, family prayers and educational articles to nurture the faith at home.

All who participate will find that the path to discipleship is most fulfilling when experience with community.