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The Family Catechesis Corner



Department of Faith Formation
Diocese of Ogdensburg

FORMED Helps Families Feel Empowered to Educate

By: Jessica Hargrave, *Secretary, Department of Faith Formation*

For parents to be the primary catechists for their children, they must feel empowered. The online resource, FORMED, aims to do just that by offering free videos to make teaching the Catholic Faith simple for adults and engaging children.

The COVID-19 pandemic has halted group gatherings and altered Confirmation and First Communion plans which has made some catechetical leaders turn to parents to help in the preparation. Deb Mullin, Catechetical Leader for St. Peter's Church in Lowville, believes FORMED is very effective for sacramental prep. Each week, the parish's Confirmation class was emailed a segment from the program "YDisciple-Confirmation" on FORMED and questions to answer based on the segment.

St. Peter's First Communion students were also able to benefit from FORMED. Mullin suggests videos from Brother Francis who helps children understand how to live a joy-filled Catholic life. In "The Bread of Life: Celebrating the Eucharist!" by Brother Francis, he explains all about the sacrament of the Eucharist. To encourage family catechesis, Mullin points parents to a video series titled, "The Wild Goose with Father Dave Pivoka" who guides parents to discover their relationship with the Holy Spirit.

"With the feedback we got back from both parents and students, I think they enjoyed the assignments on Formed and the flexibility of watching when it was most convenient for them," said Mullin.

To watch free videos, browse programs and so much more, head over to: watch.formed.org.

The phone line to the Department of Faith Formation is always open to parents or catechetical leaders with questions on how to incorporate catechesis in their home at (315)393-2920.