

witness
W I T N E S S

Leader Guide



Faith and Family Life
Catholic Ministries

AN INVITATION

You have been invited to accompany your families as they are introduced to holy examples of faith! In today's world, it can be difficult to find role models who point us towards goodness and holiness. Saints are regular people from all walks of life who were committed to following Jesus' example. Their witness is a living reminder and a daily invitation for families to walk in their footsteps as they, too, are called to be saints.

Becoming a saint begins by inviting grace into our daily experiences, allowing God to lead us and make our ordinary lives extraordinary. One way to do this is by making ordinary moments intentional opportunities for faith conversations. Since we all have to eat everyday, cooking and sharing a meal becomes a great place to start. Each family meeting includes a recipe that will help to gather the families and set them up to share an intentional conversation.

The testimonies of life and death for the Lord offered by the saints and martyrs have been authentic sequentiae sancti Evangelii, Gospel passages capable of proclaiming Christ and eliciting and nourishing faith in him. (Directory for Catechesis 99)

FAMILY MEETINGS

Over 8 Family Meetings, families will cook a recipe related to the life of a saint and learn about a gift of the Holy Spirit lived out in their lives. Each family meeting includes: a gathering ritual, opening prayer, check-in question, recipe to cook together, teaching, and closing prayer. Each meeting is designed to take 20-45 minutes.

GATHER

Families will begin by praying a litany of saints they create together in the first meeting. When families continually share in rituals of their faith, they can become more grounded in Christ and united as a family. This gathering ritual will help provide a regular rhythm to begin Family Meetings.

CHECK-IN

The check-in is meant to get the conversation started between family members. The question is loosely based on the session's theme, and is one that is easy to answer.

ACTIVITY AND TEACHING

In each meeting, families will discuss how a specific saint lived out a gift of the Holy Spirit in their life and how they can be an example for us. We hope families will continue to celebrate the saints on their feast day by cooking the recipe together and having intentional conversations of faith about their holy lives.

PRAYER

To end each family meeting, a prayer is included for families to pray together.

A FEW TIPS

- By reading and experiencing the content yourself, you will be best equipped to accompany this program. We recommend first becoming familiar with the material before implementing it.
- Witness is part of our ongoing formation resources. It was designed for post sacramental preparation.
- Witness is designed to be led at-home, but can be accompanied by at-church experiences. For example, have catechists invite their family pods to the church kitchen to make 1-2 of the recipes together.
- Facilitate or send families the Family Meeting Video Guides to help them better understand how to lead a family meeting in their home. Best tips for this can be found in the Pathways Leader Guide.
- Since Witness covers the 7 Gifts of the Holy Spirit it can certainly be used as a supplemental at-home resource in places implementing the restored order for Confirmation.

SCOPE AND SEQUENCE

| Family Meeting | Theme | Activity |
|----------------|--|---|
| 1 | -Called to be a Saint -Feast Days | -Make a Birthday Cake -Light the birthday candles to remember the light of Christ that lives in you. |
| 2 | -St. Teresa of Calcutta -Wisdom | -Recipe: Traditional Indian Curry |
| 3 | -Sts. Peter and Paul -Understanding | -Recipe: "Tent" Snack |
| 4 | -St. Katharine Drexel -Knowledge | -Recipe: Cornbread |
| 5 | -St. Joseph -Counsel | -Make and decorate sugar cookies -Create a "feast" with an assortment of goodies and decorate your St. Joseph Table. -Share your extra goodies with a neighbor, friend, or someone in need. |
| 6 | -St. Michael the Archangel -Fortitude | -Recipe: St. Michael's Bannock |
| 7 | -St. Maximilian Kolbe -Piety | -Recipe: Polish Kielbasa Meal |
| 8 | -St. Lucy -Fear of the Lord | -Recipe: "S" shaped Sweet Buns |