



ROOT

Leader Guide



Faith and Family Life
Catholic Ministries

AN INVITATION

You have been invited to accompany families as they grow deep roots of faith grounded in the essential beliefs of the Church. Whether a family is new to the faith or has been practicing for some time, we all can grow deeper roots and glean new insights from the richness of our Tradition.

Root is a foundational catechetical experience focusing on the Creed for children, teens, and parents, with age appropriate content for each. Over the course of 6 self-led mini-series and/or 6 family meetings, families will grow into a deeper understanding of our faith as they are led through the contents of the first part of the Catechism of the Catholic Church.

Initiatory catechesis is at the service of the profession of faith. Those who have already met Jesus Christ feel the growing desire to get to know him more intimately, expressing a first inclination toward the Gospel. In the Christian community catechesis, together with the liturgical ceremonies, works of charity, and experience of fraternity, “initiates them in knowledge of faith and apprenticeship in the Christian life, thereby promoting a spiritual journey which brings about ‘a progressive change in outlook and morals’ (AG 13)”. (Directory for Catechesis 34)

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.
- Families can be grouped into pods (6-8 families) to share this journey with. Parents can learn from each other as they recount their family meeting experiences. Family coaches can weave together these individual families into a small church community.
- Monthly family pod meetings via Zoom or in-person can be helpful to share glory stories from past family meetings and to introduce and prepare parents for the upcoming family meeting.
- Root can be combined with at-church experiences such as liturgical events (Advent, Lent, etc.) for community building and fellowship.
- 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.

- Check in with families regularly using our Family Follow Through system available on Martha or as a PDF. This helps with accountability.
- Share photos from the Family Follow Throughs in your bulletin, newsletter, emails, or bulletin boards.
- The more you can engage teens in their small groups or one-on-one the more likely they will reflect and integrate the material.

ROOT FOR PARENTS

Root for parents is an at-home experience designed to meld into the fast paced lives of modern parents. Through 6 self-led mini-series, of 5 (15 minute) modules each, parents will get to know the Trinity and the essential teachings of our faith contained in the Creed. They will be given a vocabulary of faith and empowered with the knowledge to share their faith with their families. The print edition is available as a spiral bound book, while the digital version is available in written and audio formats.

MODULES

Each module includes a reflection on a short section of the Catechism of the Catholic Church, reflection questions, practical suggestions, and concludes with a prayer.

ROOT FOR CHILDREN

Root for children is an at-home experience designed for children in their first year of sacramental preparation in grades 1-5. Through 6 family meetings led by their parents, children will get to know the Trinity and the essential teachings of our faith contained in the Creed. This experience is designed to be accompanied by Root for Parents. Ideally, parents would complete a mini-series, then meet with their pod and catechist to process, and then lead their family through a Family Meeting. This rhythm would repeat 6 times.

FAMILY MEETINGS

The catechesis is presented in the form of Family Meetings. Each Family Meeting includes: a gathering ritual, opening prayer, check-in, experiential activity, teaching, and closing prayer. Each family meeting is designed to take 20-30 minutes.

The content has been written to help families encounter the truths of our faith as they are presented in the Apostles' Creed. The Apostles' Creed is a synthesis of the central teachings of our faith. We have chosen one aspect from the parent series to focus on for each meeting. These six Family Meetings are meant to be conversation starters and seeds that we pray grow day to day as a family journeys in faith.

GATHER

The gathering ritual will include leading the family in prayer by speaking aloud a statement of who they are in relationship with God. Rituals are meaningful moments that, when continually shared, help to unite a family. This gathering ritual will help provide a regular rhythm to begin the Family Meetings. As families gather, God fills the space around them and within them.

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

The activity provided is meant to teach the children through a fun and interactive experience. A teaching is also provided that coincides with the activity. Parents are given the language to teach an essential part of the catechesis related to the theme.

Children remember what they “do” and parents remember what they “teach.”

PRAYER

To end each family meeting, a prayer is included to be read by a member of the family.

SCOPE AND SEQUENCE

Family Meeting	Theme	Activity
1	God knows us by name and wants to be known by us. We get to know him through the words and actions of revelation.	God rock with names or initials.
2	God is light. God is Father, Son, and Holy Spirit.	Counting all the light sources and shining of flashlight.
3	Jesus grew up in a family just like us. He wants to be close to us everyday.	Smell test with printed scents.
4	Jesus saves us through the power of the cross. Love equals sacrifice.	Tying and untying knots.
5	God gives us his Spirit to continue to be by our side. His power is given through the Sacraments.	Olive oil on skin.
6	We are made to spend eternity with God. God helps us with the race.	Follow the Leader.

ROOT FOR TEENS

Root for teens is an at-home experience designed for high school teens in their first year of Confirmation preparation. Through 6 self-led mini-series of 5 (15 minute) modules each and 6 self-led Teen and Sponsor Meetings, teens will get to know the Trinity and the essential teachings of our faith contained in the Creed. In addition to the self-led material, there is also an at-church Family Session that covers the connection between Baptism and Confirmation.

MODULES

Each module includes short reflections based on a section of the Catechism of the Catholic Church, is followed up by a reflection question that requires a response, and concludes with a prayer. Optionally, after each mini-series teens could meet with their small group and catechist to process and faith share before their meeting with their sponsor.

TEEN AND SPONSOR MEETINGS

Ideally, both the teen and sponsor would be reflecting on the reflections from a mini-series before each Teen and Sponsor Meeting. The meetings focus on faith sharing based on this content and are followed up by a follow through reflection by the teen after the meeting. The sponsor course can be shared through Martha to the sponsors without needing an additional login. Please remember that tracking and assignment responses are not available without an individual login.



ROOT

For Children

FAMILY FOLLOW THROUGHS

Time with family is precious. Following through with this family experience tells your child this is important. With your child, please complete the following tasks after each meeting to turn in.

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Family Meeting 1: Email a picture of your rock with all your names or initials on it.

Family Meeting 2: How many light sources was your family able to count? Email that number to your catechist or director.

Family Meeting 3: What were some of your favorite smells? Email them to your catechist or director.

Family Meeting 4: Email a picture of your string with its untangled knots.

Family Meeting 5: Email the places you saw God today to your catechist or director.

Family Meeting 6: Email what the leader did to tire your family out to your catechist or director.