

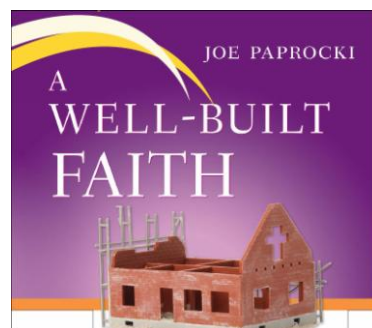
Catechetics – Fall Formation 2015

By Koreen Hrizai

Sometimes we all need a little **H.E.L.P.** from our friends in faith. In September over ninety Manitoba catechists, and others, gathered for the annual Fall Formation offered by the Archdiocese of Saint Boniface English Catechetics Service. These sessions



were based on Joe Paprocki's book and leader's guide, *A Well Built Faith: A Catholic's Guide to Knowing and Sharing What We Believe.*



The **H.E.L.P.** acronym situated participants in the four pillars of the Catechism of the Catholic Church for this workshop. When it comes to talking about our faith, these four pillars provide us with all of the **H.E.L.P.** that we need: **H** = We **Hold** on to our faith,



which is revealed to us through Scripture and Tradition and is summarized in the Creed. **E** = We **Express** our faith in the liturgy and sacraments of the Church. **L** = We **Live** our faith according to Catholic morality. **P** = We **Pray** our faith by maintaining a healthy prayer life. The call to know and share our faith really has no age limits and this showed

to be true with participants ages ranging from seventeen to eighty-three!

The day integrated prayer and sharing as well as group activities and even a game of pin the tail on the donkey! In order to introduce *Chapter Seven: Using a Laser Level for Alignment: Worship and Liturgy* the leader guide suggests a game of pin the tail on the donkey (a game that has players align themselves to the donkey). The focus of the theme is that we align ourselves with God through worship and liturgy.



The learning outcomes through the rest of that section is to have participants able to explain who celebrates the sacraments and how, when, and where we celebrate them. Participants responded with a variety of comments and feedback. Some comments received were as follows: “Activities let participants mingle and interact with each other. The environment is so positive, relaxing and engaging.” “I enjoyed the group activities the most. It is such a pleasure working with my brothers and sisters in Christ, and gives me a sense of unity. The pillars and H.E.L.P provided me with a frame of reference for sharing my faith and what I have knowledge about...I am more confident in sharing my faith.” “I think the part that is most useful is sharing what we all believe is an act of mercy. It makes us realize that mercy is a part of everyday life – it is something we experience every day. I am more inspired to inspire more people to know God and build a relationship with Him.”

As the facilitator of these sessions, it was a great joy and delightful testimony to see so many people eager to know and share their faith! The ministry of Catechetics and mission of Christ in Manitoba are in good hands & hearts!

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