

# Our Lady of Fatima Faith Formation Program

## Goals for families:

- Attend weekly Mass together as a family.
- Pray with the children when they go to bed at night.
- Couples pray together
- Have dinner all together at the table, say grace, thank God for the blessings received today.
- Read the children a bible story at bedtime.
- Attend Adoration of the Blessed Sacrament (Friday (2pm -9pm) Silent/Last Saturday of the month with praise and worship music)
- Invite someone to Mass or Adoration
- Listen to Christian music / news
  - (K-Love 95.5 FM station)
  - (Relevant Radio 550 AM)
- Talk about the readings from Mass and/or the Homily and what stuck out to you or what was the meaning?
- Attend confession as a family.
- Watch a spiritual movie together.
  - (Formed.org)(See back for login instructions)
- Pick a charity and donate used clothing/toys. Volunteer together at a Soup kitchen/food pantry, etc.
- Parents listen to a spiritual podcast.
  - (Formed.org)
  - (<https://www.wordonfireshow.com/category/podcasts>)
  - (catholic.com)
- Parents read a spiritual book.
  - (Formed.org)
  - (<https://www.dynamiccatholic.com/home>)
- Receive daily inspirational emails/Gospel reflections
  - (<https://www.dynamiccatholic.com/home>)

## **5 steps to setting goals:**

1. Make it a family project.
2. Have a family goal meeting to pick one goal and create a plan.
3. Keep a family goal calendar.
4. Evaluate your progress regularly.
5. Pick your next goal, repeat 1-4 above.

## **Instructions on how to log in to Formed.org**

Go to <https://formed.org/>

Click on sign up

Click on I belong to a parish

Search for Our Lady of Fatima, Cumberland and click on our church

Create your account – verify your account through the email sent by Formed

Start watching, listening and enjoying.