



The Overview

Families Encounter Jesus:

A Kerygmatic Family Catechesis and a
Five-Step Evangelizing Model for Parish Catechists and Families

Our Purpose

To help families encounter **Jesus Christ personally**, deepen their faith, and strengthen the **domestic church** through a joyful, relational, and Gospel-centred approach to catechesis.

Our Vision

Catechesis is more than teaching information.

It leads people into a living relationship with Jesus Christ.

We Believe:

- Parents are the **primary catechists** of their children.
- The parish accompanies and supports families in their mission.
- Faith grows through encounter, relationship, and witness.
- Renewal begins in the home, around the family table.
- Catechists teach from their **own encounter with Christ**, becoming joyful witnesses.
- The **Holy Spirit is the true catechist**, guiding all growth in faith.

Rooted In:

- *Catechism of the Catholic Church*
- *YOUCAT*
- *YOUCAT for Kids*
- Dr. James C. Pauley's *An Evangelizing Catechesis: Teaching from Your Encounter with Christ*

The Five-Step Model

1. Preparation: Attending to the Soil

Create a welcoming and prayerful environment where hearts are ready to receive God's Word.

Key Practices:

- Sacred space
- Hospitality
- Silence and reflection
- Storytelling and prayer

Goal: Awaken curiosity and openness to encounter Christ.

2. Proclamation: Planting the Seed

Joyfully announce the Good News:

Jesus Christ loves us, saves us, and walks with us.

Key Practices:

- Scripture
- Personal witness
- Simple, hope-filled messages
- Sacred silence

Goal: Allow the Gospel message to reach the heart.

3. Explanation: Helping the Plant Grow

Deepen understanding of what has been proclaimed.

Key Practices:

- Connect Scripture, Church teaching, and daily life
- Focus on essentials
- Encourage dialogue and questions

Goal: Form minds and hearts in the truth of the faith.

4. Application: Growing Roots

Help families live what they have learned.

Key Practices:

- Family conversations
- Simple faith practices at home
- Acts of service and prayer
- Practical Gospel living

Goal: Integrate faith into everyday life.

5. Celebration: Blossoms and the Promise of Fruitfulness

Recognise and rejoice in God's work.

Key Practices:

- Prayer and blessing
- Story sharing
- Music and symbolic actions
- Community celebration

Goal: Strengthen belonging and gratitude while encouraging ongoing discipleship.

The Heart of Evangelizing Catechesis

- Prepare hearts.
- Proclaim Christ.
- Deepen understanding.
- Live the Gospel.
- Celebrate God's work.

Catechists are called to be **joyful witnesses** who cultivate faith gently and intentionally, trusting the Holy Spirit to bring growth and lasting fruit.

"The goal of catechesis is not merely to know about Jesus, but to know Jesus and follow Him."

The Three Year Cycle of FEJ

Based on the “four pillars” of the Catechism of the Catholic Church, each year of catechetical formation consists of 16 sessions with additional “Family Celebration Sessions” interspersed:

Pillar One: The Profession of Faith

Encountering Jesus in what We Believe
(The Creed)

Pillar Two: The Celebration of the Christian Life

Encountering Jesus in How We Celebrate Our Faith
(Liturgy & Sacraments)

Pillar Three: The Moral Life

Encountering Jesus in How We Live Our Faith
(The Ten Commandments)

Pillar Four : Christian Prayer

Woven throughout sessions of all three years of *FEJ* formation.