



# Catechesis: Sacramental Preparation

Below are some resources that have been vetted for doctrinal content and availability. We understand that every parish community is unique and has different needs. We are happy to assist you in customizing a sacramental preparation program ensuring that you are able to utilize resources that are the best fit for your parish community. If you require this type of support, please contact the Office of our office as indicated at the end of this document. Please note that resources from outside Canada may require adaptation.

## Baptism

- 1) **[Belonging: Baptism in the Family of God](#)** by Fr. Mike Schmitz: This series includes one three-hour or two 90-minute parish sessions, and ten short devotional follow-up online videos to keep parents and families engaged in the faith. Available in English and Spanish.  
  
[New! Online Baptism Preparation Certification Course](#)
- 2) **[Reborn: You, Your Child and the Heart of Baptism](#)**: This DVD study series provides catechesis on Baptism using Scripture and Tradition. Includes practical guide for godparents. Available in English and Spanish, by ordering, or by viewing on *Formed*.
- 3) **[Claimed for Christ \(Archdiocese of Toronto\)](#)**: This resource provides three sample sessions for baptism preparation as well as catechetical and liturgical information to assist the parish catechist.
- 4) **[How to Be a Godparent Preparing Your Child for Baptism](#)**: Catholic Parent Know-How Resources published by Our Sunday Visitor.

**Bérubé, John-Paul Bérubé:** This Canadian resource can assist you with preparing children for the Sacrament.

[New! Free Downloadable Guide for At-Home and Virtual Use](#)

- 2) **[God's Gift Primary: Reconciliation:](#)** This is part of an adaptable, interactive series that includes preparation for Eucharist for younger children. Available in English and Spanish.
- 3) **[God's Gift Intermediate: Reconciliation and Eucharist:](#)** This program is developed for teens or other young people (12 and up) preparing to celebrate the sacraments out of typical sequence.
- 4) **[Signs of Grace: You Are Forgiven:](#)** This study series for children includes the option of three additional sessions for parents that are viewable on *Formed*.

## Confession

- 1) **[We Prepare for Reconciliation Third Edition \(2019\)](#)** by Françoise Darcy-

- 5) **[Image of God Series: Who Loves Me Always and Who Loves Me Always Teacher's Manual](#)** are resources that will assist you in the catechesis of Grade 2 children receiving the Sacrament of Reconciliation.
- 6) **[Adaptive Reconciliation Kit for Individuals with Autism and Other Special Needs](#)** by David & Mercedes Rizzo: This resource is specifically designed to assist candidates with special needs to enter fully in the Catholic Faith experience and to prepare them for the Sacrament of Penance and Reconciliation and to experience God's healing with the additional material.
- 7) **[YOUCAT for Kids](#)**: This is a new resource and accompanying website that teaches the Catechism to children.

## First Holy Communion

- 1) **[We Share in the Eucharist Third Edition \(2019\)](#)** by Françoise Darcy-Bérubé , John-Paul Bérubé: This Canadian resource will assist you preparing children for the Sacrament.  
  
[Free Downloadable Guide for At-Home and Virtual Use](#)
- 2) **[God's Gift Primary: Eucharist](#)**: This is part of an adaptable, interactive series that includes preparation for Eucharist for younger children. Available in English and Spanish.
- 3) **[God's Gift Intermediate: Reconciliation and Eucharist](#)**: This program is developed for teens or other young people (12 and up) preparing to celebrate the sacraments out of typical sequence.
- 4) **[Image of God Series: Who Loves Me Always and Who Loves Me Always Teacher's Manual](#)** are resources that will

assist you in the catechesis of Grade 2 children receiving First Holy Communion.

- 5) **[Signs of Grace: You Are Loved](#)** This study series for children includes the option of additional sessions for parents that are viewable on *Formed*.
- 6) **[Adaptive First Eucharist Preparation Kit for Individuals with Autism and Other Special needs](#)** by David & Mercedes Rizzo: This resource is specifically designed to assist candidates with special needs to enter fully in the Catholic Faith experience and to prepare them for First Holy Communion and to experience God's healing with the additional material.
- 7) ***Catholic Parent Know How Series: First Communion (Revised)*** by Joseph D. White, PhD: This booklet assists parents on how to communicate and discuss the Church's teachings to their children. A listing of the series can be found here.

## Confirmation

- 1) **[Gifted by God](#)**:  
  
[Suggestions for Adaptations for At-Home and Virtual Use.](#)
  - a) *Gifted by God Candidate's Book* by Anne Jamieson and David Dayler: This short book prepares young Catholics to celebrate the sacrament of Confirmation.
  - b) *Gifted by God Leader's Guide* by Anne Jamieson and David Dayler: Through journaling, flexible lesson plans, how-to-use tips, this guide teaches young Catholics about the sacrament of Confirmation and how to live their faith. It provides everything a catechist needs to teach the program with confidence.

- c) [\*Gifted by God Confirmation Retreat Kit\*](#) by Anne Jamieson, John Dawson, and David Dayler: This kit is complete with retreats for young Catholics preparing for Confirmation. It is a companion to any sacramental preparation program in a parish or school.
- 2) [\*YouCat\*](#) is an easy-to-understand catechism written by young people, for young people, under the supervision of Cardinal Schönborn, the editor of *The Catechism of the Catholic Church*. It parallels *The Catechism*, and gives specific reference numbers for further reading. Foreword by Pope Benedict XVI. **[Now available in ASL!](#)**
  - a) [\*YouCat Confirmation Book\*](#)
  - b) [\*YouCat Confirmation Handbook\*](#)
- 3) [\*\*\*Adaptive Confirmation Preparation Kit for Individuals with Autism and Other Special Needs\*\*\*](#) by **David & Mercedes Rizzo**: This resource is specifically designed to assist candidates with special needs to enter fully in the Catholic Faith experience and to prepare them for Confirmation and to experience God's healing with the additional material.
- 4) [\*\*\*Chosen: Your Journey Toward Confirmation\*\*\*](#): This long-range Confirmation preparation program aims to teach young Catholics the Sacrament from both an intellectual and spiritual perspective. Adaptable for immediate preparation for Confirmation. Please contact our office for assistance.
 

**New! Completely digital option available.**
- 5) ***Anointed for Mission Facilitator's Guide and Student Journal. Revised 2015.*** This archdiocesan resource is available electronically upon request.

Please contact our office at [formation@archtoronto.org](mailto:formation@archtoronto.org) if you would like to obtain a copy.

- 6) [\*\*\*Dynamic Catholic: Decision Point\*\*\*](#): This video program was developed to engage, teach and inspire young Catholics about the Sacrament of Confirmation and how it is a response to God's grace and will for their lives. Adaptable for immediate preparation for Confirmation. Please contact our office for assistance.
- 7) ***Catholic Parent Know-How Series published by Our Sunday Visitor***:
  - a) [\*Preparing Your Child for Confirmation\*](#)
  - b) [\*How to be a Confirmation Sponsor\*](#)
- 8) [\*\*\*Image of God Series Grade 8A\*\*\*](#): This volume is about sacraments as personal encounters with Jesus, and can be adapted for immediate sacramental preparation. Please contact our office for assistance.

## RCIA - Adults

Please contact Michelle Brylowski at [mbrylowski@archtoronto.org](mailto:mbrylowski@archtoronto.org).

## RCIA – Adapted for Children

This section is under construction. For the time being, please contact Michelle Brylowski for questions about the rites. Please contact Connie Price for questions about catechetical resources.

## Matrimony

The following programs have been endorsed by the archdiocese:

- 1) ***Joy-Filled Marriage***: This program by Ascension Press is a virtues-based approach to marriage preparation, built on Theology of the Body. Available in English, Spanish, some French. This is the program used by the Archdiocese of Toronto and Catholic Family Services-Toronto since October 2019. Please contact [formation@archtoronto.org](mailto:formation@archtoronto.org) for information about training and use.
- 2) ***Witness to Love***: This is a program of parish evangelization and renewal through marriage preparation. Includes a civil marriage initiative of sacramental preparation for those already in civil unions. Available in English and Spanish.

### New! Covid-19 Recommendations

- 3) ***Beloved***: This DVD study series includes catechesis on the meaning of marriage and living marriage. Video portions are available by order or on *Formed*.
- 4) ***Living our Faith in Love***: This program was designed specifically for couples who cannot currently attend a formation program

together in the same city. Available in English and Spanish.

Other programs not listed above can be reviewed by the Office of Formation for Discipleship.

## General Reference

- 1) ***Criteria for Catechesis from the Canadian Conference of Catholic Bishops (CCCCB)***: Catechetical curriculum for ages 0-18.
- 2) ***Conformity Listing of Catechetical Texts and Series from the United States Conference of Catholic Bishops (USCCB)***: This listing is a helpful, up-to-date list of catechetical resources that are judged to be in conformity with the *Catechism of the Catholic Church*. Last updated April 2020.
- 3) ***A Resource for Preaching and Teaching about the Sacraments from the United States Conference of Catholic Bishops (USCCB)***: This USCCB document provides material for preaching and teaching about each of the sacraments.

## Contact Details

If you have questions about these resources, formation and training opportunities, or other things related to Sacramental Preparation, Connie Price at 416.934.3400, ext. 513 or [cprice@archtoronto.org](mailto:cprice@archtoronto.org).