



Individual Faith Formation Plan

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For Candidate

Address XXXXX

Spouse

Phone XXX.XXX.XXXX

Sponsor Name XXX.XXX.XXXX xxx@xxx.com

Email xxx@xxx.com

Shepherd Name XXX.XXX.XXXX xxx@xxx.com

Plan Details

Activity	Formation	Frequency	With	Notes/resources
▼ Worship				
Regular attendance at Mass	Worship	Weekly and days of obligation		
Adoration of the Blessed Sacrament	Worship	Once or twice	Sponsor	Find at least one opportunity each month to spend an hour (or more as you are led) in adoration.
Rosary	Worship	Once or twice	Sponsor	Participate in a rosary event in the parish or diocese
▼ Discipleship				
Sunday OCIA meetings	Discipleship	Monthly	OD and/or shepherd	Please remember to bring your bible to each session.
Kerygma retreat	Discipleship	Once (Date TBD)	OD and others	Saturday morning from 9:00 a.m.–noon, date TBD
Prayer retreat	Discipleship	Once (Date TBD)	OD and others	Saturday morning from 9:00 a.m.–noon, date TBD
Reconciliation retreat	Discipleship	Once (Date TBD)	Priest, OD,, and others	When you are ready for confirmation, you will attend a group retreat or complete at-home preparation for your first reconciliation.
Join a small group	Discipleship	As often as the group meets		With your sponsor's help, explore the small group opportunities offered within the parish. Visit those you are interested in and identify at least one you can join. Work to be faithful in participation.
Choose a patron saint	Discipleship	Once (prior to confirmation)		Research a saint whose life and example resonate with you and whose name you would take at your confirmation.
▼ Catechesis				
Special session for introductions and Q&A	Catechesis	Once	OD and others	Currently scheduled for XXX from 6:15 p.m. - 8:30 p.m.
Special session on theology of the body	Catechesis	Once	OD and others	Currently scheduled for XXX from 6:15 p.m. - 8:30 p.m.

Activity	Formation	Frequency	With	Notes/resources
Special session on the liturgy and parts of the Mass	Catechesis	Once	Priest, OD	Currently scheduled for XXX from 6:15 p.m. - 8:30 p.m.
Watch Symbolon series of videos and complete study guide	Catechesis	20 videos (Complete by end of August, roughly 1 video each week)	Self	Please share insights and questions with your sponsor.
Focused study in the Catechism for Adults	Catechesis	Chapters 1-4, 10-24, 35-36 (Complete by XXX, roughly 1 chapter each week)	Self	Please answer the questions at the end of each chapter, engage in the prayer and meditation provided, and share insights and questions with your sponsor.
▼ OCIA				
Participation in all OCIA rites as scheduled	OCIA	Sporadic	Sponsor	Rite of Welcome (date TBD), Penitential Rite (date TBD), Call to Continuing Conversion (date TBD), etc.
Discernment	OCIA	Once (Date TBD)	Sponsor	As you near completion of your formation plan, schedule a time with the parish priest to share your journey and to discuss whether or not you are ready to proceed with your confirmation and first Eucharist.
▼ Service				
Giving	Service	Regular giving as the Holy Spirit leads		Consider your financial support of the parish, its ministries, and additional collections for special concerns to begin a regular giving plan (or confirm or increase your current level of giving). Seek the Holy Spirit's guidance in prayer, and make giving a regular habit.
Select a service project	Service	Once every other month or so (Try for at least 3 over the next 6 months)	Sponsor	Work with your sponsor to identify service projects or service ministry event opportunities (such as Saint Vincent de Paul event, ECCO Grocery Bag distribution, volunteering at Catholic Charities, etc.).
▼ Fellowship				
Meal with a family in the church	Fellowship	Once every other month or so (Try for at least 3 over the next 6 months)	Sponsor	Your sponsor will help arrange opportunities to enjoy fellowship with other individuals/families in the church (can be dinner, coffee, dessert, etc.). Ask them about their experiences with Jesus and his church, their faith journey, ways they serve in the church now, etc.).