

Catechist Continuing Education Requirements

Catechist Status	CE Hours Required
Volunteer	5 hours per year, July 1 - June 30
Professional (paid in any form/frequency)	20 hours per year, July 1 - June 30

*Unless otherwise stated, all programs are available on Formed.org or the Formed app.
Go to www.formed.org, search for Holy Cross Family of Parishes or zip code 45828.
Establish a free account to access the programs.*

Year 1: 2024-2025		
<ul style="list-style-type: none"> The annual in-service held in January is required for all catechists 	<ul style="list-style-type: none"> 1 hr 	
If you have been teaching for 3 years or less:		
<ul style="list-style-type: none"> Symbolon: The Catholic Faith Explained - FORMED <ul style="list-style-type: none"> Knowing the Faith 	<ul style="list-style-type: none"> 5 hrs 	Symbolon: The Catholic Faith Explained is a systematic presentation of our Catholic Faith. It will lead you through the "big picture" of the Catholic Faith and our Creed is the guide.
<ul style="list-style-type: none"> Symbolon: The Catholic Faith Explained - FORMED <ul style="list-style-type: none"> Living the Faith 	<ul style="list-style-type: none"> 5 hrs 	
Can be completed over 2 years		
If you are teaching 2nd grade:		
<ul style="list-style-type: none"> Forgiven: The Transforming Power of Confession - FORMED 	<ul style="list-style-type: none"> 3 hrs 	By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, Forgiven communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.
<ul style="list-style-type: none"> Presence: The Mystery of the Eucharist - FORMED 	<ul style="list-style-type: none"> 2.5 hrs 	Presence: The Mystery of the Eucharist explores the truth and

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		<p>beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members.</p>
<p>If you are teaching Confirmation prep:</p>		
<ul style="list-style-type: none"> • Sent By The Spirit - The Sacrament of Confirmation - FORMED 	<ul style="list-style-type: none"> • 1.5 hrs 	<p>In three brief, but compelling sessions, Dr. Brant Pitre unlocks the truth and power of Confirmation by exploring our relationship with the person of the Holy Spirit, the biblical history of Pentecost, and the significance of the rite of Confirmation in the life of the Church, and every believer.</p>

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New Catechist		
<ul style="list-style-type: none"> Symbolon: The Catholic Faith Explained - FORMED <ul style="list-style-type: none"> Knowing the Faith 	<ul style="list-style-type: none"> 5 hrs 	Symbolon: The Catholic Faith Explained is a systematic presentation of our Catholic Faith. It will lead you through the "big picture" of the Catholic Faith and our Creed is the guide.
<ul style="list-style-type: none"> Symbolon: The Catholic Faith Explained - FORMED <ul style="list-style-type: none"> Living the Faith 	<ul style="list-style-type: none"> 5 hrs 	
Experienced Catechists		
<i>(4+ years teaching or if less than 4 years and Symbolon has been completed):</i>		
Choose from any of the programs listed below. They do not need to be completed in any particular order.		
Once all programs required for each core category listed below have been completed:		
<ul style="list-style-type: none"> Each catechist is free to choose any programs, movies, etc. found on Formed, Vocare, Ascension Press, videos available in parish libraries, or Catholic books. This list is not exclusive. Participation in groups such as <i>Iron Sharpens Iron</i>, <i>Cana Women's</i> group, <i>Moms Group</i>, the <i>Men's</i> and <i>Women's</i> groups at Holy Trinity, and other ongoing faith sharing/learning groups can be used to fill the hours required, as well. Attendance at Theologically Thirsty Thursday, Faith Fueled Fridays, and other area programs is also encouraged to meet the required hours. 		
Vocare:		
<ul style="list-style-type: none"> If you have completed Call (parts 1-3) in Vocare, Symbolon: Knowing the Faith is waived. If you have also completed Witness (parts 1-3) in Vocare, Symbolon: Living the Faith is waived. If you have completed Enrich: Theology of the Body in Vocare, the Theology of the Body requirement is waived. If you have outside credits previously submitted in Vocare that you feel fulfill one or more of the studies listed above, please send that information to Cindy Muhlenkamp at cmuhlenkamp.holycrossfop@gmail.com 		
<u>If you have previously participated in or completed any of the studies listed, please let Cindy Muhlenkamp know.</u>		

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Sacraments

(Complete the program for each sacrament OR complete the Bible in a Year option)

<ul style="list-style-type: none"> ● Reborn: You, Your Child and The Heart of Baptism - FORMED (Episodes 1-3) 	<ul style="list-style-type: none"> ● 1.5 hrs 	<p>Reborn presents the foundation of the Church's teaching on Baptism, with a step-by-step explanation of the Rite itself, including its profound place in Scripture and Tradition.</p>
<ul style="list-style-type: none"> ● Forgiven: The Transforming Power of Confession - FORMED 	<ul style="list-style-type: none"> ● 3 hrs 	<p>By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, Forgiven communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.</p>
<ul style="list-style-type: none"> ● Presence: The Mystery of the Eucharist - FORMED (Episodes 1-3 and bonus) 	<ul style="list-style-type: none"> ● 2.5 hrs 	<p>Presence: The Mystery of the Eucharist explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members.</p>
<ul style="list-style-type: none"> ● Sent By The Spirit - The Sacrament of Confirmation - FORMED 	<ul style="list-style-type: none"> ● 1.5 hrs 	<p>In three brief, but compelling sessions, Dr. Brant Pitre unlocks the truth and power of Confirmation by exploring our relationship with the person of the Holy Spirit, the biblical history of Pentecost, and the significance of the Rite of Confirmation in the life of the Church, and every believer.</p>
<ul style="list-style-type: none"> ● Beloved: Finding Happiness in Marriage - FORMED <ul style="list-style-type: none"> ○ The Mystery and Meaning of Marriage 	<ul style="list-style-type: none"> ● 3.5 hrs 	<p>Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage?</p>

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<ul style="list-style-type: none"> • Eternal Rest: The Art of Dying Well - FORMED 	<ul style="list-style-type: none"> • 2 hrs 	<p>Eternal Rest examines the origin of death, the afterlife, and the powerful reality around the sacrament that ushers us into eternal life. Eternal Rest presents the Catholic Church's teaching about death and God's response to it with wisdom and truth, gentleness and compassion, so we can think about and prepare for death in the light of Jesus Christ, the Author of life.</p>
<ul style="list-style-type: none"> • Catechism in a Year: Days 144-229 	<ul style="list-style-type: none"> • 28 hrs 	<p>The Sacraments</p>
<p>Scripture <i>(Complete each course listed OR Bible in a Year)</i></p>		
<ul style="list-style-type: none"> • Our Story: A Basic Introduction to the Bible for Catholics - FORMED 	<ul style="list-style-type: none"> • .5 hr 	<p>In a series of 5-minute video segments, get the Bible's big picture, along with a uniquely Catholic approach to the Scriptures</p>
<ul style="list-style-type: none"> • The Story of Salvation <ul style="list-style-type: none"> ◦ Lenten Bible Study 2023 - FOCUS 	<ul style="list-style-type: none"> • 12 hrs • 12 videos of 1 hour each. Can be split over multiple years 	<p>Discover how the many stories of the Bible come together to tell the one story of God's plan of salvation and our Catholic Faith.</p>
<ul style="list-style-type: none"> • Letters of St. Paul https://watch.formed.org/letters-of-st-paul?_gl=1*ng8tbq*_gcl_a_u*Mzc0OTIzMzcwMTcxMzlwODU2Mi4xNTI2NjcxODU2LjE3MTMyODgyODQuMTcxMzI4ODI4NAI 	<ul style="list-style-type: none"> • 1 hr 	<p>An overview of the life of St. Paul and each of his letters found in the New Testament</p>
<ul style="list-style-type: none"> • Gospel of Matthew https://watch.formed.org/st-matt-hew-bible-study?_gl=1*83unr1*_gcl_a_u*Mzc0OTIzMzcwMTcxMzlwODU2Mi4xNTI2NjcxODU2LjE3MTMyODgyODQuMTcxMzI4ODI4NA 	<ul style="list-style-type: none"> • 5.5 hrs 	<p>Join scripture scholars Dr. Tim Gray and Dr. Michael Barber as they dive into the Gospel of Matthew.</p>

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<ul style="list-style-type: none"> • Bible in a Year Podcast 	<ul style="list-style-type: none"> • Minimum of 12 podcasts for 5 hrs credit 	<p>Available via the Ascension app, You Tube, and other podcast apps.</p>
<p>Prayer <i>(1 course is required)</i></p>		
<ul style="list-style-type: none"> • Lectio: Prayer: Finding Intimacy with God with Dr. Tim Gray - FORMED 	<ul style="list-style-type: none"> • 3 hrs 	<p>In six video sessions, Lectio: Prayer: Finding Intimacy with God captures the secret to opening our hearts and minds to Scripture as the means to hear from God and then respond in conversation, basking in his presence and resolving to live in and through his love.</p>
<ul style="list-style-type: none"> • When You Pray: A Clear Path to a Deeper Relationship with God • https://ascensionpress.thinkific.com/enrollments <ul style="list-style-type: none"> ○ cmuhlenkamp@holycrossfop@gmail.com ○ Password: HolyCrossRE 	<ul style="list-style-type: none"> • 4 hrs 	<p>You know prayer is important but still find it challenging. Perhaps it's hard to find time, or you're unsure what to do when you pray. Or maybe you feel discouraged by your weaknesses and your inability to overcome them. What God did in the lives of countless saints, he wants to do in the lives of ordinary people like us. And that's what this study is about: the journey of prayer God wants to take us on.</p>
<ul style="list-style-type: none"> • Catechism in a Year: Days 328-365 	<ul style="list-style-type: none"> • 12 hrs 	<p>Prayer</p>

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The Holy Spirit <i>(1 course is required)</i>		
<ul style="list-style-type: none"> • The Wild Goose with Fr. Dave Pivonka - FORMED 	<ul style="list-style-type: none"> • 7 hrs 	<p>“Wild Goose” was a term that the ancient Celts had for the Holy Spirit. It is a 14-part series featuring Fr. Dave Pivonka and various interviews. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites viewers to an encounter, or a renewed encounter, with the Holy Spirit</p>
<ul style="list-style-type: none"> • Catechism in a Year: Days 97-143 	<ul style="list-style-type: none"> • 15 hrs 	<p>The Holy Spirit</p>
Mary <i>(1 course is required)</i>		
<ul style="list-style-type: none"> • Lectio: Mary with Dr. Brant Pitre - FORMED 	<ul style="list-style-type: none"> • 4 hrs 	<p>Why is Mary so important to Catholics, and why have so many people been devoted to her over the centuries? In this 8-part series, Dr. Brant Pitre examines what the Old and New Testaments, the life of Christ, and the early Church fathers reveal about the life and identity of Mary.</p>
<ul style="list-style-type: none"> • The Bible and the Virgin Mary - FORMED 	<ul style="list-style-type: none"> • 6 hrs 	<p>The Bible and the Virgin Mary is based on the work of Dr. Scott Hahn.</p>
<ul style="list-style-type: none"> • Catechism in a Year: Days 69-72, 132-133 	<ul style="list-style-type: none"> • 2 hrs 	<p>Mary</p>
Discipleship & Evangelization <i>(1 course is required)</i>		
<ul style="list-style-type: none"> • Into His Likeness w/ Dr. Edward Sri - FORMED 	<ul style="list-style-type: none"> • 3 hrs 	<p>We are reminded that the saints were not always perfect, but works in progress—just think of Matthew the tax collector, Paul the persecutor of Christians, and Peter the denier of Christ. Edward Sri reminds us that the earliest disciples are models not of</p>

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		perfection but of a process. And it's that process that Jesus wants to reproduce in our lives today.
<ul style="list-style-type: none"> • Evangelical Catholic - FORMED 	<ul style="list-style-type: none"> • 4 hrs 	In this eight-part series, explore evangelization from a Catholic perspective—starting with your own relationship with Jesus and building toward inviting others into a transformative friendship with God.
<ul style="list-style-type: none"> • Missionary Discipleship with Julianne Stanz - FORMED 	<ul style="list-style-type: none"> • 5 hrs 	Julianne Stanz provides rich examples, stories, and ideas to help us deepen our faith in our walk with Christ... and to go on mission, even in our neighborhoods and communities.
<ul style="list-style-type: none"> • Evangelization with Chris Stefanick - FORMED 	<ul style="list-style-type: none"> • 5 hrs 	Chris Stefanick breaks down the why, the how, and the what of effective ministry to help Catholics of all backgrounds fulfill the Church's mission.
<p>Morality <i>(1 course + Theology of the Body is required)</i></p>		
<ul style="list-style-type: none"> • Who Am I to Judge? with Dr. Edward Sri - FORMED 	<ul style="list-style-type: none"> • 4 hrs 	We'll explore the classical view of morality and find that it's not merely a set of guiding principles for theoretical situations—it is an entire way of life. What is "right" and "wrong"? Is what's right for you right for me? Is there a right and wrong for everyone, all the time?
<ul style="list-style-type: none"> • Loving and Serving the Poor with Fr. Mark Mary Ames, CFR - FORMED 	<ul style="list-style-type: none"> • 3 hrs 	How do we view those less fortunate than us? How do we love them, serve them, and help them encounter Christ? These questions are challenging, and honestly, much easier to avoid by dropping a few dollars into a special collection for the poor. While this act is generous, Christ calls us to so much more: a life fully alive in service to others.

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<ul style="list-style-type: none"> • Catechism in a Year: Days 256-269 	<ul style="list-style-type: none"> • 4 hrs 	Salvation
<ul style="list-style-type: none"> • Catechism in a Year: Days 270-327 	<ul style="list-style-type: none"> • 19 hrs 	The Ten Commandments
<ul style="list-style-type: none"> • Theology of the Body <ul style="list-style-type: none"> ○ https://www.vocareonline.com/home.aspx?page_name=product_default ○ Cost is \$30 which will be reimbursed by your parish. 	<ul style="list-style-type: none"> • 6 hrs 	This course focuses on Theology of the Body, with an introduction to the thought of St Pope John Paul II, sacramentality of the body, and how Christ appeals in the beginning, in the human heart, and in the resurrection. Moral formation is another primary focus of this course as we learn about our purpose; we are challenged to evaluate how we have failed to love as Christ loves.
Archdiocesan Workshops <i>Information will be provided when it becomes available</i>		
<ul style="list-style-type: none"> • Catechist formation days 	<ul style="list-style-type: none"> • Hours vary 	
Opportunities for Professional Catechists		
<ul style="list-style-type: none"> • Light the Match Workshops 	<ul style="list-style-type: none"> • 12 hrs 	Two days of practical workshops that give parish evangelists immediate skills for their work in the parish.
<ul style="list-style-type: none"> • Empower Conference 	<ul style="list-style-type: none"> • 6 hrs 	A day of formation and training for youth evangelists and their core teams/volunteers led by LifeTeen.
<ul style="list-style-type: none"> • Reignite Retreat 	<ul style="list-style-type: none"> • 12 hrs 	Come rest, encounter the Lord, renew old friendships, form new ones, and allow our team to care for you.
<ul style="list-style-type: none"> • Build the Fire Workshop 	<ul style="list-style-type: none"> • 12 hrs 	Two days of experiential workshops to help imagine new and creative ways of doing the work of evangelization.
<ul style="list-style-type: none"> • St. Augustine Deanery network monthly meetings 	<ul style="list-style-type: none"> • 1.5 hrs each 	To gather evangelists from the St. Augustine Deanery for formation, support, and growth for professional evangelization.

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