



# MEND

## *Leader Guide*



Faith and Family Life  
Catholic Ministries

# AN INVITATION

You have been invited to accompany families as they encounter Jesus and experience the beauty of Reconciliation as it connects to daily life. Families will experience the love of Jesus as they talk together about the mending of relationships and the healing power of forgiveness.

As we begin this process, we must be mindful that many of our parents are not regularly going to Reconciliation. This can leave a void and disconnect as parents try to encourage their children to receive a Sacrament they are not participating in. You are invited to help fill this void. Your accompaniment, encouragement, and patience could lead parents back to the Sacrament with their children.

## PARENT MEETING

Mend begins with a meeting geared specially for parents to reflect upon their own experience of Reconciliation.

## FAMILY MEETINGS

Mend is a family based curriculum facilitated by parents in 7 at-home sessions. These sessions focus on God's love for us, the origin of sin, and God's plan of reconciliation. The catechesis is presented in the form of family meetings. Each family meeting includes: a gathering ritual, opening prayer, check-in question, experiential activity, teaching, and closing prayer. Each family meeting is designed to take 30-40 minutes.

## GATHER

The gathering ritual invites all family members to come together in a shared space, pray the Our Father together, and concludes with a parent asking God's blessing for each of the other family members. Rituals are meaningful moments that, when continually shared, help to unite a family. This blessing ritual will help provide a regular rhythm to begin family meetings. Each family meeting begins with an opening prayer. As families gather, God fills the space around them and within them.

# CHECK-IN

The check-in question is meant to get the conversation started between family members. The question is loosely based on the session's theme, and is one that is easy to answer.

# ACTIVITY AND TEACHING

The activity provided is meant to teach the children through a fun and interactive experience. A teaching is also provided that coincides with the activity. Parents are given the language to teach an essential part of the catechesis related to the theme.

Children remember what they “do” and parents remember what they “teach.”

# PRAYER

To end each family meeting, a prayer is included to be read by the child preparing for first Reconciliation.

# A FEW TIPS

- By reading and experiencing the content yourself, you will be best equipped to accompany this program. We recommend first becoming familiar with the material before implementing it.
- A powerful video is provided in the Parent Meeting. It is a modern-day depiction of the Prodigal Son. This video could also be used at a general parent meeting to introduce this program.
- Families can be grouped into pods (6-8 families) to share this journey with. Parents can learn from each other as they recount their family meeting experiences. Family coaches can weave together these individual families into a small church community.
- Monthly family pod meetings via Zoom or in-person can be helpful to share glory stories from past family meetings and to introduce and prepare parents for the upcoming family meeting.
- Mend can be combined with at-church experiences such as liturgical events (Advent, Lent, etc.) for community building and fellowship.
- Facilitate or send families the Family Meeting Video Guides to help them better understand how to lead a family meeting in their home. Best tips for this can be found in the Pathways Leader Guide.

- Check in with families regularly using our Family Follow Through system available on Martha or as a PDF. This helps with accountability.
- Share photos from the Family Follow Throughs in your bulletin, newsletter, emails, or bulletin boards.

## SCOPE AND SEQUENCE

Family Meeting	Theme	Activity	Values Taught
Parent Meeting	For the parent(s) only. Take a moment before beginning this process with your family to reflect on your own experience of confession.	-Watch a powerful video about the parable of the Prodigal Son. -Learn about how to lead a family meeting.	-Healing -Mercy -Importance of Family Bonding
1	Learn that we are all created in love for love by God, each handmade and unique.	-Mold the Creation Dough, or clay, into your own shape.	-Creation -Dignity of the Person
2	Learn about how God created human beings with free will.	-Color the paper apples and use them to talk about free will, and the hope of Jesus and the cross.	-Original Sin -Making Good Choices



3	Learn about Jesus as the Good Shepherd. He will always seek each one of us.	-Play a game of hide-and-go-seek with the wood sheep.	-God's Loving Pursuit of Us
4	Learn about the cross, the pouring out of grace, and the sacrament of Baptism.	-Have each family member write their name on the wood cross. -Renew your Baptismal promises as a family.	-Grace -Baptism -New Life
5	Learn how sin is "missing the mark" and the guidelines God gave us in the 10 Commandments and Beatitudes.	-Play a field goal game with a mini football. -Engage the 10 Commandments and Beatitudes.	-Sin -The Consequence of Choices -Laws of Goodness
6	Learn about conscience and choices and how to evaluate your day. Participate in an examination of conscience and pray the Act of Contrition.	-Partake in the Examen prayer by using your Examen bag filled with hearts and stones. -Examination of Conscience.	-Conscience -Examen Tool
7	Learn how our decisions affect others. Learn what penance is and the outline of how to make a good confession. Celebrate God's desire to "find" us.	-Make a string web together as a family.	-Penance -Forgiveness -Healing