



God and Us



THE DIGITAL GUIDE



Faith Baptism

Faith doesn't have to start when you are a tiny baby, it can be for all ages even adults. Pursuing faith is following God's path that he made for us and teaching the world how to be the best us that God knows we can be.

God made each of us to be unique in his image, we don't all have to look and act the same and this also applies to how we show our faith – some are loud singing praises at Mass, whilst others prefer to reflect in quiet, speaking to God through their prayers.

It is never too late or too early to start learning about your faith, and the first step to this is Baptism.

What is Baptism?

Baptism is the first sacrament on our journey for learning about God, and where we are welcomed into the community to say we follow God and are committed to doing so through our faith.

As a baby, our family makes that choice on our behalf and holds our baptismal candle, promising to be a role model to guide us in our faith as we grow.

To learn more about Baptism, please contact Fr Rory or go to page two for online resources available.

How do I request the sacrament of Baptism?

Baptismal ceremonies can be conducted during a Mass with family and friends present within the congregation or in a private ceremony with just the Priest, family and Godparents.

If you would like your child or yourself to be baptised, please speak to Father Rory or contact our Parish via email at ssgeorge.wilfrid@btinternet.com

Introduction to Faith

What is Faith?

Faith is action, thought and belief. It is the knowledge and trust that something will happen or somebody will be there for us.

Through our belief, we learn about the faith God has us in and we in him. With God to guide us through faith, we can achieve anything and become who we want to be.

Why come to Church?

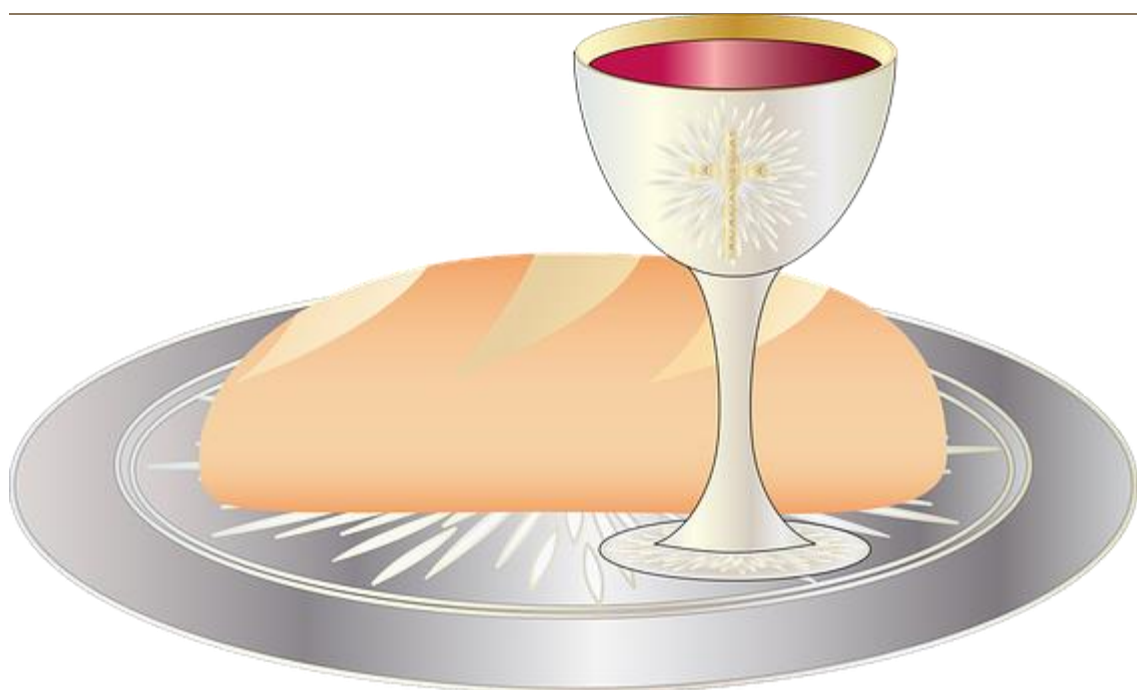
Church helps us to develop and celebrate our faith as a community, no matter if we have grown up with it or has been newly discovered later on in life.

As a family we help each other, sharing joy with our children through music, events and discoveries.

What can I do if I can't come to Church?

Sometimes life can get in the way and stop us from attending Church, but that doesn't mean that you lose your faith and we have resources available on our website to help you. Such as our live recordings of Sunday Masses and fun activities for the children of our Parish.





First Holy Communion

Holy Communion is, for us, simply, the food of life. It feeds and sustains us in our spiritual life. We are spiritually refreshed and gain renewed energy as we join as one with Christ Himself.

Parents are the most influential teachers to their children and the programme aims to encourage the faith of parents who will then help their children to prepare to receive the sacraments. Many parents have often found this preparation time to be an excellent opportunity to ask questions within a small group without fear or judgement.

Through our lessons we learn about the mysteries that take place during Mass and help children to explore their faith and developing confidence in themselves.

The 8 month course is split up into monthly 1 hour lessons, which include fun experiments, activities and games to help the children learn.

Children who are in Year 3 and above at school are invited to enroll in a preparation programme to receive the sacraments of Reconciliation and Holy Communion. Our hope is that the programme gives the opportunity for young people and their families to grow in faith and love, and to develop their relationship with God and each other.

How do I request First Holy Communion?

If you would like your child to attend our classes, please speak to Father Rory or contact our Parish via email at ssgeorge.wilfrid@btinternet.com

Learning resources

For those new to the Parish or would like to explore more about their own faith, there are activities and videos available online:

Sermon4kids – provides activities and examples to understand the reading of the day

Sophia Sketchpad (YouTube) – Illustrations to explain the Eucharist, Confession and the Sacraments

CAFOD – Children’s Liturgy activities

Bible Gateway – Readings of the day, with ‘Easy to Read’ option for children.

Catholic Mum – Liturgy activities and examples for the Gospel of the day

Parish of St Wilfrid’s and St George’s – Visit our website to learn about the voluntary roles available and to learn about the items you see used in Mass.



Children’s Liturgy



 As a parish we take pride in helping our children to learn about their faith and gain the skills they will need as they grow.

Whether you are based around Polegate or Hailsham together our two liturgy groups collaborate to

create fun educational lessons that are enjoyable for all involved. We cater for children of all ages to ensure they get the most out of the lessons.

The children start off in the Church with their families and join Father Rory at the front to receive the children’s bible from which the catechist will teach the Gospel reading of the day.

The children will then go to the hall where they will be guided by activities and examples to learn about the Gospel teachings.

Although only approximately 10 –

15 minutes long, the children enjoy every minute.

Once a month, the children lead the Mass through Altar Serving, Welcoming, Reading, Music, and PowerPoints. Showcasing their talent and learning new skills that are not only fun to do but great for their future as well.

Many of our children have said that they have gained in confidence and found new avenues that they wish to pursue.



Confirmation

Just as bodies and minds grow, Catholics believe that the soul also needs to grow in the life of grace. The sacrament of confirmation builds on the sacraments of baptism, penance, and holy communion, completing the process of initiation into the Catholic community.

Confirmation, a sacrament of initiation, establishes young adults as full-fledged members of the faith. This sacrament is called *confirmation* because the faith given in baptism is now confirmed and made strong. During your baptism, your parents and godparents make promises to renounce Satan and believe in God and the Church on your behalf. At confirmation, you renew those same promises, this time speaking for yourself.

Our confirmation programme runs from October to May with approximately 2 sessions monthly on a Sunday from 4pm – 6pm. The programme focuses on The Holy Spirit, and draws from a variety of resources including Alpha Youth and Bishop Richard Baron. We encourage participants to share thoughts and feelings about faith with each other and deepen their understanding their life in Faith.

During the programme we also teach Catholic devotions including Stations of the Cross, Benediction and Eucharistic Adoration, The Holy Rosary and other focuses on prayer and faith that as Catholic's we are encouraged to partake in outside of mass.

We always share food together our lessons provide both Spiritual **nourishment** for our souls as we journey through life, and physical nourishment with food. This part of the session also enables our young adults to grow further as a Church family together.

Teenagers and young adults who are in Year 10 and above at school are invited to enroll in our Confirmation programme to prepare themselves to receive the sacrament of confirmation at a dedicated service led by our Bishop. The confirmation services usually take place in May at Our Lady of Ransom in Eastbourne or St Thomas of Canterbury in St Leonards on Sea.

How do I request Confirmation?

If you would like your child or you as a young adult would like to attend our confirmation sessions, please speak to Father Rory or contact our Parish via email at ssgeorge.wilfrid@btinternet.com

Confirmation for all Adults is also available by request but under a separate programme please speak to Father Rory if you need more information.
