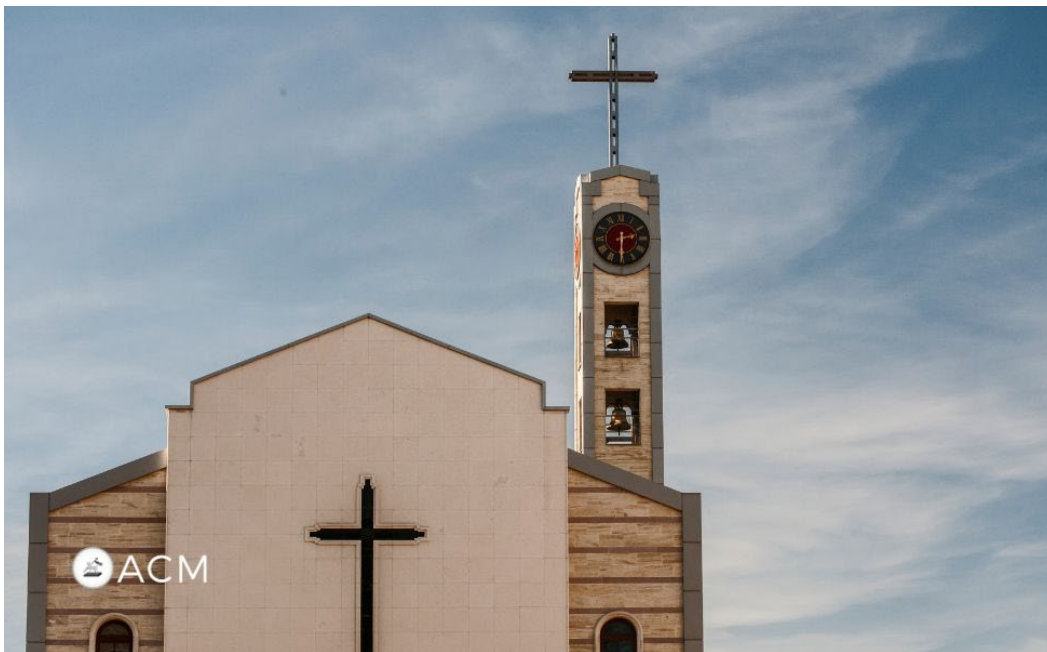




ACM
Association for
CATECHUMENAL MINISTRY

More Than Just Customs: Building Blocks of Faith Formation



As we enter the Period of Purification and Enlightenment, which beautifully aligns with Lent, we have a unique opportunity to share the richness of Catholic traditions with our Elect and Candidates.

The Power of Catholic Heritage

Remember the wisdom in those simple words many of us heard as children: "offer it up"? This wasn't just a consolation for skinned knees or lost games. It was a profound teaching about our dignity and responsibility as Catholics. Through our baptism into Christ's death and resurrection, we have the remarkable privilege of uniting our sufferings with His cross for the salvation of others.

Traditional Practices That Shape Catholic Identity:

- Making the sign of the cross before meals
- Carrying a rosary
- Wearing a miraculous medal
- Sharing holy cards
- Offering up daily challenges

These aren't mere customs – they're daily reminders of sacred mysteries. Like trail markers on our spiritual journey, these practices point us toward deeper truths and help form our Catholic identity.

For OCIA Formation

During this intense period of spiritual preparation, let's remember to share these treasured practices with our Elect and Candidates. These simple customs can:

- Ground their spiritual journey in tangible practices
- Connect them to centuries of Catholic tradition
- Provide practical tools for daily spiritual life
- Foster a distinctly Catholic identity

When the responsibilities of OCIA ministry feel heavy, remember to "offer it up" – and then teach others to do the same. These small acts of faith carry profound spiritual power.

Need support? Contact us!

[Contact Us](#)

Blessings on your ministry,
The ACM OCIA Team

**Association for Catechumenal
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