



October 7, 2026

Welcome!

Please take this time to check in with
the people at your table.

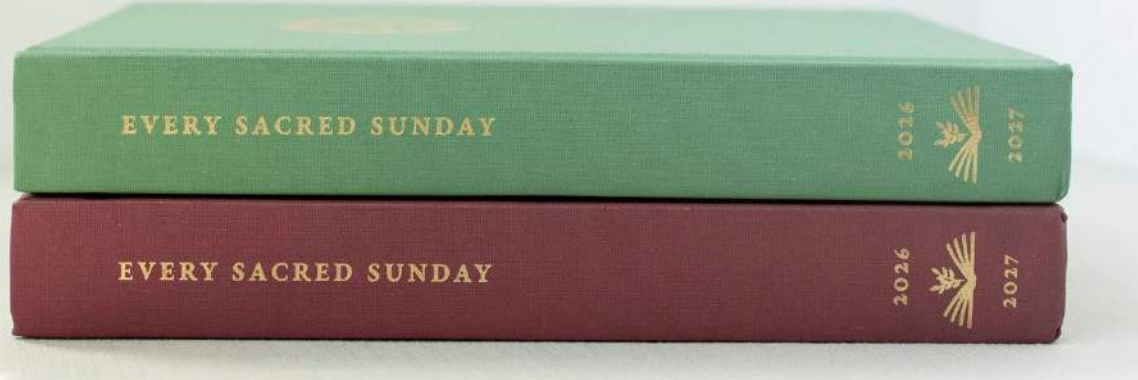
Check-In Question:

What was one faith practice that your
family started that helps you grow
together in faith?



Announcements

- Charting your Course meeting schedule will be out soon- SPY 1 & SPY 2 families
- Table Leaders- Leave a comment on today's attendance if you would like to be a table leader
- Questions that arise over the year will be collected for Grill the Priest- if urgent, Fr. Kevin is willing to meet to discuss



2027 Every Sacred Sunday Mass Journal

GROUP ORDER

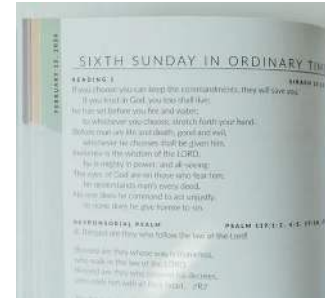
- Every Sacred Sunday Mass Journal – includes all Sunday readings for the year, reflection space, and seasonal prompts
- Order Deadline: October 16, 2026
- Group Discount Price: \$38 each (typically \$50)
- Payment Options: Venmo or Cash

**Group order
form closes**

October 16th



(Not affiliated with Spirit of Christ)





FAMILY BINGO NIGHT!! Bring the whole family for a fun-filled evening of Bingo, food & prizes. Friday, Oct. 9 @ 6pm. A hotdog dinner will be served. Invite a friend (Catholic or not)!! Everyone is welcome!

Spirit of Christ
CATHOLIC COMMUNITY

FATHER SON FALL FUN

at Spirit of Christ

 **October 18**
12:15-2 PM
 in the Spirit Center

 **Lunch provided**
(brats, hot dogs, and sides),
come enjoy fellowship, football,
and yard games with other
dads and sons!

Ice Cream Sundae bar
for dessert – bring a favorite
topping to share.



Feel free to invite a grandpa, uncle,
or neighbor as well!

Questions or would like to volunteer?
Contact Jess at
parentchildevents@spiritofchrist.org

ANCHOR OCTOBER SERVICE DRIVE



COAT DRIVE

Bring new and gently used coats for children and adults to Anchor during the month of October. Donations will benefit A Precious Child.



BASICS OF THE FAITH







Let us Pray

John 15:10

“If you keep my commandments,
you will abide in my love, just as
I have kept my Father’s
commandments and abide in his
love.”



Table Discussion Question:

What is one unique tradition that your family does?

(mealtime, bedtime, holidays, etc.)



Doctrine and Discipline

- God exists
 - There is only one God
 - This one God is three persons
 - One of these persons took on human nature
- Go to Mass every Sunday and Holy Day of Obligation
 - Receive Holy Communion at least once a year
 - Go to Confession at least once a year



Why does the Church have a discipline (traditions)?

The baptized are brought into the family of God.

“So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God” Ephesians 2:19



The Precepts of the Church:

1. Attend Mass on all Sundays and Holy Days of Obligation.
2. Go to Confession at least once a year.
3. Receive Holy Communion at least once a year.
4. Observe days of fasting and abstinence.
5. Provide for the Church materially.



What are the Holy Days of Obligation?

Christmas -December 25

Mother of God- January 1

Assumption of Mary- August 15

All Saints- November 1

Immaculate Conception- Dec 8



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Days of fasting:

Ash Wednesday

Good Friday

Fasting is: One full meal a day, two small meals (allowed), no eating between meals.

Days for abstaining:

Fridays

Abstaining is: Not eating meat, but eggs, milk products, sauces made from animal fat, fish and cold-blooded animals are allowed.



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The Discipline of Receiving Holy Communion:

Catholics who are properly disposed (i.e., state of grace) may receive Holy Communion, even daily.

A Catholic should refrain from receiving Holy Communion if he/she is conscious of grave sin that has not been forgiven in Confession, unless there is a grave reason.



Excommunication: What does it mean?

- A) Means you are going to hell.
- B) Means you are kicked out of the Church.
- C) Means you are 'grounded.'
- D) Doesn't mean anything, because the Church doesn't believe in excommunication any more.



Sins/Crimes liable to Excommunication:

1. Heresy, Apostasy, Schism
2. Physical Assault on the Pope
3. Desecration of the Eucharist
4. Direct Violation of the Seal of Confession
5. Consecrating a bishop without permission
6. Having an abortion



Discussion Questions

1. What do I find most challenging about the discipline of the Church?
2. Is there an example in my family experience in which I had to fight to keep a tradition going? If so, why did I fight to keep the tradition?
3. Is there anything going on in my life that I need to share with the group and ask them to pray for me?



Resources

To learn more about the discipline of the Church, consider looking at:

- <https://canonlawmadeeasy.com/>
- Anthony St. Louis-Sanchez, “The Reception of Holy Communion Before Penance Is Sought,” in *Evangelizare Noviter*, 2026.



The Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.