



Communitas

September 2026

RCDV Catechists' Newsletter



ROMAN CATHOLIC
DIOCESE OF VICTORIA

Office of Faith Formation and Evangelization

At a Glance



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- **Territory Acknowledgement**
- **Liturgical Calendar**
- **Welcome to a New Year of Ministry!**
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Opening Prayer

God of Love,

*You are the rich soil in which we grow
and the water that sustains us.*

You are the light by which we reach upwards.

Root us, Lord, in your love, in your truth,
in your Church, and in one another.

*May we be **rooted** even when uncertain,
even when tired, even when we forget we are beloved.*

*Guide us in the certainty that the strength of our
communities lies in the depth
of our **rootedness in You!***

*Help us to go deeper, letting our **roots** drink
from the living water of your Word, O God.*

We ask this through Christ our Lord.

Amen

*“Blessed is the one whose...delight is in the Lord...that
person is like a tree planted by streams of water,
which yields its fruit in season.” Psalm 1:1-3*



Territory Acknowledgement

The Roman Catholic Diocese of Victoria
acknowledges with gratitude
that we work, play, and pray
on the territories and traditional lands
of the Coast Salish, Nuu-chah-nulth, and
Kwakwaka'wakw Peoples.

In the light of this truth, and in humility,
we commit ourselves to continue to work
for reconciliation,
and for respectful relationships
with the Creator
and all creation.

September Liturgical Calendar



<https://www.cccb.ca/wp-content/uploads/2025/02/2025-2026.pdf>

(F) Feast (M) Memorial (S) Solemnity

3 St. Gregory the Great (M)

6 23rd Sunday in Ordinary Time

8 The Nativity of the Blessed Virgin Mary (F)

13 24th Sunday in Ordinary Time

14 The Exaltation of the Holy Cross (F)

15 Our Lady of Sorrows (M)

16 St. Cornelius & St. Cyprian (M)

20 25th Sunday in Ordinary Time

21 St. Matthew (F)

23 St. Pius of Pietrelcina (M)

26 St. John de Brebeuf & St. Isaac Jogues & Companions (F)

27 26th Sunday in Ordinary Time

29 St. Michael, St. Gabriel, St. Raphael (F)

30 St. Jerome (M)

Welcome to a New Year of Ministry!



*On behalf of the Diocese of Victoria,
thank you for your YES!*

*To our beloved Catechists who serve children,
youth, and young adults,
may God bless you abundantly
as we embark upon our new year
in our journey of faith!!*



Effective Tools for Catechesis

<https://www.youtube.com/watch?v=vCqEKRoGG4s&t=39s>

Loyola Press Joe Poprocki -Catechists' Toolbox 2.0



Reality

21st century learners are used to switching tasks often and have a short attention span

How do catechists respond?

Talking for long periods, leaves little to no chance of reaching our audience 😞

Bite-Sized Components

- *Consider dividing your 60, 75, or 90 min sessions into 'small bites'*
- *Shift the tasks*
- *Shift the energy*
- *Chunk it up*

Reality

21st Century Learners rely on visual and audio stimuli



How do catechists respond?

*There is some truth to the saying,
“The medium is the message”*

Include Multi-Media in each Session

- *“Failing adequately to consider (digital) phenomena leads to the risk of appearing insignificant to many people”*

Directory for Catechesis, 213

- *Children, youth, and young adults access almost everything they think is important through technology*
- *Play music on a smartphone or speaker*
- *Many of us are visual learners! Provide visuals to accompany your lesson including short video clips*
- *QR codes/games for youth & young adults*

Reality



21st Century learners are used to customization

How do catechists respond?

Consider different ways people learn

Customize for Learners

- *Consider multiple intelligence or ways of being 'smart'*
 - *Music smart*
 - *Book smart*
 - *Body smart*
 - *Nature smart*
 - *Number smart*
 - *Art smart*
 - *Self-smart*
 - *People smart*
- *Be attentive to the learner's preferences and gifts!*
- *Provide options for ways to 'show what I know'*
- *Let them have voice and choice!*

Reality

21st Century learners are overwhelmed/overloaded, experience anxiety, uncertainty, and superficiality

How do catechists respond?

Jesus is our anchor!



Provide Moments of Quite, Solitude, Stillness, Mystery, and Depth

- *Facilitate encounters of the sacred; a Sacred Space*
- *Consider the 'Language of Mystery'*
 - *Ritual*
 - *Sign & Symbol*
 - *Movement & Gesture*
 - *Silence*
 - *Music & Song*
 - *Storytelling*
 - *Works of Mercy*
- *Attempt a retreat-like setting!*
- *Build in regular moments of silence and stillness*



- *Create a climate of Prayer*
- *Consider including some of the following:*
 - *Opening prayer*
 - *Guided reflections*
 - *Visio Divina*
 - *Lectio Divina*
 - *Spontaneous prayer*
 - *Vocal prayer (Lord's Prayer, Hail Mary...)*
 - *Silence as prayer*
 - *Music as prayer*
 - *Art as prayer*
 - *Closing prayer*



Reality

21st Century learners are exposed to social fragmentation and polarization

How do catechists respond?

Let God's Word lead us!

Emphasize Solidarity, Connection, Common Ground and Purpose

- *Catechesis in action - Service projects*
- *Resources from Development & Peace*
- *Local Food Banks ex: Loaves & Fishes*
- *Focus on our similarities*
- *Zoom with young people from across the world who are also preparing for the Sacraments!*
- *Zoom with guest speakers*
- *Focus on an authentic sense of community*
 - *Establish trust!*
 - *Create a Class covenant*
 - *Opportunities for collaboration, small groups*



Engage



Set a Routine

“Enter through their door, but be sure to leave through your door.” St. Ignatius of Loyola

Our door...a new way of thinking, speaking, and acting that is informed by Jesus!

A Prayer Ritual 10 min

Not just saying an opening prayer...

*Engage the learners in a **ritual**!*

-Music

-Ritual greeting

-Processing in to your space

-Passing a bowl of holy water

-Sign of the Cross & 3-fold forehead, lips, & heart

-Prayer table

-Suggested items to include prayer cloth to match the liturgical season, Bible, candle, cross or crucifix, plant or flowers

-Light a candle



- Ice Breaker or Check-in:
brief word or two from each learner
about how they are feeling*
- Assists with sensitivity towards the
learner's present emotional state*
- Connects with them where they're at!*

Establish Focus

- Sacred scripture reading
-Jesus heals all!*
- What we are proclaiming today offers healing for
God's children, youth, and young adults*
- Reinforce why we are gathering today;
main point(s) of the lesson/session*

Explore (Main Part of the Session)



Review

- Prod their memories*
- Connect to prior learning*

Present New Content

- Break up into small chunks*
 - Turn-taking ideas:*
 - Allow time to process!*
- If working with children, consider printing each name on a popsicle/craft stick and choosing one randomly to ensure each child gets a turn to speak*
- Pass a small flameless candle while taking turns reading or responding*

Short Video

- Display on a tablet or larger screen*
- Children, youth, and young adults are accustomed to and enjoy digital content*
- They may dismiss or ignore non-digital content*

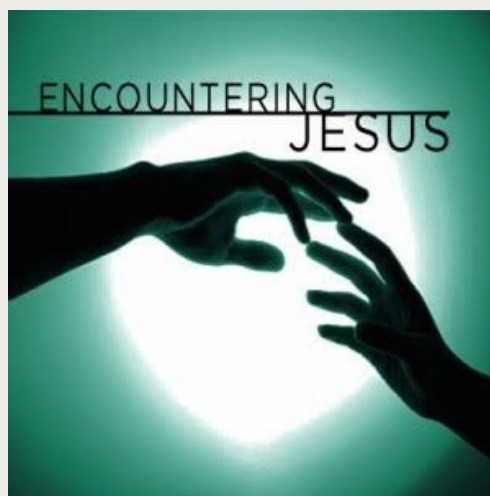


Reinforcement

- Use similar turn-taking ideas to reinforce new content*
- Use a game or team format to reinforce*
- Always proceed with a sense of humor!*

Reflect (10 min)

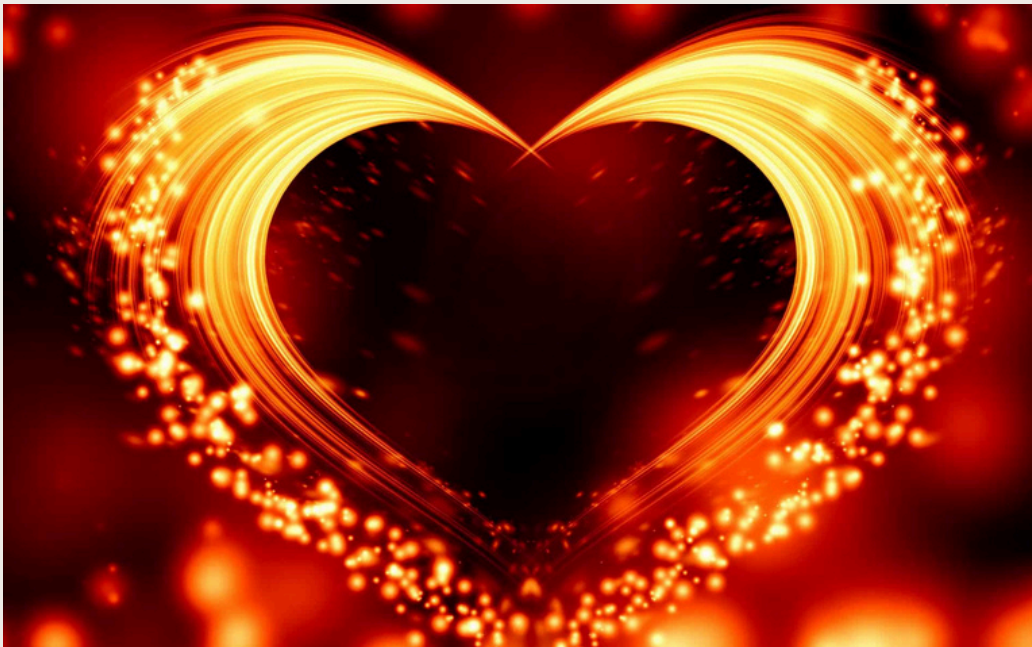
- Opportunities for learners to prayerfully reflect on the session*
- Connect the new content to life experiences*
- Help the learners 'connect the dots'; how does what I have learned today apply to my life?*
- We are facilitators; invite the learners to encounter Christ*



Respond (10 min)



- Beginning to focus on an outward motion
 - A sending out!
- Quick assessment of learner's understanding;
chance to 'show what they know'
- Exit slips; oral or written, depending upon age
 - Exchange a sign of peace
 - Bless themselves with holy water
 - Singing together or brief prayer
to close the session





The Holy See

Vatican News



A great addition to our day!

<https://www.vaticannews.va/en.html>

Pope Leo's Encyclical Magnifica Humanitas - Audiobook

<https://www.vaticannews.va/en/pope/news/2026-06/audiobook-of-pope-leo-xiv-s-encyclical-now-available.html>

Text

<https://www.vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html>

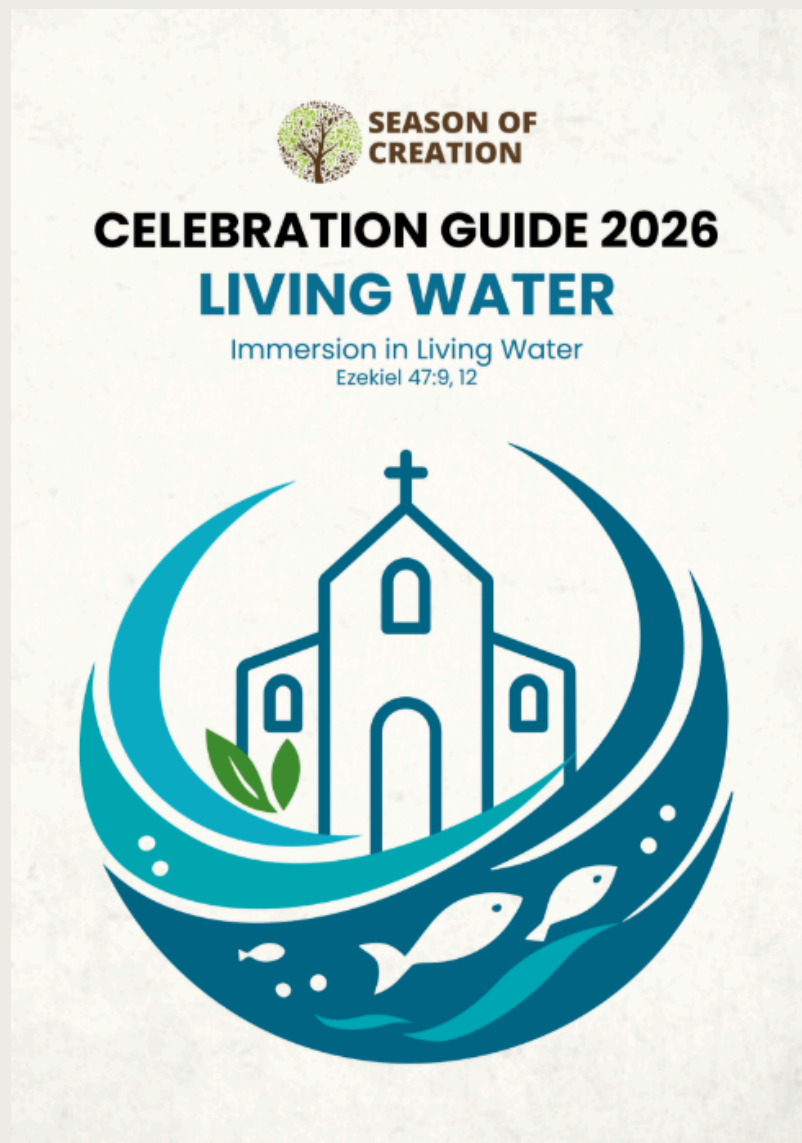
Season of Creation



Living Water

Sept. 1 - Oct 4

https://drive.google.com/file/d/1WeWEjt_WxyS6Ed5qD8tnRIahSMJ5SUmI/view?usp=sharing



Radiant Lives



Saint John de Brebeuf

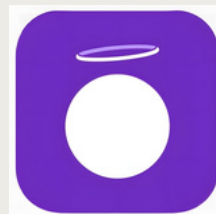
1593-1694

Known as Apostle to the Huron

[https://www.youtube.com/watch?
v=EEM8b4w3fvE](https://www.youtube.com/watch?v=EEM8b4w3fvE)



Hallow App for all RCDV Catechists



Login credentials:

Username: Your email

Password: hallowed

Have you explored any of these favourites?

Saints Alive

Bible in a Year

Catechism in a Year

Abiding Together Podcast

Sr. Miriam

Did you know?

You can customize your experience!

Click the setting icon 2nd from the left at bottom of screen to add background music, choose your guide, change playback speed.

Click the book icon to read along with the text.



Calendar of Events

Sept. 19 - *Please note change of date!**

**Catechists' Fall Retreat, St. Joseph the Worker Parish,
Victoria**

Registration Deadline Sat., Sept. 12 6:00 pm

<https://bit.ly/45OFJVF>

**Oct. 23-24 - National Gathering Catechesis of the Good
Shepherd hosted by the Diocese of Victoria**

St. Patrick's Parish, Victoria

<https://www.cgsac.ca/national-gathering>

Nov. 21 - Diocese of Victoria Faith Day

Jan. 29-31 - Camp Homewood Youth Retreat

Closing Prayer



*Heavenly Father,
You have given St. Jean de Brebeuf
and his companions great humility to
serve in missionary lands.
Grant us the graces that we need
to imitate their lives,
so that through their intercession,
our hearts may be better disposed to
seek reconciliation with God,
with others, with ourselves,
and with creation. We ask this
through Christ, our Lord
Amen.*