

# Parent Formation and Training

## Video Reflection Questions

### My Family in Our Parish

After viewing the video, reflect on the following questions:

- How would you describe your family's connection to the parish?  
How could you all grow closer to other parishioners and to Christ through worship and the various ministries in your parish?
- Reflecting on the two communities God has chosen for us, how do you help form your family? How does it form you? How do you help form your parish? How does it form you?
- Think of someone very involved in your parish. What gifts and talents does he or she share with the community?
- How are you supported on your personal journey to holiness?  
How can you support those in your own parish community?