**MMOC Program/Resource Info Sheet:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | [**Sacrament**](https://www.mmoc.ca/faith-formation/sacraments) | [**MFL info**](https://www.mmoc.ca/parish-groups/marriage-and-separation) | [**Faith Formation**](https://www.mmoc.ca/faith-formation) | [**Grief**](https://www.mmoc.ca/parish-groups/grief-support) | [**Prayer**](https://www.mmoc.ca/parish-groups/prayer) | [**Volunteer**](https://www.mmoc.ca/our-parish/volunteer-program) | [**Parish Programs**](https://www.mmoc.ca/parish-groups) |
| **Overview** |  | **Supporting Marriages and Families** |  | **Support for any age** | **Prayer Requests and more** | **Something for everyone Come join our team!** |  |
| Infants | [Baptism](https://www.mmoc.ca/faith-formation/sacraments/pages/baptism) | [DC Starting Point](https://dynamiccatholic.com/starting-point) |  |  | x |  |  |
| Toddlers |  | [DC Starting Point](https://dynamiccatholic.com/starting-point) |  |  | x |  |  |
| Pre-Teen | [First Comm](https://www.mmoc.ca/faith-formation/sacraments/pages/eucharist), [Reconciliation](https://www.mmoc.ca/faith-formation/sacraments/pages/reconciliation--25) | [DC Blessed](https://dynamiccatholic.com/blessed) | Catechism,  VBS |  | x |  | [Pre-teen](https://www.mmoc.ca/parish-groups/youth-young-adult-ministry) |
| Teenagers | [Confirmation](https://www.mmoc.ca/faith-formation/sacraments/pages/confirmation) | [DC Decision Point](https://dynamiccatholic.com/confirmation) | Catechism |  | x | x | [Youth](https://www.mmoc.ca/parish-groups/youth-young-adult-ministry) |
| Young Adults <30ish |  |  |  |  | x | x | [Young Adult](https://www.mmoc.ca/parish-groups/youth-young-adult-ministry) |
| All Adults | [All sacraments](https://www.mmoc.ca/programs/sacraments) | Many Resources – [see listings](https://www.mmoc.ca/parish-groups/adult-friends-in-faith) | RCIA,  Life Groups |  | [Online rosary](https://www.mmoc.ca/events/holy-rosary-devotion-online--593/2020-10-07), [prayer group](https://www.mmoc.ca/events/prayer-group/2020-11-12) | Most parish Groups  NEED MORE AMBASSADORS | [Friends in Faith](https://www.mmoc.ca/parish-groups/adult-friends-in-faith), [CWL](https://www.mmoc.ca/parish-groups/catholic-singles-group), [KofC](https://www.mmoc.ca/parish-groups/knights-of-columbus" \t "_blank), [Social Justice](https://www.mmoc.ca/parish-groups/vacation-bible-school) |
| Singles |  | Conscious Dating |  |  | x | x | [Singles Group](https://www.mmoc.ca/parish-groups/catholic-singles-group) |
| Committed/ Partner |  | [DC Better Together](https://dynamiccatholic.com/better-together/) |  |  | x | x |  |
| Engaged |  | [DC Better Together](https://dynamiccatholic.com/better-together/), Marriage Prep, Retreats |  |  | x | x |  |
| Married | [Marriage](https://www.mmoc.ca/faith-formation/sacraments/pages/marriage) | x |  |  | x | x |  |
| Separated |  | x |  | x | x | x |  |
| Divorced |  | x |  | x | x | x |  |
| Remarried |  | x |  |  | x | x |  |
| Widowed |  | [Grief share](https://www.griefshare.org/) |  | x | x | x |  |
| Elderly | [Anointing of the sick](https://www.mmoc.ca/faith-formation/sacraments/pages/anointing-of-the-sick-and-viaticum) | [Compassionate Care givers](https://www.mmoc.ca/parish-groups/compassionate-caregiver-group) |  |  | x | x |  |

 X = this column applicable for this row/age grouping. Check out link at top of column.

NOTE – please click (or ctrl/click) on any of the links listed to take you to the applicable mmoc website page.