**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%22%20%5Ct%20%22_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.