

Traditions: Sacred and Secular

Bring your family's faith to life like never before.

Traditions: Sacred and Secular empowers families to move beyond routine and rediscover the meaning behind everything they celebrate. By revealing the why behind Sacred Traditions—like the sacraments and the Church's core teachings—it helps parents confidently pass on a faith rooted in Jesus and the Apostles.

This inspiring guide also sheds new light on beloved customs—holiday meals, decorations, and family rituals—showing how to enjoy them while keeping Christ at the center. The result? Celebrations that feel richer, more intentional, and deeply connected to your Catholic identity.

More than just a book, Traditions: Sacred and Secular is an invitation to live your faith every day—praying together, celebrating with purpose, and building a stronger, more unified family grounded in what truly matters.

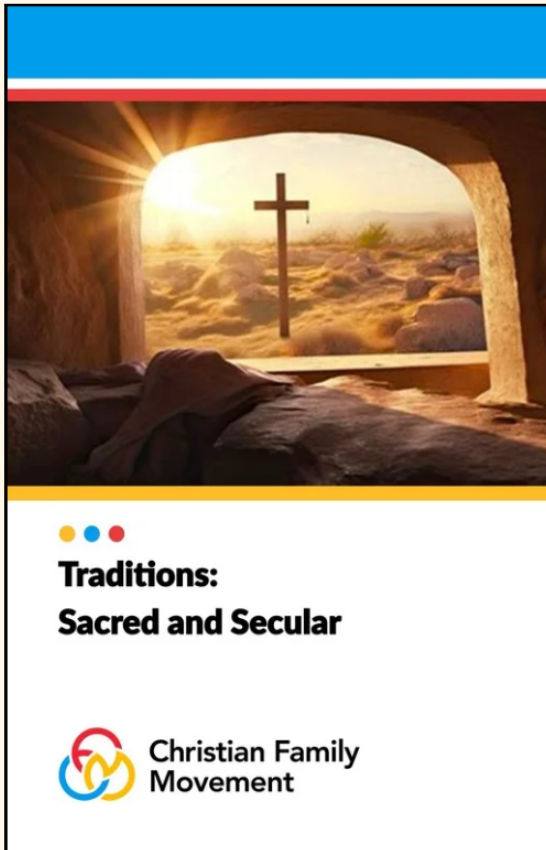


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1. Overview: Sacred Traditions, Secular Traditions, Devotions, and Dogma

This overview meeting is designed to help CFM members distinguish among these four important elements of the Catholic Church: Dogma, Sacred Traditions, Devotions, Secular Traditions.

2. The Apostles' Creed

The Apostles' Creed serves as a concise summary of Christian belief. It is a profession of faith that safeguards and defends the Church. The intent of this meeting is not merely to provide a history or discussion about the Creed, but to explore how we, as CFMers, can transform these beliefs into actions that not only bring Christ to others, but to also help us mature our faith.

3. Feast of the Nativity of Jesus and Associated Secular Traditions

This Feast Day has inspired many secular traditions, e.g., Las Posadas, St. Nicholas, Pere Noel, and the Feast of the Seven Fishes, that are associated with different ethnic groups and cultures.

4. The Sacraments

This meeting will dive into the visible and invisible realities of the sacraments and explore ways they stimulate the human senses while, at the same time, enriching our faith in God. The three categories of sacraments, i.e., initiation (Baptism, Confirmation, Eucharist), healing (Reconciliation, Anointing of the Sick), and service (Holy Orders, Matrimony), and what these mean in our everyday lives are explored.

5. The Communion of Saints

The Communion of Saints includes those on earth, those still journeying to God in the purification process Catholics call purgatory, and those who now abide in God. The terminology for these three states is also described as “the church militant” on earth, “the church suffering” in purgatory, and “the church triumphant” in heaven. Together we all make up the church, the body of Christ.

6. Lenten, Triduum, and Easter traditions

Easter season and the Triduum season (Holy Thursday, Good Friday, Holy Saturday) have many Sacred Traditions. The Lenten season devotions include ashes, palms, and Stations of the Cross. Examples of secular traditions associated with these seasons include Easter eggs, hot-cross buns, Easter lilies, and Dyngus Day (Easter Monday).

7. Blessed Virgin Mary

Sacred Traditions and dogmas about Mary include Ever-Virgin, Assumption, Immaculate Conception, and Crowning in Heaven. There are perhaps as many or more secular traditions, e.g., May processions, and devotions that focus on Mary including Marian Apparitions, Rosary.

8. Sacred Tradition and Sacred Scripture: Their role in preserving Christianity

Sacred Tradition and Sacred Scripture are bound closely together and communicate one with the other. For both, flowing out from the same divine well-spring, come together in some fashion to form one thing and move toward the same goal.