



Fidelis Program Information Packet

fidelisonline.org



The Fidelis Prayer

Father,

Through my yes to you, I find true love.

You see me as precious and honored and have called
me by name.

As your daughter, may I always walk with You, and seek
Your glory in all things.

Send your Holy Spirit to teach and guide all of the
Fidelis Sisters, forming each as a disciple, vessels of
truth and beauty.

Remain with them wherever they may be, and may we
be a sisterhood abundant in faith, hope and love.

Mary, from the cross Jesus proclaimed you as our
Mother, teach me how to love and how to pray.

As you courageously stood with Jesus on His cross,
stand with me and my crosses, and may I stand with
those who suffer around me.

Pray that I may live a joyful life of purity, service and
discipleship.

Mary, full of grace, pray my heart to be always open to
the Holy Spirit.



Paratum cor meum Deus, Paratum cor meum.

My heart is ready, oh God, my heart is ready





Starting a Fidelis Chapter

WHAT IS FIDELIS?

Fidelis is a multigenerational sisterhood of Disciples with this mission:

Forming girls- heart, mind, body and soul- into a sisterhood of mature, virtuous disciples of Christ through the witness of Catholic women.

We are a parish sponsored program inviting girls in grades 6 to 12 into sisterhood with women, young and old, leading each other to Christ.

With our yes to God we use intentional, virtuous and feminine means to form girls into women who can proclaim with confidence to God.

“Paratum cor meun, Deus, paratum cor meum.
My heart is ready, O God, my heart is ready.”

WHAT IT TAKES?

- 1) Approval and support of the Pastor
- 2) A handful of women to get it going
- 3) A place for Fidelis Nights to be held
- 4) Funding for startup and first year costs

WHAT IS REQUIRED OF THE PARISH?

The sponsoring parish provides the necessary start-up and subscription fee, a meeting place for weekly Fidelis Night meetings and approval of all program volunteers.



Program Overview

With the intent on capturing the heart of a young woman, we use our Fidelis Program books, movie clips, activities, and games to teach virtue, all in the context of mentorship and sisterhood.

Fidelis draws girls into the heart of the Church by connecting discussions on virtue to the Sunday Mass readings. These lessons come to life during weekly meetings, seasonal outings, and an INSPIRE trip where Chapters from around the country gather.

A weekly meeting with 6th-12th grade sisters and Ladies from the parish typically looks like this:

1. Social time/Food
2. An icebreaker. activity, or game
3. A movie clip which draws upon that week's virtue
4. The King's Message (A short talk connecting the movie, to the virtue, to the lives of the girls.)
5. The Family Groups -These are age/grade divided small group sessions that include prayer, a reading, quotes from the saints or Catechism, discussion questions and invitations to practice the week's virtue in practical ways for the girls.
6. Each night ends with praying Compline as a group.

Accolades: The sisters earn accolades by completing the invitation each week, these are specific tasks that practice that week's virtue, challenging the sisters to live out virtue in their daily lives. They are held accountable by their family group leader and the other sisters in their group.

Coronation: A Fidelis Sister that has faithfully completed her invitations will partake in a coronation ceremony at the end of her senior year. In the Bible the placement of a crown on one's head represents that one is set apart for a particular task or calling and indicated the consecration of the wearer to their new role. Receiving a crown at the Fidelis coronation reminds the Fidelis sister of her baptismal promise and sets her apart for her new role as she enters into the world of adulthood with the acknowledgement that she is a daughter of the King.



What's Included

Annual Sponsorship: The annual sponsorship of Fidelis is (\$1,250 with a Bosco Event, \$2000 without a Bosco Event.)

This includes:

1. Weekly delivery of content for Fidelis Nights including video clips and solid Catholic formation material to prepare the Ladies to lead their Family Group and/or give the “King’s Message.”
2. A Weekly Parent Email to open communication to families
3. TeamLinkt account access to members' registration data and communication within your Chapter
4. Online Registration for Families
5. Phone support
6. Training and Support to build your own Fundraising through the Bosco Society
7. Access to the Fidelis Resource Site
8. Ongoing monthly mentor formation
9. A detailed Handbook explaining Roles, Recruitment, Fidelis Nights Structure, Ceremonies, Insignias, Retreats, Inspire, a Program Calendar and much more!

Start-up Fee: New Chapters pay a one-time startup fee of \$1,500 (if needed this can be paid over 3 years.)

This includes:

1. Phone support and coaching to help recruit and equip the Chapter leadership.
2. Training for the women, which takes various forms based on the location of the Chapter (proximity to existing Chapters, etc.).
3. A startup kit including promotional materials.
 - a Fidelis Crown
 - a Fidelis Charm bracelet and charm
 - a Fidelis Banner
 - a Fidelis Lady Handbook
 - all 3 volumes of the Fidelis Book



Chapter Onboarding Checklist

- Offer an Informational Meeting to Interested Ladies in your parish
(Optional: Fidelis National can give the meeting via Zoom)
- Begin meeting with interested ladies weekly, to develop Sisterhood
 - Turn in your Parish Agreements (x2)
 - One signed by Lead Lady
 - One signed by your pastor
- Pay Startup Fee Invoice- This will come to you via online invoice
- Receive Startup Kit and Banner
- Schedule/Take Part in In- person Training
- Fill out the Registration Form Builder
- Conduct Basic Training on Systems (TeamLinkt) through Resource Site on Fidelisonline.org/resources
- Start Recruiting
- Start Registering
- Start Introduction Weeks (4 weeks that highlight the pillars of Fidelis - Virtue, Sisterhood, Mentorship, and Coronation)
- Begin Weekly Fidelis Nights
- Conduct Initiation Ceremony
- Start planning your Fall Retreat
 - Content Available on Resource Site- Fidelisonline.org/resources
 - The Annual Fee of \$200 will not be charged until Fall of your startup year
- Attend INSPIRE!!!

SISTERHOOD IS ESTABLISHED.



Frequently Asked Questions

What are our financial options?

The Bosco Society- This is a part of the Fraternus* and Fidelis programs specifically created to help raise funds in a parish for use in the Fidelis and Fraternus programs. 80% of these funds are sent back to the parish monthly to be used for local Fraternus/Fidelis needs especially scholarships for Ranch/Inspire. . The other 20% goes back to Fraternus/Fidelis to support the overall mission.

After a parish participates in their first Bosco Event they receive a discount on their annual subscription fee. The Annual Subscription cost is reduced to \$1250 for Fidelis.

How it works: A Bosco representative will guide a local parish host committee to host an event. This event will talk about the impact of the programs, offer witness testimonials from parents, youth and leaders involved in the programs, and conclude with a pitch to set up monthly giving. (If 12 families give a minimum of \$50/month your start up fees are basically covered and you have close to \$4000 in scholarship funds to send members to Inspire) Typically, we see much larger numbers, even in small rural parishes.

the parish will host a Bosco event every year, each sequential year bringing in more monthly donors that the National Fidelis Organization manages, thanks, keeps in communications with, and sends tax receipts to as a service for Bosco Society.

*Fraternus is our brother program (Fraternus.net)



Frequently Asked Questions

Continued

What makes Fidelis different than other programs?

Fidelis focuses on mentorship, and forming trusted relationships with adults who are living witnesses to their Catholic faith. Fidelis is **not a youth program**, but rather a program inviting women in a parish to grow alongside the youth on their faith journey.

“Comprehensive formation includes more than instruction. It is an apprenticeship for the entire Christian life.” GDC 67

Fidelis aims to equip the ADULTS so that they may be confident mentors to the YOUTH.

The SISTERHOOD that is formed between the women and the girls, is what makes this program unique. The sisterhood forms life lasting relationships that go much farther and deeper than high school graduations. It forms friendships and communities that last when the trusted sponsorship of a friend in Christ is the guiding light one needs in adulthood or times of temptations.

What protections are in place to verify your adults are trusted?

Fidelis requires that all adult leaders and volunteers are background checked and trained through the requirements of their local parish and diocese. Fidelis will not allow any leadership from someone not approved by their parish, no exceptions.



Frequently Asked Questions

Continued

Is this a Catechetical Program for a Public School Kids? Can I use this for Confirmation Prep?

Fidelis is a virtue based program and not strictly catechetical although we examine the faith via the Scriptures, the Catechism, and the wisdom of the saints. As a result, Fidelis breaks down the barriers of typical parish cliques. In the average Fidelis Chapter, the homeschool, parish and public school families are equally represented. Programs that are strictly catechetical do not appeal to those who feel that their children “already receive their formation via X, Y, Z” making Fidelis a unifying force within a parish community.

While Fidelis is not a Confirmation Preparation Program in itself, it can be used as an ongoing formation requirement. But it should be emphasized that Fidelis thrives on the willingness of the individual to take part in it. Both youth and adults are initiated into the sisterhood by their own free will each fall.

Does this take the place of other programs?

Yes and No. It can and does in some parishes, while other parishes still also have other active youth programs. Fidelis does not aim to replace existing programs, rather to provide a different avenue for formation and ultimately, sainthood.





Sisters to Saints

