

St. Pius X Religious Education Parent Handbook

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Introduction

This handbook is designed to serve as a guide for parents/guardians, students, and catechists involved in the Religious Education Program at St. Pius X Parish. The philosophy, goals, policies, guidelines and schedule serve to communicate the content of our religious education program.

The catechetical formation of each child is a responsibility shared both by the parent and the parish Religious Education Program. The goal of religious education is threefold: to present information in the content of our Catholic Christian faith, to enable formation in the values and attitudes needed to live a Catholic Christian faith, which leads to the end-goal of transformation and conversion in Christ Jesus.

The policies in this handbook have been adopted by St. Pius X Education and Formation Committee and apply to the Religious Education Program of St. Pius X Parish. These policies give the Director of Religious Education, parents/guardians, students, and catechists a direction in responding to the religious and spiritual needs of parish families.

Rules and regulations are made to help inform the student of the rights and needs of others, as well as to help serve as a guide for his/her own acceptable behavior. Rules and regulations create and maintain an environment wherein quality religious education and the safety of every child are considered to be of the utmost importance.

Parents and catechists are requested to acquaint themselves as well as the children with the contents of this handbook. Knowledge of the policies and guidelines will help achieve the goals of our religious education program.

Religious Education Programs

St. Pius X Parish Religious Education Programs include:

- Sunday School classes for children ages 4 and 5, enrolled in preschool and/or kindergarten
- Religious Education Classes for children in grades 1 to 12

HANDBOOKNEWSLETTER NOTATION

HELP FOR VICTIMS OF SEXUAL ABUSE

The Archdiocese of Dubuque has established a program of pastoral assistance to people who believe they or those in their care have been sexually abused as minors by clergy or other Church personnel. This assistance will include help in informing civil and Church authorities. Victim Assistance Coordinators are trained to facilitate access to appropriate professional mental health services, social service agencies, support groups and/or individuals who can provide spiritual care. Any individual desiring help from this program is invited to call toll free (563) 556-1225 or 866- 319-4636 to report an allegation or receive assistance. This program is part of the "Policy for the Protection of Minors."

Archdiocesan Mission Statement

We the Church of the Archdiocese of Dubuque,
are God's people

gathering together as a Eucharistic **community** to worship,
sharing the **Word of God**,
affirming traditional and emerging **leadership** roles
and supporting **families**
to model Catholic faith and morality
for the next generation.

We commit ourselves
to lifelong faith formation and to the service of humanity
because we believe in the Risen Christ,
in the wisdom and kindness of God, the Author of life
and in the love the Holy Spirit bestows.

We Envision...

This faith and these principles inspired us to envision a Church in which we

...are disciples of Christ empowered by the Holy Spirit to be a *community* "devoted to the apostles' instruction and the communal life, to the breaking, of bread and prayers," zealous in caring for the needs of others.
(Acts 1:8; 2:42; 4:34)

...are people in whom the biblical *Word of God* finds rich soil, flourishes in the truth of Catholic teaching and produces a harvest of holiness and social justice.
(Luke 8:8; 6:45)

... are ministered to by faith-filled and qualified *persons in leadership* who imitate the Good Shepherd and are "worthy of their hire."
(1 Peter 5:1 -4, Matthew 10:10)

...*support families*, in various forms, striving to be domestic churches which instill Catholic faith and morality in the hearts of the next generation.
(Ephesians 5:21-6:4)

Mission Statement of the Educational Apostolate Archdiocese of Dubuque

The mission of the Educational Apostolate of the Archdiocese of Dubuque is to promote lifelong faith formation which challenges individuals to:

- respond to God's continuous call for conversion to Jesus Christ
- form and be formed in Christian community life
- grow in knowledge of faith
- participate in liturgical celebrations and prayer
- collaborate in the Church's mission of evangelization

Archdiocesan Board of Education — Significant Policies

Policy Numbers and titles are in **Bold**, followed by a short description of the policy. The complete policy can be found in the Archdiocesan Board of Education Policy Book.

2511 **Internet**

Employees, volunteers, and students of the Archdiocese of Dubuque shall abide by the terms, conditions, and regulations for the use of Internet and related technologies.

2515.1 Sexual Harassment

All educational programs **governed** by the Archdiocese of Dubuque shall maintain a and working environment that is free from sexual harassment.

2515.11 Harassment

All educational programs governed by the Archdiocese of Dubuque shall maintain a learning and working environment free from any type of harassment. No employee, volunteer or student associated with these programs shall be subjected to harassment.

4111.4d Standards of Conduct

The policy describes the type of conduct expected from those who work in educational programs in the Archdiocese.

Mandatory Reporting of Child Abuse

Any certified or licensed employee must report suspected child abuse to the Department of Human Services within 24 hours. The school will provide training for mandatory reporters within six months of initial employment and every five years thereafter.

5117.1 Home Schooling—Religious Education

Parents/guardians and children are expected to participate in the parish-sponsored catechetical programs approved by the Office of Catechetical Services.

5131.7b Guns/Weapons in Parish/Regional/Diocesan Programs

Weapons or dangerous objects will be confiscated from catechetical program students and reported to law enforcement officials. The participant will be subject to disciplinary action. **5133**

Gangs

Youth gangs and **gang** related activities are prohibited. Involvement and jurisdiction of Youth gangs and gang related activities are prohibited. Involvement and jurisdiction of program authorities in gang related incidents occurring outside the school or off school/parish property will be determined.

5141.3 Blood borne Pathogens

All educational programs governed by the Archdiocese of Dubuque shall strive to eliminate occupational exposure to blood borne pathogens in schools and catechetical programs. **5144**

Discipline Guidelines

Schools and catechetical programs establish rules and regulations in keeping with Catholic principles and values. Corporal punishment is not used.

5144.1 Probation, Suspension and/or Expulsion

The administrator has the authority to place a student on probation or to suspend a student

temporarily. A Discipline Committee appointed by the administrator shall have the authority to expel a student.

5144.3 Harassment/Bullying of Students

No student associated with the educational programs governed by the Archdiocesan Board

Education shall be subjected to any type of harassment/bullying while on school/parish property, at any school/parish function, or at a school/parish sponsored activity regardless of location.

5145.2 Search and Seizure

A school official may conduct search if there is reasonable suspicion of criminal offense, or school rule violated, or the belief that a search will provide evidence.

6141.11 Education in Human Sexuality

Catholic schools and catechetical programs will provide education in human sexuality. It moves beyond the biological and scientific information into the fields of values and moral formation. Parents are included in the education process.

6150 catechetical Program Standards

Parishes provide catechetical programs for students attending public school. Boards need to evaluate annually the program, the number of students per class and the integration of persons with disabilities. Approved textbooks are used.

6150.2 Parental Involvement

Parents are the primary educators of children. Parents/guardians are to be involved in the parish catechetical program.

6150.4 Sacramental Catechesis

In parishes with a Catholic school and a catechetical program, the program for parents/guardians, sponsors, and parish involvement is to be conducted jointly in the preparation for sacraments.

St. Pius X Parish Sacramental Guidelines

Families in the religious education program must be registered members of St. Pius X Parish. The religious education and formation of each child is a responsibility shared by the parent/guardian and the parish religious education program.

A person must be a baptized member of the Catholic faith and a member of St. Pius X Parish to prepare for the Sacraments of Reconciliation, Eucharist, or Confirmation. Persons not baptized in the Catholic tradition must be involved in a catechumenate process to prepare for the sacraments.

The program preparing children for the Sacraments of Baptism, Reconciliation, Eucharist and Confirmation include parents. St. Pius X Sacramental Coordinator, Paulette Canney, guides and assists parents with materials and learning sessions. Parent education is aimed in assisting parents in fulfilling their roles as primary educators. It is required for parent/guardian to attend meetings for sacramental preparation if a child is to participate in the sacramental celebrations. Parish religious education is meant to enhance and assist the parents.

Active and ongoing participation in either Religious Education classes or Catholic school is required to participate in any sacramental preparation.

Reconciliation

12. A child must have been in a religious education program at least one year prior to preparing for the Sacrament of Reconciliation.
13. Formal catechesis for the Sacrament of Reconciliation will take place before catechesis for First Eucharist.
14. Preparation for the Sacrament of Reconciliation is primarily the responsibility of the parents.
15. The minimum age for a person preparing for the sacrament is seven years old.
16. If the person preparing for the sacrament is of grade school age, a parent is expected to attend the preparation meeting(s).

Eucharist

17. A child must have been in a religious education program for at least one year prior to preparing for the Sacrament of Eucharist.
18. catechesis for the Sacrament of Eucharist takes place after the catechesis for the Sacrament of Reconciliation.
19. Preparation for the Sacrament of Eucharist is primarily the responsibility of the parents.
20. The minimum age for a person preparing for the sacrament is seven years old.

Confirmation

Confirmation preparation begins in the fall with an informational meeting, for those no younger than entering ninth grade. Through a schedule of once-a-month, two hour sessions for youth and parents, a retreat and service component, participants learn more about the Catholic faith and their own spiritual journey. The celebration of the sacrament is the fall of the next year

St. Pius X Parish **Sacramental Preparation**

Reconciliation:

Our second graders will be prepared for Reconciliation in the fall. There will be a parent meeting as well as a parent/child retreat in the fall to provide updated information on the sacrament as well as adult formation and enablement for catechesis in the home. Contact Paulette Canney for more information.

First Communion:

First Communion is part of the regular second grade curriculum, but most of the primary preparation is done in the homes with the family. All second graders in the parish will celebrate their First Communion at regular Sunday Liturgies celebrations starting two weeks after Easter of their second grade year.

A parent meeting will be held in January for the parents of the First Communicant. These will last between 1 and 1 1/2 hours. At this meeting, parents will be given the materials to prepare their children at home.

A parent/child retreat will be conducted in the spring. This session, in which parents will spend time with their child interactively, learning more about the Sacrament of Eucharist with their child. Please contact Paulette Canney, if you need more information.

Reconciliation and the Fourth Grade:

Conscience formation is the essence of the fourth grade curriculum, which accordingly is highlighted by a more in-depth study of Reconciliation. There will be a time in the spring semester where fourth graders and their families are invited to a parent/child retreat and can celebrate the sacrament together at an all Parish Reconciliation Service.

Confirmation:

To enter by guidelines of the Archdiocese of Dubuque your child must be at least a freshman in high school (minimum age of 15) enrolled in RE or Catholic School and been enrolled a minimum of one year prior to entering the Confirmation journey. For example: 9th graders must have been a student at Regis or in RE the previous year in 8th grade.

To learn more about our parish confirmation journey parent and student are asked to attend a informational enrollment meeting, to discern to enter the year long journey which consists of monthly faith formation sessions attend by student and parents held for two hours on Sunday, a retreat and service component. Contact Paulette Canney, St. Pius Confirmation Director for further details.



Roles and Responsibilities

Parent/Guardian

You model your faith for your children daily. What your child will learn from religious education class depends on your support and reinforcement at home, attending Sunday Mass as a family, and family prayer. Your interest and encouragement let your child know you value what is being done in the religious education class. Learning prayers and the Catholic faith cannot be done only during class time. We expect you the parents to work with your child at home by using the family activity pages of the text and by dialoguing with your child about what is being learned in the classroom.

Catechist

The role of the catechist is to "echo the Good News." The Good News is the message of Jesus and the Catholic Church, prayer and worship, community with each other and within the parish, and service to all peoples. Catechists help lead the children to grow in their faith and relationship with Christ in the Church.

Parish Education and Formation Committee

The Parish Education and Formation Committee is responsible for establishing goals, setting policies in collaboration with the Archdiocesan Board of Education, setting the budget, implementing programs, and evaluating the programs with the Director of Religious Education. Members are elected from the parish. The pastor and Director of Religious Education serve as ex-officio members.

Director of Religious Education

The Director of Religious Education (DRE) is a catechetical leader and administrator who is responsible for overall direction of parish catechetical programs. This includes working with the pastor(s), other ministers, and appropriate committees, boards, or councils involved in setting policy and planning; supervising coordinators, designing catechetical programs; assisting in liturgical planning; conducting sacramental preparation workshops; and providing opportunities for catechist formation.

Office of Catechesis Associate

This person is responsible for assisting the DRE in both organizational and faith formation areas. The associate works to prepare and ready rooms for religious education sessions as well as gather materials for catechists. In additions to these responsibilities, the associate knows discipline procedures and is a supportive presence to the catechists and students in the building.

Educational Covenant

"Since parents have conferred life on their children, they have a most solemn obligation to educate their offspring. Hence, parents must be acknowledged as the first and foremost educators of their children. The Church reminds parents of the serious duty which is theirs of taking every opportunity - or of making the opportunity - for their children to be able to enjoy these helps and to pace their development as Christians with their growth as citizens of the world. " (Declaration of Christian Education)

"Parents are the first and foremost catechists of their children. They catechize informally but powerfully by example and instruction. They communicate values and attitudes by showing love for Christ and His Church and for each other, by reverently receiving the Eucharist and living in its spirit, and by fostering justice and love in all their relationships. Their active involvement in the parish, their readiness to seek opportunities to serve others, and their practice of frequent and spontaneous prayer, all make meaningful their professions of belief. Parents nurture faith in their children by showing them the richness and beauty of lived faith. Parents should frequently be reminded of their obligation to see to it that their children participate in catechetical programs sponsored by the Church. " (Sharing the Light of Faith #212)

Parent/Guardian Covenant

Recognizing our most solemn obligation to educate our children in the ways of the faith, we hereby enter into this covenant with the Board of Education., administration and staff of the (Parish Religious Education Program), to work cooperatively in providing for a quality program of faith formation for our children.

We agree to:

- Provide good example for our children
- Communicate Christian values and attitudes
- Provide opportunities to share in the sacramental life of the Church with our children
- Provide for prayer opportunities for our children
- Ensure the regular attendance of our children) at class
- Understand and accept the regulations set forth in the parent/student handbook
- Volunteer our time at least once during each semester

Parent/Guardian Signature _____

DRE _____

Pastor _____

Education and Faith Formation (BOE) Chairperson

Date _____

Guidelines and Procedures

Calendar Changes

If the calendar is changed, you will receive written notice with your child and/or a notice will be placed in the Parish Bulletin.

Inclement Weather

In the event of inclement weather, cancellation of classes for that day or night will be posted on the websites of KGAN and KCRG. If there is no public school for the day, religious education classes are automatically cancelled.

Arrival and Dismissal

Classes for grades 1-5 and middle school are held in St. Pius School. Through arrangement with the DRE, some middle school classes are held in homes. Classes for 1-5 are from 4:45-5:55 or 6:15-7:25 P.M. Middle School classes are from 6:15-7:30. Parents/guardians are asked to accompany children K-5 into the building to their classrooms and pick up their children at the same room after class. Classes for grades 9-12 are from 7:15-8:30 p.m. and are held in homes.

Students will not be allowed in any classroom before the catechist arrives. After the catechist admits the student to the room, the catechist is responsible for supervising the students. Students are expected to conduct themselves in a respectful and courteous manner.

Attendance

Attendance at programs and classes is essential to develop a sense of belonging to Parish Community, for growth in your child's relationship to God, and for an ongoing understanding of our Catholic faith.

Notification of absence should be made to the Director of Religious Education prior to the absence, no later than 6:00 p.m. the night of class.

Unexcused absences will be followed up by phone call, particularly with safety of children in mind. If attendance continues to be a problem, a meeting with the parents, student, and Director of Religious Education will be arranged.

In special circumstances, i.e. long term illness, a serious accident, or personal family situation, communication with the Director of Religious Education is required to maintain contact and relationship with the student.

Special Needs

Parents are requested to list any health concerns of a student on the registration form. This information will be communicated to the appropriate catechists.

Parents are requested to list any special needs of a student with learning disabilities on the registration form. This information will be communicated to the appropriate catechists.

Communications

There will be written communications to parents during the year. Children will be responsible to deliver notes to parents from catechists or the Director of Religious Education. Notes ordinarily will be sent home with the youngest member of the family. Ongoing communication between catechists and parents is highly

recommended. Parents are encouraged to contact the catechists or the Director of Religious Education if a problem develops.

Property

Respect for a person's property and for school and parish property is expected in every area of the school. Children are required to walk in school corridors and classrooms for their safety. Food and gum are not allowed in any classroom or building unless it is part of the class program and under the authority of the catechists.

Lost Articles

Lost and found articles are kept in the Religious Education Office.

Field Trips

If a field trip is planned, parents are required to give written permission for a child to participate. Permission forms need to be signed by the parents before departure. Parents are encouraged to assist in transportation and/or as chaperons.

Prayers, Beliefs and Practices

Prayer is an integral part of every lesson at all age levels. Parents/guardians are to help their child learn their prayers. Please see the listing of Prayers, Beliefs and Practices and the grade levels at which they are to be taught.

Mass will be celebrated for middle and high school youth in August and for grades 1-5 in October. In February, all families will come together to celebrate the sacrament of reconciliation.

Music

Music is an important component of religious education and is scheduled into classrooms at various times and during large group gatherings.

Sacramental Preparation

Children, who will receive the Sacraments of First Reconciliation and First Eucharist, and their parents, are expected to attend Sacramental Preparation Meetings or events as scheduled.

Discipline Policy

The respect and dignity of all persons is valued. Discipline helps all students as it contributes to a climate of learning, loving, and living. It helps each student as it provides an environment to guide students to become a self-disciplined person.

Each catechist in the classroom will clarify and set up goals for learning and establish classroom guidelines. These guidelines will be posted and shared with the Director of Religious Education. Goal-setting and positive consequences encourage students to choose appropriate behavior. Normal discipline problems are to be handled by the classroom catechist.

If there are recurrent or serious problems, the catechist discusses the situation with the Director of Religious Education. The student will be dismissed from class, following this procedure:

1. The student will meet with the Director of Religious Education.
2. The student will fill out a discipline form. The student and the Director of Religious Education agree on an appropriate behavior.
3. The student and the Director of Religious Education will sign the discipline form. The student returns to class. After class, the Director of Religious Education will give the form to the catechist to sign and the student will take it home to obtain the parent/guardian signature.
4. The Director of Religious Education will notify the parent/guardian of the disciplinary action.
5. Discipline forms will be filed in the Religious Education Office for the year. When a student has two forms on file, a conference will be held with the parent/guardian, the student, the catechist, and the Director of Religious Education.
6. A mutual agreement with the parties involved may mean a two-week assigned work at home.
7. If, after returning to the classroom, the student is again dismissed from class, the student will not be allowed to attend class for the remainder of the year. An appropriate family religious education plan will be designed at home and monitored by the Director of Religious Education.

Discipline Form

Name _____

Date _____

1. Why was I asked to leave the room?

2. What behavior on my part contributed to this?

3. I will do the following so that my time in religious education class will be more profitable:

Agreement:

Student

Catechist

Parent/Guardian

Director of Religious Education

St. Pius X Religious Education

Preschool to Grade Six Curriculum

The catechetical series, *Call to Faith*, published by Harcourt is used for preschool through six grade. *Call to Faith* presents the content of the Catholic faith drawn from Scripture and Tradition in age appropriate ways through a spiral scope and sequence. *Call to Faith* engages children in the many ways we pray as Catholics. It features an activity strand in every chapter, encouraging children to share their faith, connect their faith, and live their faith. Family Faith pages help families participate in their children's faith formation.

Prayers, Beliefs and Practices is a document which lists the prayers, beliefs and practices introduced and reviewed at each level. The Basic Elements of Faith Formation further detail the doctrinal points covered at the various ages. Both listings can be found in this handbook.

Grades 7 and 8 Curriculum

The *Call to Faith* thematic faith booklets by Harcourt are the texts used in grades 7 and 8. The faith booklets feature engaging stories and explorations of relevant topics and themes, Scripture and Tradition, meaningful activities, prayer, faith at home resources, and a variety of features for exploration, understanding, and living of the faith.

The theme booklets used in Grade 7 include: Jesus Christ, Sacraments, and The Trinity. In Grade 8 the following theme booklets are used: The Church, Morality, and Revelation.

High School Curriculum

The curriculum of our high school catechetical program is adapted to meet the diverse experiences in the life of the adolescent.

Total Faith Initiative published by St. Mary's Press is used for High School Religious Education and Youth Ministry. *Total Catechesis* components include: Christian Morality, Christian Prayer, Creed, and Liturgy and the Sacraments.

**St. Pius X Parish Sunday School
Preschool - Kindergarten
Overview**

Classes are held on Sunday mornings during the 10:00 A.M. Mass in St. Pius X School. The Preschool is in room 7 and the Kindergarten is in room 6.

The Preschool Program encourages young children to explore their relationships:

- to parents
- to God
- to friends and others
- to the world about them

Objectives:

- To develop an awareness of God
- To instill the knowledge that he/she is loved by God
- To encourage an appreciation of his/her family
- To foster the understanding that the child is a member of God's family
- To cultivate an awareness and appreciation of God's creation
- To pray with the children
- To celebrate special feasts and holy days of the church

These objectives are introduced at the child's level of understanding. Children enjoy nature, bible storytelling, songs, simple prayer, games, arts and crafts enabling them to become more aware of God, themselves and others.

St. Pius X Parish Religious Education Program

Grade 1 - 8

Overview

For children in grades 1-5, classes are offered two times on Wednesday evenings: 4:45-5:55 or 6:15-7:25 and meet in rooms at St. Pius School.

Middle school youth choose from Session A or Session B. Each of the sessions consists of fifteen classes, a liturgy and the sacrament of reconciliation. Youth Ministry nights are offered throughout the year for the Wednesday nights a youth doesn't have class.

Parents are to contact their child's catechist if there is any problem.

Prayer, Action, Word & Song

All Religious Education Curriculum must be centered on the Eucharistic celebration, especially the weekly Sunday liturgy. Prayer, Action, Word & Song is therefore an integral part of the program at St. Pius X. According to the Directory for Masses with Children, "A fully Christian life cannot be conceived without participation in the liturgical services in which the faithful, gathered into a single assembly, celebrate the paschal mystery."

To further this understanding of our faith, each week every class will spend 15 minutes listening, enacting or praying our stories from the sacred scriptures. Various learning activities will be planned to help the students experience through storytelling, prayer and music the richness of the faith.

Grades 1-3 will come the first fifteen minutes of class and grades 4-5 the last fifteen minutes of class.

High School Overview

Small groups of high school youth meet with a catechist weekly for fifteen weeks in homes. They choose from sessions that run twice a year; Sept.-Feb and Oct. – March. In addition to these times, liturgy and the sacrament of reconciliation are celebrated. Youth Ministry activities are planned to give opportunity for these youth to live and experience their faith.

Liturgies and Reconciliation Services

Masses and Reconciliation Services are an important part of our Religious Education Program. The Masses this year in August for our middle and high school and in October for grades 1-5.

Families with children in Grades 2 to 12 have an opportunity to receive the sacrament of Reconciliation on Wed. Feb. 10 at 6:30 PM in addition to weekly opportunities within St. Pius Parish.

Students will actively participate in the preparation for and celebration of these liturgies and Reconciliation Services. Parents are strongly encouraged to share these celebrations with their children.

Prayer

Prayer is an integral part of our faith and will be included in each class. Students will experience a variety of ways to pray including both formal, memorized prayers and informal, spontaneous prayer. In Section 9 you will find a listing of Prayers, Belief and Practices and the grade levels at which they are taught. Your help will be necessary for your child(ren) to learn these prayers and make them a part of their lives.

Prayers, Beliefs, and Practices

Sign of the Cross

In the name of the Father,
And of the Son,
And of the Holy Spirit.
Amen.

Our Father

Our Father, who art in heaven,
Hallowed be thy name.
Thy Kingdom come, Thy will be done.
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses
As we forgive those who trespass against us;
And lead us not into temptation,
But deliver us from evil.
Amen.

Glory Be To The Father

Glory be to the Father, And
to the Son,
And to the Holy Spirit.
As it was in the beginning,
Is now, and ever shall be,
World without end.
Amen.

Hail Mary

Hail Mary, Full of Grace.
The Lord is with you.
Blessed are you among women,
And blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners,
Now and at the hour of our death.
Amen.

Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth.
I believe in Jesus Christ,
His only son, our Lord.
He was conceived by the Holy Spirit
And born of the Virgin Mary.
He suffered under Pontius Pilate,
Was crucified, died, and was buried.
On the third day He rose again.
He ascended into heaven,
And is seated at the right hand of the Father.
He will come to judge the living and the dead.
I believe in the Holy Spirit,
The Holy Catholic Church, the communion of saints, the forgiveness of sins, the
resurrection of the body, and life everlasting.
Amen.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
And failing to do good,
I have sinned against You
Whom I should love above all things.
I firmly intend, with your help,
To do penance, to sin no more,
And to avoid whatever leads me to sin.
Amen.

Act of Faith

Oh, my God, I firmly believe
That you are one God in three divine persons;
Father, Son, and Holy Spirit. I
believe that your divine Son
Became man and died for our sins,
And that he will come to judge The
living and the dead.
I believe these and all the truths
Which your Holy Catholic Church teaches,
Because you who can neither
Deceive nor be deceived, have revealed them.

Act of Hope

Oh, my God,
Relying on your infinite goodness and promises I
hope to obtain pardon for my sins,
The help of your grace, and life everlasting,
Through the merits of Jesus Christ,
My Lord and Redeemer.

Act of Love

Oh, my God, I love you above all things, with my whole heart and soul,
Because you are all good
And deserving of all my love,
I love my neighbor as myself for love of you.
I forgive all who have injured me,
And I ask pardon of all whom I have injured.

Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

Grace Before Meals

Bless us, O Lord
And these your gifts,
Which we are about to receive,
Through your bounty,
Through Christ, our Lord.
Amen.

Grace After Meals

We give you thanks,
Almighty God,
For these and all your gifts
Which we have received
Through Christ our Lord.
Amen.

Peace Prayer of Saint Francis

Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
Oh, Divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love.
For in giving that we receive,
In pardoning that we are pardoned,
And in dying we are born to eternal life.

Praying the Rosary

The Rosary is a prayer instrument that invokes the love of God, and implores the prayers of the Virgin Mary. The prayers begin at the cross, when the *Apostles Creed* is prayed, the single beads recall the *Our Father*, and the series of beads (3 and 10) each recalls the Hail Mary. The space after is the Glory Be. The *Our Father*, *10 Hail Mary's*, and the *Glory Be* are called a decade, and bring remembrance of events (Mysteries) in the life of the Lord Jesus, and His blessed Mother. The ending prayer is *Hail Holy Queen*.

The Five Joyful Mysteries The Five Sorrowful Mysteries

- | | |
|-----------------------------------|--------------------------------|
| 1. The Annunciation | 1. The Agony in the Garden |
| 2. The Visitation | 2. The Scourging at the Pillar |
| 3. The Birth of Jesus | 3. The Crowning of Thorns |
| 4. The Presentation in the Temple | 4. Carrying the Cross |
| 5. Finding Jesus in the Temple | 5. The Crucifixion |

The Five Glorious Mysteries

1. The Resurrection of Jesus Christ from the Dead
2. The Ascension of Jesus Christ into Heaven
3. The Coming of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary in Heaven

The Five Luminous Mysteries

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Hail Holy Queen

Hail Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

Works of Mercy

Corporal Works

Feed the hungry.

Give drink to the thirsty.

Clothe the naked.

Help those imprisoned.

Shelter the homeless.

Care for the sick. Bury

the dead.

Spiritual Works

Share our knowledge with others.

Give counsel to those who need it.

Comfort those who suffer.

Be patient with others.

Forgive those who hurt us.

Give correction to those who need it.

Pray for the living and the dead.

The Ten Commandments

1. I am the Lord your God. You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your Father and your Mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

The Laws of the Church

- Celebrate Christ's Resurrection every Sunday (or Saturday evening) and on Holy Days of Obligation by taking part in Mass and avoiding unnecessary work.
- Lead a holy and sacramental life; receive Holy Communion regularly and the Sacrament of Reconciliation regularly. We must receive Holy Communion at least once a year during Lent — Easter. We must go to Reconciliation if we have committed a serious sin.
- Study Catholic teaching throughout life, especially when preparing for sacramental initiation.
- Observe the laws of marriage within the Church, and give religious training to your children.
- Strengthen and support the Church, within your parish, and worldwide.
- Do penance, and observe the rules of fasting and abstinence.
- Support the missionary work of the Church.

The Seven Sacraments of the Church

Sacraments are the effective signs of Jesus; Presence in our Community.

- 1. Baptism:** This is the first and basic sacrament. Through it we receive the Spirit of God, are born again as children of God, cleansed from sin; we become members of the Church, and begin our life's journey in God's presence and favor.
- 2. Confirmation:** We are confirmed in the Holy Spirit and strengthened with His gifts, helping us to follow Jesus and supporting our minds and wills. The gifts of the Spirit are: wisdom, understanding, right judgment courage, knowledge, reverence and awe for our God.
- 3. Eucharist:** Eucharist is the third sacrament of initiation. The Eucharistic celebration is the Mass, and it is both meal and sacrifice. We receive Jesus Christ's presence into our bodies under the form of bread and wine.
- 4. Reconciliation:** Reconciliation is the sacrament of God's mercy, a formal celebration of forgiveness. We are called to examine our conscience, admit our faults, and ask for and receive God's loving forgiveness.
- 5. Anointing of the Sick:** This sacrament has been viewed in a new light, and is not just for the dying, but for all who suffer in a physical, mental, or spiritual way. Anointing offers healing and forgiveness.
- 6. Marriage:** Marriage has been identified as a sacramental way of life, in which a man and woman commit themselves to faithfulness to each other for their lifetime, accept the children God sends them, and to work out their love for God and their salvation in Christ together.
- 7. Holy Orders:** The sacrament by which men are ordained and given special responsibilities and powers. They carry special assignment of service for building up the Body of Christ. Deacons and priests are thus ordained.

Safe Environment Training for Children Guidelines

Under the *Charter for the Protection of Children and Young People*, all dioceses in the United States have agreed to establish age-appropriate safe environment training for children.

Key components are to include information about quality relationships, proper forms of touch, actions to take in uncomfortable situations, and reporting possible abuse. Note: This training is not the same as education in human sexuality.

It is recommended that the training be offered at grade 1, grade 3, grade 5 or 6, grade 8, grade 9 or 10, and grade 11 or 12. All children of the designated grade level are to be offered the training.

Parents/guardians will be provided the required notification letter concerning the timeline when the training will be offered; the content/curriculum of the training; information outlining the opportunity to review the content/curriculum materials; and a copy of the *Parent/Guardian Safe Environment Training Refusal Form*.

Catechists presenting the material will review the guidelines concerning their role in providing this training. Cross referencing between grade level catechetical outcomes and the outcomes of the Safe Environment Training will be encouraged for possible integration with existing curriculum.

Safe Environment Training Outcomes include:

- I am God's child.
- I must receive and give respect in the ways I talk and act and in the ways others treat me.
- I learn the difference between true friendship and false friendship
- My body is private and must be respected.
- I learn the difference between good play and bad play.
- I learn the difference between good touch and bad touch.
- Secrets are not good when they separate us from others and harm us.
- People make good choices and bad choices and I learn how to tell the difference.
- When someone does something wrong, I must tell someone I trust.
- I name people to whom I will go for help.