

# **RELIGIOUS EDUCATION CURRICULUM**

## **K-8**



**Diocese of Lincoln - Nebraska**

**Diocesan Catholic Schools and Parish Religious Education Programs**

**2010**

## GRADES K-8 RELIGIOUS EDUCATION

### Foreword

The purpose of this Curriculum document is to clearly identify the student outcomes in the subject of Religion for Grades K-8 in the Catholic Schools and Parish Religious Education Programs in the Diocese of Lincoln.

This Curriculum provides guidance for those who teach Religion in Pre-K / Kindergarten through Eighth Grades. The specific outcomes are defined, but how the expected outcomes are met is dependent upon the individual teacher. This allows the teacher flexibility while maintaining the consistency of the Religion Curriculum.

Contained herein is a basic philosophy statement for the teaching of Religion, program goals, concept strands, and course objectives. The concept strands and course objectives are rooted in the content of *The Catechism of the Catholic Church*.

The course objectives reflect the three dimensions of Catechesis: a) what is believed, b) how belief is expressed in worship of God, and c) how belief affects choices in everyday life. These dimensions are identified in the objectives as **Beliefs**, **Worship**, and **Morality**. In addition, the course objectives for each year include a list of prayers that the students are to learn and commit to memory, and a list of habits of virtue and Catholic practices that the teachers will cultivate in the students. The course objectives for some of the years also include sections of the "92 Questions" and the **Religion Clock** for the students to learn and commit to memory.

The course objectives for each year may also include a **Parent Page**, which explains to parents what their children will be learning. (This paper should be prepared by each individual Teacher of Religion / Catechist.) This page can be reproduced and distributed to the parents at the beginning of the school year to remind them of their responsibility, and to encourage their involvement in the Religious Education of their children.

## **GRADES K-8 RELIGIOUS EDUCATION**

### **Program Philosophy**

The one, true God creates all people to know, love, and serve Him in this life so that they might be happy with Him in heaven. As service flows from love, and love follows upon knowledge - then, knowledge of God is our first step in the fulfillment of one's identity with the Kingdom of Heaven. However, because the mystery of God and the ignorance of fallen humanity are 'clouded' realities, the created human person cannot directly know God and His mind unless God first reveals Himself.

Even after being redeemed and having received the light of faith, we, human beings cannot rightly interpret the Word of God in order to arrive at what we should believe and live so as to walk the 'narrow path' that leads to heaven. This is why Our Lord Jesus Christ founded a Church, and vested His Twelve Apostles with the authority to teach, to sanctify, and to govern in His Name. The interpretation of the Word of God, especially as it pertains to matters of Faith and Morals, is, ultimately, subject to the Magisterium of the Catholic Church, exercised by the Pope and the Bishops, successors to St. Peter and the Apostles.

Religious Education is part of the mission to teach what Our Lord Jesus Christ entrusted to His Catholic Church. To fulfill this mission, the Diocese of Lincoln has developed a Catechetical Ministry, as an integral part of the Catholic School System and the Parish Religious Education Program.

The Diocese of Lincoln provides the opportune framework for the teachings of Jesus Christ and the Roman Catholic Church as the 'norm' for Religious Instruction in each of our Catholic Schools and Parish Religious Education Programs. The Church's motivation and goal for Catechetical Ministry offers an explicit and systematic instruction in the Catholic Faith to thoroughly inculcate the essentials of the Faith in an age-appropriate, preliminary style for the student. Instruction in the Catholic Faith not only involves imparting information but, also, is concerned with the spiritual formation of the student: the frequent opportunity to practice personal and liturgical prayer, to exercise virtue, to celebrate the Sacraments, and to plan with certainty a grounding of his / her future lifestyle. Moreover, the Instruction in the Catholic Faith serves the whole person by interweaving the 'sacred' - these strands of Religious Beliefs, Worship, and Morality - with the students' physical and emotional on-going development, and with his intellectual study of the 'secular' sciences.

Parents are the first teachers of the Faith for their children, and the home is the best school. The Catechetical Ministry of the Catholic Church seeks to assist parents in their task, not substituting for parents, nor absolving them from their responsibility. Rather, the Catholic School or Parish Religious Education Program seeks to provide teaching and spiritual formation that is consistent with a Faith-filled home, and 'partners-with' the parents in the educational efforts of the Catholic School or the Parish Religious Education Program. Therefore, whether the formal Religious Education Program actually achieves its purpose depends on, in large part, the parents and teachers, together, living out of their responsibilities, the quality of their respective relationship with the children / students, and a daily modeling 'in the footsteps of Jesus' by the practice of their personal faith.

Philosophically speaking, there are many reasons why Instruction in the Catholic Faith is of unparalleled importance - whether we are 'the students' or adults - parents or teachers - shaping the lives of our children / students. First of all, Religious Education directs, guides, and nourishes each student in the discovery of Truth, Our Lord Jesus Christ. Secondly, it identifies the one, true God as his / her basic desire, and reveals the goal for which every person was created: eternal happiness in heaven. Thirdly, Religious Education orients our thoughts, words, and deeds towards the good of the society in which he / she lives - and, ultimately, to the Kingdom of Heaven. Fourthly, it provides each one of us with a point of reference and a fundamental norm for his / her life. Lastly, it compels the student, by its own force, to share his Faith with others.

All persons are made for Heaven, and all people are capable, assisted by the gift of Grace, of learning the saving Truths of Jesus Christ. Therefore, all people - especially members of the Catholic Church - have a right to Religious Instruction in the Catholic Faith. In the Catholic School or in the Parish itself - a Religious Education Program does not set out to 'proselytize', that is, to force a student to believe. Rather, the duty of parents and teachers comes in proclaiming the saving goodness, truth, and beauty of Divine Revelation, such that, a student would be drawn to say: "I believe, and I freely choose to love the one, true God, and to serve Him by living a life modeled after that of Jesus Christ".

# **K-8 Religious Education**

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## **GRADES K-8 RELIGIOUS EDUCATION**

### **Goals**

Upon successful completion of the Grades K-8 Religious Education Program in the Diocese of Lincoln, the student will be able to:

1. Demonstrate knowledge of the truths of the Catholic Faith, as outlined in the Creed, and adequate for a personal Profession of Faith.
2. Recognize the Church founded by Christ, and Her role in the mystery of salvation.
3. Demonstrate an appreciation for the Bible as the Word of God - by using it with a facility for study and for prayer.
4. Show an appreciation for the worship of God in personal and liturgical prayer, especially for the Holy Sacrifice of the Mass, expressed in personal participation.
5. Demonstrate an appreciation of the supreme worth of Sanctifying Grace, and of the Church's Seven Sacraments, expressed in a worthy and frequent reception of the Sacraments.
6. Recite from memory the prayers learned grade-by-grade, and be able to explain the Faith these prayers express.
7. Make conscientious moral judgments in accord with Catholic Moral Principles.
8. Identify and carry out the positive and negative commands of the Decalogue, the moral teachings of Jesus Christ and those prescriptions expressed in the Beatitudes, and the Precepts of the Catholic Church.
9. Exhibit the development of specific, good habits of prayer, penance, charity, and virtue.
10. Witness his / her Faith to others by word and example.



## **SACRED SCRIPTURE**

### **Content Standard**

Students in the Diocese of Lincoln will understand Sacred Scripture as the inspired Word of God and that it teaches “solidly, faithfully, and without error that truth which God wanted put into the sacred writings for the sake of our salvation” - Vatican II Constitution *Dei Verbum* # 11. The Old Testament lays the foundation for the fullness of God’s Truth manifested in the person of Jesus Christ in the New Testament. Sacred Scripture, along with Sacred Tradition, handed down to us from the Apostles, comprises Divine Revelation.

### **Rationale**

All Scripture is the inspired Word of God. The Church has always venerated the Scriptures as well as the Body of the Lord both nourish and govern the whole Christian life. Since Jesus is the Word of God made Flesh, study of the Word is essential for Christian life. God’s Word is the source of all revelation, as written in Scripture and contained in the Tradition of the Church. “Ignorance of Scripture is ignorance of Christ Jesus.” St. Jerome

### **Performance Standards**

1. The teachers will provide a Catechesis that incorporates Sacred Scripture as the “Speech of God as it is put down in writing under the breath of the Holy Spirit”. (CCC 81)
2. The teachers will provide a Catechesis which conveys the tenet that Tradition and Sacred Scripture are bound closely together and communicate one with the other, for both of them flow out of the same divine wellspring and come together to form one thing - Divine Revelation. (CCC 80)
3. The teachers will provide a Catechesis which illustrates that the Old and New Testaments together fulfill God’s plan for our salvation. (CCC 140)
4. The teachers will provide a Catechesis which emphasizes that the Gospels are the “heart of Scripture” because they are our principal source for the life and teachings of Jesus Christ. (CCC 125)
5. The teachers will provide a Catechesis which explains that there is power in the Word of God: a power that serves the Church as support, as well as a power that offers Her members strength for their faith, for their soul, and a lasting font of eternal life. (CCC 131).

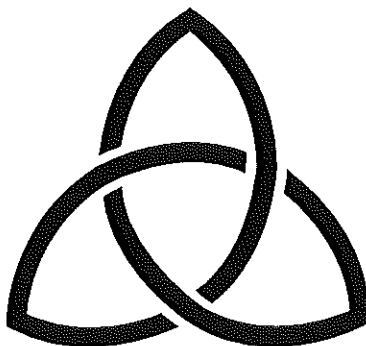
## APPENDIX 1: THE MOST HOLY TRINITY

1. The mystery of the Holy Trinity is the central mystery of our Catholic Christian faith and life.
2. The mystery of the Holy Trinity is the mystery of God in Himself.
3. It is the source of all the other mysteries of the Faith.
4. It is the most fundamental and essential truth of the Faith.
5. What we know about the Trinity has been revealed by God Himself.
6. There is but one, true God.
7. There are three persons in the one God and each of these persons is fully God.
8. The three persons in the one God are: God the Father, God the Son, and God the Holy Spirit.

**Note:** Terms, such as, God the Creator, God the Redeemer, and God the Sanctifier, do not say Who God is, but rather point to functions commonly attributed to one of the Divine Persons.

**Note:** While we commonly attribute certain works to one or another person of the Trinity, all three Divine Persons are involved in creation, redemption, and sanctification. The Divine Persons are distinct, but undivided. We have a responsibility to use the correct vocabulary, i.e. the vocabulary of the Church, when referring to the persons of the Trinity, and in all catechesis. We must not shy away from, or compromise, the language of the Most Holy Trinity, i.e. God the Father, God the Son, and God the Holy Spirit. This language we clearly see in Sacred Scripture! This language speaks to Who God is! Learning the correct terminology for God affects our relationship with Him, and with one another as sons and daughters of God the Father.

1. God has the fullness of all perfection.
2. He is all-loving, all-merciful, all-just, all-knowing, all-powerful, ever-present, etc.
3. Nobody made God. God always was, is now, and always will be.
4. God made all things, and He made them good.
5. God made man and woman, and He made them very good.
6. Men and women (and boys and girls) are the greatest of all of God's creatures on earth. We are made in His image. We are to love God and each other because God is love. He loves us and He made us to love and to be loved.
7. Because we are made in God's image, He gives human beings the ability to reason and we are given free will so that we can freely choose.
8. God shows us and tells us in different ways what is good and what is evil. He gives us His grace because He wants us to choose to be good and to be happy with Him forever.



## APPENDIX 2

### SAINTS

*This Appendix of Saints, along with several "Beati" or "Blessed" and Servants of God, is intended as a reference list for some of the well-known Saints in the history of the Church. It is, in no way, intended to be an exhaustive listing.*

1. Mary, Mother of God (1st century)

**Note:** Mary is Queen of All Saints. To her is attached a higher form of veneration (hyperdulia) than the other Saints (dulia). Worship (latria) is accorded to God alone.

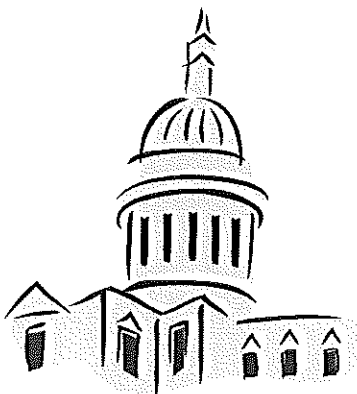
2. St. Joseph (d. 1st century) - Husband of Mary, and foster-father of Jesus; patron of the Catholic Church, and of husbands and fathers.
3. St. John the Baptist (d. 1st century) - Cousin of Jesus, and son of Ss. Elizabeth and Zechariah.
4. Ss. Ann and Joachim - Parents of the Blessed Virgin Mary.
5. Ss. Elizabeth and Zechariah (d. 1st century) - Cousin of the Blessed Virgin Mary, and parents of St. John the Baptist.
6. The Holy Innocents (d. 1st century) - The baby boys who were ordered to be killed by Herod in his attempt to make sure that the King who was prophesied in the Old Testament as coming from Bethlehem would not be allowed to live to rival him; their blood bears early witness to Christ.
7. St. Peter, Apostle (d. 1st century) - The Rock upon whom Jesus built His Church, (cf. Matt. 16); had the primacy among the Apostles, the first Pope.
8. St. Andrew, Apostle (d. 1st century) - First Apostle chosen by our Lord, and brother of St. Peter.
9. St. James the Greater, Apostle (d. 1st century) - Along with St. Peter and St. John (his brother), he was with our Lord at some of the most crucial moments of His ministry, e.g. the Transfiguration and during Agony in the Garden.
10. St. Bartholomew, Apostle (d. 1st century) - Sometimes listed under the name St. Nathaniel; Jesus said he was 'without guile', 'a true Israelite'.
11. St. James the Lesser, Apostle (d. 1st century) - A cousin of Jesus called "James the Less" because he was younger than the other Apostle named James; he was the first Bishop of Jerusalem.
12. St. Thomas, Apostle (d. 1st century) - The twin. The one who doubted Jesus' appearance after the Resurrection. But when he saw Jesus, he said: "My Lord and my God". (cf. John 20: 28).
13. St. Philip, Apostle (d. 1st century) - A Galilean; it was to St. Philip that our Lord said at the Last Supper: "Whoever sees Me, sees the Father ..."
14. St. Simon the Zealot, Apostle (d. 1st century) - Tradition says that he, along with St. Jude, preached in Mesopotamia and Persia, and was martyred in Persia.
15. St. Jude, Apostle (d. 1st century) - Also listed in Scripture as Thaddeus; tradition says he, along with St. Simon the Zealot, preached in Mesopotamia and Persia, and was martyred in Persia.
16. St. Matthew the Evangelist, Apostle (d. 1st century) - Had been a tax collector prior to being called by the Lord; author of the first Gospel, he is the Evangelist symbolized by a man; his Gospel emphasizes how the promises of the Old Testament reach their fulfillment in Jesus and His Church.
17. St. John the Evangelist, Apostle (d. 1st century) - The Beloved Apostle; Evangelist symbolized by an eagle.
18. St. Matthias, Apostle (d. 1st century) - Chosen by lot to replace Judas as one of the Twelve.
19. St. Paul, Apostle to the Gentiles (1st century) - Originally, Saul of Tarsus. Apostle to the Gentiles.
20. St. Mark the Evangelist (d. 1st century) - Evangelist symbolized by a lion; his Gospel emphasizes our Lord's miracles.

21. St. Luke the Evangelist (d. 1st century) - Author of the Third Gospel and of the Acts of the Apostles; symbolized by an ox; his Gospel emphasizes that Christ Jesus came to save all mankind; it is, also, in his Gospel that we learn the most about the events leading up to and including Christ's birth.
22. St. Mary Magdalene (d. 1st century) - Had seven devils cast out of her by Jesus, (cf. Mk. 16:9); is the first-mentioned witness of our Lord's Resurrection on Easter Sunday.
23. St. Stephen (d. 1st century) - Was one of the seven 'righteous men' consecrated a Deacon by the Apostles; the first-mentioned Christian martyr; Stephen died asking the Lord to forgive his executioners, one of whom was Saul of Tarsus, who later converted and who we know today as St. Paul.
24. St. Timothy (d. 1st century) - Disciple of St. Paul who accompanied Paul on his journeys and was consecrated Bishop of Ephesus; two books of the New Testament are letters from St. Paul to St. Timothy.
25. St. Titus (d. 1st century) - Friend and disciple of St. Paul who ordained Titus, Bishop of Crete; one book of New Testament is a letter from St. Paul to St. Titus; his feast day is the same as St. Timothy.
26. St. Clement of Rome (d. 1st century) - Fourth Pope, who, according to tradition, was martyred by being thrown into the sea during the persecution of the Christians by the Emperor Trajan.
27. St. Ignatius of Antioch (d. 107) - The third Bishop of Antioch; he wrote famous letters to the faithful on his way to martyrdom in Rome; first man that we know of to refer to the term 'catholic' in reference to the Christian Church.
28. St. Cecilia (d. 117) - An early Christian martyr, she was killed because she would not offer sacrifice to the pagan gods; her name is mentioned in Eucharistic Prayer I; she is the Patron Saint of music.
29. St. Polycarp (d. 155) - Bishop of Smyrna, who underwent an heroic martyrdom at 86 years of age.
30. St. Justin, Martyr (d. A.D. 165) - A convert to Christianity; he gave an early account of the form of the Mass.
31. Ss. Perpetua and Felicity (d. 203) - Young mother of noble rank and young slave girl who were martyred together for the Faith.
32. St. Lawrence (d. 258) - Holy Deacon, a Franciscan Friar, and martyr who was devoted to the poor; tradition tells that Lawrence was 'roasted' alive in his martyrdom, and when he thought he was 'done' on one side, he told his executioners to 'turn him over'; had an excellent sense of humor.
33. St. Sebastian (d. 288) - A martyr who became the Patron Saint of athletes.
34. Ss. Cosmas and Damian (d. 303) - These brothers were physicians; they were martyred for the Faith; their names appear in Eucharistic Prayer I.
35. St. Agnes (d. 304) - Martyred at age of 13; her name is in the Eucharistic Prayer I.
36. St. George (d. 303) - Priest and martyr who is often pictured as a knight fighting for the Lord against the forces of evil (symbolized by the dragon).
37. St. Lucy (d. 304) - Martyred during the persecution of the Emperor Diocletian; name is listed in Eucharistic Prayer I.
38. St. Blasé (d. 316) - Widely venerated in the Church; many cures, particularly, from ailments of the throat, are attributed to his intercession.
39. St. Antony the Hermit (d. A.D. 356) - The father of eastern monasticism; lived to be 105 years old.
40. St. Athanasius (d. 373) - Bishop and Doctor of the Church; great defender of the divinity of Christ; exiled numerous times for his orthodox defense of the Catholic Faith.
41. St. Basil the Great (d. 379) - Defender of the Nicene Creed; Bishop and Doctor of the Church; established a religious community in the east.
42. St. Monica (d. 387) - Devoted mother of St. Augustine who is known for her perseverance in prayer for the conversion of her son.
43. St. Gregory Nazianzen (d. 389) - Bishop and Doctor of the Church; defender of the Nicene Creed.
44. St. Gregory of Nyssa (d. 395) - Bishop; Defender of the Nicene Creed.

45. St. Ambrose (d. 397) - Bishop and Doctor of the Church, who was elected Bishop of Milan while still a catechumen; great defender of the Faith against the Arian Heresy; and a teacher and mentor and friend to St. Augustine, whom Ambrose baptized.
46. St. Martin of Tours (d. A.D. 397) - Bishop of Tours; had been a soldier prior to his conversion to the Catholic Faith; known for his love of the poor.
47. St. Nicholas (d. 4th century) - Bishop of Myra; was one of the defenders of the divinity of Christ at the Council of Nicea (325); known also for his charity toward children and toward the poor.
48. St. John Chrysostom (d. 407) - Bishop and Doctor of the Church; Archbishop of Constantinople who was a great preacher and theologian.
49. St. Jerome (d. 420) - Doctor of the Church; great Scripture scholar; said "Ignorance of the Scriptures is ignorance of Christ."
  
50. St. Augustine (d. 430) - Son of St. Monica; convert to the Faith under St. Ambrose; philosopher and theologian; Bishop of Hippo; and Doctor of the Church.
51. St. Leo the Great, Pope (d. A.D. 461) - Great defender and protector of the Church and of correct teaching regarding the Person of Christ.
52. St. Patrick (d. 461) - Bishop who evangelized and converted all of Ireland to Catholicism.
53. St. Benedict (d. 547) - Father of western monasticism; co-patron of Europe (along with Sts. Cyril and Methodius); composed the monastic rule.
54. St. Gregory the Great (d. 604) - Pope and Doctor of the Church; instituted many liturgical reforms and initiated many missionary efforts to spread the Faith.
55. St. Boniface (d. 754) - Benedictine monk born in England and consecrated as the first Bishop of Germany, where he was martyred; known as the "Apostle to Germany".
56. Ss. Cyril (d. 869) and Methodius (d. 885) - Brothers who were are known as the "Apostles to the Slavic People"; Co-patron Saints of Europe, along with St. Benedict.
57. St. Stanislaus, (d. 1079) - Bishop of Krakow; was a great defender of the Church, of the poor, and of human rights.
58. St. Bernard of Clairvaux (d. 1153) - Leader of spiritual renewal in the 12th century; great devotion to the Mother of God.
59. St. Dominic (d. 1221) - Began the Order of Preachers (known to most people as Dominicans) to preach the Gospel of Christ effectively and to defeat heresy.
  
60. St. Francis of Assisi (d. 1226) - Little poor man of God; great devotion to the Holy Eucharist and to the Nativity; first person known to have the Stigmata of Christ.
61. St. Anthony of Padua (d. 1231) - Great Franciscan preacher and teacher.
62. St. Clare of Assisi (d. 1253) - A friend of St. Francis of Assisi, and the foundress of the "Poor Clares."
63. St. Thomas Aquinas (d. 1274) - Author of the *Summa Theologica*; one of the greatest philosophers and theologians in the history of the Church.
64. St. John Duns Scotus (d. 1308) - Great Franciscan theologian.
65. St. Louis IX (d. 1270) - A holy husband, father, and King of France.
66. St. Bonaventure (d. 1274) - Franciscan Priest, and a contemporary of St. Thomas Aquinas; great mystical theologian known as the "Seraphic Doctor".
67. St. Albert the Great (1280) - Doctor of the Church; Dominican Priest who was a great teacher of the Faith and who, early on, saw the greatness of St. Thomas Aquinas.
68. St. Gertrude the Great (d. 1301) - Great mystic who experienced many private revelations regarding the holy souls in purgatory.
69. St. Bridget of Sweden (d. 1373) - Great and holy mystic who experienced private revelations of Christ's passion and death.
70. St. Catherine of Siena (d. 1380) - Doctor of the Church; great mystic; great and heroic love for Christ, His Church, and Christ's Vicar, the Pope.

71. St. Joan of Arc (d. 1431) - Heroic leader of the French army.
72. St. Thomas More (d. 1535) - Said: "I am the King's good servant, but God's first."
73. St. John Fisher, Bishop (d. 1535) - Holy Bishop, who was a faithful son of the Church unto death.
74. St. Juan Diego (d. 1548) - Seer of Our Lady of Guadalupe.
75. St. Ignatius Loyola (d. 1556) - Founder of the Jesuits; great defender of the Church and of the Papacy.
76. St. Teresa of Avila (d. 1582) - Doctor of the Church; a great Carmelite mystic, who reformed her order with the help of St. John of the Cross.
77. St. Charles Borromeo (d. 1584) - Cardinal Archbishop of Milan, Italy; enacted reforms of the Council of Trent; reformed his Diocese, Seminaries, and Schools.
78. St. John of the Cross (d. 1591) - Great Carmelite priest and mystic; a contemporary of St. Teresa of Avila.
79. St. Philip Neri (d. 1595) - A cheerful and holy Priest in Italy in the 16th century; began an Order of Men Religious called "The Oratorians" to help young men lead holy lives; he had great devotion to the Holy Spirit; also known for his sense of humor.
  
80. St. Robert Bellarmine (d. 1621) - Jesuit who was eventually made a Cardinal; tremendous intellect and a great defender of the Catholic Faith.
81. St. Francis de Sales (d. 1622) - Bishop and Doctor of the Church; became the Bishop of Geneva, in Switzerland during Reformation period; instrumental in converting back the Catholic Faith many people who had left for Calvinism.
82. St. Martin de Porres (d. 1639) - Peruvian who became a Dominican Lay Brother and lived an ascetical life of prayer and fasting; known for charity toward slaves, the poor, and the sick; great devotion to the Most Blessed Sacrament.
83. St. Vincent de Paul (d. 1660) - "Apostle" of organized charity.
84. Bl. Kateri Tekakwitha (d. 1680) - Daughter of a Mohawk Chief and a Christian Algonquin woman; became a Consecrated Virgin, and dedicated her life to prayer, penance, and care for the aged and sick; particularly devoted to the Holy Eucharist and the mystery of the Cross.
85. St. Margaret Mary Alacoque (d. 1690) - Religious Sister in France to whom Jesus revealed his Sacred Heart.
86. St. Louis Marie de Montfort (1716) - Wrote the classic work *True Devotion to Mary*; developed a Total Consecration 'To Jesus Through Mary'; Pope John Paul II took his papal motto *Totus Tuus* from de Montfort.
87. St. Gerard Majella (d. 1755) - A patron Saint of expectant mothers.
88. Bl. Junipero Serra (d. 1784) - Helped evangelize North America, and is largely responsible for the spread of Catholicism in the southwestern United States.
89. St. Alphonsus Liguori (d. 1787) - Doctor of the Church; was a great moral theologian who founded the Congregation of the Most Holy Redeemer (Redemptorists); had tremendous devotion to the Most Holy Eucharist and the Mother of God; lived to be 101 years old.
  
90. St. Elizabeth Ann Seton (d. 1821) - Convert from Episcopalianism; founded the American Sisters of Charity and laid the foundation for the American Catholic School System; her shrine can be visited in Emmitsburg, MD.
91. Servant of God, Pierre Toussaint (d. 1853) - A former Haitian slave known for his charity, who labored to dispel religious and racial prejudice in the city, and raised funds to build a Catholic Orphanage.
92. St. Dominic Savio (d. 1857) - Patron Saint of Youth; taught, and was mentored by St. John Bosco; a model of purity.
93. St. John Vianney (d. 1859) - Holy priest, who spent many hours each day hearing confessions; was very devoted to Eucharistic adoration; Patron Saint of Priests; Pope Benedict XVI declared him the Patron of 'Year of the Priests' in 2009-2010.

94. St. John Neumann (d. 1860) - First Bishop in the U.S. to encourage Forty Hours devotions; established many parishes and schools; became Bishop of Philadelphia; his shrine can be visited in Philadelphia.
95. St. Bernadette of Lourdes (d. 1879) - In 1858, the Blessed Mother appeared to her eighteen times; Our Lady revealed herself to Bernadette as "The Immaculate Conception"; message of Lourdes is pray the Rosary, practice charity, and have personal conversion.
96. St. John Bosco (d. 1888) - Possessed a great love for youth and was known for his gentleness and goodness.
97. St. Therese of Lisieux, the Little Flower (d. 1897) - Was declared a Doctor of the Church; followed "the little way of confidence and love" (confidence in God and love of God).
98. St. Maria Goretti (d. 1902) - Died as a twelve year old girl; heroic purity even unto martyrdom.
99. St. Pius X (d.1910) - A great Pope of the Holy Eucharist; only Canonized Pope (thus far) who reigned in the 20th century; condemned modernist errors.
  
100. Bl. Francisco Marto (d. 1919) - Seer of Our Lady of Fatima through whom Our Lady told the world to pray the Rosary for the conversion of sinners. Brother of Blessed Jacinta Marto.
101. Bl. Jacinta Marto (d. 1920) - Seer of Our Lady of Fatima through whom Our Lady told the world to pray the Rosary for the conversion of sinners. Sister of Blessed Francisco Marto.
102. Bl. Miguel Pro (d. 1927) - A Jesuit Priest in Mexico who was martyred for the Faith; had great love of the Holy Eucharist and of Our Lady of Guadalupe; his last words were: "Vivo Christo Rey" ("Long live Christ the King.")
103. St. Faustina Kowalska (d. 1938) - "Apostle and Secretary" of Divine Mercy.
104. St. Maximilian Kolbe (d. 1941) - Saint of Auschwitz. Gave up his life in a concentration camp to save the life of a man with a family.
105. St. Theresa Benedicta / Edith Stein (d. 1942) - Jewish convert, philosopher, victim of the Holocaust.
106. St. Katharine Drexel (d. 1955) - Came from a very wealthy and influential family in Philadelphia; founded the Sisters of the Blessed Sacrament; known for her work among American Indians and Black Americans.
107. St. Gianna Beretta Molla (d. 1962) - Holy wife and mother; heroic motherhood even unto death.
108. Bl. John XXIII (d. 1965) - Initiated the Second Vatican Council; issued Social Justice Encyclical entitled: *Pacem in Terris*; well-regarded and beloved Holy Father; recognized for his kindness to common people and the holiness he exuded.
109. St. Padre Pio of Pietrelcina (d. 1968) - Holy priest who was a great mystic; carried in his flesh the wounds of Christ.
  
110. St. Jose Maria Escriva (d. 1975) - Founder of Opus Dei; wonderful writings and talks on practical spirituality and on becoming holy through our everyday lives.
111. Bl. Teresa of Calcutta (d. 1997) - Founded the Missionaries of Charity to serve the poorest of the poor; won the Nobel Peace Prize; said that "God made us to love and to be loved".



## APPENDIX 3

### POPEES ELECTED in the 20<sup>th</sup> and 21<sup>st</sup> CENTURIES

**Pope St. Pius X** (1903-1914) A great pope of the Holy Eucharist; only canonized Pope (thus far) who reigned in the 20th century; condemned modernist errors.

**Pope Benedict XV** (1914-1922) Pope during World War I, he was known for his efforts as a peacemaker.

**Pope Pius XI** (1922-1939) Wrote the Encyclical Letters: *On the Christian Education of Youth* and *On Christian Marriage*.

**Pope Pius XII** (1939-1958) World War II pope (helped save the lives of many Jewish people); wrote famous encyclical on the Church; defined the dogma of the Assumption of the Blessed Virgin Mary.

**Pope and Blessed John XXIII** (1958-1963) Initiated the Second Vatican Council; issued Social Justice Encyclical *Pacem in Terris*.

**Pope Paul VI** (1963-1978) Saw to the completion of the Second Vatican Council; issued landmark Encyclical *Humanae Vitae* (*On Human Life*).

**Pope John Paul I** (1978-1978) Reigned for only one month; known for his kind manner.

**Pope John Paul II** (1978 - 2005) Prodigious writer; traveled more than any other Pope; he produced *The Catechism of the Catholic Church* during his Pontificate; 'World Youth Days' were tremendously successful.

**Pope Benedict XVI** (2005 - Present) Traveled to World Youth Day in Cologne, Germany in 2005; traveled to World Youth Day in Sydney, Australia in 2008; has spoken for the need to proclaim the truth and to combat the "tyranny of relativism"; has written three encyclicals entitled: *Deus Caritas Est* (*God is Love*), *Spe Salvi* (*Saved by Hope*), and *Caritas in Veritate* (*Charity in Truth*).





**APPENDIX 4**  
**BISHOPS of the DIOCESE of LINCOLN**

1. The Most Reverend John B. Miede, S. J.  
Vicar Apostolic: 1851-1859  
Date of Consecration: 03/25/1851  
Date of Death: 07/20/1884
2. The Most Reverend James M. Gorman, O. C. S. O.  
Vicar Apostolic: 1859-1874  
Date of Consecration: 05/08/1859  
Date of Death: 07/04/1874
3. The Most Reverend James O'Connor  
Vicar Apostolic: 1876-1885  
Date of Consecration: 08/20/1876  
Date of Death: 05/27/1890
4. The Most Reverend James O'Connor  
Ordinary of Omaha (including what is now the Diocese of Lincoln): 1885-1887  
Date of Consecration: 08/20/1876  
Date of Death: 05/27/1890
5. The Most Reverend Thomas A. Bonacum  
Bishop of the Diocese of Lincoln: 1887-1911  
Date of Consecration: 11/20/1887  
Date of Death: 02/04/1911
6. The Most Reverend J. Henry Tihen  
Bishop of the Diocese of Lincoln: 1911-1917  
Date of Consecration: 07/06/1911  
Date of Death: 01/14/1940
7. The Most Reverend Charles J. O'Reilly  
Bishop of the Diocese of Lincoln: 1918-1923  
Date of Consecration: 08/25/03  
Date of Death: 02/04/1923
8. The Most Reverend Francis J. Beckman  
Bishop of the Diocese of Lincoln: 1924-1930  
Date of Consecration: 05/01/1924  
Date of Death: 10/17/1948
9. The Most Reverend Louis B. Kucera  
Bishop of the Diocese of Lincoln: 1930-1957  
Date of Consecration: 10/28/1930  
Date of Death: 05/09/1957

10. The Most Reverend James V. Casey  
Bishop of the Diocese of Lincoln: 1957-1967  
Date of Consecration: 04/24/1957  
Date of Death: 03/14/1986
11. The Most Reverend Glennon P. Flavin  
Bishop of the Diocese of Lincoln: 1967-1992  
Date of Consecration: 05/30/1957  
Date of Death: 08/27/1995
12. The Most Reverend Fabian W. Bruskewitz  
Bishop of the Diocese of Lincoln: 1992 - Present  
Date of Consecration: 05/13/1992



## **APPENDIX 5**

### **PRAYERS**

When teaching prayers and helping the students to commit to memory, it is recommended that any confusion about which prayer forms should be taught be resolved in favor of the forms found below - as used / said in the Diocese of Lincoln.

#### **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.

#### **Hail Mary**

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.

#### **Glory Be**

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.



#### **Morning Offering**

O Jesus, through the Immaculate Heart of Mary,  
I offer You my prayers, works, joys and sufferings of this day,  
in union with the Holy Sacrifice of the Mass throughout the world.  
I offer them for all the intentions of Your Sacred Heart:  
the salvation of souls, reparation for sins, the reunion of all Christians.  
I offer them for the intentions of our Bishops and of all Apostles of Prayer,  
and, in particular, for those recommended by our Holy Father this month. Amen.

#### **Angel of God**

Angel of God, my guardian dear,  
to whom God's love commits me here;  
ever this day be at my side,  
to light and guard, to rule and guide. Amen.

**Prayer for the Poor Souls in Purgatory**

Eternal rest, grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

**Prayer before Meals**

Bless us O Lord, and these Thy gifts, which we are about to receive, from Thy bounty, through Christ, our Lord. Amen.

**Prayer after Meals**

We give Thee thanks all Thy benefits, Almighty God, who lives and reigns forever and ever. Amen.

**Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

**Act of Contrition** (alternate form)

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. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

**Prayer to St. Michael**

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and, do thou, O prince of the Heavenly host, by the power of God, thrust into hell Satan and the other evil spirits, who prowl about the world seeking the ruins of souls. Amen.

**Act of Faith**

O 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 the Holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived. Amen.

**Act of Hope**

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of all my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

**Act of Love / Act of Charity**

O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy 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. Amen.

### **The Nicene Creed**

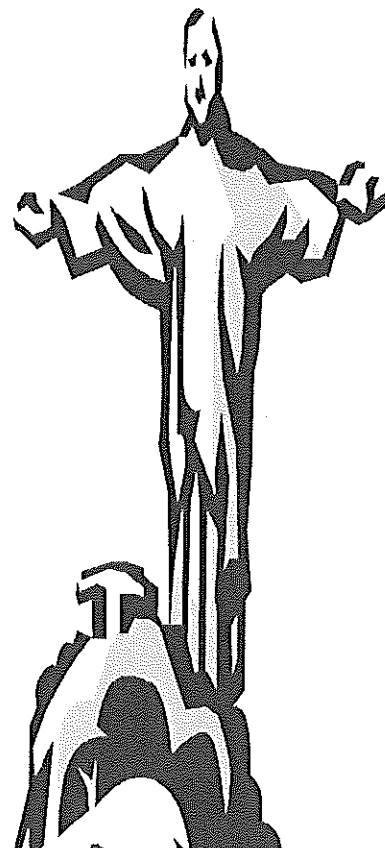
I believe in one God, the Father, the Almighty, maker of Heaven and earth, of all that is, seen and unseen.

I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father.

Through Him all things were made. For us men and for our salvation, He came down from Heaven: (bow) by the power of the Holy Spirit He was born of the Virgin Mary, and became Man. For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried. On the third day He rose again in fulfillment of the Scriptures; He ascended into Heaven, and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His Kingdom will have no end.

I believe in the Holy Spirit, the Lord, the Giver of life, Who proceeds from the Father and the Son. With the Father and the Son He is worshiped and glorified. He has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church. I acknowledge one Baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.



### **The Apostles' Creed**

I believe in God the Father Almighty, Creator of Heaven and earth.

And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried.

He descended into hell; the third day He rose again from the dead;

He ascended into Heaven, and sits at the right hand of God the Father Almighty, from thence He shall 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.

### **O Sacrament Most Holy** (Repeat three times)

O Sacrament Most Holy, O Sacrament Divine!  
All praise and all thanksgiving be every moment Thine!

**Angelus**

V: The Angel of the Lord declared unto Mary,

R: and she conceived of the Holy Spirit.

Hail Mary ...

V: Behold the handmaid of the Lord.

R: Be it done unto me according to Thy word.

Hail Mary ...

V: And the Word was made flesh

R: and dwelt among us.

Hail 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: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His passion and cross be brought to the glory of His resurrection. Through the same Christ our Lord. Amen.

**Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly to thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

**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. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

**Regina Coeli**

Queen of Heaven, rejoice ! Alleluia!

For He Whom you were merited to bear, Alleluia!

Has risen, as He said, Alleluia!

Pray for us to God, Alleluia!

V: Rejoice and be glad, O Virgin Mother, Alleluia!

R: Because the Lord is truly risen, Alleluia!

Let us pray. O God, Who by the resurrection of Your Son, our Lord, Jesus Christ, grant joy to the whole world: grant, we beg You, that through the intercession of the Virgin Mary, His Mother, we may lay hold of the joys of eternal life. Through the same Christ, Our Lord. Amen.

**The Divine Praises**

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be His most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary, most holy.  
Blessed be her holy and immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His Angels and in His Saints.

**“Sub Tuum Praesidium”**

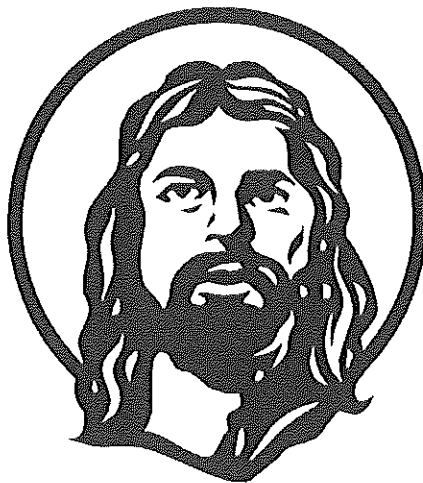
We fly to your patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

**Responses to the Bishop’s Blessing**

Bishop: The Lord be with you.  
People: And also with you.  
Bishop: Blessed be the name of the Lord.  
People: Now and for ever.  
Bishop: Our help is in the name of the Lord.  
People: Who made Heaven and earth.  
Bishop: May Almighty God bless you: + the Father, + and the Son, + and the Holy Spirit.  
People: Amen.

**Prayer for Our Holy Father**

V: Let us pray for our Sovereign Pontiff (N):  
R: The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not up to the will of his enemies. Amen.



## APPENDIX 6

### BELIEFS and DOCTRINES of the CATHOLIC CHURCH

#### The Two Great Commandments of Love

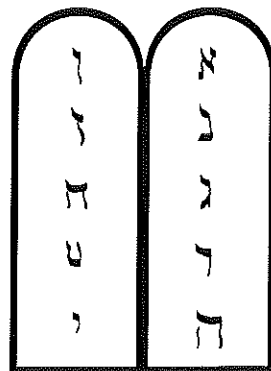
1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

#### Why God made us

God made us to know, to love, and to serve him in this life, and be happy with Him in Heaven. (CCC 1721)

#### The Decalogue (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. 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 Precepts of the Church

1. You shall attend Mass on Sundays and on Holy Days of Obligation.  
And remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins, at least, once a year.
3. You shall receive the Sacrament of the Holy Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.
6. You shall observe the laws of the Church concerning marriage.

#### The Beatitudes (cf. Mt. 5: 3-12)

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 earth.

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 pure of heart, for they will see God.

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

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of Heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you  
falsely on my account. Rejoice and be glad, for your reward will be great in Heaven.

#### The Seven Sacraments

Baptism

Confirmation

Holy Eucharist

Penance

Anointing of the Sick

Holy Orders

Matrimony



**The Three Theological Virtues**

Faith  
Hope  
Charity

**The Four Cardinal Virtues**

Prudence  
Justice  
Temperance  
Fortitude

**The Seven Gifts of the Holy Spirit**

Wisdom  
Knowledge  
Understanding  
Counsel  
Fortitude  
Piety  
Fear of the Lord

**The Twelve Fruits of the Holy Spirit**

Charity  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Generosity  
Gentleness  
Faithfulness  
Modesty  
Self-Control  
Chastity

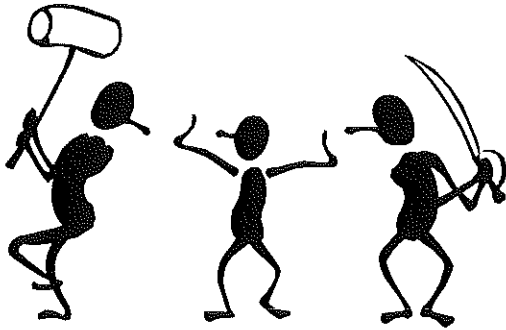
**The Seven Corporal Works of Mercy**

Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Shelter the homeless.  
Visit the sick.  
Visit the imprisoned.  
Bury the dead.

**The Seven Spiritual Works of Mercy**

Admonish sinners.  
Instruct the ignorant.  
Counsel the doubtful.  
Comfort the afflicted.  
Forgive offenses.  
Bear wrongs patiently.  
Pray for the living and the dead.





### The Seven Capital Sins

Pride  
Envy  
Anger  
Covetousness  
Lust  
Gluttony  
Sloth

### The Three Conditions for a Mortal Sin

Grave matter  
Full Knowledge  
Deliberate Consent

(For young children one could use the following terminology)

It must be serious.

I must know it is serious.

I must freely do it anyway.

### Twelve Apostles

Peter  
James (the Greater)  
John  
Andrew  
Simon  
Bartholomew  
Thomas  
Matthew  
James (the Lesser)  
Philip  
Jude Thaddeus  
Judas (Matthias replaced Judas after his death)



### The Four Last Things

Death  
Judgment  
Heaven  
Hell

Almighty  
Immortal  
Infallible  
All-Faithful  
All-Knowing  
Most Wise  
Perfect

Eternal  
Immutable  
Infinite  
All-Loving  
All-Merciful  
Omnipotent  
Provident

Holy  
Incomprehensible  
Invisible  
All-Just  
Most High  
Omniscient  
Supreme

## APPENDIX 7

### STATIONS of the CROSS

The *Stations of the Cross* is a devotion in which we meditate upon the Passion and Death of Jesus Christ. In the Stations, we focus on the fact that Jesus freely suffered and died out of infinite love for us and for all of mankind. We remember with gratitude that it is through His complete offering of Himself to the Father that it becomes possible for us to enter into the unending joy of Heaven. Finally, while the Stations are a meditation on our Lord's Passion and Death, we remember that death does not have the final word, but rather that it leads to Resurrection - His and our own.

Typically the *Stations of the Cross* proceed according to the following order:

- Introductory Prayer

In public recitation this is usually done by a priest or deacon.

- Announcement of the Station

e.g. "The Fourth Station, *Jesus meets His mother.*"

In public recitation, this is usually done by a priest or deacon.

- Verse and Response at each Station

Verse (priest or deacon): "*We adore you O Christ and we bless You.*"

Response:(all): "*Because by Your holy Cross, You have redeemed the world.*"

- Scripture Reading or Meditation

This should be brief. It is usually read by the priest or deacon.

- Prayer

This should be brief and should be related to the reading or meditation. It is usually prayed in unison by those present.

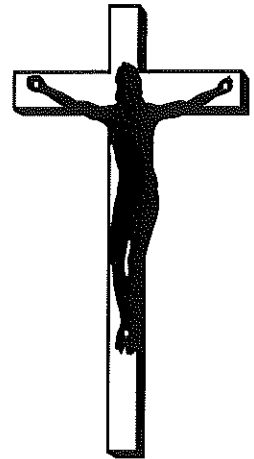
- Hymn

A verse of the *Stabat Mater* is sung.

- Closing Prayer

This prayer is usually said by a priest or deacon.

- Prayer for the Intentions of Our Holy Father



Note: It should be remembered that indulgences are attached to this devotion following the normal prescriptions. One of the prescriptions is prayer for the intentions of the Holy Father. One *Our Father*, one *Hail Mary*, and one *Glory Be* is traditional for this purpose. An indulgence is the remission before God of the temporal punishment due to sin whose guilt has already been forgiven. A properly disposed member of the Christian faithful can obtain an indulgence under prescribed conditions through the help of the church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the Saints. An indulgence is partial if it removes part of the temporal punishment due to sin, or plenary if it removes all punishment. (CCC Glossary)

**The Fourteen Stations of the Cross are:**

First Station: Jesus is condemned to death.

Second Station: Jesus takes up His Cross.

Third Station: Jesus falls the first time.

Fourth Station: Jesus meets His sorrowful mother.

Fifth Station: Simon of Cyrene helps Jesus carry His Cross.

Sixth Station: Veronica wipes the face of Jesus.

Seventh Station: Jesus falls a second time.

Eighth Station: Jesus speaks to the women of Jerusalem.

Ninth Station: Jesus falls the third time.

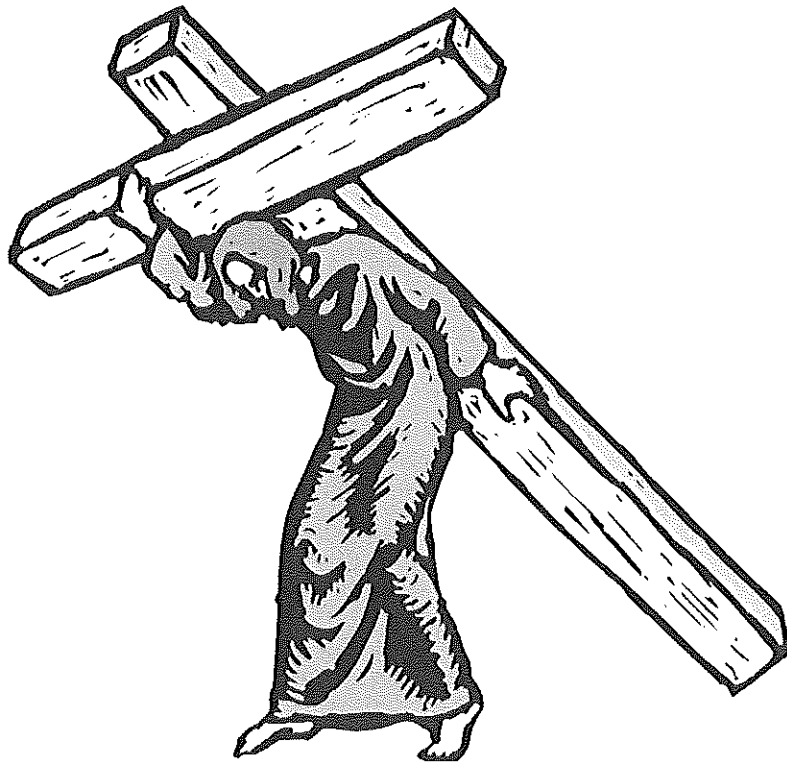
Tenth Station: Jesus is stripped of His garments.

Eleventh Station: Jesus is nailed to the Cross.

Twelfth Station: Jesus dies on the Cross.

Thirteenth Station: Jesus is taken down from the Cross.

Fourteenth Station: Jesus is placed in the sepulcher.



## **APPENDIX 8**

### **THE HOLY ROSARY**

The complete Rosary comprises 20 decades, divided into four distinct parts, each containing five decades.

a) The first part (Five Joyful Mysteries), consists of five joyful events in the life of Jesus and Mary, at and around the time of Jesus' conception, birth, infancy and childhood. b) The second part (Five Luminous Mysteries) recalls five events / aspects of Jesus' three-year public ministry. c) The third part (Five Sorrowful Mysteries) considers five sorrowful events during the Passion and Crucifixion of Jesus. The fourth part recalls Christ's Resurrection and Ascension, the Descent of the Holy Spirit at Pentecost and our Lady's Assumption and Coronation.

Begin by making the Sign of the Cross. Then, say the Apostles' Creed, one Our Father, three Hail Mary's, and one Glory Be on the small chain. Recall the first mystery. Say one Our Father, ten Hail Mary's, and one Glory Be. This completes one decade. All the other decades are said in the same manner with a different mystery meditated upon during each decade.

At the end of the rosary, the Salve Regina (Hail, Holy Queen) may be recited. The mysteries of the Rosary are intended to be a "contemplation of the face of Christ in the school of Mary", cf. Pope John Paul II in his 2002 Apostolic Letter on the Rosary entitled *The Rosary of the Virgin Mary*. By meditating on these truths, we come to a better understanding of our faith: the Incarnation of the Lord, the Redemption, and the Christian life - present and future.

In the following outline, the words in parentheses indicate suggested intentions for virtues and graces to ask our Lord for through the praying of each particular mystery.

#### **The Joyful Mysteries**

*(Prayed on Mondays and Saturdays)*

1. The Annunciation (Humility)
2. The Visitation (Love of Neighbor)
3. The Nativity (Spirit of Poverty)
4. The Presentation (Obedience to God's Will).
5. The Finding of Jesus in the Temple (Fidelity to Vocation)

#### **The Luminous Mysteries**

*(Prayed on Thursdays)*

1. The Baptism of Jesus (Openness to the Holy Spirit)
2. The Wedding at Cana (To Jesus through Mary)
3. The Proclamation of the Kingdom of God and the Call to Conversion (Repentance and Trust in God)
4. The Transfiguration (Desire for Holiness)
5. The Institution of the Holy Eucharist (Adoration)

#### **The Sorrowful Mysteries**

*(Prayed on Tuesdays and Fridays)*

1. The Agony in the Garden (Spirit of Prayer)
2. The Scouring at the Pillar (Modesty and Purity)
3. The Crowning with Thorns (Courage)
4. The Carrying of the Cross (Patience in Suffering)
5. The Crucifixion (Self-Denial)

**The Glorious Mysteries**

*(Prayed on Wednesdays and Sundays)*

1. The Resurrection (Faith)
2. The Ascension (Hope)
3. The Descent of the Holy Spirit upon the Apostles (Love of God, increase of the Gifts of the Holy Spirit)
4. The Assumption of the Blessed Virgin Mary (Final Perseverance and Eternal Happiness)
5. The Coronation of the Blessed Virgin Mary (True Devotion to Mary)



**APPENDIX 9**  
**CHAPLET of DIVINE MERCY**

**Make the Sign of the Cross**

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

**Optional Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

**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.

**Hail Mary**

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**The Apostle's Creed**

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into Hell; the third day He arose again from the dead; He ascended into Heaven, sits at the right hand of God, the Father Almighty; from thence, He shall 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 the life everlasting. Amen.

**The Eternal Father**

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

**On the Ten Small Beads of Each Decade**

For the sake of His Sorrowful Passion, have mercy on us and on the whole world.

**Repeat for the Remaining Decades**

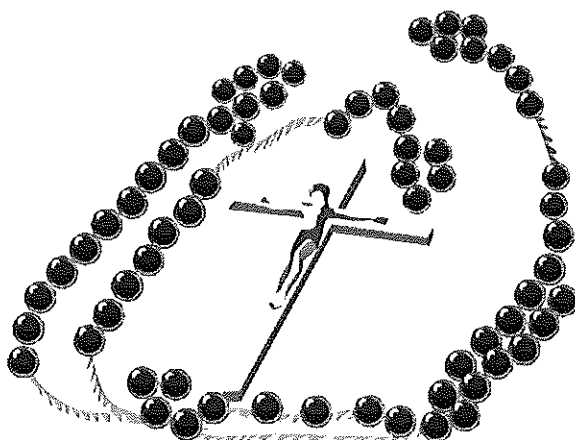
Say the "Eternal Father" (6) on the "Our Father" bead and, then, 10 "For the sake of His Sorrowful Passion" and (7) on the following "Hail Mary" beads.

**Conclude with Holy God (Repeat three times)**

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

**Optional Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your Holy Will, which is Love and Mercy itself.





## **APPENDIX 10**

### **NOVENAS**

*The evangelist St. Luke recounts that after the Ascension of the Risen Lord, the Apostles, together with Mary, the disciples, and the women from Galilee spent nine days in prayer. They looked forward to a new presence of Jesus through the Spirit. These nine days of prayer and expectation led to the custom of praying for special intentions during a period of nine days. Such a period of prayer is called a novena. Novenas are usually prayed by people for a particular grace, intention, or need.*

#### **Novena to the Holy Spirit**

Holy Spirit, Divine Spirit of light and love, I consecrate to You my understanding, my heart, my will, my whole being for time and for eternity. May my understanding always be submissive to Your Heavenly inspirations and to the teachings of the Holy Catholic Church, of which You are the infallible Guide. May my heart ever be inflamed with love of God and of my neighbor; may my will always conform to the Divine Will, and may my whole life be a faithful imitation of the life and virtues of our Lord and Savior, Jesus Christ, to whom be honor and glory forever. Grant also, O Holy Spirit, Giver of all good gifts, the special favor for which I ask \_\_\_\_\_, if it be for Your honor and glory and for my well-being. Glory be to the Father ...

#### **Novena to the Sacred Heart of Jesus**

O Lord Jesus Christ, to Your Most Sacred Heart I confide this intention \_\_\_\_\_.  
 Please look upon me, then do what Your love inspires.  
 Let Your Sacred Heart decide. I trust You. I place myself at Your mercy.  
 Lord Jesus, You will not fail me. Sacred Heart of Jesus, I trust in You.  
 Sacred Heart of Jesus, I believe in Your love for me.  
 Sacred Heart of Jesus, Your kingdom come.  
 Sacred Heart of Jesus, I have asked You for many favors,  
 but I earnestly implore this one. Take it and place it in Your Heart.  
 When the Eternal Father looks upon it, He will see it within Your Precious Wounds.  
 It will no longer be my prayer, but Yours, Jesus.  
*Sacred Heart of Jesus, I place all my trust in You. Amen.*

#### **Christmas Novena**

(Said at the beginning on the Feast of St. Andrew, November 30 until Christmas Day - 15 times daily).  
 Hail and blessed be the hour and moment in which the Son of God became Man,  
 born of the most pure Virgin Mary at midnight, in Bethlehem, in piercing cold.  
 In that hour, vouchsafe, O my God, to hear my prayer  
 and grant my desires through the merits of our Savior, Jesus Christ,  
 and of His Blessed Mother. Amen.

#### **Novena to the Christ Child**

Lord Jesus Christ, as a child You called shepherds and wise men to Your crib  
 by the light of a wonderful star. With a child's embrace, You freely gave Your heart and hand to all.  
 I come to You poor as the shepherds, seeking wisdom as the wise men.  
 By Your mighty power and gracious love grant my request \_\_\_\_\_.  
 Teach me to become like a little child and so to enter Your kingdom.  
 Give me a childlike trust in my Heavenly Father, Who provides for me at every turn.  
 Take from my heart the memory of wrongs that have been done to me.  
 Renew my spirit with the joy of Your youth.  
 Bless the world You hold tenderly in Your hand. Amen.

### Novena to Mary Immaculate

O Mary Immaculate, lily of purity, I salute you because,  
 from the very first instant of your conception, you were filled with grace.  
 I thank and adore the Most Holy Trinity for having imparted such sublime favors upon you.  
 O Mary, full of grace, help me to share, even though just a little,  
 in the fullness of grace so wonderfully bestowed upon you in your Immaculate Conception.  
 With firm confidence in your never ending intercession,  
 I beseech you to obtain for me the intention of this novena \_\_\_\_\_ ,  
 and also that purity of mind, heart, and body necessary to unite me with God. Amen.  
*O Mary, conceived without sin, pray for me who has recourse to you.*  
*O Mother of God, by your Immaculate Conception,*  
*intercede for me with your Divine Son, and obtain for me from Him, the favor for which I pray. Amen.*

### Novena to St. Joseph

Glorious St. Joseph, foster-father and protector of Jesus Christ,  
 to you I raise my heart and my hands to implore your powerful intercession.  
 Please obtain for me, from the kind Heart of Jesus,  
 the help and the graces necessary for my spiritual and temporal welfare.  
 I ask particularly for the grace of a happy death  
 and the special favor I now implore \_\_\_\_\_.  
 Guardian of the Word Incarnate, I feel animated with confidence  
 that your prayers, in my behalf, will be graciously heard before the throne of God.  
 O glorious St. Joseph, through the love you bear to Jesus Christ,  
 and for the glory of His name, hear my prayers and obtain my petitions. Amen.

### Novena to St. Anne

St. Anne, you are the mother of Mary, the Queen of Heaven and earth.  
 During your lifetime you gave her a powerful example of love and concern.  
 I honor your memory and beg your assistance during this time of need.  
 Be concerned for me and act as my intercessor.  
 I ask for health of body and soul, a joyful acceptance of God's will for me,  
 and in particular \_\_\_\_\_.  
 Give me and those for whom I pray  
 the strength to carry our crosses in the spirit of Jesus  
 and so to live in His love. Amen.  
*Good St. Anne, mother of her who is our life, our sweetness, and our hope,*  
*pray to her for us and obtain our requests. (Three times)*

### Novena to St. Anthony

St. Anthony, during your lifetime you were always gracious to poor sinners,  
 who sought the comfort of your ministry.  
 You had the happiness of holding in your arms our Blessed Lord under the guise of a little child,  
 and at times the power of God enabled you to be an instrument of miraculous events.  
 Be gracious to me and intercede with Our Lord for the petition I now make with such ardent desire \_\_\_\_\_.  
 As a pledge of my gratitude, accept my promise  
 to live more in harmony with the values of the Gospel  
 and to be more devoted to the service of the poor whom you loved so deeply.  
 Bless this resolution and help me to be faithful. Amen.

**Novena to St. Michael the Archangel**

St. Michael, guardian and defender of the Church, come to our assistance.

Guard with special care our Holy Father, our bishops, priests, religious and lay persons, especially the young. St. Michael, watch over us during life, defend us against the assaults of evil, and assist us especially at the hour of death.

Help us achieve the happiness of beholding God face to face for all eternity.

Intercede for me with God in all my necessities, especially\_\_\_\_\_.

Obtain for me a favorable outcome in the matter I recommend to you.

Mighty prince of the Heavenly host, and victor over rebellious spirits, remember me for I am weak and sinful and so prone to pride and ambition.

Be for me, I pray, my powerful aid in temptation and difficulty,

And, above all, do not forsake me in my last struggle with the powers of evil. Amen.

**Novena to the Holy Angels**

Bless the Lord, all you His angels. You who are mighty in strength and do His will, intercede for me at the throne of God. By your unceasing watchfulness, protect me in every danger of soul and body.

Obtain for me the grace of final perseverance, so that after this life, I may be admitted to your glorious company and with you may sing the praises of God for all eternity.

All you holy angels and archangels, thrones and dominations, principalities and powers and virtues in Heaven, cherubim and seraphim, and especially you, my dear guardian angel, intercede for me and obtain for me the special favor I now ask \_\_\_\_\_. Glory be to the Father ...



## APPENDIX 11

### THE LITURGICAL SEASONS

1. The Liturgical Seasons / Colors help us to understand the significance of each Church Season. (CCC 2698, 2720)
  2. The Liturgical Year begins with the First Sunday of Advent and ends with the Solemnity of Christ the King.
  3. The liturgical seasons of Advent, Christmas, Lent, Easter, and Ordinary Time.
  4. The colors for the Liturgical Seasons are, as follows:
    - Advent / Violet;
    - Christmas / White;
    - Ordinary Time / Green;
    - Lent / Violet;
    - Easter / White.
- \* Red is for the Feasts of Martyrs, who shed their blood for Christ.

### Colors of the Liturgical Year

<b>Green - Ordinary Time</b>
<b>Violet - Advent &amp; Lent, Mass for Life, Funerals (optional)</b>
<b>Red - Passion, Holy Spirit, Martyrs, Pentecost, Confirmation</b>
<b>White - Easter &amp; Christmas, Feasts of Our Lord &amp; non-martyrs, Funerals (opt.)</b>
<b>Rose - 3rd Sunday of Advent and 4th Sunday of Lent (optional)</b>
<b>Black - Funerals (optional) Masses for the Dead and All Souls (optional)</b>

## APPENDIX 12

### HOLY DAYS of OBLIGATION

1. Holy Days of Obligation are special days, other than Sundays, when we are obliged to come together to worship God at Mass, and these are days of rest. (CCC 2042-2043, 2180, 2185)
  
2. The Holy Days of Obligation in the United States are:
  - Solemnity of Mary, Mother of God (January 1<sup>st</sup>);
  - Ascension Thursday (40 days after Easter);
  - Assumption of Mary (August 15<sup>th</sup>);
  - All Saints' Day (November 1<sup>st</sup>);
  - Immaculate Conception of Mary (December 8<sup>th</sup>);
  - Christmas Day (December 25<sup>th</sup>).
  
3. The Bishops of the various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular countries. In the United States, the following is the norm:
  - a. Immaculate Conception (December 8<sup>th</sup>) and Christmas (December 25<sup>th</sup>) are always Holy Days of Obligation, regardless the day of the week on which they fall;
  - b. Solemnity of Mary, Mother of God (January 1<sup>st</sup>), Assumption of Mary (August 15<sup>th</sup>) and All Saints Day (November 1<sup>st</sup>) are normally Holy Days of Obligation, but not when they fall on a Monday or on a Saturday, although, even at such times, attendance at Mass is always to be encouraged;
  - c. In some dioceses, the Feast of Ascension Thursday is transferred to the Seventh Sunday of Easter. (CCC 2042-2043, 2180)
  - d. Even if the days are not obligatory for Mass, they are always 'solemnities' in the Church.



**APPENDIX 13**  
**RENEWAL of BAPTISMAL PROMISES**

Priest / Bishop: Do you reject Satan?

People: I do.

Priest / Bishop: And all his works?

People: I do.

Priest / Bishop: And all his empty promises?

People: I do.



Priest / Bishop: Do you believe in God the Father Almighty, Creator of heaven and earth?

People: I do.

Priest / Bishop: Do you believe in Jesus Christ, His Only Son, our Lord,  
Who was born of the Virgin Mary,  
Was crucified, died, and was buried,  
Rose from the dead,  
And is now seated at the right hand of the Father?

People: I do.

Priest / Bishop: Do you 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?

People: I do.

Priest / Bishop: This is our Faith. This is the Faith of the Catholic Church. We are proud to profess it in Christ Jesus, our Lord. God the all-powerful Father of our Lord, Jesus Christ, has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May He also keep us faithful to our Lord, Jesus Christ, forever and ever. Amen.

## **APPENDIX 14**

### **SACRAMENTAL INFORMATION**

#### **1. MATTER, FORM, and EFFECTS of the SACRAMENTS**

##### **A. SACRAMENT of BAPTISM**

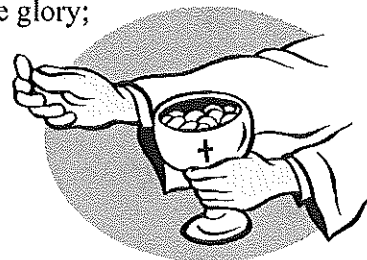
- Water and the words of the minister are the matter and form in the Rite of Baptism.
- The effects of Baptism are:
  - being cleansed from sin, and receiving Sanctifying Grace;
  - becoming heirs to eternal life with God in Heaven;
  - being reborn as adopted sons and daughters of God the Father;
  - becoming brothers and sisters of Jesus Christ;
  - being made members of His Body, the Church;
  - making us priests, prophets, and kings;
  - becoming temples of the Holy Spirit and receiving His seven-fold gifts;
  - making us heirs of Heaven;
  - receiving the Theological Virtues of Faith, Hope, and Charity;
  - applying the merits of Jesus' death and Resurrection. (CCC 1263)

##### **B. SACRAMENT of CONFESSION ... of PENANCE ... of RECONCILIATION**

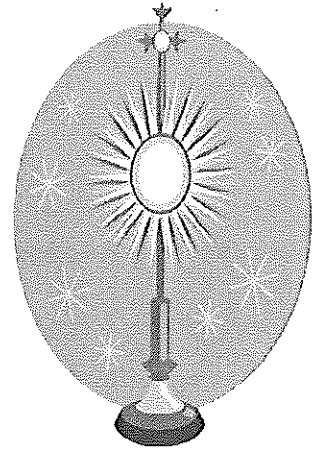
- Contrition, confession of sins, penance, and the formula of absolution are the matter and form in the Rite of Penance. (CCC 1449-1460)
- The effects of Confession are:
  - reconciliation with God by which the penitent recovers grace
  - reconciliation with the Church
  - remission of the eternal punishment incurred by mortal sins
  - remission, at least in part, of temporal punishment resulting from sin
  - peace and serenity of conscience, and spiritual consolation
  - increase of spiritual strength for the Christian battle (CCC 1468-1470)

##### **C. SACRAMENT of the HOLY EUCHARIST**

- The form of the Sacrament of the Holy Eucharist is the Priest saying the words of Jesus: "This is My Body" ... and "This is My Blood" ... over the (matter) unleavened wheaten bread and the (matter) grape wine mixed with a little water at the Consecration of the Mass.
- The effects of the Sacrament of the Holy Eucharist are:
  - Increases grace, remits sin and strengthens us against future sin, and gives consolation;
  - Is the source of life and the 'antidote' against eternal death;
  - Unites us to Christ and to one another and is the symbol of unity;
  - Weakens concupiscence, increases charity, is a pledge of future glory;
  - Brings happiness and spiritual joy;
  - Transports us to heaven;
  - Nourishes and transforms the soul;
  - Allows us to possess Christ;
  - Allows us to experience the love of Christ;
  - Increases our desire for heavenly things;
  - Remits venial sins;



- Preserves us from sin and temptation and reduces concupiscence;
- Heals us;
- Leads us to eternal glory;
- Will shine in us in eternity;
- Pleases God;
- Allows us to make a return to God for His benefits;
- Feeds our souls and expiates sins;
- Fuels a 'devouring fire' inspiring us to good and repugnance to evil;
- Purifies the soul and comforts the body;
- Is the best good work possible and of the highest value to us;
- Gives us immense favors and blessings;
- Makes our prayers irresistible to God;
- Appeases God;
- Gives glory, praise, and thanksgiving to God, and makes reparation to God;
- Gives us grace and advances us in virtue;
- Benefits the living and the dead;
- Assists us in our spiritual combats with the devil;
- Is a powerful means of supplication and atonement;
- Shortens one's own Purgatory time as well as satisfies for those already in Purgatory;
- Makes persons refrain from wickedness (it is an impediment to sin);
- Is a powerful means for the conversion of sinners;
- Gains graces for ourselves and others;
- Gives us the merit of faith;
- Increases our glory in Heaven;
- Continues the Sacrifice of the Cross in Christ's Church.



#### **D. SACRAMENT of CONFIRMATION**

- Anointing with Chrism, laying on of hands, and the words of the Bishop are the matter and form in the Rite of Confirmation.
- The effects of Confirmation are:
  - increase in deepening of Baptismal grace;
  - unites us more firmly to Christ;
  - increases the Gifts of the Holy Spirit in us;
  - renders our bond with the Church more perfect;
  - gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never be ashamed of the Cross. (CCC 1302)

#### **E. SACRAMENT of HOLY ORDERS**

- Anointing with Chrism and the laying on of hands by the bishop, followed by a solemn prayer of Consecration, are the matter and form in the Rite of Holy Orders. (CCC 1597)
- The effects of the Sacrament of Holy Orders are: (CCC 1581)
  - enables the priest to act as a representative of Christ, Head of the Church, in His triple office of priest, prophet and king;
  - leaves an indelible spiritual character on the soul;
  - confers grace to guide and defend the Church with strength and prudence as a father and pastor.



## F. SACRAMENT of MATRIMONY

- A baptized man and baptized woman and the marriage vows are the matter and form in the Rite of Matrimony. (CCC 1625-1627)
- The effects of the Sacrament of Matrimony are:
  - receive grace that is intended to perfect the couple's love and strengthen their indissoluble unity;
  - receive grace to help one another attain holiness in their married life and in welcoming and educating their children;
  - Christ enables the man and the woman to love each other with the love with which He has loved the Church. (CCC 1638-1642)

## G. SACRAMENT of ANOINTING of the SICK

- Anointing with the Oil of the Sick on the infirmed person's forehead and hands, as well as prayer, are the matter and form for the Sacrament of Anointing of the Sick.
- The effects of the Sacrament of the Anointing of the Sick are:
  - uniting of the sick person to the passion of Christ, for his own good and that of the whole Church;
  - strengthening, peace, and courage to endure in a Christian manner the sufferings of illness / old age;
  - the forgiveness of sins, if the sick person was not able to obtain it through the Sacrament of Penance;
  - the restoration of health, if it is conducive to the salvation of his soul;
  - the preparation for passing over to eternal life. (CCC 1532)

## 2. PERTINENT INFORMATION regarding the SACRAMENT of CONFESSION ... the SACRAMENT of PENANCE ... the SACRAMENT of RECONCILIATION

- Remind the students of the importance of receiving the Sacrament of Penance and the five steps to make a good Confession:
  - Examination of Conscience
  - Confession of one's sins
  - Contrition (having sorrow for one's sins)
  - Purpose of Amendment (a firm resolve, with God's grace, to avoid sin)
  - Absolution and Penance from the Priest
- The formula to use in the Sacrament of Penance: (CCC 1450-1460)
 

At the beginning: *Bless me, Father, I have sinned. My last confession was \_\_\_\_\_. My sins are \_\_\_\_\_ (the penitent states the sins). I am sorry for my sins.*

The priest talks and gives a penance.

The penitent makes an *Act of Contrition*.

The priest gives absolution.

Priest: *"Give thanks to the Lord for He is good."*

Penitent: *"His Mercy endures forever."*

Priest: *The Lord has freed you from your sins. Go in peace."*

Just prior to leaving the confessional, the penitent says: *"Thanks be to God."*



## APPENDIX 15

### EXAMINATION of CONSCIENCE (SAMPLE)

When I am getting ready to receive the Sacrament of Penance, I must think honestly about the sins and selfish acts that I have committed. This is called an Examination of Conscience. The Holy Spirit, who is always in my heart, will help me to remember these selfish acts. First, I should pray to the Holy Spirit. Next, I think about all the good things He helped me to do that day; then, how I have failed to love God and others as I should. If we obey God's laws, we will be happy.

Remember the First Great Law of Love: "Love the Lord, your God, with you whole heart, you whole mind and with your whole soul."

1. I, the Lord, am you God. You shall not have other gods besides me.
  - Do I pray every day and often? Before and after meals? Before and after sleep?
  - Do I thank God for everything He gives me?
  - Do I listen and Mass and in Religion class?
  - Do I make objects or famous people my gods?
  
2. You shall not take the name of the Lord, your God, in vain.
  - Do I use God's name with respect?
  - Do I make fun of holy things?
  
3. Remember to keep holy the Sabbath Day.
  - Do I skip Mass on Sunday or on a Holy Day of Obligation because I didn't want to go?
  - Do I try my best to be ready on time for Mass?
  - Do I take part in Mass by saying the prayers and singing?
  - Do I bother others in Church by talking or fooling around?
  
4. Honor your Father and your Mother (teachers, babysitters, other adults with responsibility, etc.).
  - Do I pray for my parents?
  - Do I thank my parents?
  - Do I help out at home?
  - Do I obey without complaining?
  - Do I respect my parents and teachers?
  - Do I say I am sorry when I have done something wrong?
  - Do I do my best at school?
  
5. You shall not kill.
  - Do I help others?
  - Am I kind to others even to those who treat me badly?
  - Do I hurt others by my words or actions?
  - Do I listen to unkind talk about others?
  - Do I try to get even when someone hurts me?
  - Do I play with everyone?
  - Am I polite and respectful?
  - Do I take good care of my body in the areas of nutrition, rest, clothing, and cleanliness?

6. You shall not commit adultery.
9. You shall not covet your neighbor's wife.  
Do I use bad language, tell impure jokes or read impure books or magazines?  
Do I leave the room or turn off the T.V. when there are bad words being used or impure pictures are on the screen?  
Do I touch others in a pure way?
7. You shall not steal.
10. You shall not covet anything that belongs to your neighbor.  
  
Do I share with others or take things for myself?  
Am I jealous of what others have?  
Do I keep things that don't belong to me?  
Do I take care of things that belong to others?  
Do I borrow things without asking permission?  
Do I return borrowed items?
8. You shall not bear false witness against your neighbor.  
Do I always tell the truth?  
Do I cheat?



## APPENDIX 16

### THE SACRAMENT OF RECONCILIATION

#### What is an 'Examen' ?

"Put on the Lord Jesus Christ." The examination of conscience is aimed at helping us "put on Christ" in every thought, word and action. Mental prayer helps us to 'put on the mind of Christ'; the examination of conscience is a check-up to see how we are living out our inspirations from prayer. In the same way that we try to please those we love - a love shown in deeds, not merely in words - so we try to please God. The 'examen' makes our love for God practical. There is no one way to make an examination of conscience. The 'examen' is primarily a prayer and not just merely a period of self-examination. It is a conversation with Our Lord in which we discuss with Him practical ways of being a better Catholic, a better companion of His and of His Blessed Mother.

#### The Examination of Conscience

An Act of Presence of God: "I believe, Lord, that You are with me now, at this time of examination of conscience. In Your creatures, the works of Your hands, You surround me. Through sanctifying grace, the divine life, You live within me. Dear Blessed Mother, you too are always with me, by your tender love, your motherly concern."

Gratitude: "As I look over this time since my last Confession, Lord, I find it overflowing with Your Blessings. I do not know where to begin. There are so many supernatural wonders: my Faith, the Blessed Sacrament, Mass, the life of grace; so many marvelous people - loving parents, my brothers and sisters, my friends; so many advantages - my Country, my education, my health; so many beauties of nature - the sky, the clean air, the sunshine; so many good times - the fun we have at school, our dances, the ballgames, and even my work. Thank You, Heavenly Father, for creating all these gifts, for making the world such a wonderful place ! It is good to be alive ! Thank You for making me !"

A General Review - My Thoughts: "Do I raise my mind to think of Our Lord and His Blessed Mother in prayer ? Are my thoughts of other people kind and charitable, or do I judge them harshly and without evidence ? Do I keep my mind pure and clean, or do I choose to dwell on impure thoughts and / or images ? Are my thoughts humble, or do I consider myself better than someone else, just because I may be a better athlete, worker, or student ? Do I let discouragement, the special weapon of the devil, prey on my mind merely because I make some mistakes ? Do I have a right intention in all my actions - for the glory of God and the help of my neighbor ?"

My Words: "Is my speech proper for a child of Our Lady ? Am I encouraging and cheerful in my speech, or sour and sarcastic ? Do I brag and boast about myself ? Do I complain at everything ? Do I damage the good name of another by gossiping about his/her character ? Are my words always sincere and honest, decent, and polite ? Do I praise God with reverence in my vocal prayers ?"

My Actions: "Do I try to imitate Our Lord and His Blessed Mother ? Do I show love for my parents by gladly obeying and helping them ? Do I perform my study or work lazily, or with diligence and care ? Do I avoid occasions of sin - places and persons I know are not good for me ? Do I show good sportsmanship ? Do I try to see Christ in others and to try to help them, or am I selfish ? Do I offer up the hard things of a day in reparation to Our Lord's Sacred Heart ? Do I make a real effort to overcome myself in rooting out my personal faults or in acquiring virtue ? Do I trust in Our Lord's Love for me ?"

**Contrition:** "Dear Lord, as I think of You hanging on the Cross for love of me, Your strong hands pierced with nails, Your back torn with the scourges, Your eyes pleading for love ... As I think of You in this way, I am sorry for my sins which caused You this suffering. I am sorry for my sins because You are so good. Yes, dear Lord, and I am sorry even for my frequent faults and imperfections. If I had not been so indulgent with myself, but rather helped to shoulder the Cross, I would have lightened the burden of Your Cross just as Simon of Cyrene did for You. And dear Blessed Mother, standing at the foot of the Cross with me, I am sorry for disappointing you and causing you pain."

**Resolution:** "Dear Lord, You and I both know how weak I am; I am not trusting in myself, but in You. You will have to help me if I am to conquer my heart and give it to You. Guard me from discouragement. May I always remember how You, Dear Lord, fell three times carrying Your Cross. You did not lie there discouraged and refuse to rise; You struggled on for love of me. I will carry on for love of You. Dear Mary, my Mother, I trust in your kindness and protection to aid me in serving you and Our Lord with greater fidelity tomorrow."

**Prayer:** "Jesus, Help Me!"

"In every need let me come to You with humble trust, saying - 'Jesus, help me !' In all my doubts, perplexities, and temptations - 'Jesus, help me !' In hours of loneliness, weariness, and trials - 'Jesus, help me !' In the failure of my plans and hopes; in disappointments, troubles, and sorrows - 'Jesus, help me !' When others fail me ! When I throw myself on Your tender love as a Father and Savior - 'Jesus, help me !' When my heart is cast down by failure, at seeing no good come from my efforts - 'Jesus, help me !' When I feel impatient, and my Cross irritates me - 'Jesus, help me !' When I am ill, and my head and hands cannot work and I am lonely - 'Jesus, help me !' Always, always, in spite of weakness, falls, and shortcomings of every kind - 'Jesus, help me and never forsake me. Amen.'"

**Prayer:** "An Act of Contrition"

"O my God, I am heartily sorry for having offended You. And I detest all my sins, because I dread the loss of heaven and the pains of hell. But, most of all, because I have offended You, my God, who are all good and deserving of all my love. I firmly resolve, by the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen."



## THE TEN COMMANDMENTS

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.  
Idolatry. Belief in superstitions (spirits, Ouija Board, Fortune Telling, etc.) Superstitious practices. Sacrilege against persons, places or things consecrated to God. Lying in Confession.
2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.  
Blasphemy (Speaking in contempt or scorn of God and holy things). Cursing (Wishing moral or physical evil on someone). Oaths and vows without good and sufficient reason.
3. REMEMBER TO KEEP HOLY THE SABBATH.  
Missing Mass on Sundays and Holydays without sufficient reason. Doing unnecessary servile work on Sundays and Holydays.
4. HONOR YOUR FATHER AND YOUR MOTHER.  
Violations of love and respect for parents. Disobedience to parents. Disobedience to any who have legitimate authority. Disrespect for authority. Disrespect for just laws.
5. YOU SHALL NOT KILL.  
Murder. Suicide. Culpable disregard for one's health. Overindulgence in food or drink. Vengeance. Envy and hatred. Anger. Occasion of sin for another. Cooperation in the sin of another.
6. YOU SHALL NOT COMMIT ADULTERY.
9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.  
Impure acts or touches with myself or another. Entertaining impure thoughts or desires. Attending bad movies or watching suggestive videos. Reading bad books. Impure talk and jokes. Immodesty in dress or action.
7. YOU SHALL NOT STEAL.
10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.  
Stealing. Excessive gambling. Envy of another's wealth, talents, or good fortune. Not paying just debts. Serious carelessness with another's goods. Unjust damaging of another's goods.
8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.  
Lying. Revealing hidden faults or defects. Rash judgments about another's actions or intentions. Attributing false sins or defects to another. Violations of secrets. Eavesdropping.

## GOD

**Prayer:** Fidelity to prayer, rosary; discouragement in prayer; making ordinary actions a prayer by a pure intention; being simple and childlike with God, not mechanical and formal.

**Reverence:** Reverence for God in prayer, at Mass, in the Blessed Sacrament; seeing God in others.

**Humility:** Humility is truth. The realization that any skill, strength, or intelligence I have is a gift of God - neither belittling nor exaggerating the talents or accomplishments I possess.

**Obedience:** Docility and eagerness to obey the commandments of God; prompt obedience to lawful authority.

**Reparation:** Making up for past sin and negligence; offering prayers, works, joys, sufferings in reparation for the sins of others; special acts of reparation to the Sacred Heart of Jesus.

**Trust:** Realizing God is interested in everything I do; trusting in His Goodness; drawing strength from this confidence in Him.

## **MYSELF**

**Courage:** Acting from a good motive - not doing things because of what others will think of me; defending what I know to be the truth.

**Purity:** Avoiding persons, places, and literature that may be an occasion of sin; choosing good, wholesome entertainment; keeping myself busy; praying to Mary, my Mother, for the grace of true purity.

**Attitude Toward Money:** Spending money sensibly and not extravagantly; not being stingy; not judging the worth of people by their wealth; not being greedy; using money to make others happy.

**Study:** Working hard at school; realizing my duty to develop my mind for God, the Church, my Country; not being discouraged if I am not a genius; not being proud - if I am.

**Control of Temper:** Not letting trifles annoy me; apologizing (in act, at least) to those I may have offended; realizing the give-and-take of life.

**Language:** Special reverence for God's Holy Name; avoiding vulgar and improper expressions; never listening to or telling improper stories; prudently directing the conversation to wholesome topics.

## **OTHERS**

**Courtesy:** Following the norms of Christian politeness; expressing gratitude for things done for me; being Christ-like toward others.

**Speech:** Finding good things to say about people; never ruining another's reputation by gossip; speaking kindly and not harshly to others; not being obstinate in conversation.

**Fairness:** Honesty at work or in games; doing a fair day's work for a fair wage; never passing off somebody else's work for my own.

**Generosity:** Volunteering when somebody needs help; not waiting to be asked before doing something or expecting to be thanked when it is done; taking an active part in family, class, and parish activities.

**Cooperation:** Willingness to help others; not trying to dominate; subordinating my own preferences to those of the group; following directions faithfully.

**Charity:** Seeing Christ in others by focusing on their good qualities; respecting the opinions of others; going out of my way to help one who is sick or in trouble.

### **WORLD, THINGS, CREATION, PROPERTY**

**Attitude:** Taking care of what has been bought for or given to me by another; my view of the supply of water and other natural resources; activities involving the destruction of property; my treatment of animals; my resolve to provide clean air to breathe; what belongs to others; how I use what isn't mine.

**Prayer:** "Prayer for Light"

"Come, O Holy Spirit, divine Spirit of Light and Truth, assist me to discover my sins, to be truly sorry for them, to confess them sincerely, and amend my life. Amen."

### **Sign of the Cross with Holy Water**

**"My Last Confession was . . ."**

### **Preparing for the Sacrament of Reconciliation**

1. What is the first thing you do in preparing for Confession and the reception of the Sacrament ?
2. Why do you find out your sins ?
3. What are 'mortal' sins? What are 'venial' sins ?
4. What is the most important preparation for Confession ?
5. Why should a person never be afraid of taking part in the Sacrament of Reconciliation ?
6. What is the 'peace' of the Sacrament of Reconciliation ?
7. What does the 'Seal of Confession' mean ?

### **Genuflection**

### **The Ten Commandments**

**Prayer:** "Forgive us, Lord, if sometimes we lived in too great a luxury; if we closed our hearts to the needs of this world; if we abused the movement of renewal in the Church to make ourselves richer and to improve our standard of living; that we placed our needs and desires above those of the rest of the world."



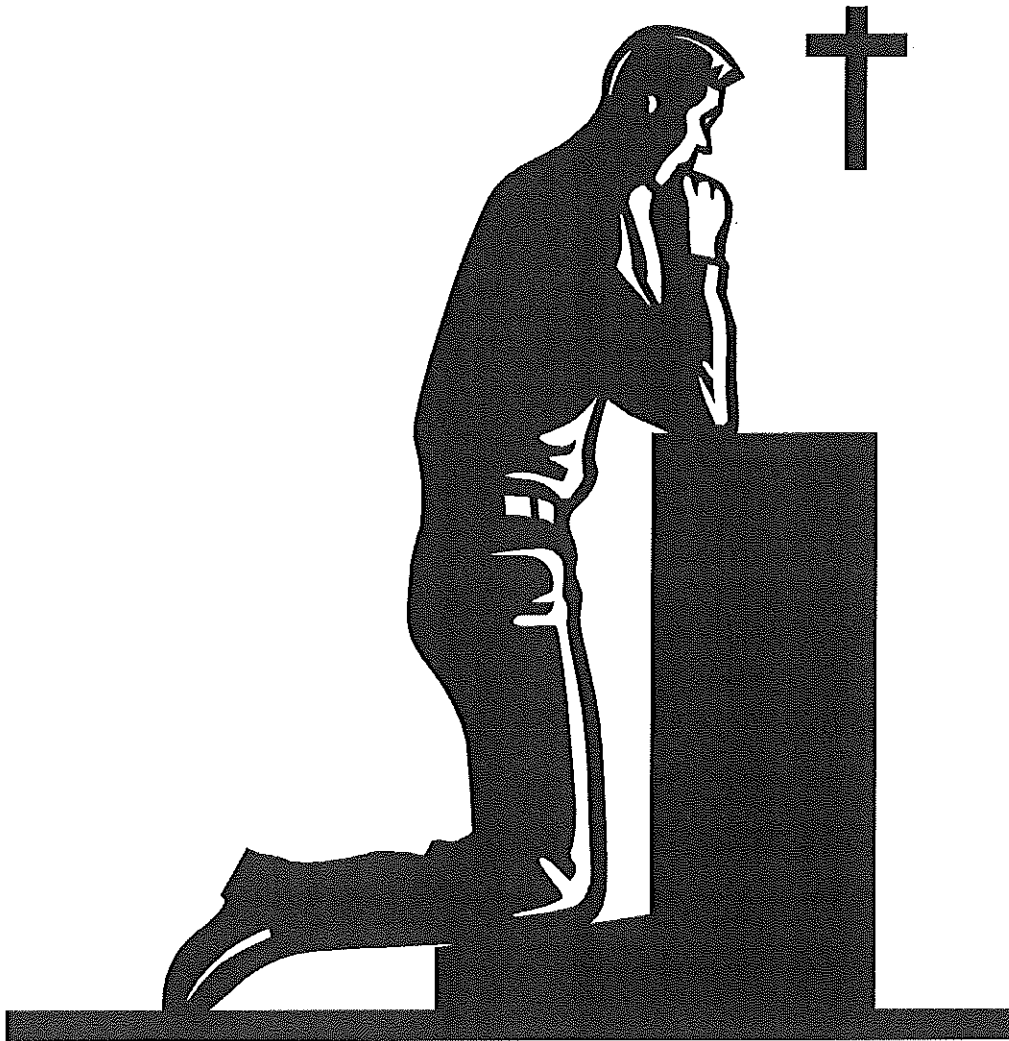
Forgive us, Lord, when we tried to leave things as they were and did not have the courage to begin anew.

Forgive us, Lord, our sins of omission: the help we could have given, the comfort which was expected from us, the sorrow we did not even see, the inspiration which we denied others, Your longing for us which we did not want to hear ... ”

**AFTER** ... **The Sacrament of Reconciliation:**

**BE SURE TO TAKE TIME TO RECEIVE AND ABSORB THE LOVING KINDNESS AND MERCY AND FORGIVENESS OF GOD OUR FATHER !**

“So great is the strength of GOD’S HEALING POWER that evil is turned into GOOD.”



## APPENDIX 17

### TEACHING REVERENCE for the MOST HOLY EUCHARIST

**ONE OF THE IMPORTANT TASKS** of any Catechist is to teach - and to model - reverence for the Most Holy Eucharist, the source and summit of our Faith. There are some very simple, yet important, ways by which this can be done. A few suggestions to teach the children / young people:

- Genuflect before the Tabernacle when they enter and leave the church. We genuflect because Jesus is truly present in the Tabernacle in His Body, Blood, Soul, and Divinity - that is, in His totality - as true God and true Man.
- Be in a state of Sanctifying Grace when they receive the Holy Eucharist and, if conscious of mortal sin, they must receive absolution in the Sacrament of Penance before receiving Holy Communion.
- *We are also expected to fast from food and drink for at least one hour prior to the reception of Holy Communion.* (United States Catholic Catechism for Adults - p. 222)

**Note:** Water and / or medicine do not break the Eucharistic fast, cf. Can. 919 of the *Code of Canon Law*.

- Always bow before the altar of sacrifice.
- Frequently insert the adjective “holy” before the words “Mass” and “Communion.” (By doing so, we teach that “Holy Mass” and the Holy Eucharist / Holy Communion are not part of the ordinary, everyday set of realities, but are sacred and mysterious. We need to help to instill a sense of the sacred with regard to God and His holy things. Language is important in this regard.)
- Fold their hands when going up to receive Holy Communion. (This helps to emphasize that the Mass is a prayer, and not any prayer, but THE PRAYER OF PRAYERS, THE HIGHEST FORM OF WORSHIP !)
- When going up to receive Holy Communion, hands should be folded.
- Make a bow, genuflect, or kneel before receiving Holy Communion - and to say “Amen” before receiving Jesus.
- How important prayer is: to offer their Holy Communion for intentions before Mass and to unite their very selves with Jesus’ sacrifice for the salvation of souls.
- Say a prayer of thanksgiving after receiving Jesus / at the end of Holy Mass.
- They may receive the Holy Eucharist on the tongue or in the hand - except in the case of intinction, in which case, they must receive on the tongue.
- If receiving Holy Communion in the hand: a) If right-handed, put right hand under left hand, receive Holy Communion in *left* hand, and *place* the Consecrated Host in mouth with right hand; b) Check to see if any particle of the Consecrated Host has remained in the hand.
- Encourage Eucharistic adoration and devotion. If possible, occasionally take students to the church to visit our Lord in the Blessed Sacrament.
- Ask our Blessed Mother, Mary, for a great love of Jesus in the Holy Eucharist.





## **APPENDIX 18**

### **GIFTS of the HOLY SPIRIT**

The Gifts of the Holy Spirit, received in the Sacrament of Baptism and strengthened in the Sacrament of Confirmation, help us to be *witnesses* for the Faith which we believe, to build up the Church, the Mystical Body of Christ. Through these Gifts, our thoughts, words, and actions will manifest our belief in Jesus to the world around us and make Him present in a world that needs His Love..

**WISDOM:** The Gift of the Holy Spirit that assists us in responding to the ways of God and helps us in evaluating all that we do in light of God's Grace. Wisdom helps us to decide if what we are doing is important and worthwhile in our relation to our goal of being with God for all eternity. Wisdom also gives us the inspiration to think about the teachings of our Catholic Faith and how these teachings give us right judgment in all things pertaining to the Faith.

**UNDERSTANDING:** The Gift of Understanding gives us the Grace to grasp the truths of our Catholic Faith in a simple yet profound manner. This Gift aids us in finding the rightful meaning in what we believe.

**COUNSEL:** The Gift of Counsel equips our mind to know what is 'right and just' in specific situations. It also helps us to be perceptive to be able to assist others with our words and action. The Holy Spirit advises us in our personal deeds on behalf of ourselves and others.

**KNOWLEDGE:** The Gift of Knowledge graces our judgment in all matters pertaining to God. This special Gift of the Holy Spirit will help us to have sorrow for our sins, wrongdoings, and failures, because we are able to assess our thoughts, words, and actions in relation to God. This Knowledge will, likewise, help us to see that all created things have little meaning except in light of our goal to reach Heaven and be with God forever.

**FORTITUDE:** This Gift of the Holy Spirit is also called **COURAGE** because God's Grace supports the will in loving God and our neighbor in the face of difficulty, even to the point of possible death or martyrdom. The Holy Spirit gives us the resolve and purpose to persevere in our love for God and neighbor in the face of suffering. Courage / Fortitude guides us and sustains us in curbing our fears that could keep us from doing good for ourselves and for others. This Gift of Fortitude moderates our actions lest we become reckless and try to face difficulties beyond our strength or on our own accord, without the spiritual guidance we need to do good.

**PIETY:** Piety is the Gift of the Holy Spirit that enables us to esteem God with the highest regard, because He created us, gave us life, and keeps us in His care. Piety helps us to reach out to our parents, relatives, teachers and others in authority over us, and country - acting justly toward all people and helping them in their need. Piety shows us reverence and respect for our brothers and sisters in Christ, because they are sons and daughters of Our Heavenly Father. Because we have this honor for God and others, we show deference for God and holy objects with dignity.

**FEAR OF THE LORD:** The Gift of the Fear of the Lord does not cause us to 'be afraid of' God, but rather provides us with a 'healthy fear' of God because we do not want to offend the One Who loves us so dearly. When we love someone, we do not want to offend that person and ruin our relationship and friendship with that person. 'Fear of the Lord' is a holy fear that helps us to keep God's commandments and teaches us that serious sin will offend God, Whom we love.

## APPENDIX 19 ENTHRONEMENT of the BIBLE in the CLASSROOM

To show that God is at the Center of their lives, many people enthrone the Bible, the Word of God, in a visible place. By placing the Sacred Scriptures in a prominent place decorated with flowers and art, and by gathering at this spot for daily prayer, the teacher and students show that God is present and active through his Word.

Enthroning the Bible is easy. Simply pick a place where the Bible can be honored. The Bible should be placed where it will be seen regularly, but the location should be apart from the noise and confusion of the classroom. Place the Bible, opened to a favorite passage or to the readings of the day, on a table or shelf. Decorate the area around the Bible with a cloth, flowers, and / or a candle – whatever makes sense to you. Use the following possible prayer when you gather as a class to enthrone the Bible.

### Things to Prepare

- Bible
- A shelf or table where the Bible will be placed (The shelf may be adorned with a cloth and candles.)

### Prayer

When possible, the prayer may start outside the main door to the classroom. One member of the class holds the Bible, raised slightly. Other students begin the celebration with the Opening Litany:

Leader: Our Lord Jesus Christ, You are the Word of the Father.

Response: Come, Lord Jesus, come.

Leader: You became one with us to tell of the Father's love.

Response: Come, Lord Jesus, come.

Leader: You are the Light that shines in the darkness.

Response: Come, Lord Jesus, come.

Leader: You save us from fear and break the bonds of sin and death.

Response: Come, Lord Jesus, come.

Leader: You come to guide our steps and lead us to God.

Response: Come, Lord Jesus, come.

Leader: You are the Word of eternal life.

Response: Come, Lord Jesus, come.

Leader: You fill us with the Holy Spirit.

Response: Come, Lord Jesus, come.

As everyone enters the room, they may sing a suitable song. Then, one of the following Scripture passages is read from the Bible:

- Matthew 4:17–23 Jesus calls and heals through the power of his Word.
- Mark 4:1–20 The Word is like the seed.
- Luke 4:14–21 Jesus proclaims the Word in Nazareth.
- John 1:10–14 Jesus is the Word of God and the Light of the world.

After the reading, the leader places the Bible in the place prepared for it. All bow deeply before the enthroned Bible.

Leader:

We have heard your words, Jesus.

They give us joy and bring light and truth into our lives.

Your presence gives us peace in our troubled and divided world.

Let your Word create in our hearts a deep desire for you.

Be with us in our hearts and in our classroom, in our homes, in our community and country.  
Give us your Holy Spirit to help us to understand your Word.  
We enthrone now this Holy Bible in our midst.  
Make your Word the Center of our lives.  
May your Word inspire all that we think and say and do.  
May your Word bind us together in unity with each other and with you, today and forever.

Response: Amen.

All ... Join in saying the Our Father Prayer.

All ... Repeat after the Leader:

We promise to respect the Word of God in our midst.  
We shall read and reflect on it as a class and as children of God.  
May we draw inspiration for our decisions, strength for our work, and comfort in suffering.  
Jesus, help us to be faithful to our promise. You who live forever and ever. Amen.

The celebration concludes with a Sign of Peace.

