



St. Patrick's Catholic Church
Office of Religious Formation
Family Handbook
2010-2011

**St. Patrick's Catholic Church
Office of Religious Formation
20500 West Maple Road
P.O. Box 10
Elkhorn, NE 68022
(402) 289-4947**

Dear Parents:

Welcome to the start of our Religious Formation year here at St. Patrick's. Our program is blessed with many volunteers who are willing to share their faith experiences with the children of our parish. Our program and the catechists who serve in our program are committed to proclaiming Christ's message and developing a sense of community, not only in each individual classroom, but also within our parish. They motivate the children to serve others, just as Jesus teaches us to do in the Gospel. As a matter of fact, each student in our Religious Formation program participates in the Parish Advent Angel Service Project during their class time. In addition, we offer opportunities for the children and their families to participate in special Liturgies throughout the RF year. Prayer is an integral part of each class time. Our catechists teach both the traditional Catholic prayers and encourage the children to develop their own prayer style and to talk to God, for he is their friend.

For children who are preparing for the Sacraments of Reconciliation, Eucharist and Confirmation, we will have parent meetings to assist you with your child(ren)'s sacrament preparation. Please watch for notices regarding meeting/retreat dates so that you can make the necessary arrangements for at least one parent to attend these meetings and retreats.

This handbook was developed so that all of the children who are enrolled in our Religious Formation program are aware of the expectations required of them. It was also developed so that parents, who are the primary catechists of their children, can foster growth in their child(ren)'s faith formation. Please note at the end of the handbook is a section that includes the traditional Catholic prayers, the Ten Commandments, a listing of Holy Days of Obligation, etc., for use with your child(ren). Since RF classes last only 1 hour and 15 minutes, it is expected that parents continue to foster spiritual growth for their child(ren) at home.

Parents are encouraged to become a part of our RF program by volunteering in some manner. There are many opportunities for parents of children enrolled in our program to show by example service to the Lord. If you are not currently volunteering in our program, please check the website @ www.stpatselkhorn.org or call the RF Office for a listing of volunteer opportunities. I am certain that we can utilize your gifts and talents in our program!

I am always willing to listen to your concerns or suggestions for improvement in our Religious Formation program. If you should have any concerns or suggestions, please feel free to call and make an appointment to discuss.

God Bless you and your family throughout the year.

Mary McMahan
Director of Religious Formation

St. Patrick's Catholic Church of Elkhorn, NE
Office of Religious Formation
20500 West Maple Road
P.O. Box 10
Elkhorn, NE 68022

The Mission of St. Patrick's Parish Religious Formation program is to partner with parents to provide opportunities for children in our parish to grow in their relationships with Jesus and their understanding of the Catholic faith.

How to Reach Us:

Religious Formation Office: (402) 289-4947
Parish Office: (402) 289-4289
Parish Fax: (402) 763-9530

Staff:

Pastor:	Reverend Gary Ostrander
Associate Pastor	Reverend Rodney Adams
Director of Religious Formation	Mary McMahan
Religious Formation Administrative Assistant	Gazelle Johnson
LWC/Preschool Coordinator	Chris Else

Religious Formation Committee Members:

Theresa Atwood	Lisa Morock
Kelly Benes	Michael Muilenberg
Kathy Burney	Deb Schroer
Stefanie Christensen	Bob Speck
Suzy Graver	Bud Simmonds
Gina Higgins	Vitus Schmidt

Ex-Officio Members:

Reverend Gary Ostrander, Pastor
Mary McMahan, Director of Religious Formation

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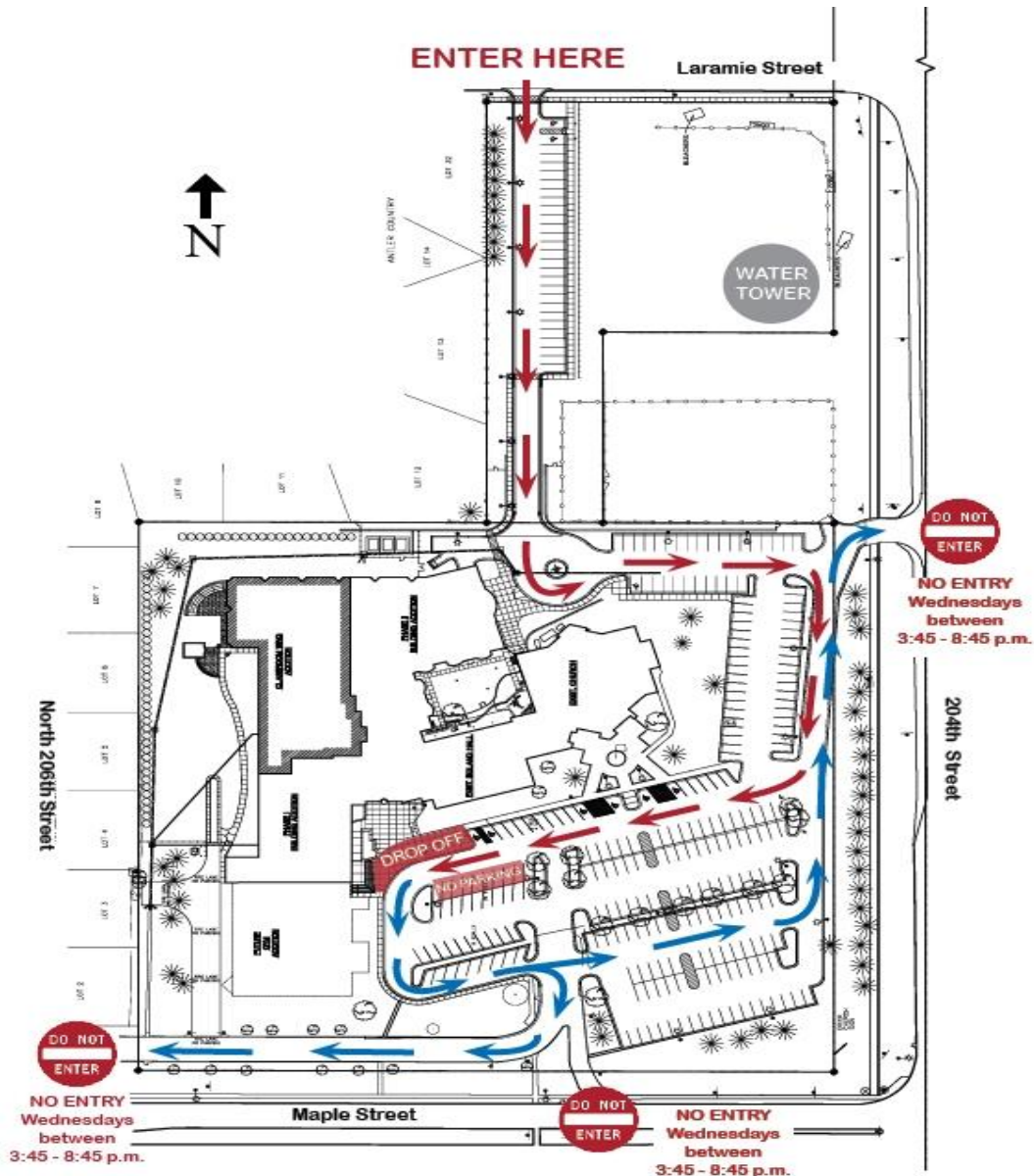
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Office of Religious Formation Parking Lot Procedures for Wednesdays between 3:45 p.m. and 9:00 p.m.

In order to provide a smooth flow of traffic and to ensure the safety of your children, our Parish Safety Committee asks for **your cooperation** with the following procedures for drop off and pick up of your child(ren) before and after Religious Formation classes.

- All vehicles **must enter** the parish campus from the access road off of Laramie Street (Past the water tower-across from the fire station.)
- Children should be dropped off and picked up in front of the school entrance. **Children are not allowed in the parking lot unless they are escorted by an adult.**
- Children should enter and exit the vehicle on the passenger side to allow for flow of the traffic in the lanes next to the driver side. For this reason, **parking is not allowed in the parking spaces directly in front of the school** on Wednesday evenings between 3:45 p.m. and 9:00 p.m.
- **Do not leave your vehicle unattended in the pick-up lane.**
- Be courteous to the volunteers and staff who are assisting with the flow of traffic.

Parents are welcome to park their vehicle and come into the school lobby or stand/sit outside the school entrance to pick up their children and escort them through the parking lot.



ADMISSION:

All persons wishing to be enrolled in Religious Formation classes at St. Patrick's will be joyfully welcomed into our program and our community. We hope that all participants will choose to become full and active members of the parish. If you have not yet registered in the parish, please call the parish office at 289-4289.

ARRIVAL:

To ensure the safety of your child(ren), they should not arrive for class more than 5 to 10 minutes early. Teachers come early to prepare their classroom and there is not adequate supervision for children who arrive 15 to 30 minutes before their scheduled class time. Please refer to the Parking Lot Procedures on page five of this handbook for specific instructions for dropping your child off for Religious Formation classes.

ATTENDANCE:

All students who are enrolled in our Religious Formation program are expected to attend class each week. Students are expected to arrive on time for class and expected to remain in class for the full session. **Tardiness, early dismissal, or absences due to sports and other activities are not acceptable.** Please discuss with your child(ren)'s coaches and instructors the importance of a religious education in your child(ren)'s lives. Inquire if they will avoid scheduling games, practices and activities on Wednesday evenings so that your child(ren) are not faced with having to make a choice between religion and extra curricular activities. Wednesday evenings in the Omaha and surrounding areas has always been considered a church/family night for all faiths.

In the event that your child is unable to attend class due to illness, please call the Office of Religious Formation, or email gjohnson@stpatselfhorn.org (**Wednesdays**) or celse@stpatselfhorn.org (**Sundays**) to notify us that your child will not be attending class that day. If your child is absent from Religious Formation and we have not heard from you, an office staff member, or a volunteer, will place a call to the home and verify the child's absence. If a student is absent from class, it is the responsibility of the parents and student to follow-up with the teacher on the material to be covered.

Tardiness, excessive early dismissal/absences will be brought to the attention of the Director of Religious Formation. A call will be placed to the home to discuss the reasons for tardiness, early dismissal and absences.

BAPTISMAL CERTIFICATE:

A copy of your child(ren)'s Baptismal Certificate must be on file with the Office of Religious Formation if your child was not baptized at St. Patrick's.

CALENDAR:

All RF classes, retreats, in-services and Mass celebrations will be based on both the parish and liturgical year calendar. Due to the large number of school districts in our parish territory, we are unable to schedule events around a particular school calendar.

CANCELLATIONS:

In case of severe weather, cancellations will be broadcast on the three major television stations, KETV, KMTV, and WOWT. Every effort will be made to post cancellations on the website.

If St. Patrick's school is closed due to weather related issues on Wednesdays, Religious Formation classes will not be held that evening.

CIRCLE OF GRACE:

“The Archdiocese of Omaha, out of concern for all God’s people and in response to the United States Conference of Catholic Bishops’ *Charter for the Protection of Children and Young People*, has developed a program for Safe Environment education of children and young people. This program is called *Circle of Grace*. It is meant to supplement and be integrated into the excellent programs and curricula for the formation of children and young people within the Archdiocese of Omaha.”

All of the children in our parish, whether they are enrolled in the Religious Formation program or the 5-day school will participate in Circle of Grace lessons. Parent information is located on the website @ www.stpatselkhorn.org under Program Information on the Religious Formation link.

CLASS SIZE:

Because class time is limited and in order to maintain an optimum teacher/student interaction during this short time span, class sizes are limited to 12. However, classes may be increased or decreased after visiting with the lead catechist regarding the dynamics of the group. When classes are filled, the acceptance of new students will be based on the availability of classroom space and catechists. Children of parents who volunteer to teach in the program will have priority placement over children of parents who do not volunteer to teach in the program.

CLASS TIME:

Two sessions are offered for grades K-5 on Wednesday from 4:00 p.m. to 5:15 p.m and from 5:45 p.m. to 7:00 p.m. One session is offered for grades 6th, 7th and Confirmation on Wednesday from 7:30 p.m. until 8:45 p.m. Classes for Preschoolers (3 to 5 years old) are offered on Sunday mornings during the 9:30 and 11:00 a.m. Liturgies. Liturgy of the Word for Children (K-5th grade) is offered at the 5:00 p.m., 9:30 a.m. and 11:00 a.m. weekend Liturgies.

COMMUNICATION:

It is very important for all parents to be aware of Religious Formation classes and events. Therefore, every effort will be made by the Director of Religious Formation to inform parents of such happenings. Please read and retain parish bulletins and the Religious Formation Family Bulletin which is emailed to parents on a weekly basis when RF is in session. Any schedule changes will be communicated via these methods. It is the parent’s responsibility to stay informed through the various forms of communication.

CURRICULUM:

The Archdiocese has developed a curriculum guide for use by each parish based religious formation program. This is in response to the call of the National Directory for Catechesis. The guide correlates the materials in each grade level to the Catechism and will ensure a thorough catechesis of our Catholic faith is provided to all of the young people in the Omaha Archdiocese. A link to the Omaha Archdiocese has been created for the Parish Based Curriculum Standards including Essential Prayers and Practices for each grade level. This information can be located @ www.stpatselkhorn.org under Program Information on the Religious Formation link. A copy of the Catholic Prayers and Practices is included in the back of this handbook.

In compliance with the U.S. Bishop’s Committee for Catechesis, our parish utilizes the following curricula in our parish based religious formation program:

Call to Faith ECONNECT: All parents with children enrolled in St. Patrick’s Religious Formation program will be provided access to **ECONNECT**. **ECONNECT** will offer parents the ability to check out family activities that coincide with their child’s faith formation classes. **ECONNECT** also offers age-appropriate faith related computer games for children. Parents will find access to the Sunday readings and reflections on the readings, along with Adult Faith Formation information. A link to **Call to Faith ECONNECT** has been provided on our website

@ www.stpatselkhorn.org under Program Information on the Religious Formation link. If you have any problems accessing *ECONNECT*, please call the RF Office for assistance.

Preschoolers enrolled in our Religious Formation program will utilize Harcourt “*Sharing God’s Story*” for curriculum. “*Sharing God’s Story*” makes exploring the Bible a creative and interactive educational journey for 3, 4 and 5 year olds.

Kindergarten through 7th Graders enrolled in our Religious Formation program will utilize the “*Call to Faith*” program by Our Sunday Visitor. The “*Call to Faith*” program is deeply rooted in Church tradition. The treasure of God’s word is highlighted and integrated into the program’s instruction, reflection, sharing and prayer. Each lesson of “*Call to Faith*” draws on and instructs in Church doctrine in ways that help students, catechists and families understand and appreciate the Church’s teachings as they apply to life today. “*Call to Faith*” takes seriously the importance of models and witnesses of faith as a factor in the faith development of both children and adults. The story of one person of faith whose life witnesses to the lesson theme is presented at the end of each lesson, and stories of other saints and people of faith are interwoven into the lessons when appropriate.

The activity process for the “*Call to Faith*” program includes: **Let’s Begin**. This process helps children reflect on their own varied experiences. **Share Your Faith** helps children dialog with others and act on their faith. **Connect Your Faith** helps children connect with the faith life of the Church and **Live Your Faith** helps children put their faith into action. The Family Faith page also includes a “Live Your Faith” activity, emphasizing that it is in the family setting—the “domestic Church”—where students primarily live out their faith.

8th Graders and youth preparing for the sacrament of Confirmation in our parish will utilize “*Call To Celebrate*” by Our Sunday Visitor. “*Call to Celebrate*” follows a liturgical-catechetical method in three steps: **Celebrate**-Every session begins with a celebration that includes a ritual focus. The celebration is immediately followed by a reflection on what was experienced.

Remember-In every session, Scripture passages that pertain to Confirmation and the fullness of the Holy Spirit are proclaimed and broken open. The doctrines that form the body of teaching about Confirmation and the Holy Spirit are presented, and a specific part of the Rite of Confirmation is explained. **Live**-Every session includes a story about a Witness of Faith and activities that help the candidates integrate the theme into daily living.

Copies of all Religious Formation texts are available for participant/parent review by calling the Office of Religious Formation.

DISCIPLINE POLICY:

All children participating in our program are expected to act appropriately while attending Religious Formation classes. In the event that a child misbehaves, the following steps will be taken to correct the matter:

1. The teacher will give the student one warning to stop the negative behavior.

If the child continues to misbehave, he/she will be sent to the Religious Formation Office. The child will be asked to call their parent and make them aware of the problem. The incident will be recorded in the office and the child will return to the classroom after he/she has notified his/her parents of the incident.

2. If a child is sent to the Religious Formation Office a second time in one semester, a call will be placed to the parent(s). The child will not be allowed back into class without a parent in attendance. In the event that the child’s parent is currently volunteering in the program, we will request the other parent attend class with the child. This incident will be recorded in the Religious Formation office.

3. If the child is sent to the office a third time within a semester, the Director of Religious Formation will place a call to the parents prior to the student returning to the classroom. The student will be required to complete one half hour of work detail to the Church for students enrolled in K through 5th grade and one hour of work detail to the Church for students enrolled in the 6th grade through Confirmation. The work detail and the time the work detail is completed will be at the discretion of the Director of Religious Formation. Work detail must be completed within two weeks of the initial incident and the student's parents must be present while the student is completing the work detail. The incident will also be recorded in the office.
4. In the unfortunate event that a fourth incident occurs, a conference among the parents, student, catechist and the Director of Religious Formation will be held. At that time, a determination may be made that the child should be dismissed from the program for not exhibiting Christian behavior. If so, arrangements for home schooling will be offered.

DISMISSAL:

Parents are asked to pick their children up promptly after classes are dismissed. The Parish does not have sufficient staff to provide supervision for your child(ren) before and after RF classes. If a ride has not shown for your child(ren) within 10 minutes, the child(ren) will be taken to the RF Office to wait for their ride. The parent/guardian will need to come into the RF Office to pick up their child. Please refer to the Parking Lot Procedures on page five of this handbook for specific instructions for pick up of your child(ren) after RF classes.

Due to the darkness associated with the dismissal times of Religious Formation classes, parents are asked to drop-off and pick-up their children, or make arrangements for car-pooling. If your child must walk home, a signed and dated note stating that you give your child permission to walk home from RF classes must be on file in the RF Office. **Students will not be allowed to walk home without written permission from a parent or guardian.**

DISPUTE RESOLUTION:

- 1.) In the event that your child is having difficulties in the classroom, please set up a time to discuss your concerns with your child's catechist.
- 2.) In the unfortunate event that you do not feel that your concerns were resolved, please set up an appointment, or write a letter to the Director of Religious Formation.
- 3.) After addressing your concerns 1st to the catechist and 2nd to the Director of Religious Formation, if you feel that your concerns were not given adequate attention, please write a letter to the Religious Formation Committee. Your concerns will be placed on the next scheduled RF Committee agenda.

EXPECTATIONS FOR ALL PARENTS OF CHILDREN PARTICIPATING IN THE ST. PATRICK'S RELIGIOUS FORMATION PROGRAM:

- Be a follower of Christ.
- Pray with my child(ren) daily.
- Share my faith in God with my child(ren).
- Celebrate Sunday Mass regularly with my family and reinforce the Gospel message.
- Participate in home activities from Religious Formation class each week.
- Show by example, service to others in both the parish and the community.

EXPECTATIONS OF RELIGIOUS FORMATION VOLUNTEERS:

- Be a follower of Christ and conduct self in a manner that is consistent with the values of the Gospels and teachings of the Catholic Church.
- Provide a loving, Christian atmosphere within the learning environment so that children will be able to develop a relationship with Jesus and grow in their Catholic faith.

- Celebrate Sunday Mass regularly.
- Set aside adequate time each week to prepare and teach designated curriculum.
- Partner with parents in fulfilling their roles as the primary educators of their children in the ways of the faith.
- Agree to attend Archdiocesan “Safe Environment” training sessions and complete the necessary forms for a background check.
- Acknowledge receipt and review of the Volunteer Handbook.

EXPECTATIONS FOR ALL CHILDREN PARTICIPATING IN THE ST. PATRICK’S RELIGIOUS FORMATION PROGRAM:

1. Treat all people, including self, with respect.
 - Speak politely to peers and adults, do not use hateful words or unnecessary criticism.
 - Listen while others are speaking.
 - Show respect for all different points of view.
 - Physical attacks are not allowed.
 - Forgive others when they have hurt you.
2. Attend and participate in all scheduled sessions for your grade level.
 - Be on time for class or scheduled activities.
 - Come to class prepared and open to the Word of God.
 - Show an eagerness to learn at all times.
 - Remain on task during all class sessions.
 - Complete outside assignments on time.
3. Respect the property of others and our parish.
 - Keep track of all of the materials needed for class.
 - Help to take care of classrooms and church property.
 - Return borrowed items properly.
4. Electronic devices.
 - Students should leave cell phones, game boys, MP3 players, IPODS and other electronic devices at home. If a student is caught using the electronic device on Wednesday evenings, it will be confiscated and taken to the RF Office. A parent will need to come to the RF Office to retrieve the device.
5. Clothing
 - All hats/baseball caps will be removed while on church/school premises.
 - All coats/jackets will be hung on a coat rack, or the back of student’s chair.
 - No low riding pants that expose underwear, tops that expose undergarments, tops or shorts that expose mid-drift area while either standing or while seated, low cut tops, or clothing that advertises alcohol, tobacco, or messages that can be construed as a sexual innuendo or other non-Christian messages are allowed.

FEES:

For families with children registered in the parish, Registration Fees are \$100.00 per child with a family maximum of \$300.00. A late fee of \$25.00 will be assessed for all registrations received after 04-28-2010. For families who are not registered in the parish, registration fees are \$150.00 per child, no family maximum. All children preparing to celebrate 1st Reconciliation and 1st Eucharist will be charged a materials fee of \$30.00. The same applies to children preparing to celebrate the sacrament of Confirmation. A \$15.00 retreat fee is charged to the parents of 7th

grade students. **Religious Formation Registration Fees and Material Fees for Sacrament Preparation are non-refundable after October 1st.**

FIELD TRIPS:

If your child attends a field trip sponsored or coordinated by the Office of Religious Formation, a field trip permission slip will be sent home for your signature. The field trip permission form will include the date, time, location and purpose of the event. All students attending a field trip must return the signed permission form prior to the field trip. Students who do not have parental/guardian permission will not be allowed to participate in any field trips sponsored by, or coordinated by the Religious Formation Office or its volunteers. Field trip permission forms will be retained on file in the RF Office for one year.

HEALTH CONCERNS/MEDICATIONS:

All health concerns should be listed on the RF registration form. In the event that health concerns change throughout the year, please notify the RF Office. We will in turn notify your child's catechists of the change. It is assumed that since your child attends RF class for only one hour and 15 minutes that there will not be a need for medication disbursement during this time. In the event that medication must be dispensed during Religious Formation classes or retreats, please call the RF Office to discuss.

HOME REFLECTION:

Home assignments and activities are given as a means of extending the lesson taught in the class and should be seen as an extension of new information learned. Students are expected to complete all assignments/activities before the next class session. Setting aside a specific time each week to go over materials from Religious Formation is a golden time for parents to nurture faith in their children.

LITURGIES:

Our Religious Formation program will have Masses any and all Holy Days of Obligation that fall on a Wednesday, Thanksgiving Eve and Ash Wednesday. The Masses will be held at 6:30 p.m. and students are expected to attend Mass with their family on these evenings. (Ash Wednesday Masses will be held at 5:30 p.m. and 7:30 p.m.) We will not hold RF classes at 4:00 p.m., 5:45 p.m. and 7:30 p.m. on evenings that there is an RF Family Mass.

PARENT/GUARDIAN ACKNOWLEDGEMENT FORM:

Parents and children registered in the Religious Formation program are asked to sign and return an acknowledgement form indicating that they have received and agree to support the policies and procedures in the Religious Formation Family Handbook.

SACRAMENTS/RETREATS:

In our parish, children typically celebrate 1st Reconciliation and 1st Eucharist in 2nd grade. Children are Confirmed in 8th grade. Since parents are the first and foremost catechists of their children, they are invited to share retreat experiences with their children, where they work one-on-one with their child who is preparing to receive the Sacraments. We bring both the children of the 5-day school and the RF program together with their parents for these retreat experiences. Not only is this a learning experience for the child and their parents, but time for fellowship is also built into the evening.

VISITORS:

All visitors must check in at the Office of Religious Formation. **Parents must visit with the Director of Religious Formation before visiting their child's classroom. Students who wish to bring a guest or friend to RF classes with them must also visit first with the Director of Religious Formation.** A determination for friend visitation will be made after a discussion is held with the lead catechist regarding the dynamics of the group.

This handbook is primarily a means of communication. It is meant to provide you, the parent/guardian, with helpful information on how we intend to go about our ministry. St. Patrick's Religious Formation Program reserves the right to amend this handbook as necessary. Parents will be notified, in writing, if changes are made to procedures or information contained in this handbook. (Updated 07-12-2010)

St. Patrick's Catholic Church
Acknowledgement of Religious Formation Family Handbook Form

This is to acknowledge that I/we have received the St. Patrick's Catholic Church of Elkhorn, Nebraska Religious Formation Family Handbook. We understand and agree to support the policies set forth by our Religious Formation Committee.

Please return your signed **Acknowledgement of Religious Formation Handbook Form** to the Office of Religious Formation by September 15, 2010

Please Print Family Name

Parent Signature

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

Child Signature

Grade

Date

It's Your Move, Child

*I gave you life, but cannot live it for you.
I can teach you things, but I can't make you learn.
I can give you directions, but I can't always be there to lead you.
I can allow you freedom, but I can't account for it.
I can take you to church, but I can't make you believe.
I can teach you right from wrong, but I can't always decide for you.
I can buy you beautiful clothes, but I can't make you lovely inside.
I can offer you advice, but I can't accept it for you.
I can give you love, but I can't force it upon you.
I can teach you to be a friend, but I can't make you one.
I can teach you to share, but I can't make you unselfish.
I can teach you respect, but I can't force you to show honor.
I can grieve about your report card, but I can't doubt your teacher.
I can advise you about your friends, but I can't choose them for you.
I can teach you about sex, but I can't keep you pure.
I can tell you the facts of life, but I can't build your reputation.
I can tell you about drinking, but I can't say "NO" for you.
I can warn you about drugs, but I can't prevent you from using them.
I can tell you about kindness, but I can't force you to be gracious.
I can warn you about sin, but I can't make you moral.
I can pray for you, but I can't make you walk with GOD.
I can teach you about Jesus, but I can't make him your Savior.
I can tell you how to live, but I can't give you eternal life.
It's your move, child.*

Anonymous

CATHOLIC PRAYERS AND PRACTICES

Sign of the Cross

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

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

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.

Prayer of Praise (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 forever shall be, world without end. Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Act of 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 revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

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

Act of Love

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 the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

Prayer to Your Guardian Angel

Angel of God, my guardian dear, to whom his love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You and I detest all my 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 with the help of Your grace to confess my sins, do penance, and to amend my life. Amen.

Grace Before Meals

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

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We 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: 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and Son. With the Father and the Son he is worshipped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Memorare

Remember, O most loving virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, we fly unto you, O virgin of virgins, our mother. To you we come, before you we stand, sinful and sorrowful. O mother of the Word incarnate, despise not our petitions, but in your mercy hear and answer me.

Seven Gifts of the Holy Spirit

Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety, Fear of the Lord.

God's Two Great Commandments

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

Theological Virtues

Faith, Hope, & Charity

Cardinal Virtues

Prudence, Justice, Fortitude & temperance

The Ten Commandments

1. I am the Lord your God, you shall have no other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember the Sabbath day, to keep it holy.
4. Honor your father and 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.

Beatitudes

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

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

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

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

Blessed are the merciful, for they will show mercy.

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

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

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

Corporal (Material) Works of Mercy

To feed the hungry.

To give drink to the thirsty.

To clothe the naked.

To visit the imprisoned.

To shelter the homeless.

To visit the sick.

To bury the dead.

Spiritual Works of Mercy

To admonish the sinner.

To instruct the ignorant.

To counsel the doubtful.

To comfort the sorrowful.

To bear wrongs patiently.

To forgive all injuries.

To pray for the living and the dead.

Seven Sacraments of the Church

Sacraments of Initiation are: Baptism, Confirmation and Eucharist

Sacraments of Healing are: Reconciliation and Anointing of the Sick

Sacraments of Commitment are: Matrimony and Holy Orders

Holy Days of Obligation

Mary, Mother of God

January 1

Ascension Thursday	40 days after
Easter	
Mary's Assumption	August 15
All Saint's Day	November 1
Mary's Immaculate Conception	December 8
Christmas	December 25

Liturgical Seasons and Colors

Advent: Advent begins four weeks before Christmas (Purple)

Christmastide: Christmastide lasts from Christmas until the Sunday after Epiphany (January 6) (White, Gold)

Ordinary Time: Ordinary time falls between the end of Christmastide and the beginning of Lent and all the Sundays after Pentecost until Advent. (Green)

Lent: Lent is the penitential season beginning on Ash Wednesday until Easter. The last week of Lent is called Holy Week. (Purple)

Eastertide: Eastertide lasts from Easter to Pentecost and last about 50 days. (White/Gold)

Pentecost: Pentecost is 50 days after Easter. (Red)

Stations of the Cross

Introductory Prayer

1. Jesus is condemned to death on the cross.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful Mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

Precepts of the Catholic Church

- Attend Mass on Sundays and Holy Days of Obligation.
- Confess your sins at least once a year.
- Receive the Sacrament of Eucharist at least during the Easter season.
- Observe the prescribed days of fasting and abstinence.
- Help provide for the needs of the Church. (This means contributing to the support of the activities of the Church with time, talent and financial resources, each according to their ability.)

The Rosary

How To Say The Rosary

- 1 Make the Sign of the Cross and say the Apostles' Creed.
- 2 Say the Our Father.
- 3 Say three Hail Marys.
- 4 Say the Glory be to the Father.
- 5 Announce the first mystery; then say the Our Father.
- 6 Say ten Hail Marys.
- 7 Say the Glory be to the Father.
- 8 Announce the second mystery: then say the Our Father.
- 9 Say ten Hail Marys.
- 10 Say the Glory be to the Father.
- 11 Announce the third mystery: then say the Our Father.
- 12 Say ten Hail Marys.
- 13 Say the Glory be to the Father.
- 14 Announce the fourth mystery; then say the Our Father.
- 15 Say ten Hail Marys.
- 16 Say the Glory be to the Father.
- 17 Announce the fifth mystery; then say the Our Father.
- 18 Say ten Hail Marys.
- 19 Say the Glory be to the Father.

Concluding Prayer:

Hail Holy Queen

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

Pray for us O holy Mother of God.

Response: That we may be made worthy of the promises of Christ. Amen

Joyful Mysteries

- 1st Annunciation
- 2nd The Visitation
- 3rd The Nativity
- 4th The Presentation
- 5th Finding of Child in Temple

Sorrowful Mysteries

- 1st Agony in the Garden
- 2nd The Scourging
- 3rd Crowning With Thorns
- 4th Carrying the Cross
- 5th Crucifixion

Glorious Mysteries

- 1st The Resurrection
- 2nd The Ascension
- 3rd Descent of Holy Spirit on the Apostles
- 4th Assumption of Blessed Virgin Mary
- 5th Crowning of Blessed Virgin Mary as Queen of Heaven.

Luminous Mysteries

- 1st The Baptism of Jesus
- 2nd The Wedding at Cana
- 3rd Proclaiming the Kingdom

- 4th The Transfiguration
- 5th Institution of the Eucharist

**Monday and Thursday
Joyful Mysteries**

**Tuesday and Friday
Sorrowful Mysteries**

**Wednesday and Saturday
Glorious Mysteries**

**Sunday
Luminous Mysteries**