

*St. Patrick's Catholic Church  
Family Faith Formation Program  
Family Handbook  
2024-2025*



*The Mission of St. Patrick's Parish Family Faith 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.*

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

Dear Parents:

Welcome to Family Faith Formation Program at St. Patrick's. Our program is blessed to have parents, like yourself, who are willing to share, create and lead faith experiences for your children. Our program is committed to proclaiming Christ's message and developing a sense of community through the many family formation experiences. We want to help you and your family to learn how to serve others, just as Jesus teaches us to do in the Gospel. In addition to the family formation experience, our classroom experience offers opportunities for the children to participate in grade level learning. Our program also includes special Liturgies throughout the year. Prayer is an integral part of each time we meet. Teaching both the traditional Catholic prayers and encourage the children to develop their own prayer style as they grow in relationship with God, for he is their friend.

For children who are preparing for the Sacraments of Reconciliation, Eucharist and Confirmation, we will have faith formation opportunities for parents to be a part of preparing their child to celebrate the sacraments. Please look for notices regarding retreat dates so that you can make the necessary arrangements to attend these special moments.

This handbook was developed so that all of the children who are enrolled in our Family Faith 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 praying together as a family. Since classes last only 1 hour, it is expected that parents continue to foster spiritual growth for their child(ren) at home. We can't possibly do it without your support and assistance and we ask that you complete the Family Faith activities that are sent home with your child. These activities will reinforce the lesson taught during class.

Parents are encouraged to become a part of our Family Faith Formation 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 at [www.stpatselkhorn.org](http://www.stpatselkhorn.org) or call the 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 Family Faith 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.

Elizabeth Hansen  
Coordinator of Family Faith Formation

**St. Patrick's Catholic Church of Elkhorn, NE  
Office of Faith Formation  
20500 West Maple Road  
Elkhorn, NE 68022**

**The Mission of St. Patrick's Parish Family Faith 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:**

Family Faith Formation Office	(402) 289-4947
Parish Office	(402) 289-4289
Parish Fax	(402) 763-9530

**Staff:**

Pastor	Reverend Tom Fangman
Senior Associate Pastor	Reverend An Duy Phan
Director of Faith Formation	Erin Keller
Coordinator of Family Faith Formation	Elizabeth Hansen
Family Faith Formation Administrative Assistant	Monica Schroll
Welcome Desk	Gazelle Bills

**Family Faith Formation Advisory Committee Members (as of August 2024):**

1. Josephine Bilek
2. Kelly Borgmann
3. Lisa Gammel
4. Danielle LeGrande
5. Ryan LeGrande
6. Sarah Hyslop
7. Hollie Jennings
8. Whitney Schulenberg
- 9.
- 10.

**Ex-Officio Members:**

Reverend Tom Fangman, Pastor  
Elizabeth Hansen, Coordinator of Family Faith Formation

**St. Patrick's Office of Family Faith Formation  
Family Handbook**

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## **ADMISSION:**

All persons wishing to be enrolled in faith formation classes at St. Patrick's will be joyfully welcomed into our programs and our parish community. If you have not yet registered in the parish, please call the parish office at (402) 289-4289 to make arrangements to attend a New Parishioner Orientation.

## **ARRIVAL:**

Kindergarten: All children will come with their parents to their atrium (classroom).

1<sup>st</sup>-5<sup>th</sup> grade: All families will meet in the cafeteria, unless other arrangements have been made with the Coordinator of Family Faith Formation. Children should not arrive without a trusted adult. All nights, family night or class night, we all will meet in the cafeteria for opening prayer.

6<sup>th</sup> – 8<sup>th</sup> grade: All children will meet in the gym from 5:50-6 pm, unless other arrangements have been made with the Coordinator of Family Faith Formation, students should not arrive for class more than 5 to 10 minutes early. Catechists 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. All classes will meet in the gym for opening prayer.

## **ATTENDANCE:**

All students who are enrolled in our Family Faith 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 have 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 Family Faith Formation at 402-289-4947, extension 2, or email [absent@stpatselkhorn.org](mailto:absent@stpatselkhorn.org) to notify us that your child will not be attending class that day. If your child is absent 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 lead catechist on the material to be covered.

Tardiness, excessive early dismissal/absences will be brought to the attention of the Coordinator of Family Faith Formation. A call will be placed to the home to discuss the reasons for tardiness, early dismissal and absences. **If a student has excessive absences, it may be determined that it will be necessary for the student to complete the current formation grade level again.**

## **BAPTISMAL CERTIFICATE:**

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

## **CALENDAR:**

All faith formation classes, retreats, in-services and Mass celebrations will be based on both the liturgical year and the parish facilities calendar. The calendar will be posted on the parish website and is subject to change.

## **CANCELLATIONS:**

In case of severe weather, a request will be made to the three major television stations, KETV, KMTV, and WOWT, to broadcast our cancellation. Every effort will be made to post cancellations on the website and a Flocknote will be sent out.

**If St. Patrick's school is closed due to weather related issues on Wednesdays, Family Faith 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 a faith formation program or the 5-day school will participate in Circle of Grace lessons. Parent information is located on the website at [www.stpatselkhorn.org](http://www.stpatselkhorn.org) under LEARN.

**CLASS SIZE:**

To maintain an optimum catechist/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 Kindergarten from 4:15-5:45 and 6:15-7:45 and grades 1-5 on Wednesday from 4:30-5:45 p.m. and 6:15-7:30 p.m. One session is offered for grades 6th, 7<sup>th</sup>, and 8th on Wednesday from 6:00-7:30 p.m.

**COMMUNICATION:**

It is very important for all parents to be aware of Family Faith Formation Program classes and events. Therefore, every effort will be made by the Coordinator of Family Faith Formation to inform parents of such happenings. Please read and retain parish bulletins and the Family Faith Formation Flocknote which is emailed to parents on a bi-weekly basis when the Family Faith Formation Program 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 at [www.stpatselkhorn.org](http://www.stpatselkhorn.org) under LEARN. A copy of the Catholic Prayers and Practices is included in the back of this handbook and is a great resource for parents to use when praying with their children.

In compliance with the U.S. Bishop's Committee for Catechesis, our parish utilizes the following curricula in our parish based faith formation programs:

**Kindergartners** enrolled in our Family Faith Formation program will be in enrolled in Catechesis of the Good Shepherd. Montessori based catechesis for the young child, ages 3-6. Classes will meet three Wednesdays per

month (September thru May) at 4:15pm and 6:15pm during Family Faith Formation for 90 minutes. Class size is limited to 12 students per session and will be filled on a first come, first served basis.

**1<sup>st</sup> Through 5<sup>th</sup> Graders** enrolled in our faith formation program will come to campus three Wednesdays per month at 4:30pm or 6:30pm (September thru May) for an hour-long session. On the first week of the month families will participate in the activity which will consist of family service project and/or celebration and with other families in small groups. On weeks 2 and 3, parents and children will gather together for an opening prayer. Children will be dismissed to attend grade level specific catechesis. Parents have the option to participate in faith sharing small groups. Parents are welcome to attend in the classroom with their child. In the final week of the month families are invited to participate in an **optional** activity based on their desired formation for their family with other families in small groups.

**6<sup>th</sup> Through 8<sup>th</sup> Graders** will participate three Wednesdays per month at 6:00 pm (September thru May) for a 90 minute-long session. Large group opening sessions followed by grade level small groups facilitated by the Youth Ministry Team. This will include once a month session in a youth ministry topic and setting. Small Group sessions for 7<sup>th</sup>/8<sup>th</sup> grade will include Sacrament Preparation.

Copies of all grade level curricula used in the Family Faith Formation Program are available for participant/parent review by calling the Office of Family Faith Formation.

#### **DISCIPLINE POLICY:**

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

1. The catechist will give the student one warning to stop the negative behavior.
2. If the child continues to misbehave, he/she will be sent to the Coordinator of Family Faith Formation. The child will be asked to call their parent(s) and make them aware of the problem. The incident will be recorded by the office and the child will return to the classroom after he/she has notified his/her parents of the incident.
3. If the child is sent to the office a second time during the Family Faith Formation Program, the Coordinator of Family Faith Formation will place a call to the parents. The student will be required to complete one half hour of work detail to the parish for students enrolled in 1<sup>st</sup> through 5<sup>th</sup> grade and one hour of work detail to the parish for students enrolled in the 6<sup>th</sup> grade through Confirmation. The work detail and the time the work detail is completed will be at the discretion of the Coordinator of Family Faith Formation. Work detail must be completed within a timely manner 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 third incident occurs, a conference among the parents, student, catechist and the Director of Family Faith 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 homeschooling will be offered. No refunds of registration fees will be made.

#### **DISMISSAL:**

**Kindergarten:** Parents will come with their child to their atrium (classroom). Parents will meet their child in their designated areas when their session is over and where all children are dismissed. The parish does not have sufficient staff to provide supervision for your child(ren) before and after classes. If a ride has not shown for your child(ren) within 10 minutes, the child(ren) will wait with their catechist at their atrium and the Coordinator of Family Faith Formation will be contacted. The parent/guardian will need to come to pick up

their child promptly. If this is a reoccurring issue the Coordinator of Family Faith Formation will reach out to the family.

Due to the darkness associated with the dismissal times for classes, parents are asked to come to the cafeteria to pick up their child and stay for closing prayer. If you need to leave early you must make arrangements with the Office of Family Faith Formation formally, via email or phone call at least 24 hours in advance each time your family and/or child is going to leave early.

**1<sup>st</sup>-5<sup>th</sup> Grades:** Parents will come with their child on family nights and leave with their child. On class nights parents will meet with their child in the cafeteria, where all children are dismissed after closing prayer. The parish does not have sufficient staff to provide supervision for your child(ren) before and after classes. If a ride has not shown for your child(ren) within 10 minutes, the child(ren) stay with the Coordinator of Family Faith Formation to wait for their ride in the cafeteria. The parent/guardian will need to come into in the cafeteria to pick up their child.

Due to the darkness associated with the dismissal times for classes, parents are asked to come to the cafeteria to pick up their child and stay for closing prayer. If you need to leave early you must make arrangements with the Office of Family Faith Formation formally, via email or phone call at least 24 hours in advance each time your family and/or child is going to leave early.

**6<sup>th</sup> -8<sup>th</sup> Grades:** 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 classes. If a ride has not shown for your child(ren) within 10 minutes, the child(ren) will be taken to the Office of Family Faith Formation to wait for their ride. The parent/guardian will need to come into the office to pick up their child. Due to the darkness associated with the dismissal times for classes, parents are asked to drop-off and pick-up their children in front of the Activities Center.

#### **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 an email to the Coordinator of Family Faith Formation.
3. After addressing your concerns 1<sup>st</sup> to the catechist and 2<sup>nd</sup> to the Coordinator of Family Faith Formation, if you feel that your concerns were not given adequate attention, please write a letter to the Family Faith Formation Advisory Committee. Your concerns will be placed on the next scheduled Family Faith Formation Advisory Committee agenda.

#### **EXPECTATIONS FOR ALL PARENTS OF CHILDREN PARTICIPATING IN THE ST. PATRICK'S FAMILY FAITH 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 the activities of Family Faith Formation each week.
- Show by example, service to others in both the parish and the community.

#### **EXPECTATIONS OF FAMILY FAITH FORMATION PROGRAM 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 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.

## **EXPECTATIONS FOR ALL CHILDREN PARTICIPATING IN THE ST. PATRICK’S FAMILY FAITH 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 each night prepared and open to the Word of God.
  - Show an eagerness to learn at all times.
  - Remain on task during all 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 and other electronic devices at home. If a child is caught using the electronic device during their Family Faith Formation session, it will be confiscated and taken to the Office of Family Faith Formation. A parent will need to come to the office to retrieve the device.
5. Clothing/Attire
  - 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:**

Registration fees for children of parishioners are **\$156.00** per child with a family maximum of **\$430.00**. Families must be registered in the parish to register their children in the Family Faith Formation Program at St. Patrick’s. For families with children registered in the parish and/or FFF as of May 24th, a **late fee of \$50.00** will be assessed for all registrations received **after May 25<sup>th</sup> of the current registration year**. All children preparing to celebrate 1st Reconciliation and 1st Eucharist will be charged a materials fee of \$80.00. Students who are entering the 7th formation grade level in the fall will be charged a \$55.00 retreat fee. Material fees for students in the 8th grade and above preparing to celebrate the sacrament of Confirmation are \$105.00. **Retreat fees/ Material fees for Sacrament prep apply to children of volunteers and are not included in the family maximum. Registration, retreat fees and material fees are non-refundable after Oct 1st.**

**FIELD TRIPS:**

If your child attends a field trip sponsored or coordinated by the Office of Family Faith 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 children attending a field trip must return the signed permission form prior to the field trip. Children who do not have parental/guardian permission will not be allowed to participate in any field trips sponsored by, or coordinated by the Office of Family Faith Formation or its volunteers. Field trip permission forms will be retained in the child's family file.

**HEALTH CONCERNS/MEDICATIONS:**

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

**HOME REFLECTION:**

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

**HOMESCHOOLING:**

The National Directory for Catechesis states the following:

- For those choosing to provide catechesis in the home for their children, the catechesis must be complete and authentic.
- Home based catechesis of children is a cooperative effort between the children, their parents and parish leadership.
- Parents who choose to homeschool must adhere to the guidelines for catechists as outlined by the bishop.
- Participate in the life of the local parish, since the fullness of formation happens in the community.
- Families should celebrate the Sunday Eucharist in the local parish, involve themselves in it charitable works and attend appropriate training and formation sessions the parish or diocese provides.
- Since the celebration of the sacrament continually integrates children into the Body of Christ, preparing children for reception of the sacraments should always be undertaken in collaboration with the local pastor and catechetical leader. These children should be encouraged to participate in non-instructional, preparatory activities of the parish peer group preparing for the sacrament.

If you are choosing to provide catechesis to the children in your home, please contact the Coordinator of Family Faith Formation to obtain curriculum and share in ways to participate fully in the life of our parish community.

**GUIDELINES FOR HOMESCHOOLING:**

Parents will meet with the Coordinator of Family Faith Formation who will:

- Suggest and offer ways for the family to be involved in the life of the parish community.
- Provide parents with a curriculum approved by the Family Faith Formation Advisory Committee for use in our parish catechetical program.
- Provide any access to websites supported by curriculum
- Archdiocesan Parish Based Curriculum/Essential Prayers
- Provide Grade Level Calendars to families with children who are homeschooling

- Provide Sacrament calendars to parents of children who register their children as being homeschooled. Families are required to participate in non-instructional (retreats and reflections) preparation activities.
- Circle of Grace Lesson Plans are a requirement through the Archdiocese and will be provided to parents.

### **LITURGIES:**

Our parish and faith formation programs will have family Masses during the year, any and all Holy Days of Obligation, Thanksgiving Eve and Ash Wednesday. Please refer to the parish bulletin for Mass times. Children are expected to attend Masses with their families on these special Liturgical days.

### **SACRAMENTS/RETREATS:**

In our parish, children typically celebrate 1<sup>st</sup> Reconciliation and 1<sup>st</sup> Eucharist in 2<sup>nd</sup> grade. Children are typically confirmed in the 8<sup>th</sup> grade, after a two-year preparation process. 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 faith formation programs 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 this experience.

### **VISITORS:**

All visitors must check in at the Office of Family Faith Formation. **Visitors MUST speak with the Coordinator of Family Faith Formation before visiting a child’s classroom. Advance notice is required to provide a courtesy to the lead catechist that someone will be visiting their classroom.**

**Students who wish to bring a guest or friend with them on class nights MUST also visit first with the Coordinator of Family Faith Formation.** A determination for friend visitation will be made after a discussion is held with the lead catechist regarding the dynamics of the group.

### **PARENT/GUARDIAN ACKNOWLEDGEMENT FORM:**

Parents and children registered in the Family Faith 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 Family Faith Formation Program Family Handbook.

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 Family Faith 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 9/4/2024

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

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

Please return your signed **Acknowledgement of Family Faith Formation Handbook Form** to the Office of Family Faith Formation by September 30, 2024.

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Please Print Family Name

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Parent Signature

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Date

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Child Signature

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Grade

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Date

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Child Signature

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Grade

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Child Signature

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Child Signature

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Grade

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Date

# CATHOLIC PRAYERS AND PRACTICES

## *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*

### **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, 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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **Act of 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 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 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**

I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried, and rose again on the third day in accordance with 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 Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to 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:** Begins four weeks before Christmas (Purple)

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

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

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

**Easter tide:** Lasts from Easter to Pentecost for about 50 days. (White/Gold)

**Pentecost:** 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

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

#### Sorrowful Mysteries

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

#### Glorious Mysteries

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

#### Luminous Mysteries

- 1<sup>st</sup> The Baptism of Jesus
- 2<sup>nd</sup> The Wedding at Cana
- 3<sup>rd</sup> Proclaiming the Kingdom
- 4<sup>th</sup> The Transfiguration

5<sup>th</sup> Institution of the Eucharist

#### Monday and Saturday Joyful Mysteries

#### Tuesday and Friday Sorrowful Mysteries

#### Wednesday and Sunday Glorious Mysteries

#### Thursday Luminous Mysteries