

The Go-To Guide for Catholic Parents & Guardians

Confirmation
Holy
Worship Vocation
Family
Communion
Prayer
Blessing J Saints
Scripture Jesus
Creed God Belief
Gospel Church Disciple
Resurrection
Catholic
Eucharist
Bible Catechesis
Father Spirit Faith Mass
Sacraments Cross



Diocese of Shreveport

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Office of the Bishop

July 2013

My Brothers and Sisters in Christ,

I wish to introduce to you a newly revised set of Catechetical Goals that we will use in the Diocese of Shreveport to guide and shape our Faith Formation programs for our youth and to serve as a guide for our parents in fulfilling their primary role in handing on the faith to their children.

These goals are our first compilation and are a reflection of the "scope and sequence of study" affirmed by the Bishops of the United States. They are not intended to replace any textbooks or programs currently being used at this time. They are intended to serve as a guide to evaluate our texts and to chart the progress of our children's growth in the faith. These goals are not to imply that faith is primarily a process of memorization or the learning of doctrines. Our hope is that all the catechetical programs of the Diocese of Shreveport will not only pass on knowledge of the Catholic faith but also awaken our youth to a true experience of God's love.

The goals we have presented here may seem overwhelming, but the expectation of achieving these goals each year is not just the responsibility of our PSR teachers. These goals will be achieved also by the intentional teaching and lived witness of their parents as the primary educator, through the Liturgy, opportunities of communal and private prayer, retreats, youth group gatherings, summer catechetical events and the child's own efforts.

I pray this effort will be seen as a helpful guide so that we can hand on a lively and substantial understanding of the Faith to our children.

Sincerely yours in Christ,

+ Michael G. Duca

+Michael G. Duca
Bishop of Shreveport

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PRE K 3

Developmental Overview: Three year olds are still developing muscles so frequent movement through games and activities is important. Coloring, cutting and pasting skills are not yet developed. Three year olds know about 300 words and their attention span is 4-6 minutes. Instructions should be brief and given one at a time. They do not yet understand symbolism but respond well to sensory experiences. These young ones are a bit self-centered and very sensitive to others and feelings can be hurt easily. They are ritualistic so a routine provides stability. At 3 ½ they can become a bit whiney and bossy so clear limits are critical. It is at this age that self-esteem begins to develop. They are capable of knowing God made and loves “me.” They are trusting and ready to believe and accept what they are told about God. They delight in simple spontaneous prayer but lack an understanding of formal prayers.



Prayers to be Learned:

Sign of the Cross
Glory Be
Short prayers of praise and thanksgiving



Key Concepts:

Who is God
God is always with us and loves us
Introduction to angels

PRE K 4

Developmental Overview: Four year olds tend to be active, curious and adventurous with lots of physical and mental energy and can't sit still for very long. They soak up information with incredible speed. It is important to alternate between quiet and noisy/active activities to help release pent up energy. They are still awkward with writing, handcrafts and other small movements. These small ones learn best by playing and exploring. They love being read to and delight in big words, long explanations, silliness, rhyming, and bathroom language. Their word bank has expanded to 1,500. Encourage their natural curiosity through sensory experiences especially to help them understand all creation is important. They can be emotionally unstable and aggressive and can vacillate between dependence and independence. They like to make choices and may begin to see the wisdom of rules. It is important to affirm the child's friendliness and kindness as good. Group work is enjoyable and fosters good social skills. These children are beginning to understand God's love by experiencing human love. They are naturally meditative, contemplative and prayerful. Use their imaginations to guide them through scripture stories. They know that praying can be talking in one's own words and they can become absorbed in ritual, song and drama. Rudimentary exploration of signs and symbols is important as a basis for liturgical awareness.

PRE K 4



Prayers to be Learned:

Angel of God

Grace before meals - using song
or gestures

Our Father

Mass responses (Introduce)



Key Concepts:

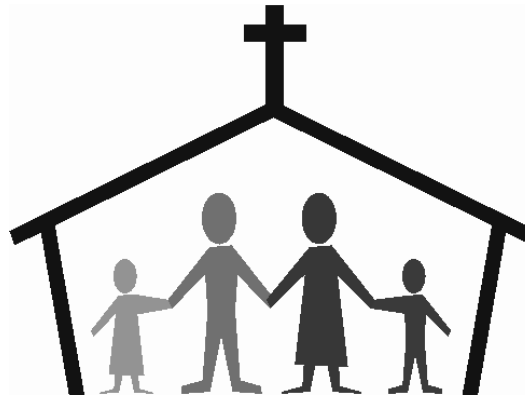
God loves us

Trinity—emphasize the names:

God the Father, God the Son
(Jesus), and God the Holy Spirit

Introduce Guardian Angels and Saints

Mary is the Mother of Jesus
and our Mother



KINDERGARTEN

Developmental Overview: This age is overall a time of great happiness. And it is a time of great change. During this year, children may go from being cautious and compliant to uncertain and oppositional. They are still physically active but have less energy than three and four year olds. They need consistent rules and enforcement; they respond well to clear and simple expectations and need empathetic discipline as they test limits and make mistakes. They think very literally (raining cats and dogs). They often think out loud before acting. Their word count is now at 2,500.00. Individual attention, affirmation and approval are important. They dislike being compared to other children. It is helpful to use their names in a positive way – birthdays, baptism dates, patron saint days. To assist the children in developing a sense of responsibility and service, rotate simple chores. They are naturally social and like telling jokes. These little ones are growing in the knowledge of “I” am a person of worth and dignity and that God made “me” and God loves “me.” They need the reassurance that God’s love comes through a loving concerned adult presence. They need to experience and associate God with positive joyful occasions as well as with times that “I can tell God I’m sorry for the things I do wrong.” At this age they are able to phrase simple prayers. They should be exposed to Scripture.

KINDERGARTEN



Prayers to be Learned:

Hail Mary
Grace before Meals (Age Appropriate)
Spontaneous prayer for others
(Prayer intentions)
Mass responses (Continue)



Key Concepts:

Family: our own family, church,
community, and Holy Family
Respect for Name of Jesus,
Holy Spirit, etc
Creation
Introduce Liturgical Calendar
Difference between right and wrong
Introduce Pope and priests



1ST GRADE

Developmental Overview: The minds, bodies and social behavior of six-year-olds are changing dramatically. They have lots of energy, eagerness, curiosity, imagination, drive, openness and enthusiasm. They are talkative and noisy and become easily upset when criticized or discouraged. They are beginning to operate on the principle of pleasure – they like whatever provides pleasant feelings or sensations. Their self-esteem is growing which is satisfied through relationships with peers, parents and catechists. The moral development is motivated by the fear of punishment, hope of reward and desire for social approval. They are most effectively encouraged through an understanding of how they will benefit by right behavior, although their first anxiety will be whether or not they will be punished for wrong behavior. These little ones are egocentric and possess a greater capacity to receive than to give. These ages are very sensitive to the world around them and are open to spiritual realities. Spiritual development must be seen in terms of their acquiring a “sense of the sacred”, a sense of awe and wonder. They perceive God as the invisible provider and protector. Their personal images of God are largely dependent upon relationships with parents and other significant adults.

1ST GRADE



Prayers to be Learned:

Our Father
Hail Mary
Mass responses (Continue)



Key Concepts:

Introduction to the Rosary
Celebration of the Church Year:
 Feasts and Seasons
 Liturgical Colors
Introduction to the Seven Sacraments
 (Emphasis on Baptism)
Respect for God's creation



2ND GRADE

Developmental Overview: Seven year olds are generally quiet, sensitive and serious. Their intense moods change quickly. They tend to work hard at everything they do and need private time to manage their thoughts and feelings. Most children of this age are able to think logically about concrete, real objects – they lack the ability to focus on more than the superficial and visible aspects of objects and experiences. They learn best by doing, showing and experiencing. They like to learn new words and meanings and enjoy writing stories. They often set standards for themselves which are too high. Children at this level are authoritarian – they are content to have adults determine what is right and wrong. They possess an unrealistic moral judgment and are often unable to accept responsibility for their actions because they are only beginning to distinguish reality from fantasy, good from bad. Their spiritual needs center around a sense of wonder and rudimentary contemplation. They are gradually developing a capacity to pray on a very primary level. Spontaneous prayer introduces them to prayer as conversations. God is seen as a human figure with some of the physical limitations of a human being. They are incapable of interpreting symbolic language. Descriptive and metaphorical words are interpreted literally. Secure trusting relationships with parents and other adults continue to build important foundations for Christian faith.

2ND GRADE



Prayers to be Learned:

Act of Contrition
Prayer after Communion
Mass Responses
Spontaneous prayer
Apostle's Creed (Introduce)



Key Concepts:

Parts of the Mass
Liturgy of the Word
Liturgy of the Eucharist
Responses & Postures at Mass
Rosary (Continued)
Sacraments of Reconciliation
and First Eucharist
Names of Liturgical objects used at Mass
Tabernacle
Tabernacle Light/Sanctuary Light
Ciborium
Chalice
Lectionary
Book of the Gospels
Confessional
Ten Commandments (Introduce)
In relation to the examination
of conscience
Sin separates us from God

3RD GRADE

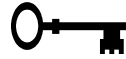
Developmental Overview: Energetic and imaginative, eight year olds often love big challenges but lack the work skills and patience to complete their plans. Children of this age need adult help to know their limits and work through the steps to the goal. They do more logical thinking with concrete objects and events in the present. This includes the logical relationship between concrete objects and the situation. Their communication skills are rapidly developing with their vocabulary exceeding their reading vocabulary. They listen well, but may not always remember what they have heard. Self-confidence is developing and creativity is at its peak – learning games interest them. These children are increasingly aware of themselves in relation to others. Fear of punishment, hope of reward and social approval are still motivating factors. They have no real insight into the nature of evil. At this stage, children are ready to see the importance of attitude in deciding appropriate or inappropriate behavior. They want to participate in groups, experience friendship, work cooperatively with others and evaluate themselves in relationship to peers. This is an extremely sensitive level for growth. Their faith life is one of initiation. Their future capacity to become loving, trusting, and autonomous persons depends on their experiences of trust, acceptance, and love in their early cooperative ventures with peers and in supporting adults. Young people at this age experience life as a story rather than a series of events. They are developing a deeper relationship with God. They know God is spiritual but their “sense” image is still strong. They enjoy the externals of liturgical celebration. Their prayer is less magical and egocentric.

3RD GRADE



Prayers to be Learned:

The Apostles' Creed
The Rosary - the Joyful Mysteries
Hail, Holy Queen (Introduce)



Key Concepts:

Foundation of our Faith
Sacred Scripture Old/New Testaments
- The Ten Commandments
- The Two Commandments of Love
Sacred Tradition (The Church)
- The Holy Trinity
- Mary as the perfect model
God speaks to us in Sacred Tradition
and Sacred Scripture
Central Mysteries of our Faith
Passion, Death, Resurrection of Jesus
- We are called to share in the
Paschal Mystery
- Jesus returns to His Father at
the Ascension
What nourishes our Faith
Sacraments
- Vocations - (Introduce and Emphasize)
Prayers
- The Rosary - Mysteries are
about the life of Christ
The Bible
Lives of the Saints

4TH GRADE

Developmental Overview: The enthusiasm of eight, turns into brooding and worrying at nine. They tend to be critical of the world around them – nothing seems fair to a nine year old. Children at this age look hard for explanations of how things work and why things happen as they do. They are very competitive and may form cliques. They complain a lot, criticizing self and others. They are entering into a transition between concrete and abstract levels of thinking. These realize there may be more than one answer, idea or option. They are fact collectors and enjoy discovering their own answers to problems. There is a strong need for self-esteem with peer approval becoming more significant. Frequently praise them, and encourage them to assert themselves without infringing on the rights of others. They are concerned with law and order, clear rules, fairness. Differences between genders begin to develop: boys assimilate easier into groups while girls are becoming more conscious of their personal appearance and acceptable behavior. Rules and regulations are the basis for their concept of sin rather than their personal relationship with God. This group regards Jesus realistically as a person like themselves; however their perception of the human Jesus is that of a master magician and miracle worker rather than Messiah or Savior. Stories of faith, saints and other model Christians appeal to them. Their interest in faraway places and concerns for the feelings of people provide groundwork for social justice. They enjoy the externals of liturgical celebrations. They have become more verbal in their prayers and response although they may not grasp the deeper meaning.

4TH GRADE



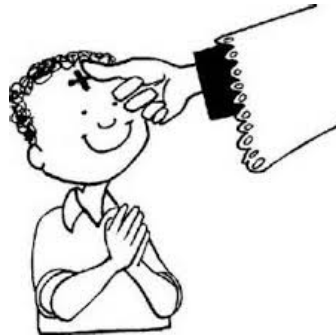
Prayers to be Learned:

Hail, Holy Queen
The Rosary - The Sorrowful Mysteries
Nicene Creed (Introduce)



Key Concepts:

The Bible
Introduction to the Bible
Sections of the Bible
-Torah, Prophets, Wisdom Books,
Psalms, Gospels, Epistles
- Locating these sections
Number of books
Catholic Bible is longer in length
Church teachings on morality
Reality of sin
Consequences of sin
Right & Wrong/Good & Bad choices
Virtues
Beatitudes
Corporal Works of Mercy
Spiritual Works of Mercy



5TH GRADE

Developmental Overview: Ten-year-olds are generally happy and relaxed, enjoying themselves and their peers and family. Proud of their accomplishments they like to share their knowledge with others. They work well with group projects. Their bodies are growing quickly, including development of sexual characteristics, so there is some awkwardness. There is a heightened interest in sexual behavior. They enjoy collecting, organizing and classifying. Rules and logic are important but they are open to different principles. They want to learn problem solving skills. Memorization of details is possible but should always be coupled with understanding. During this stage, the children are beginning to free themselves from the total dependency they had on adults and the peer group becomes their new frame of reference. They are particularly receptive to social justice concerns. They are caught between magical concrete thinking to more rational thought and often vacillate between the two. Consciousness of others starts to clarify the meaning of Jesus, His Message and sin. Stories of faith and belonging to a faith group become meaningful. Although they are more verbal, they may not always understand the deeper religious meaning.

5TH GRADE



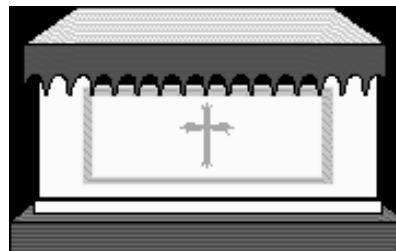
Prayers to be Learned:

Nicene Creed (Continued)
Prayer to the Holy Spirit
The Rosary - The Glorious Mysteries



Key Concepts:

How to find Specific Scriptures
Knowledge of Books in the Bible
Catholic Church: beliefs
and practices relative to other
Christian churches
Sacraments
Saints and Mary
Sacramentals
Universal
Liturgy and Sacraments: recipients,
words, and symbols
Church as the Body of Christ
Apostles and their successors
(Bishops/Priests)
Roles of Clergy, Religious, and Laity



6TH GRADE

Developmental Overview: The pre-teens are going through massive change in their bodies, minds and social behavior. With a higher capacity for learning, they like to try work which feels grown up, such as researching and interviewing. They are learning to accept themselves and others as male and female. Negative conditioning and ignorance are the primary problems in psychosexual development. Ongoing Catholic human sexuality formation can assist their coming to terms with themselves and other sexual beings. Girls will experience sexual changes before boys. These children of God struggle with needs of security, self-image and autonomy. Be prepared for inconsistent behavior patterns. In making choices they begin to consider the effect their personal behavior has on the relationships they value. Peer relationships are now the single most important factor in moral reasoning. Their moral judgments have moved from “objective obedience” to “spirit of justice.” Children at the stage need the freedom to make their own mistakes and to forgive themselves of this behavior. The need for acceptance is high from peer groups so they truly need the support of trusted adults who can help them grow in freedom and responsibility. Reaching out in service to others is appealing. Imagination and intuition are tempered by logic and reason. They have grown in their ability to distinguish past, present and future so they see themselves as part of a greater whole. These developing characteristics enable this group to build a deeper relationship with God, faith, community and the world. Self identity and conscience formation are greatly influenced at this time.

6TH GRADE



Prayers to be Learned:

The Nicene Creed
The Jesus Prayer
The Rosary - The Luminous Mysteries
Memorare (Introduce)
The Angelus (Introduce)



Key Concepts:

The Bible ~ Our Faith Story
Ten Commandments in relation
to scripture
Sacraments in relation to scripture
Examine life's actions in light of scripture
Holy Days of Obligation
Twelve Apostles
Addition of Matthias after the betrayal
St. Paul - not original apostle but
a key figure
Four Marks of the Church
One
Holy
Catholic
Apostolic



7TH GRADE

Developmental Overview: These pre-teens are often unpredictable and hard to read as they swing between childhood and adulthood. Their greatest need is to be with peers as they sort through their physical, social, and emotional challenges and identity questions such as “Who am I?” They can be capable of abstract thinking but still need actual examples to add depth to a theory. They need to be needed, are service-minded and want to be useful to society so this is another opportunity to introduce them to social teachings. They can be complicated as they face radical physical and psychological changes, academic progress, greater mobility and autonomy from parents. Seeking a self-identity they try on and act out different patterns of behavior regardless of inconsistency. Growing sexual awareness may lead to sexual experimentation. Unless properly guided, these youth may seek escape rather than endure the discomfort/pain produced by their immature and natural attempts at self-expression. With proper guidance, this normal situation of development can be a spring-board toward greater maturity. This is a significant time of growth and conversion for adolescents. It is normal for them to begin a stage of questioning while actively listening to adults in their lives. These adults, including catechists offer a new or rediscovered way of salvation according to adolescent questions. This breakdown is necessary for conversion. It will be different for each 7th grader in intensity and age. This is the beginning of the conversion from childhood to adult spirituality.

7TH GRADE



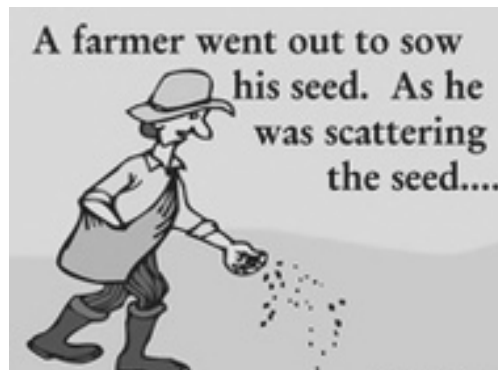
Prayers to be Learned:

Prayer of Vocations
Prayer for Faithful Departed
The Angelus
Memorare
Stations of the Cross (to Jesus' death)



Key Concepts:

Jesus and Morality
Deepen and enhance meaning
of Sacraments
Morality relative to Ten Commandments
Gifts and Fruits of the Spirit
General Laws of Fasting and Abstinence
Cardinal Virtues
Divine Praises



8TH GRADE

Developmental Overview: Thirteen is typically an age of rapid growth in mind and body – it is an age of contrasts and confusion. They are both pushing away from adults and seeking them. Physical and emotional development is happening much faster in girls than in boys. They often write better than they speak so written work (prayers, etc) are better than oral explanations. They are beginning to enjoy thinking about the many sides of an issue. These teens possess tremendous energy and a natural idealism waiting to be channeled in constructive directions. If suppressed these gifts can be misdirected into expressions of cynicism and hostility. Because of their insecurities they can become mean. Girls tend to focus on close friendships while boys travel in small groups or gangs. This stage is very important in moral development. They are beginning to face decisions that have serious moral consequences to themselves and others. Their moral judgments tend toward legalism as they wrestle with the true meaning of religion, faith, learned principles as well as their own experiences. A degree of withdrawal from family is both normal and necessary at this level of development. Externally, these children of God appear to be less religious, but this usually is the result of an inability to be expressive in regard to personal matters. In reality, youth of this age have the capacity to be more religious. They are coming to grips with some of the basic questions of life and are growing in their appreciation of God, faith, Church and religion.

8TH GRADE



Prayers to be Learned:

Lectio Divina
Stations of the Cross
(in-depth of each Station)



Key Concepts:

The Church is our Faith Community
Jesus: source of our sacraments,
our mission and our ministry
Theological Virtues
Church Teachings Regarding:
Sanctity of life
Disabilities
Support for those in need
Marriage as a vocation, foundation
of society, and need for
stability in families
(emphasize marriage is
between a man and a
woman and why)



HIGH SCHOOL (9-12)

Developmental Overview: Youth of this age are trying to find themselves and wrestling with questions of authority, gender identification and self identity. As they solidify their personal identity they need role models or mentors. Parents have some influence but the approval of peers and those they admire is becoming more important. It is natural and necessary for them to question the assumptions and faith they have held since childhood. This questioning, which can sometimes seem negative or abrasive, can be upsetting to the adults who care about them for they see it as a rejection of the faith or community. However, they are simply taking the necessary steps to claiming the faith and practices as their own. These children of God are re-evaluating the moral values received from family, church and others. They are searching for a moral code which preserves their integrity yet provides the standard for their own behavior. This age group is moving toward greater personal intimacy and adult sexuality. A personal relationship with God and Jesus Christ is also part of their ability for intimacy. Adults (catechists, youth ministers, parents) need to provide opportunities for development of moral decision making, positive and healthy relationship skills and failure (followed by encouragement). Clear structure and guidance is necessary for the younger teens (14-16). The lives of these youth will be greatly affected by meaningful participation in families, schools, parish and other community organizations. These experiences will help them explore the questions of life – who are they, what’s it all about, who is God, poverty, etc.

HIGH SCHOOL (9-12)



Prayers for the Four Years:

Morning Prayer/Canticle of Zachariah
Evening Prayer/The Magnificat
Lectio Divina
Examine
Breathe in Me O Holy Spirit
Confiteor
Father Grant Us Wisdom
Act of Hope
Act of Faith
Act of Love
I Am Yours/Isaiah 43:1-7
Dispel the Darkness of Night
Nunc Dimittis
Angel of God
The Apostles' Creed
Gloria
For Those Seeking Understanding

The Revelation of Jesus Christ in Scripture

Desire for God
How God is revealed
 Natural and Divine Revelation
 Scripture and Tradition

Goals:

1. Demonstrate understanding of the human desire for God and its implications on man's relationship with his Creator

(continued)

HIGH SCHOOL (9-12)

2. Define and contrast Natural and Divine Revelation
3. Demonstrate knowledge of Sacred Scripture and Sacred Tradition as sources of Divine Revelation and their roles in the Church
4. Jesus Christ is the definitive fulfillment of the revelation of God

YouCat References:

The YouCat references will guide you to scripture and other relevant information.

Desire for God #3

How God is revealed #7, #8, #9

Natural and Divine Revelation #10,
#36, #333

Scripture and Tradition #12, #128,
#143, #14, #15

Who is Jesus Christ

Divine plan for salvation

Overview of Salvation history

Revelation of God through the person
of Jesus Christ

Incarnation

Holy Trinity

Faith as the human response to Revelation

Humanity finds its destiny in Christ

HIGH SCHOOL (9-12)

Goals:

1. Express knowledge of God's divine plan for the Salvation of Man as a response to sin
2. Describe the relationship between the three Persons of the Blessed Trinity
3. Recognize faith as the response to God's call to a relationship with Him
4. Understanding that the human person was born with an inherent dignity and was created in the image and likeness of God
5. Explain the fulfillment of human dignity in the person of Jesus Christ

YouCat References:

Divine plan of salvation #199, #136
Brief overview of salvation history #335
Revelation of God through the person of Jesus Christ #36
Incarnation #152, #153
Holy Trinity #35, #36
Faith - the human response #21 - #25
Humanity finds its identity in Christ #280



HIGH SCHOOL (9-12)

The Mission of Jesus Christ (The Paschal Mystery)

Creation

The Fall: Original Sin

The fall of mankind

Fall of the angels

Consequence of sin

The Savior

Old Testament covenants

New covenant - fulfillment of Old Testament

Call to discipleship

Goals:

1. Express an understanding of Creation
2. Compare/Contrast Fall of Mankind and Fall of the Angels
3. Compare/Contrast the Old Testament covenants and the New Covenant in Christ
4. Express how we are called to be disciples of Christ
5. Demonstrate an understanding of the Paschal Mystery and the fruit it bears in salvation

YouCat References:

Creation #42-50, #56 - 59

The Fall of mankind/Consequence of sin #67 - 70

Fall of the Angels #54 - 55

The Savior #70, #72, #101, #136, #330, #468

Old Testament covenants #8, 116, #334-336

The New Covenant #194

Call to discipleship #102, #307, #453, #477

HIGH SCHOOL (9-12)

Jesus Christ's Mission Continues in the Church

Foundations of the Church

Descent of the Holy Spirit

Images of the Church

Evangelization and the New Evangelization

Eastern and Western Churches

Magisterium

Living as a member of the Church

Participation in the life of the Church

by attending Mass and living a

Christian life is essential to live as

a member of the Church

Goals:

1. Express an understanding of Creation
2. Compare/Contrast Fall of Mankind and Fall of the Angels
3. Compare/Contrast the Old Testament covenants and the New Covenant in Christ
4. Express how we are called to be disciples of Christ
5. Demonstrate an understanding of the Paschal Mystery and the fruit it bears in salvation

"I Believe in ... the Communion of Saints"



HIGH SCHOOL (9-12)

YouCat References:

Institution of the Church #121-122, #129
Descent of the Holy Spirit #118-119, 204
Images of the Church #124-128
Evangelization and the New
Evangelization #11, #123
Eastern Rite Churches & Latin Rite
Church #82
Definition for Churches & Ecclesial
Communities (CCC #880-896)
Magisterium #20, #140-143
Living as a member of the
Church #279, #353, #364-366, #492

Sacraments as Privileged Encounters with Jesus Christ

Definition of Sacrament
Jesus the Living Sacrament
Church the Universal Sacrament
Mediation of Redemption
Sacraments of Initiation
Baptism
Confirmation
Eucharist
Sacraments of Healing
Reconciliation
Anointing
Sacraments at the Service of Communion
Marriage
Holy Orders

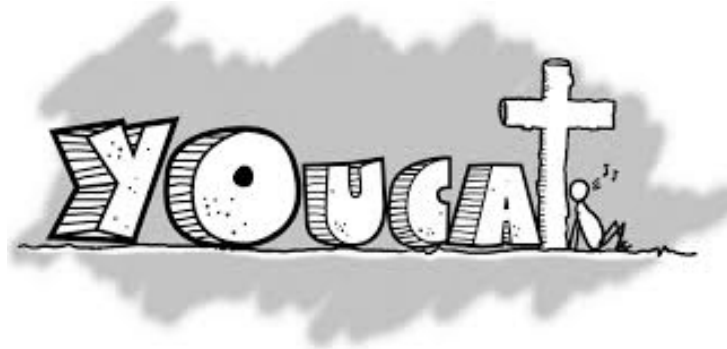
HIGH SCHOOL (9-12)

Goals:

1. Demonstrate knowledge of the Sacraments of the Church
2. Explain how the Sacraments aid the person in his/her life in Christ

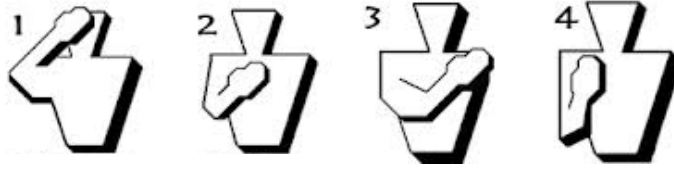
YouCat References:

Definition of Sacrament #177, #174
Jesus the living sacrament #173
The Church ~ universal sacrament #175
Baptism #176, #194-202
Confirmation #176, #203-207
Holy Eucharist #208=223
Sacraments of Healing
Reconciliation #224-239
Anointing of the Sick #240-247
Holy Orders #176, 248-259
Matrimony #260-271



PRAYERS

The Sign of the Cross



In the name
of the Father

and of
the Son

and of
the Holy

Spirit.
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 in revealing them you can neither deceive nor be deceived.

Act of Hope

O my God, relying on Your almighty power and infinite mercy 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 love.
I love my neighbor as myself for the love of you.
I forgive all who have injured me,
and ask pardon of all whom I have injured. Amen.

PRAYERS

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

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 to guard, to rule and to guide.

Angelus

Leader: The Angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit.

All: Hail Mary, full of grace. . .

Leader: Behold the handmaid of the Lord.

Response: Be it done unto me according to thy word.

All: Hail Mary, full of grace. . .

Leader: And the Word was made Flesh.

Response: And dwelt among us.

All: Hail Mary, full of grace. . .

Leader: Pray for us, O holy Mother of God.

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

Leader: 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.

PRAYERS

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.

Breath in Me O Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may
all be holy. Act in me, O Holy Spirit, that my work,
too, may be holy. Draw my heart, O Holy Spirit,
that I may love only what is holy. Strengthen me,
O Holy Spirit, that I may defend all that is holy.
Guard me, O Holy Spirit, that I myself may always
be holy.

PRAYERS

Canticle of Zachariah/Morning Prayer

Blessed be the Lord,
The God of Israel;
He has come to His people and set them free.
He has raised up for us a mighty Savior,
Born of the house of His servant David.

Through His holy prophets He promised of old
That He would save us from our enemies,
From the hands of all who hate us.
He promised to show mercy to our fathers
And to remember His holy Covenant.

This was the oath He swore to our father Abraham:
To set us free from the hands of our enemies,
Free to worship Him without fear,
Holy and righteous in His sight
All the days of our life.

You, My child shall be called
The prophet of the Most High,
For you will go before the Lord to prepare His way,
To give his people knowledge of salvation
By the forgiveness of their sins.

In the tender compassion of our Lord
The dawn from on high shall break upon us,
to shine on those who dwell in darkness
And the shadow of death,
And to guide our feet into the way of peace.

Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning.
is now, and will be forever. Amen.

PRAYERS

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Dispel the Darkness of this Night

In your mercy, Lord, dispel the darkness of this night. Let your household so sleep in peace, that at the dawn of a new day they may, with joy, waken in your name. Through Christ, our Lord.

Examine

Quietly, I look back over this day. I call to mind the things and the people that I have encountered in the course of this day and what I have thought, said, and done.

Father Grant Us Wisdom

Gracious and holy Father, give us wisdom to perceive you, intelligence to understand you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you; through the power of the Spirit of Jesus Christ our Lord.

For Those Seeking Understanding

O Creator of the universe,
source of light and wisdom,
thou mighty beginning of all things,
enlighten the dullness of my perception with the
light of thy clarity and take from me
the darkness of sin and ignorance.

PRAYERS

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you, we adore you, we glorify
you, we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on
us; you take away the sins of the world, receive our
prayer; you are seated at the right hand of the
Father, have mercy on us.
For you alone are the Holy One,
you alone are the Lord, you alone are the Most High,
Jesus Christ, with the Holy Spirit, in the glory of God
the Father.

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.

Hail, Holy Queen

Hail, holy Queen, Mother of mercy; Hail, our life, our
sweetness and our hope. To you do we cry, poor ban-
ished children of Eve. To you do 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..

PRAYERS



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.

I Am Yours/Isaiah 43:1-7)

I am not afraid, my LORD, for you have created me.
You call me by my name. I am yours!
When I pass through the waters, you are with me,
and through rivers
– they shall not overwhelm me.
When I walk through fire I shall not be burned,
and the flame shall not consume me.
For you are the LORD my God,
The Holy One, my Savior!
I am precious in your sight, and you love me.
For your glory you have created,
formed and fashioned each one by your name.
You alone are God, now and for evermore.
Since you are by me, I do not fear.

The Jesus Prayer

O Lord Jesus Christ, Son of God, have mercy on
me a sinner. Amen.

PRAYERS

The Four Steps of Lectio Divina

1. Reading (Lectio)

Take your time and read the passage. Get a sense of what it is saying. Read the passage a second time. Pause on any words or phrases that strike you, listen in your heart.

2. Reflecting (Meditatio)

As you pause on the words or phrases that strike you, ask yourself the following questions:

What does this passage mean?

What does this passage mean to me or for my situation?

3. Responding (Oratio)

As you get the sense of the passage's meaning, ask yourself the following questions:

What does this passage want me to pray for?

What does the passage make me want to say to God?

4. Resting (Contemplatio)

Take time to be attentive to your heart, where God moves, lives, and speaks within you. Ask yourself the following question:

What do I feel God is saying back to me now that I have responded to God?



PRAYERS

The Lord's Prayer

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.

The Magnificat/Evening Prayer

My soul magnifies the Lord
And my spirit rejoices in God my Savior;
Because he has regarded the lowliness of his
handmaid;
For behold, henceforth all generations shall call
me blessed;
Because he who is mighty has done great things
for me, and holy is his name;
And his mercy is from generation to generation
on those who fear him.
He has shown might with his arm,
He has scattered the proud in the conceit of their
heart.
He has put down the mighty from their thrones,
and has exalted the lowly.
He has filled the hungry with good things, and
the rich he has sent away empty.
He has given help to Israel, his servant, mindful
of his mercy
Even as he spoke to our fathers, to Abraham and
to his posterity forever.

PRAYERS

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought intercession was left unaided. Inspired with 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

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 our salvation he came down from heaven and became man, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, 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.

(continued)

PRAYERS

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the 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.

Nunc Dimittis

Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel. 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.

Prayer After Communion for Younger Children

Lord, I believe in you; increase my faith.
I trust in you; strengthen my trust.
I love you; let me love you more and more.
I am sorry for my sins; deepen my sorrow.

PRAYERS

Prayer After Communion for Older Children/Teens

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds hide me.
Let me never be separated from You.
From the evil enemy defend me.
At the hour of my death call me
and bid me come to You,
that with Your Saints I may praise
You forever and ever.

Prayer for the Faithful Departed

O God, the Creator and Redeemer of all the faithful,
grant to the souls of Thy servants departed the
remission of their sins, that, through pious
supplications, they may obtain the pardon which they
have always desired. Who livest and reignest
with God the Father, in the unity of the Holy Ghost,
world without end.

Prayer for Vocations

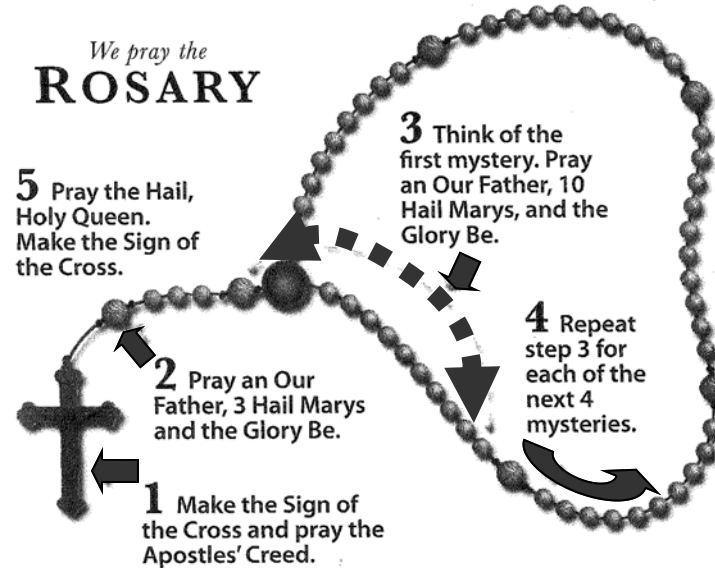
God, I know you will call me
for special work in my life.
Help me to follow Jesus each day and
be ready to answer your call.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of the faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.

THE ROSARY

We pray the ROSARY



Joyful Mysteries

1. Annunciation
2. The Visitation
3. The Nativity
4. Presentation in the Temple
5. Finding Child Jesus after Three Days in the Temple

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. Descent of the Holy Spirit at Pentecost
4. Assumption of Mary
5. Crowning of the Blessed Virgin as Queen of Heaven and Earth

Sorrowful Mysteries

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. Crucifixion and Death

Luminous Mysteries

1. Baptism in the Jordan
2. Miracle at Cana
3. Proclamation of the Kingdom and the Call to Conversion
4. The Transfiguration
5. Institution of the Eucharist

STATIONS OF THE CROSS

1. Jesus is
condemned to
death



2. Jesus accepts
His cross



3. Jesus falls
the first time.



4. Jesus meets
His mother,
Mary

5. Simon of
Cyrene helps
Jesus carry the
cross.



6. Veronica
wipes the face of
Jesus





7. Jesus falls the second time

8. Jesus meets the women of Jerusalem

9. Jesus falls the third time

10. Jesus' clothes are taken away



11. Jesus is nailed to the cross

12. Jesus dies on the cross

13. Jesus' body is taken down from the cross

14. Jesus is laid in the tomb



MASS RESPONSES

Priest: The Lord be with you **R:** And with your spirit

Priest: Lord have mercy **R:** Lord have mercy
Christ have mercy Christ have mercy
Lord have mercy Lord have mercy

The Liturgy of the Word First and Second Readings

Lector: The Word of the Lord **R:** Thanks be to God

Before the Gospel

**Priest/
Deacon:** The Lord be with you **R:** And with your spirit

**Priest/
Deacon:** A reading from the Gospel **R:** Glory to You, O Lord
according to (Matthew, Mark, Luke,
John)

After the Gospel

**Priest/
Deacon:** The Gospel of the Lord **R:** Praise to You, Lord Jesus
Christ

Prayers of the Faithful

**Deacon/
Lector:** We pray to the Lord **R:** Lord, hear our prayer

The Liturgy of the Eucharist

After the priest holds up the bread
and prays **R:** Blessed be God forever

After the priest holds up the wine
and prays **R:** Blessed be God forever

MASS RESPONSES

Priest: Prayer brethren that my sacrifice and yours may be acceptable to God, the almighty Father.

R: May the Lord accept the sacrifice at your hands for the praise and glory of His Name for our good and the good of all His Holy Church

Priest: The Lord be with you
Lift up your hearts
Let us give thanks to the Lord our God

R: And with your spirit
We lift them up to the Lord
Lord have mercy
It is right and just

Priest: We proclaim Your Death, O Lord and profess Your Resurrection until You come again.

OR

When we eat this Bread and drink this Cup, we proclaim Your Death, O Lord, until you come again.

OR

Save us, Savior of the world, for by Your Cross and Resurrection You have set us free.

R: Lamb of God, You take away the sins of the world; have mercy on us.
Lamb of God, You take away the sins of the world; have mercy on us.
Lamb of God, You take away the sins of the world; grant us peace.

Priest: Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

R: Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.

When Receiving Holy Communion

Priest/ Eucharistic The Body of Christ

R: Amen.

Minister: The Blood of Christ

Amen.

Dismissal

Priest/ Deacon: Go and announce the Gospel of the Lord

R: Thanks be to God.

HOLY DAYS

In the United States the Catholic Church celebrates six Holy Days of Obligation. Two holy days, Epiphany and Corpus Christi have been moved to the nearest Sunday.

Solemnity of Mary, Mother of God	January 1: On this day we are reminded of the role that the Blessed Virgin played in our salvation.
Ascension of Our Lord	This day occurs 40 days after Jesus Christ rose from the dead on Easter Sunday. In some US dioceses, Ascension has been moved to the following Sunday.
Assumption of Mary	August 15: This day commemorates the death of Mary and her bodily assumption into Heaven.
All Saints Day	November 1; This day celebrates the martyrdom of the saints.
Solemnity of the Immaculate Conception	December 8: This feast celebrates the conception of the Blessed Virgin Mary in the womb of St. Anne, her mother.
Christmas	December 25: This day is the feast of the Nativity of Our Lord, signifying the birth of Jesus.



NOTES & QUOTES

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