

FAITH FORMATION FAMILY HANDBOOK

(September 2018)

PARISH STAFF:

Pastor	Rev. Kent Walker
Parochial Vicar	Rev. Fidel Rodriguez
Deacons	John Del Giudice & Ernesto Nuñez
Parish Office Receptionist	Rosie Alvarado
Director of Faith Formation	Joseph E. Fey
Director of Liturgy	Melinda DeYoung
Youth Minister	Mary Klemm
Administrative Assistant	Meghan Zbikowski
Maintenance Technician	Frank Acosta
Nursery Manager	Naida Villaran
Thrift Store Manager	Pattie Meli
STA School Principal	Nick Pavgouzas

Regular parish office hours are from 8 a.m. – 5:30 p.m. Monday through Thursday and from 8 a.m. – 12 Noon on Friday. All staff can be contacted through the Parish Office. Telephone: 407-957-4495. Faith Formation Office hours vary and can be contacted directly at 407-957-4495 ext. 230.

FAITH FORMATION MISSION STATEMENT:

The primary purpose of the St. Thomas Aquinas Faith Formation Program is to provide assistance and support to the members of St. Thomas Aquinas Parish and the community of St. Cloud, Florida, in their formation of the Catholic faith. We are committed to providing a lifelong Faith Formation learning experience for everyone, focused on a community approach to learning and enrichment in our spiritual journey. All who wish to gain a better knowledge of their faith and to grow more completely in their relationship with Jesus Christ and His Church are invited.

The Catholic Church teaches that parents have the primary right and responsibility for the faith formation of their children:

“The witness of Christian life given by parents in the family comes to children with tenderness and parental respect. Children thus perceive and joyously live the closeness of God and of Jesus made manifest by their parents in such a way that this first Christian experience frequently leaves decisive traces which last throughout life. This childhood religious awakening which takes place in the family is irreplaceable. It is consolidated when, on the occasion of certain family events and festivities, ‘care is taken to explain in the home the Christian or religious content of these events.’ It is deepened all the more when parents comment on the more methodical catechesis which their children later receive in the Christian community and help them to appropriate it. Indeed, ‘family catechesis precedes...accompanies and enriches all forms of catechesis.’

(General Directory for Catechesis #226)

“(Parents), you have asked to have your child baptized. In doing so, you are accepting the responsibility of training them in the practice of the faith. It will be your duty to bring them up to keep God’s Commandments as Christ taught us, by loving God and our neighbor.” (Rite of Baptism)

“The Christian home is the place where children receive the first proclamation of the faith. For this reason, the family home is rightly called “the domestic church” a community of grace and prayer, a school of human virtues and of Christian charity.”

(Catechism of the Catholic Church #1666)

In recognition of these statements, St. Thomas Aquinas Catholic Church offers a support system to everyone through our Faith Formation programs. Using dedicated catechists who volunteer to work with individuals and families in catechesis, our programs will help spread the Gospel message of Jesus Christ. St. Thomas Aquinas provides opportunities for ongoing faith development for everyone:

"Such an education not only develops the maturity of the human person ..., but is especially directed towards ensuring that those who have been baptized, as they are gradually introduced to a knowledge of the mystery of salvation, become daily more appreciative of the gift of faith which they have received. They should learn to adore God the Father in spirit and in truth, especially through the liturgy. They should be trained to live their own lives in the new self, justified and sanctified through the truth."
(Vatican II: Declaration On Christian Education #2)

"Christ calls all the faithful to proclaim the Good News everywhere in the world and to hand his message on to successive generations by professing, living, and celebrating the faith in Liturgy and prayer. Evangelization and catechesis are among the principal means by which the Church hands on the faith. Evangelizing is in fact the grace and vocation proper to the Church, her deepest identity. She exists in order to evangelize. Catechesis is an indispensable stage in the rich, complex and dynamic reality of evangelization."
(National Directory for Catechesis #15)

Catechesis is derived from the Greek word meaning "to echo or resound" or "to sound from above". The word echoed or resounded through catechesis is the "Word" of God made flesh - Jesus Christ, and he gives us his "word" through Sacred Scripture. A catechist is one who engages in such religious instruction. Typically, it is a lay minister trained in the art of catechesis. The primary catechists for children are their parents. Catechists assist individuals and communities to acquire and deepen faith and identity through initiation rites, instruction, and the formation of conscience. Parents and catechists do this together by resonating the "Word" of God in their very lives. Through Baptism, the whole Church is called to participate in the mission of catechesis:

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."
(Matthew 28: 19-20)

GOALS OF THE FAITH FORMATION PROGRAM:

- 1) To present Jesus Christ to each individual: that the only Son of the living God came to earth to proclaim the kingdom; that He died for our sins and rose from the dead; that He is the Lord of the world and of history and the only One to whom we must completely submit our personal freedom; and that we develop a close personal relationship with Him.
- 2) To enable each individual to nourish his/her own personal relationship with Christ through prayer, study, Sacred Scripture, and frequent participation in the sacraments of Eucharist and Reconciliation.
- 3) To bring students to recognize the Eucharistic Liturgy as the source, expression, and celebration of whom we are as Catholic Christians.
- 4) To encourage students to grow toward full and active participation in the life and mission of the Church. Faith Formation is to be seen as a lifelong process!
- 5) To instruct students in the fundamental values and doctrines of our faith.
- 6) To help each person develop through prayer, study, and participation in the liturgical and active life of the Church, a response to their Baptismal call to make the Kingdom of God present here and now in the world.

CURRICULUM:

The Faith Formation Curriculum Framework for the Diocese of Orlando is designed to promote lifelong faith formation for students in Grades 1 through Confirmation with fundamental faith topics each year so that the student may gradually deepen his/her understanding of the faith according to his /her age and ability. There are five Major Strands for each grade which include: The Creed, Worship and Prayer, Moral Life, Community Life, and Apostolic Life.

Our primary text for catechesis for Grades 1-8 is *Be My Disciples* from RCL Benziger. Confirmation students use *Decision Point* from Dynamic Catholic. *Be My Disciples* is concerned with Catholic faith, religion, and beliefs, offering engaging lessons that lead young disciples to higher levels of moral thinking and a deeper initiation into a life of prayer. Through exploration, discovery, and decision-making, students are invited to accept the challenge to follow Jesus and learn and practice the skills needed to be active disciples. Students will look at Scripture stories and their relevance in a new way, with bright and appealing artwork that begs a story to be told — and told again. *Be My Disciples* incorporates a unique spiral approach to learning which introduces and reinforces doctrine, Scripture, and the liturgical year every year on every grade level. It helps students think about faith and life in increasingly complex ways as they grow. It encourages them to remember the events of their own lives and of the Church’s heritage of faith and apply them to the choices they make in the future. *Be My Disciples* stimulates imagination by constantly inviting young people to imagine the world that God intends and to work as partners with God in making God’s reign a reality. *Be My Disciples* has an incredible website that is helpful to everyone involved in the program, especially parents and students. The address is: BeMyDisciples.com.

PARISH REGISTRATION:

Students must be registered under their parents’ names in the parish directory before beginning classes. You may register at the parish office!

RCIA (Rite of Christian Initiation of Adults): For all who seek Baptism (Children, Youth or Adults), or for those baptized in another Christian tradition and who seek to join the Catholic Church, an appointment must be scheduled. Adults should make an appointment with Fr. Kent, and all others with the Director of Faith Formation to determine each individual need! RCIA students will meet on Tuesday evenings from 6:30 – 8 p.m. in the Cafeteria of the School (Adults) and in the School building classrooms (Children & Youth).

FAITH FORMATION REGISTRATION:

Registration for the Faith Formation Program is held each year before the classes begin in the fall. Information regarding the date of Registration will be available each year via the bulletin, the parish webpage, and/or by family letter. Any additions, deletions, or changes to the program or any other updated information will be made available as soon as possible. Registration is for students in Grades 1 - Confirmation. All students must register for the Faith Formation Program each year, even if they have been in the program previously.

Sessions for most students will be held on Wednesday evenings from 6:30 – 8 p.m. in the School building.

High School Students will meet on Sunday evenings beginning at the 6 p.m. Mass and then following in the Social Hall.

Tuition: One student: \$50.00; two students: \$90.00; three or more students: \$120.00. Additional sacramental fees of \$50 per student for First Reconciliation/First Eucharist and \$50 per student for Confirmation will also be collected. **(No family will ever be denied due to financial difficulties! If you need financial assistance, please contact the Faith Formation office! Families may request a payment plan as an option. All fees are non-refundable once your child’s first scheduled class has begun. Fees are used for the text books, supplies, certificates, utilities and all other expenses. A LATE FEE MAY BE ADDED AFTER A CERTAIN DATE!**

MASS:

As we worship together, our weekend celebration of Mass is the center of our life as Catholics. Vatican Council II called the Eucharist “the source and summit of the life and mission of the Church.” This is not an optional activity for a Catholic. We can attend either the Vigil Mass on Saturday evening or any of the Sunday Masses to nourish our souls. Weekly participation at Mass is an integral and essential part of your child’s faith formation by assisting them in participating in songs, listening to the Word of God, and receiving the Body of Christ. We encourage you to join with the community of faith to worship.

PRAYER:

1) Prayer is first and foremost the heart's conversation with God. Christian parents and catechists work together to help children learn the art of listening and speaking to God. Formal or memorized prayers such as the Lord's Prayer or the Hail Mary serve as models. It is the responsibility of parents and catechists to help students learn the prayers relevant to his or her grade level. As you model Christian behavior for your child, you will notice them following your behavior and often may be the ones to remind you to pray. Time-honored Catholic prayers and practices can be found in the back of this handbook.

2) Catechists will incorporate prayer into each and every class they teach.

BAPTISMAL CERTIFICATES:

1) A student who was not baptized at St. Thomas Aquinas in St. Cloud, FL must present a copy of his/her Baptismal Certificate on Registration Day, or as soon after that date as possible. It will be placed on permanent file and the information will not have to be repeated yearly.

2) If an original copy is sent to the office, a copy will be made and the original will be returned.

SACRAMENTAL PREPARATION:

1) A student must have completed one full year of Faith Formation instruction before entering a Sacramental Preparation class.

2) Students will normally be prepared to receive the sacraments of Eucharist and Reconciliation for the first time in Grade 2, so they must have completed Grade 1.

3) The sacrament of Confirmation will be celebrated every year, as scheduled by the bishop, so generally will be held in the spring of the 9th Grade year, so students must complete Grade 8 in Faith Formation.

4) If older students have missed any sacraments at the normal time, special arrangements will be made for them to receive the sacrament(s). Parents should notify the Director of Faith Formation at the beginning of the year if any special conditions exist. RCIA for Children sessions will be offered for these students on Tuesday evenings. Adults who need to complete their sacraments will attend an Adult Confirmation class on Tuesday evenings.

5) Sacramental preparation is geared to help students, parents, and families not only be prepared for the reception of the sacrament, but to help promote the continued participation in the sacrament.

6) Prior to the reception of the sacrament of Confirmation, a required retreat will be held to give students a final spiritual preparation for the sacrament.

7) Although students are initiated into the Church through Baptism, Confirmation, and Eucharist, this initiation is only the beginning of their faith formation. Because faith formation is a lifelong process, children will be expected to continue their faith formation through participation in the Faith Formation Program.

8) In order to assist parents in the preparation of their children for the reception of the sacraments, our Faith Formation Program provides Sacramental Preparation Sessions for families. These meetings are a required part of the sacramental program. The sessions are designed to familiarize families with current Church teachings; develop methods to promote and increase family participation in the reception of the sacrament; and to extend the process of catechesis at home. Parents will be notified concerning the dates of meetings and other sacramental information.

PARENT AND STAFF COMMUNICATION:

1) The Faith Formation Program is committed to the role the family plays in being the primary catechists of their children. We are committed to working together with you, as partners, in the formation of your family's faith. We welcome your suggestions, concerns, and questions. We are open to helping with your needs as Catholic Christian families.

2) Primary communication regarding Faith Formation events, changes in policy or schedules, and all other information will be communicated to the parents through email, letters sent home with the children or mailed to the home. Other information regarding the program may be found in the Sunday bulletin, the parish website or by calling the parish office.

3) If you would like a conference with your child's catechist, please call the Faith Formation office. This meeting will be subject to the availability of the catechist and the Director of Faith Formation who will gladly join a parent/catechist conference at the request of the catechist or parent. **Please do not try to hold a discussion with the catechist during the Faith Formation class time.**

4) Requests by parents or guardians who wish to meet with the Director of Faith Formation are always welcome. Please call the Faith Formation office to set up an appointment. **Please do not try to hold a discussion with the Director of Faith Formation during the Faith Formation class time.**

CHILD CUSTODY ISSUES:

It is the responsibility of the custodial parent to provide copies of documents related to child custody, and/or restraining orders and to personally bring to the attention of the Director of Faith Formation and catechist any unique concerns. In such cases, the custodial parent must give a phone number where the parent/ guardian can be reached immediately, and be available at all times while the child is attending Faith Formation sessions.

SAFE ENVIRONMENT:

St. Thomas Aquinas Catholic Church along with the Diocese of Orlando is committed to doing everything to ensure the safety of all those entrusted to its care. Since we believe that each individual is created in the image of God, we also hold that all individuals must be treated with dignity and respect. Therefore, the Diocese of Orlando considers any abuse or neglect of any kind to be unacceptable and contrary to Christian principles.

DIOCESE OF ORLANDO REQUIREMENTS:

We are responsible to provide educational materials about child sexual abuse to parents as part of our compliance with the USCCB Charter for the Protection of Children and Young People. Information about child sexual abuse and prevention and internet safety is now available on-line for your review. We invite you to visit these links and become informed on this topic. If you do not have access to the internet in your home, public libraries typically offer access to the internet or your parish contact may be able to assist you with other opportunities to access this information. The DVD and brochure are available on line at the following links:

DVD: http://www.orlandodiocese.org/who_we_are/child_youth/video.php

Brochure: http://www.orlandodiocese.org/who_we_are/child_youth/child_abuse.pdf

We thank you for helping to create a safe environment by your kind attention to this information.

ANNOUNCEMENTS:

Parents should consult the weekly Sunday bulletin and the parish website for general information regarding the Faith Formation Program. Although written communication reflecting changes in the program calendar or special up-coming events will be sent home with the students, the Sunday bulletin provides the main means of communicating information about the program.

CODE OF CONDUCT:

We gather in safe and inviting places in which to learn. We encourage Christian attitudes and growth in self-discipline. We also expect that no cell phones, beepers or video games should be on during Faith Formation classes. No eating or chewing gum in class will be allowed, except for special occasions. Children are not to leave the classroom or campus without permission.

RESPECT:

1) Students are to show respect at all times for the property of St. Thomas Aquinas Catholic Church & School. Students should never touch any property that is not theirs or that is not part of the Faith Formation Program.

2) Students are to show respect at all times to any and all priests, sisters, deacons, catechists, aides, volunteers, the Director of Faith Formation, the Youth Minister, and to each other.

DISCIPLINE:

- 1) Ordinary discipline problems are handled by the Catechist in the classroom as they occur.
- 2) When a student's behavior disrupts the class on a continued basis, the Catechist may send the student to the Director of Faith Formation. In these cases, one of several things could happen:
 - a) The student and the Director of Faith Formation could speak about the situation, resolve it, and the student would return to the classroom.
 - b) The student could remain with the Director of Faith Formation until the end of the class time, and all work missed would have to be made up.
 - c) The parents could be notified by the Director of Faith Formation of the student's disruptive behavior, and the parent asked to sit with their child during class.
 - d) The parents could be notified and asked to pick up the student immediately. These cases will require a conference between the parents, student, Catechist, Director of Faith Formation, and the Pastor before the student would be allowed to resume class. It could be decided that the student must be dismissed from the program!

ARRIVAL & DISMISSAL:

All students should arrive by 6:30 p.m. and be taken to their classroom by their parent or guardian. Students will only be dismissed to their respective parent or guardian. **The safety of your children is of the utmost importance!** For that reason, everyone must follow the arrival and dismissal patterns. **Please park to bring children into the School!** No child should be dropped off or picked up in any other area. **Please park to pick up your child after class!** Students will not be dismissed before 8 p.m. and a parent/guardian should meet them. If a child needs to be released from class early, please notify the Faith Formation office and let them know the name of the person picking the student up.

ATTENDANCE:

Each child is expected to attend every scheduled class listed on the calendar each year. If your child is going to be absent, please call the Faith Formation Office @ 407-957-4057. If students are not in class and we have not received notification from a parent/guardian, we will call to notify the family that the student is not present. After missing two consecutive classes, a courtesy call will be made to find out if there is a problem or a situation that has developed. If a student is absent for any reason, he/she must complete a make-up lesson at home. The catechist will give the student the make-up work which should be returned the following week. **A STUDENT WHO MISSES FIVE OR MORE CLASSES WITHOUT SUFFICIENT REASON (health, etc.) WILL HAVE TO REPEAT THAT YEAR!** Children with perfect attendance will be recognized at the end of the year!

PARTICIPATION:

- 1) Students should not only participate in the classes each week, but should live the lessons that they learn by putting them into practice.
- 2) Students should attend Mass every weekend with their parents and family and celebrate the sacrament of Reconciliation as needed.
- 3) Parents should take an active interest in their student(s) classes, and the material that they are learning. What better way to spend "quality" time with your children than in practicing and sharing our Catholic faith.

EVALUATION:

- 1) Catechists may use written or oral evaluations of a student's progress on a regular basis.
- 2) Children may be asked to take a test on material they have learned in class in order to assess the mastery of a subject area, and to determine areas of study that require additional catechesis.
- 3) Parents are encouraged to discuss the progress of their student(s) with the catechist(s) as the need arises. Catechists should do the same with parents.

4) In order to assure that the information is seen by the parents, catechists may ask that tests or other written work be signed and returned to class.

5) Progress Reports will be sent home twice a year. Parents should contact the catechist over concerns about their student's report or behavior.

6) The Diocese of Orlando also requires that students in Grades 5, 8 and 11 take the ACRE assessment tool. The ACRE (Assessment of Catechesis Religious Education) survey assesses faith knowledge and the affective domains of beliefs, attitudes, practices, and perceptions. ACRE is administered to provide students and their parents with an understanding of the student's faith development and to provide the Faith Formation Program with group data. Each parish will use the group data to ascertain strengths and weaknesses in their religion curriculum. The goal is to improve the religious education and the religious experience of each student.

7) It may be determined by a catechist that a student has not worked to their potential. A conference should be held before the year draws to a conclusion. Make-up work that may involve learning concepts, prayers, or other materials, may be required by the student, or extra time spent in the summer by the parents and student preparing them for the next year.

FAMILY FAITH ACTIVITY:

1) Reasonable written assignments may be given to students at the discretion of the Catechist.

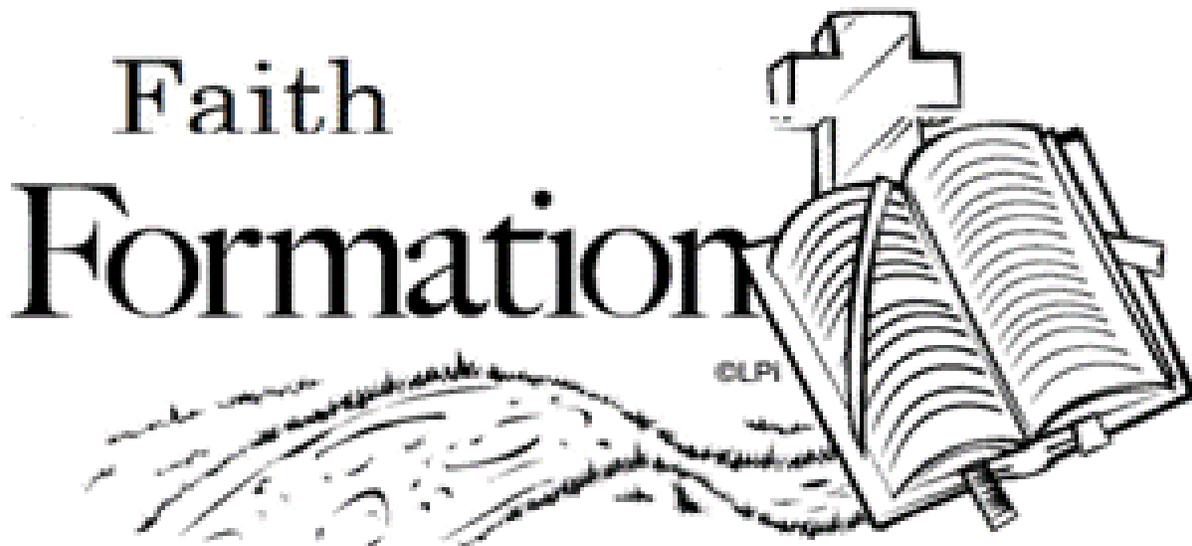
2) Students are expected to complete and return any assignment that would be given them to do at home.

DRESS CODE:

We follow the dress code maintained by Osceola County Schools. Students may wear pants, shorts, jeans and appropriate shirts, dresses, skirts, culottes and blouses. Clothes that expose the midriff, stomach area, cleavage or buttocks at any time are not permitted. Spaghetti strap blouses, strapless blouses, half shirts, crop tops, tank tops, off shoulder tops, or sheer fabrics may only be worn in combination with an appropriate cover. Pants must be securely fastened at the waist. No shirts or hats with demeaning or disrespectful sayings are permitted. Should a student wear inappropriate clothes, we will either provide them with a large t-shirt to wear or allow them to call a parent/guardian to bring them more acceptable clothes.

SUPPLIES:

Most supplies and materials are provided for the students by the Faith Formation program. The textbook belongs to the students and they may write in the books; however, most catechists prefer to keep the books at the school during the year to ensure that they are not lost or forgotten.





A Prayer for Students by St. Thomas Aquinas

Creator of all things, true source of light and wisdom, origin of all being, graciously let a ray of your light penetrate the darkness of my understanding.

*Take from me the double darkness in which I have been born,
an obscurity of sin and ignorance.*

*Give me a keen understanding, a retentive memory,
and the ability to grasp things correctly and fundamentally.*

*Grant me the talent of being exact in my explanations
and the ability to express myself with thoroughness and charm.*

Point out the beginning, direct the progress, and help in the completion.

I ask this through Christ our Lord. Amen.

ST. THOMAS AQUINAS YOUTH MINISTRY

S.†.A.Y. Close to God

St. Thomas Aquinas Parish offers dynamic, faith filled, comprehensive Youth Ministry for young Catholics in middle and high school. The focus is holistic and focused on the Eucharist. We attempt to meet young people on their journey of faith as they travel through the challenges of life.

St. Thomas Aquinas Parish strives to enter into a relationship with our youth and families through prayer and worship, community and relationship building, service and religious education. Our goals are to (1) empower young people to live as disciples of Jesus Christ in our world today; (2) draw young people to responsible participation in the life, mission and work of the faith community; and (3) foster the personal and spiritual growth of each youth.

In addition to these regularly scheduled evenings, we will....

- ❖ Offer Retreats, prayer experiences, Mission Trips and Bible Study
- ❖ Connect with other Catholic Teens & Parishes at Diocesan and National Catholic Youth Events
- ❖ Invite Young people to full and active participation in the life of the parish, especially through liturgy.
- ❖ Build community through social events,
- ❖ Practice our faith through service experiences, Mission Trips, and fund-raisers at the parish and in the wider community.

S.†.A.Y. - Youth Ministry will gather weekly:

SUNDAYS

4 – 5:30 pm: – Middle School (6-8th grade youth)

6 – 7 pm: Mass- ALL YOUTH & their families

7:15 -8:30 pm: - High School (9-12th grade youth)

TUESDAYS

6:30-8:30 pm once a month– Life Support & Core Teams - Peer Ministry and Adult team meetings (Life Teen requires a substantial team of volunteers working at all levels – from Core members who lead small groups to Life Support who setup environments and provide hospitality.)

WEDNESDAYS

6:30-8pm- Peer Ministers help in Faith Formation Sessions. Monthly Youth Session for Middle and High School students in Faith Formation.

YOUTH MINISTRY EXISTS TO LET CHRIST SHINE THROUGH US so we may gather as a family in His name, seeking to guide all to become a light to the world!

What Teens Need From Youth Ministry

Changing the youth world happens one teen at a time. Teens do NOT connect to programs; they connect to people. The most effective way to influence teens is through a significant relationship with key people in their lives. Our goal is to develop leaders who will walk the journey to Christ with teens.

Teens need adults who will:

- ✝ Love God and live for Him
- ✝ Be interested in their lives
- ✝ Take the initiative to spend time with them
- ✝ Pray for them
- ✝ Be authentic (real)
- ✝ Say encouraging words
- ✝ Believe in them
- ✝ Laugh
- ✝ Go to “their world”
- ✝ Remember their names and care for them
- ✝ Share God’s love through personal experience
- ✝ Be consistent to the programs
- ✝ Be patient
- ✝ Enjoy life and live the seven essential values of Life Teen (Love, Evangelization, Joy, Vocation, Affirmation, Authenticity, Eucharistic Spirituality)

ALL youth and volunteers must register through the Faith Formation office to be involved in Youth Ministry. ALL volunteers (including retreat team, chaperons and “one time” event helpers) must be registered at St. Thomas Aquinas Parish, and background cleared by the Diocese of Orlando.

For more information or to volunteer your time, please contact: Mary Klemm at 407-932-8252 or at mklemm@stacatholic.org.



ST. THOMAS AQUINAS FAITH FORMATION EMERGENCY EVACUATION & CHILD SAFETY PROCEDURES

"When a pupil becomes ill or is injured in an accident during Faith Formation classes, the Faith Formation office will contact the parent or designated guardian immediately. If no one can be reached, the student will remain in the office until an appropriate person can be contacted. In the event of an accident warranting professional attention, the Director of Faith Formation or office personnel will call the police and/or rescue unit and seek their assistance." (Diocesan Policy #655.2) All families must provide the Faith Formation office with a **Medical Information and Consent Form!**

HEALTH CONCERNS AND MEDICATION:

Children who are ill should remain at home. **Children should be fever-free for 24 hours before attending Faith Formation classes.** Please provide information about medical needs or conditions on the children's medical information form. The Parent/Guardian hereby acknowledges that the Faith Formation personnel and St. Thomas Aquinas Catholic Church are not medical providers and cannot administer any medication. If a child has a special medical concern or need, the parent/guardian must leave a written phone number with the Catechist and the Director of Faith Formation so that the parent/Guardian can be reached immediately and be available at all times while the child is attending Faith Formation sessions.

EMERGENCY CLOSINGS:

When Osceola County schools have an emergency closing because of weather, etc., Faith Formation sessions will be cancelled. If Faith Formation sessions are to be cancelled for any other reason, the information will be communicated to the parents/guardians in advance if possible through notes home, email or phone. Please use your own good judgment as to the weather conditions in your own area. Safety is our greatest concern at any time!

FIRE:

Every building in the parish is equipped with an audible and visible fire annunciation system. All catechists will be asked to familiarize themselves with the location of all exits, windows and fire extinguishers within the building, as well as the fire escape route map. Should the unlikely event of a fire arise during a faith formation session, everyone will evacuate the building using the safest and nearest exit. Each classroom has a fire escape route map that should be followed. Everyone should vacate the buildings in silence and as quickly as possible. All catechists should account for every student assigned to their class and take attendance. All catechists should also be aware that in the event of a fire the exit closest to their location may be blocked and they may need to find an alternate route of evacuation. Planning ahead will save lives.

BOMB THREAT:

In the event a threat is received an evacuation notice will be given by use of the fire alarm annunciation system. Should the unlikely event of a bomb threat arise during a faith formation session, please evacuate the building using the safest and nearest exit following the fire escape route map. Catechists should account for every student assigned to their class. Re-entry of the building for any reason is not permitted. The use of all cell phones and electronic devices is prohibited as these may cause the accidental activation of an explosive device should the threat be credible. Await further instructions from the Director of Faith Formation and/or the Pastor.

TORNADO WATCH/WARNING:

In the event the National Weather Service issues a tornado watch or warning for the city of St. Cloud or the surrounding area, catechists will be notified. In the event of a warning, catechists will be notified to suspend teaching and to move their classes away from all glass windows and doors and file immediately and silently into the center of the building (bathroom areas). Students should crouch on the floor on their knees covering their heads and necks with their hands, until given an all clear notice.

TRESSPASSER / DANGEROUS PERSON:

Catechists are the first line of defense for the safety of our students. The Director of Faith Formation will station himself in the teacher's lounge of the School to observe everyone entering and exiting the building. However, it is extremely difficult to watch every door and to know who is coming and going. The catechists will know what adults belong to their students and to challenge those who are not familiar to them. When encountering someone who does not belong, please thank them for coming and explain that for safety reasons, Diocesan policy requires every adult working with children to be cleared by the FBI. Because of this policy, they must exit the building or check in with Director of Faith Formation. **(PLEASE SEND THEM TO ME!)** If they refuse to leave, contact the Director of Faith Formation immediately in person or by cell phone at (386-747-2889). In the event the Director of Faith Formation cannot be located, call the police by dialing 911. Please keep all students inside the class area at all times until the situation is resolved. In the event an unwanted person introduces a firearm into the building or area you will be notified **"Code Red"**. Should we require a **"Code Red,"** catechists will have students lie on the floor under their chair. It is imperative that everyone remain calm and quiet and refrain from using any phones. Do not open the door or allow anyone into your class area at any time. You will be notified in person when the threat has been resolved.

PHONES:

For safety reasons, we keep a cell phone available for emergencies. Should anyone need to use a phone in a non-emergency situation, please see the Director of Faith Formation or the Faith Formation Office.

CLASSROOM VISITORS:

Because the Diocese of Orlando requires all individuals who come in contact with parishioners or children be fingerprinted and cleared by the FBI, visitors or parents hanging out or helping in a classroom without first being cleared is forbidden at all times. Should a parent wish to stay with their child, please direct them to the Director of Faith Formation for further information and clearance.

FINGER PRINTING & FBI CLEARANCE:

The Diocese of Orlando requires every priest, religious, employee, catechist, lay minister or volunteer who comes into individual contact with a parishioner or child be fingerprinted and cleared through the Florida Department of Law Enforcement (FDLE) and the Federal Bureau of Investigation (FBI) prior to commencing their official duties. Fingerprints and clearance are done using the Automated Fingerprint Identification System (AFIS), which is a paperless and inkless clearance system that is based out of the chancery office in Orlando. Clearance is granted for 5 years and must be renewed every 5 years.

INTERNET / E-MAIL / CHAT-ROOMS / BLOGS:

In short, it is the policy of the Diocese of Orlando that all internet sites sponsored/maintained by a parish be informational only. Web sites may not contain blogs, chat-rooms, and message-boards or create any other means of communication between the parish, the web and a child. E-mail may only be sent to a child if: 1) it is not personal in nature and related to the course you are teaching, 2) you have been granted permission by a parent or guardian to send an e-mail, and 3) you send a copy of that e-mail to the parent or guardian.

COMMUNICATION WITH CHILDREN:

In general, it is the policy of the Diocese of Orlando to maintain that all forms of communication with a child are done in the open and with the knowledge and approval of a parent or guardian. This communication includes: US mail, email and telephone. As a rule of thumb think of it this way; if it can be questioned, don't do it; if it is in the open and with permission, it removes the ability to question.

The catechetical process in infancy is eminently educational. It seeks to develop those human resources which provide an anthropological basis for the life of faith, a sense of trust, of freedom, of self-giving, of invocation and of joyful participation. Central aspects of the formation of children are training in prayer and introduction to Sacred Scripture. (GDC, #178)

INTRODUCTION

This appendix is by no means meant to be exhaustive. When appropriate there are correlations to the Catechism of the Catholic Church. Users of this resource should look up the more complete biblical texts in their own bibles and seek further explanations of the practices and other prayers in the Catechism of the Catholic Church (CCC) itself and more complete collections available from Catholic publishers.

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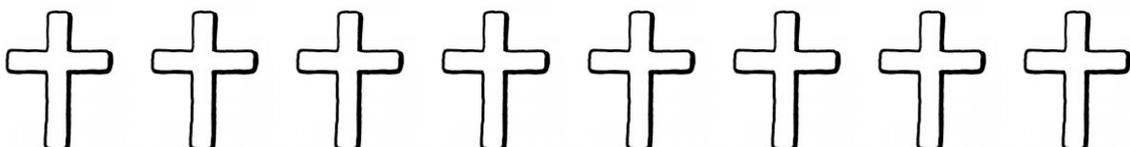
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I. Biblical Texts

1. The **Beatitudes** (Matthew 5:1-12; Luke 6:20-23) [CCC #1716]

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they will be filled.
5. Blessed are the merciful, for they will receive mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

2. **Canticle of Zechariah** (Luke 1:68-79) [Benedictus]

"Blessed be the Lord, the God of Israel, for he has visited and brought redemption to his people. He has raised up a horn for our salvation within the house of David his servant, even as he promised through the mouth of his holy prophets from of old: salvation from our enemies and from the hand of all who hate us, to show mercy to our fathers and to be mindful of his holy covenant, and of the oath he swore to Abraham our father, and to grant us that, rescued from the hand of enemies, without fear we might worship him in holiness and righteousness before him all our days. And you, child, will be called prophet of the Most High, for you will go before the Lord to prepare his ways, to give his people knowledge of salvation through the forgiveness of their sins, because of the tender mercy of our God by which the daybreak from on high will visit us to shine on those who sit in darkness and death's shadow, to guide our feet into the path of peace."

3. **Canticle of Mary** (Luke 1:46-55) [Magnificat] {CCC #2619}

"My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever."

4. **Canticle of Simeon**, (Luke 2:29-32) [Nunc Dimittis]

"Now, Master, you may let your servant go in peace, according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples, a light for revelation to the Gentiles, and glory for your people Israel."



5. **The Ten Commandments** (Exodus 20:1-17; Deuteronomy 5:6-22; also known as the Decalogue) [CCC #2055-56ff]
 1. I am the Lord your God: you shall not have strange gods before me.
 2. You shall not take the name of the Lord your God in vain.
 3. Remember to keep holy the Lord's Day.
 4. Honor your father and your mother.
 5. You shall not kill.
 6. You shall not commit adultery.
 7. You shall not steal.
 8. You shall not bear false witness against your neighbor.
 9. You shall not covet your neighbor's wife.
 10. You shall not covet your neighbor's goods.

6. **Fruits of the Spirit** (derived from Vulgate translation of Galatians 5:22-23) [CCC #1832]

Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-control, and Chastity

7. **Gifts of the Spirit** (derived from Isaiah 11:1-3) [CCC #1830]

Wisdom, Understanding, Right Judgment (Counsel), Courage (Fortitude), Knowledge, Reverence (Piety), and Wonder and Awe (Fear of the Lord)

8. **Great Commandment** (Luke 10:27)

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

9. **The New Commandment** (John 15:12)

"This is my commandment: love one another as I love you."

10. **Psalm 23**

The LORD is my shepherd; there is nothing I lack. In green pastures you let me graze; to safe waters you lead me; you restore my strength. You guide me along the right path for the sake of your name. Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage. You set a table before me as my enemies watch; You anoint my head with oil; my cup overflows. Only goodness and love will pursue me all the days of my life; I will dwell in the house of the LORD for years to come.

11. **Psalm 63** (a traditional part of Morning Prayer or Lauds)

O God, you are my God-- for you I long! For you my body yearns; for you my soul thirsts, like a land parched, lifeless, and without water. So I look to you in the sanctuary to see your power and glory. For your love is better than life; my lips offer you worship! I will bless you as long as I live; I will lift up my hands, calling on your name. My soul shall savor the rich banquet of praise; with joyous lips my mouth shall honor you! When I think of you upon my bed, through the night watches I will recall that you indeed are my help, and in the shadow of your wings I shout for joy. My soul clings fast to you; your right hand upholds me. But those who seek my life will come to ruin; they shall go down to the depths of the earth! They shall be handed over to the sword and become the prey of jackals! But the king shall rejoice in God; all who swear by the Lord shall exult, for the mouths of liars will be shut!

12. Psalm 141 (a traditional part of Evening Prayer or Vespers)

LORD, I call to you; come quickly to help me; listen to my plea when I call. Let my prayer be incense before you; my uplifted hands an evening sacrifice. Set a guard, LORD, before my mouth, a gatekeeper at my lips. Do not let my heart incline to evil, or yield to any sin. I will never feast upon the fine food of evildoers. Let the just strike me; that is kindness; let them rebuke me; that is oil for my head. All this I shall not refuse, but will pray despite these trials. When their leaders are cast over the cliff, all will learn that my prayers were heard. As when a farmer plows a field into broken clods, so their bones will be strewn at the mouth of Sheol. My eyes are upon you, O GOD, my Lord; in you I take refuge; do not strip me of life. Guard me from the trap they have set for me, from the snares of evildoers. Into their own nets let all the wicked fall, while I make good my own escape.

II. Devotional Practices

1. Days of Fasting (CCC #1434, 1438) and of Abstinence (CCC #2015, 1043)

- **Fasting** means limitations on food or drink. Until 1966, in the modern Church the regulations for days of fast allowed the taking of only one full daily meal, plus breakfast and a “collation” (light meal)
- **Abstaining (or abstinence)** means refraining from certain kinds of food or drink, typically meat. From the first century, the Friday of the crucifixion has been traditionally observed as a day of abstaining from flesh meat to honor Christ who sacrificed his flesh on a Friday.
 - a. Universal fasting (those 18–60 years old) and abstinence (those 14 years old and above) days are: Ash Wednesday and Good Friday.
 - b. All Fridays in Lent are days of abstinence only.

2. Praying the Rosary & Mysteries of the Rosary (CCC #2678, 2708, cf. 1674)

- **Praying the Rosary**
 - a. Sign of the Cross, then holding the crucifix, pray the Apostles' Creed.
 - b. Pray the Lord's Prayer when holding each single bead.
 - c. Three Hail Mary's and the Glory to the Father.
 - d. After the Glory to the Father, the Fatima invocation is often prayed: “O my Jesus, forgive us our sins. Save us from the fires of hell, lead all souls to heaven, especially those who have most need of your mercy.”
 - e. Announce the Mystery; Lord's Prayer.
 - f. Ten Hail Mary's. A group of ten Hail Mary's is called a decade of the Rosary.
 - g. After each group of Hail Mary's, pray the Glory to the Father (and the Fatima invocation).
 - h. Close the Rosary by praying Hail, Holy Queen.

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show unto us the blessed fruit of your womb, Jesus: Oh clement, Oh loving, Oh sweet Virgin Mary. Pray for us, O, Holy Mother of God. That we may be worthy of the promises of Christ!



- **Mysteries of the Rosary**

- **Joyful Mysteries**

- 1. The Annunciation
 - 2. The Visitation
 - 3. The Nativity
 - 4. The Presentation
 - 5. Finding Jesus in the Temple

- **Sorrowful Mysteries**

- 1. The Agony in the Garden
 - 2. The Scourging
 - 3. Crowning with Thorns
 - 4. Carrying the Cross
 - 5. The Crucifixion

- **Glorious Mysteries**

- 1. The Resurrection
 - 2. The Ascension
 - 3. The Coming of the Holy Spirit
 - 4. The Assumption
 - 5. The Coronation of Mary as Queen of Heaven

- **Luminous Mysteries**

- 1. The Baptism of Christ
 - 2. The Wedding at Cana
 - 3. Proclamation of the Kingdom
 - 4. The Transfiguration
 - 5. Institution of the Eucharist

- 3. **The Way of the Cross** (also known as Stations of the Cross) [CCC #2669]

- 1. Jesus is condemned to death.
 - 2. Jesus accepts his cross.
 - 3. Jesus falls the first time.
 - 4. Jesus meets his mother.
 - 5. Simon 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 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 laid in the tomb.

III. Liturgical Practices

- 1. **Celebration of Sunday Mass** (CCC #1166-67)

Sunday celebration of the Lord's Day and his Eucharist is at the heart of the life of the Catholic Church. (CCC #2177-79) Although there has recently been some misunderstanding about the seriousness of this obligation, the precept of the Church specifies it clearly as follows:

- On Sundays and other holy days of obligation the faithful are bound to participate in the Mass. (CCC #2180; Code of Canon Law [CIC] Can. 1247)

- This obligation is satisfied by participation at a Mass celebrated anywhere in a Catholic Rite either on the Holy Day or on the evening of the preceding day. (CIC Can. 1248 par. 2.)

ST. THOMAS AQUINAS MASS SCHEDULE: On Saturdays, we have a Vigil Mass at 4:00pm. On Sundays, we have an 8:30am, 10:00am, and 6:00pm Mass (all in English). Our Spanish Mass is at 11:30am on Sundays. Check Masstimes.org when traveling!

2. Holy Days of Obligation (CCC # 2043, 180) - observed in the United States

In the United States, five "holydays of obligation" have been designated on which the community is expected to gather for the celebration of the Eucharist just as it does on Sunday. These days are:

1. Christmas, the Nativity of the Lord - December 25
2. Mary, Mother of God - January 1
3. Assumption - August 15
4. All Saints - November 1
5. Immaculate Conception - December 8

When January 1, August 15, or November 1 falls on a Saturday or a Monday, the feast is celebrated, but the obligation to participate in the Eucharist is removed. However, the Immaculate Conception and Christmas are always holy days of obligation. In the state of Florida and many provinces in the United States, the feast of the Ascension has been transferred to the following Sunday.

3. Liturgy of the Hours (CCC #1174-78; also called Roman Breviary, Divine Office)

- a. The Church's full cycle of daily prayer, often opened with the *Venite Exsultemus* (Psalm 95). The fulfillment of the obligation to pray at stated times: in the morning, in the evening, and before retiring. Called the Divine Office (sacred duty), it was updated by Vatican II and published as The Liturgy of the Hours in 1971. The book used for its celebration was called the breviary. It is referred to as the *Opus Dei* (Latin: work of God) by the Benedictines.
- b. The Catechism of the Catholic Church teaches (CCC #1175) that the Liturgy of the Hours is intended to become the prayer of the whole people of God and encourages the common celebration of the principal hours, like vespers (evening prayer), in common on Sundays and solemn feasts. This prayer ministry is to include all the baptized, either with priests, among themselves, or even individually.
- c. The current order of the revised Liturgy of the Hours is:

First Hour:	Office of Readings (corresponding to ancient Matins)
Second Hour:	Morning Prayer (Lauds)
Third Hour:	Daytime Prayer (Middle Hour)
Fourth Hour:	Evening Prayer (Vespers)
Fifth Hour:	Night Prayer
- d. The communal celebration of simpler forms of Morning and Evening Prayer are highly encouraged. These two "Hours" should normally include:
 - The singing of a hymn related to the season, feast, or time of day.
 - The singing or reciting of one or more psalms.
 - A brief reading from Scripture.
 - The singing of the Canticle of Zechariah in the morning and the Canticle of Mary in the evening.
 - Intercessory Prayers - including the Lord's Prayer.

4. **The Liturgical Year** (CCC #1163-78)

- a. **The Liturgical or Church Year** allows us to celebrate and experience the mystery of our redemption in Christ by recalling the great events of salvation history in the celebration of the liturgy.
- b. **Advent Season** (CCC #522-24; 840 and 1040) is the beginning of the liturgical year in the Western Church. The four week (sometimes less when Christmas falls on a Sunday) season focuses first on preparing us for Jesus' final coming as Lord and Judge at the end of time, and during the last eight days, on preparing to recall on Christmas, His coming in history. If Christmas is on a Sunday, Advent is a full four weeks. If Christmas is on a Monday, Advent is at its shortest.
- c. **Christmas Season** (CCC #525-526) is the celebration of Jesus' birth and Epiphany (manifestation) and is second in significance only to the Easter Season. Its feasts include the following:
 - Christmas, December 25
 - Holy Family, the Sunday after Christmas
 - Mary, Mother of God, January 1
 - Epiphany, in the U.S., the Sunday after January 1
 - Baptism of the Lord, usually the Sunday after Epiphany.
- d. **Lent** (CCC #540; 1095; 1478) is the penitential season of six Sundays and weekdays preparing for the feast of Easter. Lent begins on Ash Wednesday and ends with the beginning of the Mass of the Lord's Supper in the evening on Holy Thursday. Historically and now again with the restoration of the Rite of Christian Initiation of Adults, Lent is the retreat-like final preparation period for those being initiated into the Church and into the Paschal mystery at the Easter Vigil. It is also a time for those already baptized to renew their baptismal commitment.
 - **Holy Week** refers to the week beginning with Palm or Passion **Sunday** and ending with Holy Saturday.
- e. **The Triduum** or Great Three Days:
 - begins with the evening Mass of the Lord's Supper on Holy Thursday,
 - continues through Good Friday celebration of the Lord's Passion,
 - culminates with the Easter Vigil,
 - concludes with the Evening Prayer of Easter Sunday.
- f. **The Easter Season** (CCC #1217) begins with celebration of the Easter Vigil on Holy Saturday evening. It is the oldest Christian feast ("feast of feasts" or "Great Sunday") which celebrates Christ's resurrection. This season is the centerpiece of the Christian liturgical year. It is also known as "the Great Fifty Days" and refers to the period from Easter Sunday to Pentecost Sunday, a celebration of our participation in Christ's resurrection. Its last week, Ascension through Pentecost, focuses on the promise of the presence and power of the Holy Spirit.
- g. **Ordinary Time** is the name for the thirty-three or thirty-four weeks (depending upon Easter) in the Church year apart from the Advent/Christmas and Lent/Easter seasons. It is that part of the liturgical year when no particular aspect of the Christian mystery is celebrated.



h. **Other Feast Days Honoring Christ and the Saints**

- Solemnities celebrate events, beliefs, and persons of greatest importance and universal significance in salvation history. Their observance begins with evening prayer of the preceding day. Examples of such Solemnities celebrating the mystery of Jesus are March 25, the Annunciation, Corpus Christi (Feast of the Body and Blood of Christ) on the Sunday after Trinity Sunday (the Sunday after Pentecost), the Sacred Heart (Friday after Corpus Christi), and the feast of Christ the King (last Sunday in ordinary time.). Examples of Solemnities honoring the Saints include: Joseph, husband of Mary (March 19), Birth of John the Baptist (June 24) and Peter and Paul, Apostles (June 29).
- Feasts are of lesser significance and include such days as The Transfiguration (August 6), Triumph of the Cross (September 14) and the Dedication of St. John Lateran Basilica, the Mother Church of Roman Catholicism and the pope's Cathedral (November 9).
- Memorials are of the least significance. An example is such days as the Presentation of the Blessed Virgin Mary (November 21). Optional Memorials are important to a local country, Church, or religious community. Examples of Memorials are: the feast of Our Lady of Guadalupe (December 12), or the feast of Our Lady of the Rosary (October 7).

5. **Order of the Mass (Eucharist, the Lord's Supper, or the Sacrifice of the Mass)**

[CCC #1332; cf 1088, 1382, 2192]

A. **Introductory Rites**

Entrance Procession (with song)
Greeting
Penitential Act
Kyrie
Gloria (except during Advent and Lent)
Collect (Opening Prayer)

B. **Liturgy of the Word**

First Reading (usually from the Old Testament or the Acts of the Apostles)
Responsorial Psalm
Second Reading (not on weekdays unless a Feast; from New Testament Letters)
Gospel Acclamation (Alleluia, except during Lent)
Gospel Reading
Homily
Profession of Faith (Creed)
Prayer of the Faithful

C. **Liturgy of the Eucharist**

Presentation and Preparation of the Gifts (with music or song)
Prayer over the Gifts
Eucharistic Prayer:

- Preface
- Acclamation (Holy, Holy, Holy)
- Institution Narrative (Consecration)
- Memorial Acclamations
- Amen

The Communion Rite:

- The Lord's Prayer
- The Sign of Peace
- The Fraction (Breaking) of the Bread (Lamb of God)
- Invitation to Communion
- Communion
- Prayer after Communion

D. Concluding Rite

Greeting

Final Blessing

Dismissal

6. Receiving Holy Communion [CCC #1382]

- To receive Holy Communion, you must be free from mortal sin. You must be sorry for any venial sin committed since your last confession. The penitential rite at the beginning of Mass is an opportunity to express your sorrow.
- To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food and drink, except water and medicine.
- Catholics are required to receive Holy Communion at least once a year during Easter time. But it is important to receive Holy Communion often - if possible, at every Mass.
- Usually, Catholics are permitted to receive Holy Communion only once a day. There are some exceptions, such as attendance at a wedding or funeral liturgy.

7. Sacrament of Penance [CCC #980,1422,1440]

A. Individual Rite of Reconciliation

- Welcome
- Reading from Scripture (optional)
- Confession of Sins
- Act of Contrition
- Absolution
- Closing Prayer

B. Communal Rite of Reconciliation

- Greeting
- Reading from Scripture
- Homily
- Examination of Conscience with Litany of Contrition and the Lord's Prayer
- Individual Confession and Absolution
- Closing Prayer



8. **The Seven Sacraments** [CCC #1210]
 - 1) Baptism [CCC #977, 1213ff; 1275, 1278]
 - 2) Confirmation [CCC #1285]
 - 3) Eucharist [CCC #1322ff; 2177]
 - 4) Reconciliation [CCC #1422; 1442-, 1468]
 - 5) Anointing of the Sick [CCC #1499, 1520, 1527, 1526-32]
 - 6) Marriage [Matrimony, CCC #1601]
 - 7) Holy Orders [CCC #1536]

IV. Moral Practices

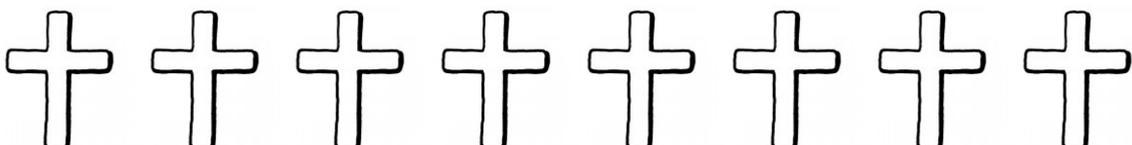
1. **Cardinal Virtues** (Prudence, Justice, Fortitude and Temperance) [CCC #1805 & 1834]
2. **Corporal Works of Mercy** (for the body) [CCC #2447]
 - 1) Feed the hungry.
 - 2) Give drink to the thirsty.
 - 3) Clothe the naked.
 - 4) Shelter the homeless.
 - 5) Visit the sick.
 - 6) Visit the imprisoned.
 - 7) Bury the dead.

3. **Precepts or Commandments of the Church** [CCC #2041]

Some of the specific duties expected of Catholic Christians as minimal duties are:

1. Celebrate Christ's resurrection every Sunday and Holy Day of Obligation by taking part in the Mass and avoiding unnecessary work.
 2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of reconciliation or penance regularly. We must receive Holy Communion at least once a year at Lent - Easter time. If we have committed serious or mortal sin, we must confess within a year and before receiving Holy Communion again.
 3. Study Catholic teaching, especially in preparing for the sacrament of Confirmation, and continue studying throughout one's life.
 4. Observe the marriage laws of the Catholic Church, and give religious training to one's children, aided by the parish's Faith Formation Program.
 5. Strengthen and support the Church: one's own parish; the diocese, the worldwide Church and the Holy Father.
 6. Do penance, including not eating meat and fasting from food on certain days of fast and abstinence.
 7. Join in the missionary spirit and work of the Church.
4. **Spiritual Works of Mercy** (for the spirit) [CCC #2447]
 - 1) Counsel the doubtful.
 - 2) Instruct the ignorant.
 - 3) Admonish the sinner.
 - 4) Comfort the sorrowful.
 - 5) Forgive injuries.
 - 6) Bear wrongs patiently.
 - 7) Pray for the living and the dead.

5. **Theological Virtues** (Faith, Hope and Charity or Love) [CCC #1813]



V. Prayers

Sign of the Cross [CCC #2157; cf. 786]

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

The Lord's Prayer (Our Father, Pater Noster)

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.

[Within context of Liturgy, following prayer by celebrant, we add: For the kingdom, the power and the glory are Yours, now and forever. Amen.]

Hail Mary (Ave Maria)

Hail, Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of God the Father almighty; from there 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.

Glory Prayer (Gloria Patri)

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

Angel of God

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

Act of Contrition

- a. 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.
- b. Jesus, I am sorry for all of my sins because I have offended you, myself and my neighbor. With your strength, one day at a time, I will live my life as you want me to.
- c. My God, I am sorry for my sins. In choosing to sin and failing to do good, I have sinned against you and your Church. I firmly intend, with the help of your Son to make up for my sins and to love as I should.

Act of Faith

O God, we believe in all that Jesus has taught us about you. We place all our trust in You because of Your great love for us. Amen.

Act of Hope

O God, we never give up on Your love. We have hope and will work for Your kingdom to come and for a life that last forever with You in heaven. Amen.

Act of Love

O God, we love You above all things. Help us to love ourselves and one another as Jesus taught us to do. O my God, I love you above all things, because you are all good and worthy

of all my love. I love my neighbor as myself for love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen

Angelus (The Angel)

The angel spoke God's message to Mary, and she conceived of the Holy Spirit. Hail, Mary...

"I am the lowly servant of the Lord: let it be done to me according to your word." Hail, Mary...

And the Word became flesh, and lived among us. Hail, Mary...

Pray for us, holy Mother of God, that we may become worthy of the promises of Christ.

Let us pray: Lord, fill our hearts with your grace: once through the message of an angel you revealed to us the incarnation of your Son; now, through his suffering and death lead us to the glory of his resurrection. We ask this through Christ our Lord. Amen.

The Divine Praises (often used in context of **Benediction**)

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Nicene Creed (as revised by the new Roman Missal)

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 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.

Evening Prayer

Lord, watch over us this night. By your strength, may we rise at daybreak to rejoice in the resurrection of Christ, Your Son, who lives and reigns forever and ever. 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.

Grace After Meals

We give you thanks, almighty God, for these and all Your blessings which we have received from your bounty, through Christ our Lord. Amen

Memorare

- a. Remember, most loving Virgin Mary, never was it heard that anyone who turned to you for help was left unaided. Inspired by this confidence, though burdened by my sins, I run to your protection, for you are my Mother. Mother of the Word of God, do not despise my words of pleading but be merciful and hear my prayer. Amen
- b. Remember, O most gracious 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, I fly unto you, O Virgin of virgins, my Mother. To you I come; before you I stand, sinful and sorrowful. Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen



Morning Offering

- a. Most holy and adorable Trinity, one God in three Persons, I praise you and give you thanks for all the favors you have bestowed on me. Your goodness has preserved me until now. I offer you my whole being and in particular all my thoughts, words, and deeds, together with all the trials I may undergo this day. Give them your blessing. May your divine love animate them and may they serve your greater glory. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass and in union with his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. Amen
- b. Almighty God, I thank you for your past blessings. Today I offer myself, whatever I do, say, or think, to your loving care. Continue to bless me, Lord. I make this morning offering in union with the divine intentions of Jesus Christ who offers himself daily in the holy sacrifice of the Mass and in union with Mary, his Virgin Mother and our Mother, who was always the faithful handmaid of the Lord. Amen.

Morning Prayer

Almighty God, you have given us this day; strengthen us with your power and keep us from falling into sin, so that whatever we say or think or do may be in your service and for the sake of your kingdom. We ask this through Christ our Lord. Amen

Praise Prayer (from Psalm 118)

Give thanks to the Lord, for he is good, for his mercy endures forever. Amen

Prayer before a Crucifix

Good and gentle Jesus, I kneel before you. I see and I ponder your five wounds. My eyes behold what David prophesied about you: "They have pierced my hands and feet; they have counted all my bones." Engrave on me this image of yourself. Fulfill the yearnings of my heart: give me faith, hope, and love, repentance for my sins, and true conversion of life. Amen

Prayer for the Church

Remember, Lord, your holy Church. Deliver us from evil. Make us perfect in your love. Gather us from the four corners of the earth, and make us holy men and women. For the kingdom, the power, and the glory are yours now and forever. Amen

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your 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. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen

Prayer for Peace (attributed to St. Francis Assisi)

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



The Breastplate of St. Patrick (attributed to St. Patrick)

I arise today through a mighty strength: the invocation of the Trinity, through belief in the Threeness, through confession of the Oneness of the Creator of creation. I arise today through the strength of Christ with his baptism, through the strength of his crucifixion with his burial, through the strength of his resurrection with his ascension, through the strength of his descent for the judgment of doom. I arise today through the strength of the love of cherubim in obedience of angels, in the service of the archangels, in the hope of resurrection to meet with reward, in the prayers of patriarchs, in predictions of prophets, in preaching's of apostles, in faiths of confessors, in innocence of holy virgins, in deeds of the righteous. I arise today, through the strength of heaven: light of sun, brilliance of moon, splendor of fire, speed of lightning, swiftness of wind, depth of sea, stability of earth, firmness of rock. I arise today, through God's strength to pilot me: God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me, God's host to secure me: against snares of devils, against temptations of vices, against everyone who shall wish me ill, afar and anear, alone and in a crowd. I summon today all these powers between me and these evils: against every cruel and merciless power that may oppose my body and my soul, against incantations of false prophets, against black laws of heathenry, against false laws of heretics, against craft of idolatry, against spells of witches, smiths and wizards, against every knowledge that endangers body and soul. Christ to protect me today against poison, against burning, against drowning, against wounding, so that there may come abundance of reward. Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ in breadth, Christ in length, Christ in height, Christ in the heart of everyone who thinks of me, Christ in every eye that sees me, Christ in every ear that hears me. I arise today through a mighty strength: the invocation of the Trinity, through belief in the Threeness, through confession of the Oneness of the Creator of creation. Salvation is of the Lord. Salvation is of the Lord. Amen



Prayer to St. Michael

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the other evil spirits, who prowl about the world seeking the ruin of souls. Amen

