

# **St. Joseph's Church**



# **Parish School of Religion Handbook**

**St. Joseph's Church  
Parish School of Religion  
Introduction Letter**

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Freeburg, Illinois 62243  
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August 28, 2011

Dear Parents:

Welcome to a new year of the Parish School of Religion (PSR). I, along with the catechists and staff of our program, are looking forward to working with you and your children.

At the time of the baptism of your child, the priest asked you if you were willing to accept the responsibility of bringing your child up in the practice of the faith. The blessing that you received at the end of the baptismal ceremony asked God to help you be the best of teachers of your child in the ways of faith.

You as the parents of this child are the first teachers...we the parish family of St. Joseph are here to assist you in the faith development of your child. We are here to impart on your child the knowledge of the faith along with how that faith should be lived out each and every day – full faith formation.

We ask you to assist your child in living out this faith by fully participating in the life of the parish family of St. Joseph. Regular attendance at Sunday and Holy Day Eucharist is a beginning, but being active in the work of the parish by volunteering in the ministries and the mission of the parish will fully immerse you and your children into the life of the Church – the life of Jesus.

As your Pastor, I ask you to take seriously to heart the importance of faith formation in the life of your child and to consider how you can more fully integrate the life of the Church into the life of your personal family. We, the members of the PSR staff, are here to assist you.

May God bless you and your family as we begin a new year of faith formation.

Yours in Christ's service,

Rev. Mark D. Reyling, Pastor

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## **PURPOSE**

The primary purpose of St. Joseph Parish School of Religion (PSR) program is to provide assistance and support to the parents of those students who attend public schools. During the Rite of Baptism for Children, the celebrant addresses the parents:

"You have asked to have your children 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." In recognition of this fact, that "since parents have conferred life on their children, they have a most solemn obligation to educate their offspring" (Declaration on Christian Education #3, a.k.a. DCE).

The parish of St. Joseph also recognizes its responsibility as "church community." Being a community involves a sharing of beliefs, experiences, ideals, and values. Therefore, the church community of St. Joseph Parish (the Parish) aids parents in creating a "family atmosphere so animated with love and reverence for God that a well-rounded personal and social development will be fostered among children." (DCE #3).

As a further aid, the Parish has dedicated catechists who volunteer to work with parents for the catechesis of their children. Catechesis is derived from the Greek word meaning to "resound" or "to sound from above." The word echoed or resounded through catechesis is the "Word" of God, Jesus Christ and the "word" of Scripture. Catechists assist individuals, and communities acquire and deepen faith and identity through initiation rites, instruction and formation of conscience. (National Catechetical Directory #7) The catechist does this by resounding the "word" of God in his/her very life. Through Baptism, the whole Church is called to participate in the mission of catechesis.

"Go therefore and make disciples of every nation...Teach them to carry out everything I have commanded you." (Matthew 28:19-20)

## **GOALS**

The main objective of the PSR program is to instruct students in the fundamental values and doctrines of our Catholic Faith. Through this process we strive to:

- Encourage each individual to nourish his/her own personal relationship with God through prayer, study, scripture and frequent participation in the Mass and the Sacrament of Reconciliation.
- Encourage students to recognize Eucharistic liturgy as the source, expression, and celebration of who we are as Catholic Christians.

- Encourage students to grow through prayer, study, and participation in the liturgical and active life of the Church, as a response to their baptismal call to make the Kingdom of God present here and now in the world.

## **POLICIES**

### **REGISTRATION**

Registration for kindergarten through eighth grade of the Parish School of Religion (PSR) Program is held annually at the end of the PSR school year. An additional registration may be held before classes resume in the fall as needed. Information regarding the dates of registration and fees will be published in the weekly bulletin, the monthly newsletter and on the parish website. Parents are encouraged to register early to assist the catechist in ordering the proper number of textbooks and materials. Students are required to register annually. Families must be a registered parish member in order to register for the PSR.

### **TUITION**

The tuition fee schedule for the current Parish School of Religion is as follows:

- \$45.00 per child, if paid prior to the first day of classes.
- \$100.00 for three or more children.
- \$25.00 per child, for new families joining the program after January 1<sup>st</sup>.
- Free tuition for instructors and directors. These individuals are volunteers and as such, they are not required to pay the tuition fee for their own children.
- Financial hardship cases will be discussed confidentially with the PSR coordinator on an individual basis.

### **ATTENDANCE**

Each child is expected to attend all of the scheduled classes. Classes are held from 8:30 am - 9:45 am on Sunday mornings as listed on the calendar. Students are expected to attend and participate the entire class period. Supervision is not provided before or after PSR classes.

It is the responsibility of the parents to notify the instructor if the child is to be absent. If the student is absent, he/she is expected to discuss assignments or homework with the teacher to cover the materials missed during the absence. Promotion of students with excessive absenteeism (more than four classes) will be under the advisement of the PSR Coordinator and the Parish Priest.

### **HOMEWORK/TEXTBOOKS**

The catechist will assign homework weekly to students in the third through eighth grades. The catechists have the option of assigning homework to students in the

kindergarten through second grade. Students are expected to bring completed assignments along with their textbook and folder to class each week. Students who misplace their PSR textbook(s) or other materials will be expected to purchase a new textbook(s) or materials.

### **EVALUATION/ PROMOTIONAL TESTING**

Student report cards will be sent to parents on a quarterly basis. Parents will be required to sign the report card and return it to the student's catechist. Parents are encouraged to discuss the progress of their child with the catechist as the need arises.

- Students will be asked to take a test on the material they have learned in class to assess their mastery of a subject area and to determine areas of study that may require additional catechesis.
- In order to assure that test information is seen by parents, the catechists may ask that the tests be signed and returned during the next class period.

Students in grades three through seven will be expected to take and pass promotional tests throughout the PSR year in order to be eligible to be promoted to the next grade. Students in the eighth grade will be expected to take and pass promotional tests throughout the PSR year in order to be eligible for confirmation.

Failing grades may require students to retake the promotional test until a passing grade is earned. Parents may be requested to attend a conference with the parish priest, the PSR coordinator and the teacher when the student is failing.

### **CHILD PROTECTION TRAINING**

All PSR catechists and substitutes must attend the initial Child Protection Training through the Belleville Diocese. Each PSR catechist or substitute catechist must complete a refresher course annually in order to continue teaching PSR students.

A Child Protection Training course will be offered annually to the PSR students. Age appropriate material will be presented to the children during these sessions.

### **PRIVACY**

Information obtained from families during PSR registration will be maintained for the sole use of the PSR program. While this information may be shared with other groups within the St. Joseph Parish Community, this information will not be provided to third parties without the express consent of the family.

## **DISCIPLINE**

It is important to maintain a healthy and productive learning environment. As such, PSR students are expected to behave and treat the catechist and other students with respect. In the event that a student becomes disruptive, the catechist will take the appropriate action to bring control and order to the class. The severity of the disruption will determine the teacher's course of action. Appropriate actions may include but are not limited to:

- Asking the student to behave (pointing out the behavior issue).
- Separating the student from the others or assigning seats to students.
- Assigning additional homework.
- Calling the parent to retrieve the child from class.
- Scheduling a parent and student meeting with the parish priest, the PSR coordinator and the catechist.
- Asking the parent to attend class with the child.

The school building and its resources are provided and maintained by the parish to be shared by all members primarily as a formal place of instruction. Since the school is used during the week to instruct other students, there are also items of personal property belonging to those students and instructors. PSR students are expected to be respectful of the resources of the parish and possessions of others present in the school. To help ensure order is maintained, the students are to form a line in the hallways just outside the classrooms in the school if they arrive before their PSR catechist. No student or students may occupy any classroom without the supervision of a PSR catechist.

## **COMMUNICATION**

Communication will occur through letters sent home with students, newsletter articles, parish bulletins, the website, etc. Changes in policies or schedules will be communicated to each student's family.

## **CLASS CANCELLATION**

In case of severe weather or other emergency, the catechist will contact the home of each student to cancel PSR classes. Please do not call the parish priest on Sunday morning to determine whether classes are canceled.

## **FIRE/TORNADO**

In the event of a fire or threat of fire, PSR students and catechists will immediately evacuate the school building. Parents will be contacted after all students and faculty are in a safe location away from the threat.

In the event of a tornado, PSR students and catechists will move to the first floor hall of the school.

## **MEDICATION**

In accordance with State and Federal laws, Parish School of Religion personnel, salaried or volunteer, are not permitted to administer first aid or dispense medication to any student. In an attempt to serve you, it is requested that you inform the PSR coordinator in writing of any physical or medical needs.

## **EMERGENCY**

In case of emergency, the parents of students will be notified immediately. When parents cannot be reached, the alternate (emergency) number on the registration form will be called.

## **CELL PHONES/ELECTRONIC DEVICES**

Students are prohibited from using cell phones during PSR without consent of the catechist. Other electronic devices, including but not limited to, iPods, MP3 players, cameras (video, digital, etc.) are not permitted in the PSR classrooms unless specifically requested by the catechist. Cell phones or electronic devices will be confiscated until the end of class when students do not abide by this policy. Frequent violations of this policy will result in disciplinary action.

## **SACRAMENTS**

Before a student can receive the Sacraments of Reconciliation, Holy Eucharist, and Confirmation, he/she should regularly attend two consecutive years in a Catholic Religion program.

In order to assist parents in the preparation of their children for the reception of these sacraments, St. Joseph PSR provides parent meetings for each sacrament. These parent meetings are a required part of the Sacramental Programs. The parent meetings are designed to familiarize parents with current Church teachings; develop methods to promote and increase family participation in the reception of the sacraments, and to extend the process of catechesis into the home.

Sacramental preparation is designed to help students, parents, and families prepare for the reception of the sacraments, as well as continued participation in the sacraments.

## **RITE OF CHRISTIAN INITIATION OF CHILDREN**

For those students who have not received the Sacrament of Baptism, or who have been baptized and have not received the Sacraments of Holy Communion,

Reconciliation and Confirmation, special classes are offered to prepare these children for the sacraments. It is important to remember that these classes are not a substitute for PSR classes. After the student has received the sacraments of initiation, the student's religious education is to be an ongoing process. For more information on the Rite of Christian Initiation of Children (RCIC), contact the PSR coordinator or the parish priest.

## **BAPTISMAL CERTIFICATES**

Each new student must have on file with St. Joseph Parish, a copy of his/her Baptismal Certificate. If an original is sent to the parish rectory, a copy will be made and the original returned. If your child was baptized at St. Joseph parish, a note on the registration form is all that is needed with the child's birth date.

## **SERVERS**

Each of us is called to serve the Lord in different ways. One of the ministries PSR students can perform is to volunteer as a Mass server. Families are strongly encouraged to embrace this ministry. PSR students that have completed fourth grade will be asked to train as a server. Families may request their Mass preference (Saturday at 5:00 p.m., Sunday at 7:00 a.m. or Sunday at 10:00 a.m.) but may also be scheduled as needed. It is important for the server to fulfill their commitment by serving as scheduled or by finding a replacement server.

## **CONFIRMATION REQUIREMENTS**

A candidate for the Sacrament of Confirmation who has attained the age of reason must profess the faith, be in a state of grace, have the intention of receiving the sacrament and be prepared to assume the role of disciple and witness to Christ (CC 1319). In order to ensure a candidate is prepared, students who have not regularly attended PSR classes (or another approved catechetical teaching) for the past two years will not be able to receive the sacrament of confirmation without expressed consent of the PSR coordinator and the parish priest. Please refer to the policy on Sacraments.

## **SPONSOR SELECTION**

Each confirmation student will be required to select an *adult* sponsor. The sponsor must be a baptized, confirmed Catholic in good standing with the Catholic Church. Non-parish sponsors will be required to provide a letter of recommendation from their parish providing the baptismal date, confirmation date and statement of good standing.

To emphasize the unity of the Sacrament of Baptism and the Sacrament of Confirmation, it is appropriate that the sponsor be one of the baptismal godparents (CC 1311). While this is not a mandatory requirement, the candidate should select a

sponsor that provides the student with a good example of living the Faith (living a holy life through prayer, attending Mass, etc.). The sponsor must reside in the local area in order that they are able to support the candidate through the process and provide the candidate a good example of living their Catholic Faith. This type of support and example cannot be provided when the sponsor does not live in the area. Parents or siblings close in age are not appropriate choices for sponsors. Additionally, high school students are not appropriate choices for sponsors.

## **COMMUNITY SERVICE**

It is the responsibility of the faithful to serve their community as Christ taught us. As such, confirmation students are expected to perform 30 hours of community service during their confirmation year. The service hours should be in each of the following three areas:

- Family-maximum of five hours
- Parish-minimum of ten hours
- Community-minimum of ten hours

The confirmation student is giving his/her time and talent to others. As such, the student should keep the following thoughts in mind when selecting service projects:

- The student is not to be paid.
- Normal household chores are not to be used as service hours. Students are expected to perform these activities as a contributing family member.
- The student should try to include a variety of experiences.
- The student should perform the project selflessly and lovingly for those in need.
- The student should reflect on how his/her actions are helping him/her take on the mind and heart of Christ while fulfilling the needs of others and building up the Christian Community.
- The student should remember that giving time and talent continues throughout life.

The eighth-grade PSR catechist(s) has a list of acceptable ideas for community service. The students should consult this list and ask the teachers, the PSR coordinator or the parish priest if they have any questions or concerns regarding the type of project they would like to complete.

## **LETTER TO THE BISHOP**

Confirmation students will be required to submit a letter to the Bishop reflecting why they would like to move forward with the Sacrament of Confirmation and receive the fruits of the Holy Spirit. All letters must be typed (12-point font) on white paper and should be grammatically correct.

The Bishop has requested that all letters be reviewed and that all issues be resolved at the local level. As such, the catechist and the PSR coordinator will review these letters prior to submission to the parish priest. Depending on the nature of the issue, the resolution may include discussions with one or all of the following individuals: the parish priest, the PSR coordinator, the catechist, the parents and the student. The Bishop reads every letter and may invite candidates to write, telephone or visit him. The Bishop has asked that the students remember that receiving the Sacrament of Confirmation does not make them an adult in the eyes of the church.

## **SAINTS**

Confirmation students will be required to select a saint for their confirmation name and write a biography about the chosen saint. The student should select a saint based on the holy life the saint led. The chosen saint should be someone the student would like to model his/her life. The selected saint must be a canonized saint. Thus, students cannot select angels or someone in the process of being canonized. The student must be able to provide factual information about the saint that he/she has chosen. This information must be included in the written biography.

The biography must be two to four typed pages in 12-point font. The paper should be double spaced and address specific information related to the saint. The catechist will provide instructions regarding the requirements for this paper.

## **PRAYERS**

Each confirmation student is expected to have learned his/her Catholic prayers by the time he/she begins the confirmation year. As each PSR classroom focuses on prayer every week, students attending PSR should know their prayers by the age of confirmation. Prayers are located in the back of the PSR Handbook.

## **LUKE 18**

Each year the CYO sponsors a Luke 18 weekend for confirmation students. This weekend is intended to help the students enrich their Catholic Faith. It is mandatory that all confirmation students attend this weekend. If the student does not attend the Parish retreat, they are responsible for locating and attending a confirmation retreat at another Parish. Information regarding the weekend date will be provided at the beginning of each PSR school year.

## **ATTENDANCE AT THE CHRISM AND TRIDUUM MASSES**

Each year the confirmation students are requested to attend the Chrism Mass at St. Peters Cathedral during Holy Week. This Mass is typically celebrated the Tuesday of Holy Week during school hours. Permission slips are provided to the students to release them from school to attend the Mass. Information is sent home for parents several weeks prior to the Mass.

Each year the Bishop stresses the importance of attending the Triduum Masses (Holy Thursday, Good Friday and Easter Vigil) as these Masses are the highlight of the Liturgical year. All confirmation students are strongly encouraged to attend these Masses during their confirmation year as part of their preparation for confirmation.

## **BISHOP**

Faithful to scripture and tradition, there are three positions of ordained ministry in the Catholic Church: deacons, priests and bishops. Bishops are priests ordained to continue the ministry of the Apostles of Jesus Christ by leading the Christian community, proclaiming the Christian faith, and calling the People of God to holiness. Bishops serve as pastoral leaders of local churches such as the Diocese of Belleville or the Archdiocese of St. Louis. They are responsible for the pastoral, spiritual and administrative well-being of all of the parishes and Catholic institutions in their dioceses. Only bishops can ordain deacons, priests and bishops. Bishops are the usual celebrants of the Sacrament of Confirmation. All Catholic Bishops are appointed to the episcopacy by the Pope himself and they carry out their pastoral ministry in full communion with the Holy Father, Pope Benedict XVI, who continues the ministry of St. Peter in the Church as head of the College of Bishops and Supreme Pontiff of the worldwide Catholic Church.

The correct way to address the bishop in conversation is simply, "*Bishop Braxton.*" A more formal greeting is "*Your Excellency.*"

## **TEXTBOOKS**

The PSR coordinator, with approval of the parish priest, selects textbooks designed to cover the teachings of the Catholic Church. The PSR program is currently using the *We Believe With Project Disciple* textbook series for grades kindergarten through six. The *We Believe With Project Disciple* program helps the students to learn, celebrate, share and live their Catholic faith. The textbooks are designed to cover:

- Faith Statements
- References to the Catechism of the Catholic Church
- Scripture and the Rites of the Church
- Saints and Catholic Profiles
- Feasts and Devotions

The *We Believe With Project Disciple* program employs a catechetical process for each lesson: *We Gather*, *We Believe* and *We Respond*. This three-part process echoes the "pedagogy of the faith" which Jesus himself modeled.

*We Believe*: Each chapter presents the truths of the Catholic faith found in Sacred Scripture and Tradition, and in accordance with the Magisterium of the Church. The

main faith statements of each chapter are highlighted. The content of faith is presented in ways that are age-appropriate, culturally sensitive and varied.

*We Gather:* Students gather in prayer at the beginning of every chapter. They gather to pray and focus on their life. They respond to God's call and his grace through prayer and reflection on their experience. They pray, sing and explore the ways the faith speaks to their lives.

*We Respond:* Throughout each chapter, students are encouraged to respond in prayer, faith and life. They are invited to respond to the message of the lesson. Through prayers, song and actions that express their beliefs, students are called to live out their discipleship among their peers, their families and their school and parish communities.

Additionally, the chapter concludes with a *Review* page that offers standard and alternative assessments. These provide opportunities for students to demonstrate learning and express faith. In addition, the *We Respond in Faith* page invites the students to take time to reflect and pray. The students remember the four main doctrinal statements and key words as well as gain inspiration from a true story of Catholics living out their faith in the world.

*Project Disciple:* At the end of every chapter in grades Kindergarten to 6, you'll find Project Disciple. Built on the six tasks of catechesis from the National Directory for Catechesis, Project Disciple calls children to live out their faith with multiple activities on the pages. Children and families put their faith into action through prayer, projects, and reflections. All Project Disciple activities relate to the theme of the chapter, and call the students to discipleship through specific tasks on the pages.

## **GRADE KINDERGARTEN**

The focus of this *We Believe With Project Disciple* textbook is *God Made the World*. The four units covered in this textbook are:

- God Gives Us Many Gifts
- God Is Our Creator
- Jesus Shows Us Gods Love
- Jesus Wants Us to Share God's Love

## **GRADE ONE**

The focus of this *We Believe With Project Disciple* textbook is *God Loves Us*. The four units covered in this textbook are:

- Jesus Teaches Us About God's Love
- We Are Followers of Jesus
- We Belong to the Church

- We Celebrate and Live Our Faith

## **GRADE TWO**

The focus of this *We Believe With Project Disciple* textbook is *Jesus Christ Gives Us the Church*. The four units covered in this textbook are:

- Jesus Christ Is With Us Always
- Jesus Calls Us to Penance and Reconciliation
- Jesus Gives Himself in the Eucharist
- We Live Our Catholic Faith

The students will also focus on learning about the Sacraments of Reconciliation and the Eucharist. Additional textbooks, *We Believe & Celebrate First Penance* and *We Believe & Celebrate First Communion* are used to assist in preparing the students to receive these sacraments.

## **GRADE THREE**

The focus of this *We Believe With Project Disciple* textbook is *We Are the Church*. The four units covered in this textbook are:

- Jesus Gives Us the Church
- We Are Members of the Church
- The Church Leads Us in Worship
- We Are Called to Discipleship

## **GRADE FOUR**

The focus of this *We Believe With Project Disciple* textbook is *God's Law Guides Us*. The four units covered in this textbook are:

- Growing in Jesus Christ
- The Commandments Help Us to Love God
- The Commandments Help Us to Love Others
- We Are Called to Holiness

## **GRADE FIVE**

The focus of this *We Believe With Project Disciple* textbook is *We Meet Jesus in the Sacraments*. The four units covered in this textbook are:

- Jesus Christ Shares His Life with Us
- Confirmation and Eucharist Complete Our Initiation
- The Sacraments of Healing Restore Us

- We Love and Serve As Jesus Did

## **GRADE SIX**

The focus of this *We Believe With Project Disciple* textbook is *We Are God's People*. The four units covered in this textbook are:

- Forming the Covenant
- Building the Covenant Nation
- Redefining the Covenant People
- The Covenant Fulfilled in Jesus

## **GRADE SEVEN**

The students in the seventh grade use the textbook: *We Live Our Faith as Disciples of Jesus*. This textbook centers on Jesus' life, his teachings, and the sacraments he instituted. It presents Jesus' call to each person to become his disciple and the ways in which his teachings, his sacraments, and his Church nourish people for discipleship.

## **GRADE EIGHT**

Students at this grade level use the textbook: *We Live Our Faith as Members of the Church*. This textbook presents the Church from its beginning at the Pentecost event through its history, encompassing its teachings and tradition. It presents the mission of the Church, entrusted to her by Jesus, as the responsibility of all baptized Catholics.

The students will also use the textbook: *The Spirit Sets Us Free*, to prepare for confirmation. This textbook leads the student toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit.

## **FAMILY LIFE SERIES**

The PSR program is also using the Family Life series published by Benziger for grades three through eight. This series is designed to help teach students Christian family values. The series fosters the development of important Christian attitudes, virtues and moral values. *Benziger Family Life* addresses five specific needs of today's young people:

- Young people need skills and knowledge for family living, both now and for the future.
- Young people need to understand their own physical, emotional, and spiritual development, as well as that of others.

- Young people need to cultivate a deep respect for life, especially vulnerable human life, and to develop the skills needed to defend life.
- Young people need to develop a Catholic understanding of and reverence for sexuality, expressed in positive, authentic chastity.
- Young people need to relate to others outside the family with compassion and justice, and to acquire the necessary skills to act responsibly in society.

In *Benziger Family Life*, these five needs are organized into five themes. The themes are expressed at every grade level, according to the students' level of development and comprehension. All of the themes relate to key Catholic values that the students are expected to form. The five program themes are:

- God's Gift of Family
- God's Gift of Self
- God's Gift of Life
- God's Gift of Love
- God's Gift of Community

*God's Gift of Family:* Each year, students explore skills and knowledge for family living, both now and for the future when they, too, may become Catholic parents. Family living is the initial theme of the program, and the context in which the next four themes are explored. As the students study this first theme, they learn to respect the family, its sacramental foundations, and its mission of teaching and transmitting values.

*God's Gift of Self:* The students begin to understand their own physical, emotional, and spiritual development, as well as that of others. Self-insight, honesty, and a sincere appreciation of one's strengths and weaknesses are important qualities of maturity. They lead to self-esteem—one of the most valuable tools young people can have for dealing with negative peer pressure and false values.

*God's Gift of Life:* Authentic Catholic living requires a deep appreciation of God's gift of life. Students begin to appreciate the sacredness of life and their own potential for love, service and selflessness.

*God's Gift of Love:* Students need to develop a gradual, open and wholesome understanding of sexuality and its place in Catholic Life. As they explore this theme, they can begin to understand, according to their needs and capabilities that sexuality is intimately bound up with the power of love and life, with strength and service, with compassion and discipline. The development of healthy habits and moral values is necessary preparation for the roles that many of them will play as marriage partners and parents in adulthood.

*God's Gift of Community:* An understanding of how people live with and relate to other people is essential to both family living and personal growth. Young people will learn about the need to relate to others outside the family with compassion and

justice and to acquire the necessary skills to take their responsible place in society. Such skills include simple interpersonal relationships, responsible living in society, and answering the call to Christian social ministry.

## **PRAYERS**

Prayer life is important for all Catholics. PSR students will be expected to learn the prayers listed below. The catechist of each PSR class will open and close each class in prayer. The PSR coordinator has designated a Prayer of the Month to ensure all prayers are covered. We encourage parents to pray at home with their children. As indicated previously in the Confirmation Section of this handbook, all students must learn their prayers prior to their confirmation year.

### **SIGN OF THE CROSS**

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

### **OUR FATHER**

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

### **HAIL MARY**

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

### **GLORY BE TO THE FATHER**

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 BEFORE MEALS**

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

### **PRAYER AFTER MEALS**

We give You thanks, Almighty God, for these and all Your gifts, which we have received through Christ, our Lord. Amen.

### **ACT OF CONTRITION**

O 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. Amen.

## **APOSTLE'S CREED**

I believe in God, the Father almighty, Creator of heaven and earth; and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy 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 arose 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.

## **THE NICENE CREED**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation, he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

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

## **OTHER CATHOLIC TEACHINGS**

PSR students will be expected to learn the teachings of the Catholic Faith by attending PSR classes. The confirmation year should be a review or an additional time to study aspects of the Catholic Faith versus a time to begin learning the teachings. These following Catholic teachings are provided to help parents partner with the catechist in teaching the students the Catholic Faith.

## **THE TEN COMMANDMENTS**

1. I am the Lord your God, you shall have no strange Gods before me.
2. Thou shall not use the name of the Lord your God in vain.
3. Keep holy the Lord's day.
4. Honor thy mother and father.
5. Thou shall not kill.
6. Thou shall not commit adultery.
7. Thou shall not steal.
8. Thou shall not bear false witness against thy neighbor.
9. Thou shall not covet thy neighbor's wife.
10. Thou shall not covet thy neighbor's goods.

## **CORPORAL WORKS OF MERCY**

1. Feed the hungry.
2. Shelter the homeless.
3. Clothe the naked.
4. Visit the sick and imprisoned.
5. Bury the dead.

## **SPIRITUAL WORKS OF MERCY**

1. Instructing
2. Advising
3. Counseling
4. Comforting
5. Forgiving
6. Bearing wrongs patiently

## **THE EIGHT BEATITUDES**

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall inherit the earth.
3. Blessed are they who mourn, for they shall be comforted.
4. Blessed are they who hunger and thirst for justice, they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers for they shall be called children of God.
8. Blessed are those who suffer persecution for justice' sake, the kingdom of heaven is theirs.

## **THE FIVE PRECEPTS OF THE CATHOLIC CHURCH**

1. You shall attend mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

## **THE SEVEN SACRAMENTS**

1. Baptism
2. Reconciliation
3. Holy Eucharist
4. Confirmation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

## **HOLY DAYS OF OBLIGATION**

The six holy days of obligation of the Catholic Church in the United States are:

1. January 1 - Solemnity of Mary the Mother of God
2. 7<sup>th</sup> Sunday after Easter - Feast of the Ascension of Our Lord Jesus into Heaven
3. August 15 - The Assumption of the Blessed Virgin Mary into Heaven
4. November 1 - All Saints Day
5. December 8 - The Feast of the Immaculate Conception
6. December 25 - Christmas Day

## **THE SEVEN GIFTS OF THE HOLY SPIRIT**

1. Wisdom
2. Understanding
3. Right Judgment (Counsel)
4. Courage (Fortitude)
5. Knowledge
6. Reverence (Piety)
7. Wonder and Awe (in the presence of God)

## **THE NINE FRUITS OF THE HOLY SPIRIT**

1. Love
2. Joy
3. Peace

4. Patience
5. Kindness
6. Generosity
7. Faithfulness
8. Gentleness
9. Self-Control

### **THE THEOLOGICAL VIRTUES**

1. Faith
2. Hope
3. Love (Charity)

### **THE CARDINAL VIRTUES**

1. Prudence
2. Temperance
3. Justice
4. Fortitude

### **DUTIES OF A CATHOLIC CHRISTIAN**

1. To keep holy the day of the Lord's resurrection (Sunday). To worship God by participating in Mass for every Sunday and holy day of obligation. To avoid those activities (like needless work) that would hinder worship, joy or relaxation.
2. To lead a sacramental life. To receive Holy Communion frequently and the Sacrament of Reconciliation regularly.
3. To study Catholic teachings in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the marriage laws of the Church. To give religious training, by word and example, to one's children. To use parish schools and catechetical programs.
5. To strengthen and support the Church--one's own parish community and parish priests, the worldwide Church and the pope.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

### **DAYS OF FAST (for adults)**

1. Ash Wednesday
2. Good Friday

### **DAYS OF ABSTINENCE (for all those over 14)**

1. Ash Wednesday
2. All Fridays in Lent

### **THE WAY OF THE CROSS**

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

### **THE DIVINE PRAISES**

1. Blessed be God.
2. Blessed be his holy name.
3. Blessed be Jesus Christ, true God and true man.
4. Blessed be the name of Jesus.
5. Blessed his most Sacred Heart.
6. Blessed be his most Precious Blood.
7. Blessed be Jesus in the most Holy Sacrament of the Altar.
8. Blessed be the Holy Spirit, the Paraclete.
9. Blessed be the great Mother of God, Mary most holy.
10. Blessed be her holy and Immaculate Conception.
11. Blessed be her glorious Assumption.
12. Blessed be the name of Mary, Virgin and Mother.
13. Blessed be St. Joseph, her most chaste spouse.
14. Blessed be God in his angels and in his saints.

**BOOKS OF THE BIBLE**

**THE BOOKS OF THE OLD TESTAMENT**

Genesis	Tobit	Ezekiel
Exodus	Judith	Daniel
Leviticus	Esther	Hosea
Numbers	1 Maccabees	Joel
Deuteronomy	2 Maccabees	Amos
Joshua	Job	Obadiah
Judges	Psalms	Jonah
Ruth	Proverbs	Micah
1 Samuel	Ecclesiastes	Nahum
2 Samuel	Song of Songs	Habakkuk
1 Kings	Wisdom	Zephaniah
2 Kings	Sirach	Haggai
1 Chronicles	Isaiah	Zechariah
2 Chronicles	Jeremiah	Malachi
Ezra	Lamentations	
Nehemiah	Baruch	

**THE BOOKS OF THE NEW TESTAMENT**

St. Matthew	Ephesians	Hebrews
St. Mark	Philippians	St. James
St. Luke	Colossians	1 St. Peter
St. John	1 Thessalonians	2 St. Peter
Acts of the Apostles	2 Thessalonians	1 St. John
Romans	1 Timothy	2 St. John
1 Corinthians	2 Timothy	3 St. John
2 Corinthians	Titus	St. Jude
Galatians	Philemon	Revelation

## HOW TO PRAY THE ROSARY

1. After making the Sign of the Cross, pray the "Apostles' Creed."
2. Pray the "Our Father."
3. Announce: For the increase of the divine virtues: faith, hope and charity. Pray the "Hail Mary" three times while mediating on these divine virtues.
4. Pray the "Glory be."
5. Pray the Fatima Prayer
6. Announce the first mystery, then pray the "Our Father."
7. Pray the "Hail Mary" ten times while meditating on the first mystery.
8. Pray the "Glory Be"
9. Pray the Fatima Prayer
10. Announce the second mystery, then pray the "Our Father."
11. Pray the "Hail Mary" ten times while meditating on the second mystery. Repeat steps 8 and 9 and continue with the Third, Fourth and Fifth mysteries (repeating steps 6 through 9).
12. After the fifth mystery, pray the Hail Holy Queen and the after the Rosary prayer.

## SIGN OF THE CROSS

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

## APOSTLE'S CREED

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead; the third day He arose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father Almighty; from there He shall 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.

## **OUR FATHER**

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

## **HAIL MARY**

Hail Mary, full of grace; the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **GLORY BE TO THE FATHER**

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.

## **FATIMA PRAYER**

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.

## **HAIL HOLY QUEEN**

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

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

## **PRAYER AFTER THE ROSARY**

O God, whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

## THE MYSTERIES OF THE ROSARY

### **The Joyful Mysteries:**

We pray the Joyful Mysteries on Mondays, Saturdays, Sundays of Advent, and Sundays from Epiphany until Lent.

1. The Annunciation (Luke 1:26-38, Isaiah 7:10-15)
2. The Visitation (Luke 1:41-50)
3. The Birth of the Child Jesus (Luke 2:1-14, Matthew 2:14)
4. The Presentation in the Temple (Luke 2:22-40)
5. The Finding in the Temple (Luke 2:42-52)

### **The Luminous Mysteries:**

We pray the Luminous Mysteries on Thursdays throughout the year except during Lent.

1. Christ's Baptism in the Jordan (Matthew 3:13-17, Isaiah 42:1-2, 4-5)
2. Christ's Self-Manifestation at Cana (John 2:1-11)
3. Christ's Proclamation of the Kingdom of God (Mark 1:15, Matthew 5:1-11)
4. The Transfiguration of Our Lord (Matthew 17:1-8, Mark 9:2-8, Luke 9:26-38)
5. Christ's Institution of the Eucharist (Matthew 26:26-30, 1 Corinthians 11:23-25)

### **The Sorrowful Mysteries:**

We pray the Sorrowful Mysteries on Tuesdays, Fridays, and daily from Ash Wednesday until Easter Sunday.

1. The Agony of Jesus in the Garden (Matthew 26:36-40)
2. The Scouring of Jesus at the Pillar (Matthew 27:24-26, 1 Peter 2:21-25)
3. The Crowning of Jesus with Thorns (Matthew 26:27-31)
4. The Carrying of the Cross (Matthew 27:32)
5. The Crucifixion and Death of Jesus (Matthew 27:33-50, John 19:31-37)

### **The Glorious Mysteries are:**

We pray the Glorious Mysteries on Wednesdays (except during Lent) and Sundays from Easter until Advent.

1. The Resurrection of Jesus (Mark 16:1-7, John 20:19-31)
2. The Ascension of Jesus into Heaven (Mark 16:14-20, Acts 1:1-11)
3. The Descent of the Holy Spirit (John 14:23-31, Acts 2:1-11)
4. The Assumption of the Blessed Virgin Mary (Luke 1:41-50, Psalms 45, Genesis 3:15)
5. The Crowning of the Blessed Virgin Mary (Revelations 12:1, Judith 13:22-25)

## THE FIFTEEN PROMISES OF MARY TO CHRISTIANS WHO RECITE THE ROSARY

### Given to St. Dominic and Blessed Alan

1. Whoever shall faithfully serve me by the recitation of the rosary, shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the rosary.
3. The rosary shall be a powerful armor against hell; it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the rosary shall not perish.
6. Whoever shall recite the rosary devoutly, applying himself to the consideration of its sacred mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the rosary shall not die without the sacraments of the Church.
8. Those who are faithful to recite the rosary shall have during their life and at their death the light of God and the plentitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.
9. I shall deliver from purgatory those who have been devoted to the rosary.
10. The faithful children of the rosary shall merit a high degree of glory in heaven.
11. You shall obtain all you ask of me by the recitation of the rosary.
12. All those who propagate the holy rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All who recite the rosary are my sons, and brothers of my only son Jesus Christ.
15. Devotion of my rosary is a great sign of predestination.