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**** Faith Formation/Youth Ministry Calendar will be posted separately
Introduction

This handbook is designed to serve as a guide for families involved in the Faith Formation/Youth Ministry Program of Holy Family Parish. The philosophy, goals, policies, guidelines, and schedule serve to communicate the content of our Faith Formation/youth ministry program.

The catechetical formation of each child is a responsibility shared by the parent/guardian and the parish Faith Formation program. The goal of Faith Formation is threefold: to present information in the content of our Catholic Christian faith and to enable formation in the values and attitudes needed to live a Catholic Christian faith, which lead to the end-goal of transformation and conversion in Christ Jesus.

The policies in this handbook apply to the Faith Formation/youth ministry programs of Holy Family Parish. These policies give the Coordinator of Faith Formation, site managers, parents/guardians, youth, and catechists a direction in responding to the religious and spiritual needs of parish families.

Rules and regulations are made to help inform the student of the rights and needs of others, as well as to help serve as a guide for his/her own acceptable behavior. Rules and regulations create and maintain an environment wherein quality religious education and the safety of every child are considered to be of the utmost importance. Parents and catechists are requested to acquaint themselves as well as the children with the contents of this handbook. Knowledge of the policies and guidelines will help achieve the goals of our religious education/youth ministry program.

Faith Formation Programs

Parish Faith Formation Programs include:

• Faith Formation Classes for children in grades K-6

• Youth Ministry/Adolescent Catechesis for youth in grades 7-12

Handbook/Newsletter Notation

Help for Victims of Sexual Abuse

The Archdiocese of Dubuque has established a program of pastoral assistance to people who believe they or those in their care have been sexually abused as minors by clergy or other Church personnel. This assistance will include help in informing civil and Church authorities. Victim Assistance Coordinators are trained to facilitate access to appropriate professional mental health services, social service agencies, support groups and/or individuals who can provide spiritual care.

Any individual desiring help from this program is invited to call toll free (563) 556-1225 or 866-319-4636 to report an allegation or receive assistance. This program is part of the new “Policy for the Protection of Minors.”
The Ten Areas of Catechesis

A well-planned catechetical program includes all ten areas of catechesis:

1. **Adults** A study of adult forms of learning is part of the planning for the adult formation programs. A variety of adult programs meets the needs of the all people.

2. **Family** A family-centered formation program provides an opportunity for the entire family to do quality sharing and eliminates pulling the family in different directions.

3. **Young Adults** Post high-school people often have difficult time finding their place in the Church. Programs of peer ministry, scripture study, spirituality, social and service programs are appropriate offerings.

4. **Adolescents** Working with adolescents involves both catechizing and formation e.g. social, recreational, community building and apostolic activities.

5. **Children of Catechetical Age** An organized catechetical program helps call children to a greater understanding of their faith. A budget that allows for materials to develop creative, interesting programs is a necessity.

6. **Early Childhood** A program to provide an environment where children will develop attitudes of love and respect for themselves and others through sharing, group experiences, awareness of feelings, use of creativity, and developing language skills. These activities call forth the child’s deep sense of wonder.

7. **Persons with Disabilities** Programs designed to meet the needs of persons with disabilities and their families flow from a welcoming parish community. When possible, special needs persons are to be included in the parish catechetical and sacramental programs. Gatherings to meet the special needs are encouraged; such as retreats, renewals, “Faith and Light.” Advocacy for special needs includes accessibility to buildings, availability of programs, mentors, and inclusion in parish life and activities.

8. **Catholic Schools** Catholic schools provide an atmosphere where the student’s faith grows, and is integrated into all life experiences.

9. **Marginalized** Catechesis must address itself to those who are “the least of the brethren” (Matthew 25:40–45) such as immigrants, refugees, nomads, traveling people, the chronically ill, drug addicts, prisoners, and others whose spiritual needs must be nourished and cared for.

10. **Elderly** The growing number of people who are elderly represents a great pastoral challenge for the Church. Catechesis of the elderly must happen within the context of the community of believers who see the elderly as valuable gifts of God to the Church and society.

Program planning committees assess how best to address the needs of these groups. The CRE/DRE is constantly aware of this responsibility, evaluating what has been done and looking at new ways to meet the needs of the people involved.
Sacramental Guidelines from Church Documents

Sacraments
The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions (Catechism of the Catholic Church, #1131).

The purpose of the sacraments is to sanctify, to build up the Body of Christ and, finally, to give worship to God. Because they are signs they also instruct. They not only presuppose faith, but by words and objects they also nourish, strengthen, and express it. That is why they are called sacraments of faith (Catechism of the Catholic Church, #1123).

Sacraments of Initiation
The sacraments of initiation, Baptism, Confirmation, and the Eucharist, lay the foundations of every Christian life. Baptism is the beginning of new life, Confirmation strengthens the life born in Christ; and Eucharist nourishes the disciple with the Body and Blood of Christ (Catechism of the Catholic Church, #1212, 1275).

Baptism
Baptism is the basis of the whole Christian life, the way to life in the Spirit and the door which gives access to the other sacraments.

Catechesis for Baptism
From the time of the apostles, becoming a Christian has been accomplished by a journey and initiation in several stages. This journey can be covered rapidly or slowly, but certain essential elements will always have to be present: proclamation of the Word, acceptance of the Gospel entailing conversion, profession of faith, Baptism itself, the outpouring of the Holy Spirit, and admission to Eucharistic communion (Catechism of the Catholic Church, #1229).

Where infant Baptism is celebrated, it has become a single act of abridging the preparatory stages of Christian initiation. An opportunity for catechesis is to be given to parents in preparation for the celebration of the sacrament.

Children of catechetical age should follow the adult Christian initiation model; that is, catechumenal formation and celebrating the three sacraments of initiation at the Easter Vigil (Canon 852). The Archdiocese of Dubuque encourages the reception of all three sacraments at the Easter Vigil. Even though the person of catechetical age receives all three sacraments at the Easter Vigil, it is assumed they participate in the preparation program offered in their teen years. If, however, parents, in consultation with the pastor on the options available and the rationale, wish to delay their child’s reception of the sacrament of Confirmation until after age 15, they need to make that request of the archbishop. The dispensation would be granted on an individual basis (Handbook, Archdiocese of Dubuque, #2115).

The Christian initiation for adults, and adapted for older children, begins with their entry into the catechumenate and culminates in a single celebration of the three sacraments of initiation: Baptism, Confirmation, and the Eucharist. The rites for these stages are to found in the Rite of Christian Initiation for Adults (1972, 1988). The catechumenate, or formation of catechumens, is to bring conversion and faith to maturity. The formation in the Christian life initiates the catechumen into the mystery of salvation and the practice of the evangelical virtues, as well as the life of faith, liturgy, and charity (Catechism of the Catholic Church, #1248).
Confirmation
Confirmation, as a sacrament, deepens baptismal grace in us by uniting us more firmly to Christ, increasing the gifts of the Holy Spirit in us, bonding us more fully with the Church, and strengthens us by the Holy Spirit to live the faith by word and action. Like Baptism which it completes, Confirmation is given only once.

Catechesis for Confirmation
Catechetical preparation is to lead the Christian toward a more intimate union with Christ and bonding with the Holy Spirit in order to assume the apostolic responsibilities of Christian life. Catechesis is to awaken a sense of belonging to the Church as well as the parish community. The parish/system community has the special responsibility for the preparation of confirmands. The Confirmation Program has four phases: basic preparation, immediate preparation, celebration, and follow-up. Program planning should approach these distinct phases as an integrated whole. To receive the sacrament of Confirmation, the ordinary norm is the minimum age of 15 in the Archdiocese of Dubuque.

Candidates for Confirmation are to have a sponsor. To emphasis the unity of Baptism and Confirmation as initiation sacraments, it is appropriate that this be one of the baptismal godparents. Sponsors must be at least 16 years old, already confirmed, and a practicing Catholic. The role of the sponsor is to assist in the catechetical and liturgical preparation for the sacrament, witness the celebration of the sacrament, support the candidate to fulfill the baptismal promises (Handbook, Archdiocese of Dubuque, #2150).

Holy Eucharist
The Holy Eucharist completes Christian initiation. The Eucharist is the efficacious sign and sublime cause of communion in the divine life and the unity of the People of God as Church. It is the culmination of the act of God sanctifying the world in Christ and of the worship offered to Christ and through him to the Father in the Holy Spirit (Catechism of the Catholic Church, #1322,1325).

Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having receiving absolution in the sacrament of Reconciliation (Catechism of the Catholic Church, #1415).

Catechesis for Holy Eucharist
Children must have sufficient knowledge and careful preparation to receive the sacrament of Holy Eucharist. They are to understand the mystery of Christ according to their capacity, and receive the Body of the Lord with faith and devotion. Children must be able to distinguish the Body of Christ from ordinary food and to receive communion reverently (Canon 913).

It is the responsibility of parents/guardians as well as the pastor to see that children who have reached the use of reason are correctly prepared and are nourished by the divine food as early as possible, preceded by sacramental confession (Canon 914).

Sacrament of Healing
Reconciliation
In the sacrament of Reconciliation, also referred to as the sacrament of conversion, confession and penance, sins committed after Baptism are forgiven. The penitent reconciles with God in grace, reconciles with the Church, receives a penance for their sins, receives an inner peace and spiritual strength to live the Christian life (Catechism of the Catholic Church, #1496).

The penitent asks forgiveness, confesses sins to the priest, and makes the intention to do reparation (Catechism of the Catholic Church, #1491).

Catechesis for Reconciliation
The decision as to when the child will receive the sacrament of Reconciliation is to be made by the child and his or her parents/guardians, in consultation with the priest who knows the child and the catechist who has helped prepare the child. In all cases the rights of the child must be respected.
Catechesis for the sacrament of Reconciliation is to be separated from catechesis for the sacrament of Eucharist so that the child will come to understand Reconciliation as a distinct sacrament.

A child is to receive instruction on the sacrament of Reconciliation before his or her first Communion. It is the uniform practice in the Archdiocese of Dubuque that sacramental confession precede the reception of first Holy Communion. In those parishes where this is not the case, the practice should be brought into conformity with the Church's law as quickly as prudentlly possible (Handbook, Archdiocese of Dubuque, #2219).

Parental Involvement in Sacramental Preparation

Parents/guardians are to be involved in the preparation of their children for the celebration of the sacraments. Therefore, parishes/systems are to plan and implement programs following the directives of the archdiocese for the reception of the sacraments. These directives are designed to prepare and involve parents/guardians, sponsors, and the parish community in the preparation for sacraments, in particular with regard to Baptism, First Reconciliation, First Eucharist, and Confirmation.

Parent meetings/parish involvement should jointly involve individuals from all programs offered (ABE Policy #6150.4).
Parish Sacramental Preparation Policy

Families in the Holy Family faith formation program must be registered members of Holy Family Parish or have received special permission from the CFF of their parish to participate in the Holy Family Parish program. The faith formation of each child is a responsibility shared by the parent/guardian and the parish religious education program. A person must be a baptized member of the Catholic faith to be in a preparation phase for the Sacraments of Reconciliation, Eucharist, or Confirmation. Persons not baptized in the Catholic tradition must be involved in a catechumenate process to prepare for the sacraments.

The program preparing children for the Sacraments of Baptism, Reconciliation, Eucharist and Confirmation involves parents. Parent education is aimed in assisting parents in fulfilling their roles as primary educators. It is important for parent/guardian to attend meetings for sacramental preparation if a child is to participate in the sacramental celebrations. Parish religious education is meant to enhance and assist the parents.

Baptism
- Parents of infants and children under the age of seven who wish to have their child baptized should contact the Pastor to attend a Pre-Baptismal class.
- Before a child is baptized, a priest must have a reasonable assurance that the child will be reared in the faith.
- Baptisms are scheduled with the Pastor.

Reconciliation
- A child should have been in a religious education program at least one year prior to preparing for the Sacrament of Reconciliation.
- Formal catechesis for the Sacrament of Reconciliation will take place before catechesis for First Eucharist. This preparation includes family completion of take-home materials and in-class reinforcement.
- Preparation for the Sacrament of Reconciliation is primarily the responsibility of the parents.
- The minimum age for a person preparing for the sacrament is seven years old.
- A parent is expected to attend the preparation meeting.
- Readiness for the sacrament must be demonstrated (i.e. regular class attendance, completion of take-home materials, etc.). Final determination of readiness is made through consultation of the pastor with the CFF.
Eucharist
• A child should have been in a religious education program for at least one year prior to preparing for the Sacrament of Eucharist.
• Catechesis for the Sacrament of Eucharist takes place after the catechesis for the Sacrament of Reconciliation. This preparation includes family completion of take-home materials and in-class reinforcement.
• Preparation for the Sacrament of Eucharist is primarily the responsibility of the parents.
• The minimum age for a person preparing for the sacrament is seven years old.
• Parents are expected to attend the preparation meeting(s).
• Readiness for the sacrament must be demonstrated (i.e. regular class attendance, completion of take-home materials, etc.). Final determination of readiness is made through consultation of the pastor with the CFF.

Confirmation
• A child should have attended at least 80-percent of the parish’s large group sessions (youth night) and local sessions for at least one year prior to the immediate preparation phase for the Sacrament of Confirmation before entering that phase.
• Catechesis for the Sacrament of Confirmation ordinarily occurs in our parish during the sophomore year of high school.
• Immediate preparation for the Sacrament of Confirmation involves attendance at monthly sessions (in addition to regular religious education/youth group sessions), regular Mass attendance, a weekend of retreat, and fulfilling ministry within the parish and community.
• Parents and youth are expected to attend the preparation meeting.
• Readiness for the sacrament must be demonstrated (which, as stated above, includes regular class attendance, etc.). Final determination of readiness is made through consultation of the pastor with the CFF.
Roles and Responsibilities

Parent/Guardian
You model your faith for your children daily. What your child will learn from religious education (Faith Formation/youth ministry) depends on your support and reinforcement at home, attending Sunday Mass as a family, and family prayer. Your interest and encouragement let your child know you value what is being done in religious education. Learning prayers and the Catholic faith cannot be done only during class time. We expect you, the parents, to work with your child at home by using family activity pages of the text, ideas from family newsletters, and dialoguing with your child about what is being learned in the classroom.

Catechist
The role of the catechist is to “echo the Good News.” The Good News is the message of Jesus and the Catholic Church, prayer and worship, community with each other and within the parish, and service to all peoples. Catechists help lead the children to grow in their faith and relationship with Christ in the Church.

Parish Board of Education
The Parish Board of Education is responsible for establishing goals, setting policies in collaboration with the Archdiocesan Board of Education, setting the budget, implementing programs, and evaluating the programs with the Coordinator of Faith Formation. Members are elected from the parish. The Pastor and Coordinator of Faith Formation serve as ex-officio members. The Holy Family Parish Board of Education members are Brandi Girsch, Jacque Eberhart, Brenda Snider, Michelle Cox, Susan Mundfrom, Tamara Tingle and Terri Thome.

Coordinator of Faith Formation
The Coordinator of Faith Formation (CFF) is a catechetical leader and administrator who is responsible for overall direction of parish catechetical programs. This includes working with the Pastor, other ministers, and appropriate committees, boards, or councils involved in setting policy and planning; supervising site managers and local youth ministers, designing catechetical programs; assisting in liturgical planning; conducting sacramental preparation workshops; and providing opportunities for catechist formation.

Site Manager
The Site Manager is responsible for parish catechetical program(s) on a particular level or for a particular group(s). We have 1-2 site managers for each site. The site managers work with the pastor, the Coordinator of Faith Formation, and other staff members to implement catechetical program(s) as the on-site coordinator for that session.
Guidelines and Procedures

Arrival and Dismissal
The class schedule is:

- **St. Patrick**: 6:30-7:30 pm for grades K-12
- **St. Gabriel**: 6:30-7:30 pm for grades K-12

Children will enter and be dismissed at the doors of the CCD center/church. Please supervise your children as they enter, encouraging your children to walk. Youth will not be allowed in any classroom before the catechist arrives. After the catechist admits the youth to the room, the catechist is responsible for their supervision. Youth are expected to conduct themselves in a respectful, courteous manner.

Attendance
Attendance at programs and classes is essential to develop a sense of belonging to the parish community, for growth in your child's relationship to God, and for an ongoing understanding of our Catholic faith.

Please let your church’s site manager know no later than 5pm the night of class if your child will be absent.

*Please note the attendance is particularly important during the high school years. A minimum of 80-percent attendance is suggested to show adequate desire and formation for the year of immediate preparation for the sacrament of confirmation.*

If a child has two consecutive unexcused absences, the teacher or coordinator will follow-up with a phone call, particularly with the safety of children in mind. If attendance continues to be a problem, a meeting with the parents, child, and CFF may be arranged. Please communicate special circumstances (i.e. long term illness, a serious accident, or personal family situation) with the Coordinator of Faith Formation.

Calendar Changes
Calendar changes will be placed in the parish bulletin and included in family newsletters.

Communications
There will be written communications to parents during the year in the form of family newsletters, notes and postcards, and progress reports. Many times, children will be responsible to deliver these communications; occasionally, they will be mailed. When handed out on Wednesday nights, notes typically will be sent home with the youngest member of the family. Ongoing communication between catechists and parents is highly recommended. Parents are encouraged to contact the catechists, site manager, or CFF at any time and particularly if a problem develops. Parents are always encouraged to serve as classroom aides and chaperons.

Discipline Policy
The respect and dignity of all persons is valued. Discipline helps all youth as it contributes to a climate of learning, loving, and living. It helps each person as it provides an environment to guide youth to become self-disciplined persons.

Each catechist in the classroom will clarify and set up goals for learning and establish classroom guidelines. Goal-setting and positive consequences encourage youth to choose appropriate behavior. Normal discipline problems are to be handled by the classroom catechist. If there are recurrent or serious problems, the catechist discusses the situation with the site manager and/or CFF. In this situation, the youth will be dismissed from class, following this procedure:

1. The child will meet with the site manager and/or CFF.
2. The child will fill out a discipline form. The child and site manager/CFF agree on an appropriate behavior.
3. The child and the site manager/CFF will sign the discipline form. The child returns to class. After class, the site manager/CFF will give the form to the catechist to sign and the child will take it home to obtain the parent/guardian signature.
4. The site manager/CFF will notify the parent/guardian of the disciplinary action.
5. Discipline forms will be filed in the CCD Center for the year. When a child has two forms on file, a conference will be held with the parent/guardian, the child, the catechist, and the CFF.
6. A mutual agreement with the parties involved may mean a two-week assigned work at home.
7. If, after returning to the classroom, the child is again dismissed from class, the child will not be allowed to attend class for the remainder of the year. An appropriate family religious education plan will be designed at home and monitored by the CFF.

**Emergency Calls**

Only necessary calls will be made by youth, and only with permission/assistance from the local site manager.

**Field Trips**

If a field trip is planned, parents are required to give written permission for a child to participate. All field trips must be approved in advance by the CFF, and permission forms need to be signed by the parents before departure. Parents are encouraged to assist in transportation and/or as chaperons.

**Human Sexuality Curriculum**

Human sexuality instruction is integrated into the religious education curriculum.

**Inclement Weather**

This year if **any** of the schools in our parish has an early out or cancellation due to weather, there will be no classes at **all** sites. These policies are subject to review and appropriate changes will be made if they are deemed necessary.

**Proper Dress**

Dress reflects attitude towards persons and the activity. Appropriate attire in the Religious Education Program is necessary. A basic guideline: if something is not appropriate at school, it is not appropriate for FF/youth ministry. FF/youth ministry may have even higher standards for what is appropriate.

**Property**

Respect for a person’s and parish property is expected at all times. **Food and gum are not allowed in any classroom or building unless it is part of the class program and under the authority of the site manager.**

**Sacramental Liturgies/Prayer**

The parish will have at least six student-led Masses during the year, two at each the elementary, middle school, and high school levels. The sacrament of Reconciliation will be available in classes during Lent, and communal penance is offered in the parish in Advent and Lent. Children in all programs pray during classes or gatherings. Middle school and high school youth also have the opportunity to take part in youth rallies and retreats throughout the year.

Parents are expected to help their child learn the elements of personal and communal prayer (especially Mass), and to help their child learn prayers at each grade level. Please see the enclosed grade-level guides for assistance.

**Sacramental Preparation**

Children who will receive the Sacraments of First Reconciliation and First Eucharist and their parents are expected to attend sacramental preparation meetings or events as scheduled. Parents are the primary educators for these sacraments.

**Student Progress Reports**

Student progress reports will be sent home twice a year, in December and May. These reports are designed as one means of communication with parents regarding their child/ren’s attendance, attentiveness, and general behavior during sessions.
The K-5 curriculum of the Holy Family Parish follows the Be My Disciples textbook series created by Resources for Christian Living (RCL) and the 6-8 curriculum follows Catholic Connections program by St. Mary’s Press. The Be My Disciples series teaches the four pillars of the Catechism of the Catholic Church every year on every grade level using a spiraling learning method. This “spiral” approach reinforces key concepts at each age level. This differs from the thematic approach of most other textbook series, in which each grade level focuses on certain themes and topics that are not reinforced every year.

At the Kindergarten level, the book is laid out under four themes: The World is a Gift from God, God Loves Us, We Are Friends of Jesus, and We Live as Friends of Jesus.

In grades 1-5, the curriculum falls under four themes: “We Believe,” discussing our Creed; “We Worship,” containing information on liturgy and sacraments; and “We Live,” addressing Christian Morality. Prayer is interwoven throughout every chapter of the curriculum. The children grow in their faith by experiencing the many forms and styles of the Church’s rich prayer tradition. Be My Disciples utilizes the catechumenal model of embracing the faith through knowledge, experience, and practice, initiating the child into membership in the Christian community.

The sixth, seventh and eighth grade curriculum will be using the Catholic Connections program by Saint Mary’s Press. This is a three year program in which each grade will cover two themes during the year. During these three years, our young people consider how we come to know God in many ways and the various models of the Church, and also gain a deeper understanding of the gift of salvation, and what it means to have a life in Christ (including living out the Ten Commandments).

The Holy Family Parish High School youth ministry and adolescent catechesis follows the Total Faith Initiative curriculum published by St. Mary’s Press. This series offers core sessions based on the four pillars of the Catechism of the Catholic Church and other sessions following the six components of youth ministry. During the year the high school students will be offered a combination of core and youth ministry sessions that cover all four pillars of the Catechism and six components of youth ministry. The order of the sessions follows the liturgical year to offer students a connection to what is happening in the church liturgical year. There are also youth nights where HS students can continue to explore topics and activities in their Total Faith Initiative books as well as socialize with the other students in the larger Catholic community.

High school youth are also encouraged to take part in retreats, youth nights, activities and the archdiocesan youth rally, among other opportunities.

Keep your eye on the bulletin and family newsletters for continuing information on activities for the youth of our parish.
Prayers/Expressions of Faith

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

Our Father (Lord’s Prayer)
Our Father, who art in heaven, hallowed be thy name; Thy kingdom come; thy will be done on earth as it 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 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.

Glory Be (Doxology)
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 of Sorrow (Act of Contrition)
My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.

Prayer Before Meals
Bless us, O Lord, and these your gifts, which we are about to receive from your goodness, through Christ our Lord. Amen.

Prayer After Meals
We give you thanks for all your gifts, almighty God, living and reigning now and forever. Amen.

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

Corporal Works of Mercy
Feed the hungry
Give drink to the thirsty
Clothe the naked
Visit the imprisoned
Shelter the homeless
Visit the sick
Bury the dead

Spiritual Works of Mercy
Counsel the doubtful
Instruct the ignorant
Admonish the sinner
Comfort the sorrowful
Forgive injuries
Bear wrongs patiently
Pray for the living and the dead

Prayer to Guardian Angel
Angel of God my guardian dear, to whom God’s love commits me here, ever this day be at my side, to light, to guard, to rule and to guide. 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 Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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 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.

Peace Prayer of St. Francis
Lord, make me an instrument of your peace. Where there is hatred, let me bring love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. 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.

Hail Holy Queen
Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy 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.
The Beatitudes
Blessed are the poor in spirit; the reign of God is theirs.
Blessed, too, are the sorrowing; they will be comforted.
Blessed are the gentle; they will receive all that God has promised.
Blessed are those who hunger and thirst for justice; they will be satisfied.
Blessed are the merciful; they will receive mercy.
Blessed are the single-hearted; they will see God.
Blessed are the peacemakers; they will be called the children of God.
Blessed are those who are treated unfairly for doing what is right; the reign of God is theirs.

Ten Commandments
1. I am the Lord your God. You shall have no other gods besides me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath 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 anything that belongs to your neighbor.

Act of Faith
O my God, I firmly believe that You are one God in three divine persons, Father, Son, and Holy Spirit. I believe that Your Divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived. Amen.

Act of Love
O my God, I love you above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbors as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.

Act of Hope
O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, and help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Memorare
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 with this confidence I fly unto you, O Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.
Stations of the Cross
1. Jesus is condemned to death
2. Jesus takes up 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.

The Rosary
How to Say the Rosary:
1. Begin with the crucifix and say the Apostle's Creed.
2. On the first bead, say one Our Father.
3. On the next three beads, say Hail Mary.
4. Next say one Glory be. Then announce the first Mystery and say one Our Father.
5. Say ten Hail Marys and one Glory Be.
6. Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group of decades is said.
7. When all five decades of that mystery are finished, recite the Hail, Holy Queen.

Joyful Mysteries
(Mondays, Saturdays and Sundays of Advent; Sundays from Epiphany until Lent)
- The Annunciation
- The Visitation
- The Birth of Jesus
- The Presentation of Jesus
- The Finding of Jesus in the Temple

Sorrowful Mysteries
(Tuesdays and Fridays throughout the year and daily during Lent.)
- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

Glorious Mysteries
(Wednesdays and Sundays from Easter until Advent.)
- The Resurrection
- The Ascension
- The Decent of the Holy Spirit
- The Assumption of the Bl. Virgin Mary
- The Crowning of Mary as Queen of Heaven

Luminous Mysteries (or Mysteries of Light)
(Thursdays)
- The Baptism in the Jordan
- The Wedding at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist
Angelus

The angel of the Lord declared unto Mary, and she conceived of the Holy Spirit. Hail Mary...

Behold the handmaid of the Lord, Be it done unto me according to your word. Hail Mary...

And the Word was made flesh, and dwelt among us. Hail Mary...

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

Pour forth, we beseech you, O Lord, your grace into our hearts that we to whom the incarnation of Christ, your Son, was made known by the message of the angel may, by his passion and cross, be brought to the glory of his resurrection, through Christ our Lord.
Safe Environment Training for Children Guidelines

Under the *Charter for the Protection of Children and Young People*, all dioceses in the United States have agreed to establish age-appropriate safe environment training for children.

Key components are to include information about quality relationships, proper forms of touch, actions to take in uncomfortable situations, and reporting possible abuse. Note: This training is not the same as education in human sexuality.

It is recommended that the training be offered at grade 1, grade 3, grade 5 or 6, grade 8, grade 9 or 10, and grade 11 or 12. All children of the designated grade level are to be offered the training.

Parents/guardians will be provided the required notification letter concerning the timeline when the training will be offered; the content/curriculum of the training; information outlining the opportunity to review the content/curriculum materials; and a copy of the *Parent/Guardian Safe Environment Training Refusal Form*.

Catechists presenting the material will review the guidelines concerning their role in providing this training. Cross referencing between grade level catechetical outcomes and the outcomes of the Safe Environment Training will be encouraged for possible integration with existing curriculum.

Safe Environment Training Outcomes include:
- I am God’s child.
- I must receive and give respect in the ways I talk and act and in the ways others treat me.
- I learn the difference between true friendship and false friendship.
- My body is private and must be respected.
- I learn the difference between good play and bad play.
- I learn the difference between good touch and bad touch.
- Secrets are not good when they separate us from others and harm us.
- People make good choices and bad choices and I learn how to tell the difference.
- When someone does something wrong, I must tell someone I trust.
- I name people to whom I will go for help.