



The Parish of Christ the King

The Commons, P.O. Box 1800 • Mashpee, MA 02649

FAITH FORMATION FAMILY HANDBOOK

September 2022

The Parish of Christ the King FAITH FORMATION FAMILY HANDBOOK

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Office Hours: Monday - Friday 9:00 AM - 1:00 PM, Saturday and Sunday 9:00 AM - 12:00 PM

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THE PARISH OF CHRIST THE KING MISSION STATEMENT:

The Roman Catholic Community of Christ the King Parish has as its purpose: The providing of spiritual nourishment and enrichment to its members through the Holy Spirit, in harmony with the Second Vatican Council; and the offer of welcome to all. This is accomplished by celebrating the sacraments, preaching the Gospel by word and example, and instructing in the truths of the faith. We strive to be present in a spirit of prayer and service to those in need using the talents and gifts of our individual members. We are life-affirming stewards of God's creation striving to build the Body of Christ.

FAITH FORMATION MISSION STATEMENT:

The primary purpose of the Parish of Christ the King Faith Formation Program is to make known and provide an opportunity to experience the beauty and richness of our Catholic faith and to provide assistance and support to parents in the formation of their children in the Catholic faith.

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, the Parish of Christ the King offers a support system to all parents through the Faith Formation Program. Using dedicated catechists who volunteer to work with parents for the catechesis of their children, the program will help spread the Gospel message of Jesus Christ. In order to assist parents, the Parish of Christ the King provides opportunities for ongoing faith development, through Adult Faith Formation programs and parent meetings designed specifically to aid parents in the sacramental catechesis of their children:

"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)

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. 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 by resonating the "Word" of God in their very life. 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 enable each individual to nourish his/her own personal relationship with God through prayer, study, Sacred Scripture, and frequent participation in the sacraments of Eucharist and Reconciliation.
- 2) To bring students to recognize the Eucharistic Liturgy as the source, expression, and celebration of whom we are as Catholic Christians.
- 3) 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!
- 4) To instruct students in the fundamental values and doctrines of our faith.
- 5) 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.
- 6) To invite parents and high school family members to be catechists or assistants.

CURRICULUM:

The Faith Formation Curriculum Framework for the Parish of Christ the King is designed to promote lifelong faith formation for students entering first to ninth grade, 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 in grades 1-6 is *Sadlier's, "We Believe" series*. The *We Believe series* is concerned with Catholic faith, religion, and belief. Its goal is to transform children and bring them to a deeper relationship with God through an exposition of their Catholic heritage—its beliefs, moral code, rituals and practices, and life of prayer. It offers a systematic process of faith reflection that helps young people make important connections between their increasing knowledge of the Catholic tradition and their daily lives. *We Believe* 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 children 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. *We Believe* 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. *We Believe* has an incredible website that is helpful to everyone involved in the program, especially parents and students. The address is: <http://www.sadlierreligion.com/webelieve/>.

PARISH REGISTRATION

Students should be registered under their parents' names in the parish directory before beginning classes. You may register at the parish office, by placing a completed registration form in the Sunday offering basket or by visiting the parish website at: www.christthekingparish.com.

FAITH FORMATION REGISTRATION:

Registration for the Faith Formation Program is held each year before the classes begin in the fall. Registration takes place electronically through our website at: <https://christthekingparish.com/youth-faith-formation/> Registration is for students in grades 1 - 9. All students must register for the Faith Formation Program each year, even if they have been in the program previously. The student fee for the program will be \$40 per student with a family cap of \$100. An additional sacramental supplies fee is added to students participating in the sacraments of First Communion and Confirmation. (No student will ever be denied admission for lack of payment.)

Session Days / Times:

Grades 1 Mostly In-Person Sundays 9:30am-10:15am

First Communion Sundays: 8:30am Mass followed by class with 10:15am
Dismissal.

Grades 3-6 ZOOM Mondays 5pm-5:45pm

Grades 3 – 6 Mostly In-Person Tuesdays: 4:30pm – 5:15pm

Pre-Confirmation: Sundays 11:30am – 1:00pm (Attend Mass of Choice)

Confirmation: Sundays 11:30am-1:00pm Mass Attendance Required

Tuition: \$40 for individual and a family cap fee of \$100.

Additional \$25 for Confirmation & First Communion robe rental & sacramental supplies charge. (First Communion & Confirmation Students Only)

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. During COVID 19 this can be done either in person or virtually through our livestreaming site on the parish website.

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 an appendix to this handbook.
- 2) Catechists will incorporate prayer into each and every class they teach.

SACRAMENT OF RECONCILIATION

The Sacrament of Reconciliation is one of the most unique and beautiful aspects of Catholicism. Jesus Christ, in His abundant love and mercy, established the Sacrament of Confession, so that we as sinners can obtain forgiveness for our sins and reconcile with God and the Church. The sacrament "washes us clean," and renews us in Christ.

"Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I send you.' And when he had said this, he breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (John 20:21-23).

The regular reception of the sacrament is encouraged.

BAPTISMAL CERTIFICATES:

- 1) A student who was not baptized at the Parish of Christ the King 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, unless it is a sacramental year.
- 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 should have completed Grade 1. However, students in grades above grade 2 may still prepare for the sacrament. Contact director for details.
- 3) The sacrament of Confirmation will be celebrated every year in the spring of the 9th Grade year, so students are expected to complete Grades 7 & 8 in Faith Formation.
- 3) 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.
- 4) 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.
- 5) Prior to the reception of the sacraments of Confirmation, a required retreat will be held to give students a final spiritual preparation for the sacrament.

6) 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.

7) In order to assist parents in the preparation of their children for the reception of the sacraments, our Faith Formation Program provides Sacramental Preparation Meetings for Parents. These meetings are a required part of the sacramental program. 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 sacrament; and to extend the process of catechesis at home. Parents will be given a letter of instruction 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 letters sent home with the children or mailed to the home, through email or through our flocknote messaging system.. Other information regarding the program may be found in the Sunday bulletin, parish website or by calling the parish office. Cancellations, event reminders and notices will also be communicated using our automated **Flocknote** messaging system. **It is expected that you will sign up via email and or text messaging to our Flocknote program to receive time sensitive notices and reminders.**

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. If you have questions regarding your child's class performance, please consult the catechist first.

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:

The Parish of Christ the King, along with the Diocese of Fall River, 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 Fall River considers any abuse or neglect of any

kind to be unacceptable and contrary to Christian principles.

DIOCESE OF FALL RIVER

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 in the Faith Formation office for your review. We invite you to become informed on this topic.

We thank you for helping to create a safe environment by your kind attention to this information. Parents are to initial on the registration form that they have received a copy of the parish Faith Formation Family Handbook.

HEALTH CONCERNS AND MEDICATION:

Please provide information about medical needs or conditions on the children's enrollment form. The Parent/Guardian hereby acknowledges that the faith formation personnel and Christ the King Parish 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.

Avoiding the spread of illness is important to the health of all students. If your child is suffering from symptoms associated with COVID, viral flu or a heavy cold, please refrain from having your child attend class. Children should be fever free for 24 hours without the assistance of fever reducing medication and follow CDC guidelines for COVID before they should return to class.

As we continue to experience wide-spread COVID 19 infections in our community, we will continue to monitor community spread status to determine prevention and mitigation strategies in our parish community. Mitigation strategies will be employed when deemed prudent and necessary.

ANNOUNCEMENTS:

Parents should consult the weekly Sunday bulletin 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.

EMERGENCY CLOSINGS:

When Mashpee schools have an emergency closing because of weather, etc., Faith Formation sessions will be cancelled. When in doubt, listen to WCOD radio. 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 or by email, phone and through **FLOCKNOTE** Automated Messaging Service. Please use your own good judgment as to the weather conditions in your own area. Safety is our greatest concern at any time!

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 the Parish of Christ the King. 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 & DISSMISSAL: When In-Person Classes Are In Session:

Children are to be picked up **from the center exterior door** by a parent/guardian or other authorized person specified on the enrollment form. In order for a person other than those specified on the enrollment form to pick up a student, a hand written, dated and signed note from the parent must be presented to the Director of Faith Formation. 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 to the building through the center door in the Faith Formation Center. Please park to pick up your child after class. **No child should be dropped off or picked up in any other area.** 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 scheduled classes listed on the calendar each year. If your child is going to be absent, please call the Faith Formation Office @ 508-477-7700 ext.21. 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 should complete a make-up lesson at home.

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) 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.
- 2) 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.
- 3) 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.

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:

Students may wear pants, 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 with demeaning or disrespectful sayings or hats are permitted. Should a student wear inappropriate clothes, we will either provide them with a large t-shirt or allow them to call a parent/guardian to bring them more acceptable clothes.

SUPPLIES:

- 1) 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.
- 2) A folder for communication purposes will be provided to the students and will be required at each session.

SAFETY: When In-Person Classes Are In Session:

To ensure increased supervision of the faith formation space during class times, the two main access doors will be locked during the class sessions. The end hall doors near the kitchen will be locked at all times. The middle, *Faith Formation Center* doors will be unlocked at 4:00pm and will be locked at 4:25pm. Arriving to class on time is especially important. You should enter these doors and wait outside your child's classroom for pick up. Your child will remain in the classroom space until you arrive at the center door for pick-up. Please remind your child that they should **NOT** leave the classroom space and supervision of their teacher until you arrive at the classroom **door** and the teacher releases them to you or your pre- identified and listed guardian. Please be sure to make direct contact with the teacher so that the release of supervision can be verified. If your child will be picked up by someone other than those identified on the registration form, please alert the office by phone or note before the start of class. Again, the safety of your children is of paramount concern and adhering to these procedures will help us to keep your children properly supervised.

If the need arises to dismiss your child before the end of the scheduled session, you may access the space by ringing the bell outside the central Faith Formation Center doors. An office staff member will let you in. If the call is not answered within a reasonable amount of time please call 508-477- 7700 ext. 21 as a back-up.

If you have any questions regarding our emergency procedures or the safety plan, please don't hesitate to contact me at 508-477-7700 ext. 21. Thank you for your attention to this matter and your cooperation in putting the action plan in place.



“KEY CATHOLIC BIBLICAL TEXTS, PRACTICES AND PRAYERS”

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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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. **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.
3. **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.

4. **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)

5. **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."

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

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

7. **Psalms 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.

8. **Psalms 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!

9. **Psalms 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; see also Holy Days of Obligation and the order of the Mass below)

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.)

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

In the United States, six "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. Ascension – 40 days after Easter (transferred to Sunday)
4. Assumption - August 15
5. All Saints - November 1
6. 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. **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 significant 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** (see also the Seven Sacraments, Eucharist) [CCC #1382]
 - a. 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.
 - b. To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food and drink, except water and medicine.
 - c. 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.
 - d. Usually, Catholics are permitted to receive Holy Communion up to twice a day.
7. **Sacrament of Penance** (also Confession, Reconciliation, Conversion, Forgiveness; see also The Seven Sacraments) [CCC #980,1422,1440]
 - A. Individual Rite of Reconciliation
 1. Welcome
 2. Reading from Scripture (optional)
 3. Confession of Sins
 4. Act of Contrition
 5. Absolution
 6. Closing Prayer
 - B. Communal Rite of Reconciliation
 1. Greeting
 2. Reading from Scripture
 3. Homily
 4. Examination of Conscience with Litany of Contrition and the Lord's Prayer
 5. Individual Confession and Absolution
 6. 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)

(Also see Practices—Praying the Rosary and Mysteries of the Rosary and Prayer, The Angelus)

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 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. 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 (See also Liturgical Practices – sacrament of reconciliation)

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.

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 (Remember)

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

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

