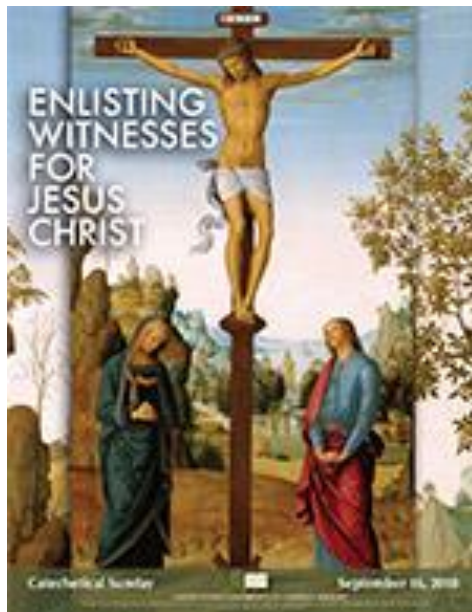


FAITH FORMATION HANDBOOK 2018-2019



**IMMACULATE CONCEPTION PARISH
FAITH FORMATION DEPARTMENT
7043 Church Rd
Ira, MI 48023
586-725-1762**

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A note from the Director of Faith Formation...

The ministry of handing on the faith to our young people and children is called catechesis. It is not only the responsibility of Pastors, Deacons, and catechists but is the duty and obligation of parents. When we look at the Rite of Baptism, our parents and godparents have accepted "the responsibility of training their children in the practice of the faith. It is their duty to bring them up to keep God's commandments as Christ taught us, by loving God and our neighbor." Our parents have promised God and the Church to fulfill this responsibility. How wonderful it is to see our parents upholding their promise to God, Jesus and the Church!

Our theme this year is "***Enlisting Witnesses for Jesus Christ.***" We will be learning about the roles that each person plays, by Baptism, in handing on the faith and being a witness to the Gospel. This year's theme invites all the baptized--to devote themselves to a deeper study and practice of prayer, discipleship and evangelization. We do this for our own spiritual good and for the good of others.

Have you ever gone to a restaurant and experienced a fantastic meal or had an extremely awesome waiter or waitress? I bet on the way home, you couldn't wait to tell your closest friend or family member about your awesome experience! What about Jesus? Have you ever had a prayer answered? Or what about a personal encounter with Jesus Christ himself, (some may call it a coincidence, others call it a God-incidence) that ah-ha un-explainable moment? Have you ever felt the presence of the Holy Spirit? Have you ever shared a smile someone? Have you ever prayed for someone who was ill? If you can say yes to any of the above, could you tell your closest friend or family member about your awesome experience? To summarize, do you get as excited about your faith as you do about good food or good service? We all should!

Jesus' disciples frequently observed him interrupting his journeys in order to spend long hours alone in prayer to his heavenly Father. He taught, he preached, he healed. His disciples were so moved that they asked Jesus to teach them how to do these wonderful things – and they were excited to do so! May we be moved this year to do the same as an essential element of our discipleship. May we use this upcoming year to draw closer to our Lord and to one another through a deeper and more faithful commitment.

Yours in Shared Ministry,

Tina Kovalcik
Director of Faith Formation

THE OBJECT OF CATECHESIS: COMMUNION WITH JESUS

The definitive aim of catechesis is to put people not only in touch, but also in communion and intimacy, with Jesus Christ. GDC #80

The object of catechesis is communion with Jesus Christ. Catechesis leads people to enter the mystery of Christ, to encounter him, and to discover for themselves and the meaning of their lives in him. "At the heart of catechesis, we find a Person, the Person of Jesus of Nazareth, the only Son from the Father... full of grace and truth, who suffered and died for us and who now after rising, is living with us forever." NDC pg. 55

THE TASKS OF CATECHESIS:

1. Promoting knowledge of the faith
2. Liturgical education
3. Moral formation
4. Teaching to pray
5. Educating for community life
6. Missionary initiation GDC 85-87

Catechesis encourages the disciples of Jesus to make their daily conduct a shining and convincing testimony to the Gospel. NDC pg. 61

MISSION STATEMENT FOR IMMACULATE CONCEPTION PARISH

Immaculate Conception Parish is a vital part of the Catholic Church's presence in the Anchor Bay area. For over 150 years, we have carried out the mission of the Church by proclaiming the Good News of Jesus Christ in Word and Sacrament. Through our Eucharistic worship, we strive to grow in the rich Tradition of our faith.

Our parish formation programs and school seek to foster lifelong faith formation for all. As faithful stewards, we offer our gifts for the good of the Church's mission and the needs of the less fortunate among us. In all things, we seek to provide a welcoming and caring atmosphere to all who come to us.

FAITH FORMATION CURRICULUM

At Immaculate Conception Parish, ongoing and life long faith formation that leads to a living, conscious, and active faith are the goals of our religious education programs. We realize that the entire body of Catholic doctrine is not conveyed in any single year, but builds upon those that preceded and leads to what follows. With this in mind, our parish faith formation program provides lifelong learning opportunities that promote systematic, spiral and lectionary based catechesis. Along with these forms of formation, the memorization of Catholic truths, scripture, and prayers is also an important element of our parish programs.

THE DISCIPLES DEN (Early Childhood Formation)

The Disciples Den program is for children **ages 3, 4 and 5 and who are not yet in kindergarten**. Sessions begin on Sunday October 7th during the 10:00am Mass in the school. Parents will be able to drop off their children beginning at 9:45am and pick them up immediately after Mass. These sessions will include listening and reflecting upon God's Word, prayer, snacks, music and activities. ALL children ages 3, 4 & 5 are welcome!

KINDERGARTEN – GRADE 5

SPIRAL CATECHESIS:

The young people in our weekly formation program will experience systematic age-level catechesis. This year, our children will be using the RCL Benzinger series, Be My Disciples. This series integrates worship, mission, discipleship, evangelization and vocation with home resources that bring the entire parish together with the children on their faith journey. Each week a home and family activity page is included which gives families projects and activities to do together at home which complements our program.

The young people in our Confirmation Preparation Program (Grade 6, 7 & 8) will be using ENCOUNTER, a Bible Study series through Ascension Press and Break Through Bible Workbook in grade 6. Theology of the Body for Middle Schoolers and CHOSEN by Ascension Press in grade 7 and CHOSEN by Ascension Press in grade 8. These programs focus on an awakening of the Holy Spirit in the lives of the individual candidates.

LECTIONARY BASED CATECHESIS:

The Kindergarten – Grade 5 classes will join for a Lectionary based catechesis that focuses on the Sunday readings at the beginning of every session. During this time, the young people will praise God in song, listen and reflect on God's Word, and celebrate who they are as young Catholic Christians.

Our Confirmation prep students, grades 6-8, are also given the opportunity to reflect on God's Word as found in the Sunday lectionary as part of our formal gathering.

PRAYER BAGS

Each class will be making a traveling prayer journal that our families are invited to receive into their home for one week during the formation year. As your family initiates prayer, you are asked to pray with our “prayer cube” and write a weekly petition in the enclosed journal. We will pray the petitions from each class during our gathering on Monday.

MEMORIZATION OF CATHOLIC TEACHING:

Another important aspect of the formation of young adolescents is the memorization of Catholic truths, teachings, and prayers. Our Church is modeled on Jesus’ invitation to “do this in memory of me.” With this in mind, we invite the young people in our program to learn in memory certain Scripture passages, prayers, and Catholic teachings applicable to their age level and abilities. The scripture and other Catholic doctrine to be memorized is included as part of your child’s text.

PRAYER LIST

KINDERGARTEN: Children should know how to make the **Sign of the Cross**, and be able to say the **Angel of God, Night Prayer, Grace before Meals and Morning Prayer.**

1st Grade: Children should know all of the above prayers **PLUS** the **Our Father, Hail Mary, and Glory Be.**

2nd Grade: Children should know all of the above prayers **PLUS** the **Act of Contrition.**

3rd Grade: Children should know all of the above prayers **PLUS** the **Apostles Creed, and Prayer to St. Michael.**

4th Grade: Children should know all of the above prayers **PLUS** the **Hail, Holy Queen, Prayer to St. Michael and the Divine Praises.**

5th through 8th Grade: Youth should know all of the above prayers **PLUS** the **Prayer to the Holy Spirit, Beatitudes, Corporal Works of Mercy, Spiritual Works of Mercy, Ten Commandments, Mission of the Church, be able to name the Seven Sacraments, Nicene Creed, be able to name the Holy Oils, name the form and matter for Confirmation**

SACRAMENTS

INFANT BAPTISM:

In the sacrament of Baptism, Christians begin their life in Christ as members of the Church. As with all other sacraments, the proper and meaningful celebration of the sacrament depends on the intention and faith of those celebrating it. At Immaculate Conception infant baptism is usually celebrated on Sunday after the 12:00 Noon liturgy. Preparation for infant baptism includes two required preparation sessions for the parents and godparents prior to the celebration of the sacrament and completion of an informational form.

The role of godparents is to help their godchild lead a Catholic Christian life. Godparents are asked to also attend a baptismal session prior to the celebration of the sacrament and complete a sponsorship certificate. Under Church directives, Catholic godparents, a male and a female, should be present at the baptism to profess their faith. Qualifications of a godparent are:

1. Must be at least 16 years' old
2. Must be a member in good standing with the Catholic Church (not bound by any canonical penalties).
3. Have received all three sacraments of initiation: Baptism, Confirmation and Holy Communion.
4. Is leading a life in harmony with the faith and the role to be undertaken
5. Cannot be the child's parent.
6. If married, have entered into a valid, sacramental marriage as determined by the Catholic Church.

FIRST RECONCILIATION

Preparation for the sacrament of Reconciliation is an important part of a child's growth in the Catholic faith. A child must be baptized, should be in a 2nd year program or older, and participated in first year formation as preparation for this sacrament. Sessions for the First Sacrament of Reconciliation begins in October. Families are also asked to attend the First Reconciliation Parent/Guardian Session, First Reconciliation Family Fun Day with Potluck, and First Reconciliation. Family focused First Reconciliation will be celebrated **in church**.

FIRST HOLY COMMUNION

First Holy Communion, a sacrament of initiation, is another important step in the faith journey of young Catholic Christians. The preparation for the reception of First Holy Communion begins in February with a formal parent gathering. Young people preparing for the sacrament must be baptized, should have received catechesis on the Sacrament of Reconciliation, and be in a 2nd year program or older. Our family centered catechesis on First Eucharist also involves Presentation of Candidates, a Parent /Child Workshop and a First Communion practice gathering.

CONFIRMATION

Confirmation, one of the three sacraments of initiation, focuses individual attention on the power of the Holy Spirit. Immaculate Conception has a two-year Confirmation program where the Middle School teens actively participate in thematic catechesis, prayer experiences, service activities, and retreats. Candidates are “sealed with the *Gifts* of the Holy Spirit” which prepares them to be witnesses of the Catholic faith in the world today.

OLDER SACRAMENTAL CATECHESIS

Older Sacramental catechesis is for any young member of our community who has been baptized Catholic but did not prepare for the Sacrament of Reconciliation or prepare and celebrate First Holy Communion at age 7 or 8. These older youths begin their faith formation year with their grade-level peers. Then in January, they begin a shared-time catechesis spending half of their weekly session with their grade-level peers and half in the older sacramental sessions. The young people in this program are prepared for the Sacrament of Reconciliation first and then First Holy Communion. Celebration of First Communion for the Older Sacramental youth will be held on Mother’s Day, during the 10:00a.m. liturgy.

RITE OF CHRISTIAN INITIATION OF ADULTS – RCIA

Rite of Christian Initiation for Adults is a parish supported journey that welcomes adolescents and adults who have not been baptized (catechumens) or youth and adults who have been baptized in another Christian tradition (candidates), and baptized Catholics who did not complete their initiation into the Catholic Church. Our weekly Sunday gatherings will begin on **SEPTEMBER 30TH AT 10:00am** and continue until after **Easter 2019**. For information on RCIA for children and adults please call the Faith Formation office.

ADULT FORMATION OPPORTUNITIES

Throughout the year, numerous opportunities are available for adult members of our parish to grow in their faith through Scripture studies, theology sessions, Advent and Lent gatherings, and prayer.

FAITH FORMATION POLICIES

REGISTRATION

Immaculate Conception Faith Formation is open to all children, kindergarten through 8th year, of registered actively participating families. A registered actively participating family should have completed a parish census form and be sharing their time, talent, and treasure with our faith community. A family's active participation in Sunday Mass is an essential element in their Catholic Christian formation. Registration forms will be available to previously registered families, available on our parish website, and printed in the parish bulletin during the month of August or can be picked-up anytime at the Faith Formation office. All returning families with a new student and new families to our program are asked to bring with them to registration copies of their child's sacramental certificates (i.e. Baptism, First Communion). Non-registered families are welcomed if space is available.

ANNUAL EMERGENCY INFORMATION

Each child/family is to have on file in the Faith Formation office a current emergency form citing the parent(s)/legal guardian(s) telephone numbers (home, work, cell phone) as well as another designated adult citing his or her telephone number, to be contacted in the event of an emergency. This emergency card has the individual child's medical conditions/medicines of which we need to be aware. A Release for Dispensing of Medication **must** be on file in the Faith Formation Office if a child has to take or have on hand any medication/s during programming hours. This includes an Epi-pen. If a child is diagnosed with a medical condition after registration, please inform the Director of Religious Education as soon as possible.

ATTENDANCE

To assure continued quality formation for your child and the other children in Faith Formation, please have your child arrive on time and stay in class for the entire session. All will benefit from full participation in the program when each child arrives on time. If a child is to be absent from Faith Formation, please notify the Formation office at 586-725-1762 before class begins.

BEHAVIORAL EXPECTATIONS

Because your child is living out the commandments and beatitudes, mutual respect for others and care for the property and equipment will be expected behavior. If an incident of disrespect or misuse of property occurs during Faith Formation, the catechists will inform the director who will inform the parent/guardian. Very few problems have occurred in the past, but if a problem does arise that is not resolved after parent/guardian contact, the parent/guardian will be asked to either attend formation weekly with the child or instruct their child at home.

EVALUATION REPORTS

Once a year we will send home an evaluation of your child/children's progress at Faith Formation. The evaluations are intended to help you in fulfilling your prime responsibility for the moral and spiritual development of your child.

FEES

Fees for 2018/2019 program year are as follows: IC registered families are:

\$110.00 for one child

\$215.00 for two children

\$260.00 for a family of three or more.

Out of parish fees are \$160.00 per child. We ask that all fees be paid at the time of registration. All catechists have the option of waiving fees for their immediate family. Tuition Assistance and special payment arrangements should be referred to the Director who will work with each family on an individual basis. A book fee of \$30 per student is non-refundable if the child withdraws from the program after the start date.

CALENDER

In order to provide our families, the most convenient opportunities for catechesis our sessions will be held each Monday from 5:30pm – 7:00pm mid September to late April or early May.

ARRIVAL and DISMISSAL – effective Feb 26, 2018

Safety is a central part of our Faith Formation program. We ask that all parents come into the building at pick up time. Our policy is “no little person leaves the building without a big person.” If your child is to walk home, we ask that a signed parent letter be on file in the faith formation office. We ask that **all vehicles follow a 5-mile per hour speed limit** while on parish grounds. **Please do not park in the circular drive by the main entrance.** This driveway is to remain open for emergency vehicles.

Doors will remain locked during program time. You may enter the building 15 minutes prior to the start of class and 15 minutes prior to dismissal time.

Kindergarten – 6th Grade

All children in kindergarten through 6th grade should be escorted to their classrooms by their parent(s)/guardian(s) no earlier than ten minutes before class begins. At dismissal, kindergarten through 3rd grade will be released to their parent(s)/guardian(s) at their classroom doors. Older children in grades 4 and 6, are asked to ***wait inside the building*** by the main doors until their family arrives.

7th & 8th Grade

Students should be dropped off at the parish hall no earlier than 10 minutes before class begins. At dismissal time please use the Church Rd entrance. You may park or drive up to pick up your 7th and/or 8th grader. Follow the arrows in the parking lot and exit the campus by using the Church Rd exit. Please **do not use** the Pastor’s drive-way which exits onto Dixie Hwy.

TOYS/GAMES/PERSONAL ITEMS

We ask **that no personal items, toys, stuffed animals, electronic devices**, etc. be brought to Faith Formation. For the safety of the child, if an item is brought to faith formation, it will be taken from the student and held in the Director's Office until the end of class, at which time the student may pick up the item before they go home. If your child brings a phone to faith formation, we ask that there be no texting or talking on the phone during class time. All phones should be put away into pockets or purses during class.

CANCELLATIONS AND WEATHER EMERGENCIES – effective Feb. 26, 2018

We will no longer follow the Anchor Bay Schools cancellation of classes for *weather emergencies*. If we need to cancel a class an email will be sent and a phone call will be made to the number on file to the youngest child in your family. If there is any doubt, please contact the Faith Formation Office at (586) 725-1762.

EARLY DISMISSALS

In the event of an early dismissal, each household will be contacted with information pertinent to the situation. Children will stay in the designated "safe" place until parent(s)/guardian(s) arrive. For the safety of all children, students will be required to remain in the designated safe place until their parent/guardian, or designated ride arrives.

EARLY RELEASE

In the event that you need to pick up your child for an early release, we ask that a parent come to the Faith Formation Office to sign out your child. A release slip will be issued.

Please Note

For the safety of your children, if your child is to be picked-up or driven home by anyone else other than his/her normally designated ride, he/she will need to produce a signed note of permission, otherwise, he/she will be kept at Faith Formation until his/her normally designated driver arrives.

FIRE SAFETY and DISASTER PREPARATION

Safety route instructions are posted in each room of the school with directions and a visual explanation for fire or tornado emergencies. This "map" is explained to all the students and a safety drill is preformed once each Faith Formation year. Several areas of the school are designated as safety shelters. Each map shows which shelter is designated for each individual room, based upon proximity of that room to the closest shelter.

Fire Emergency

In the event of a fire, the fire drill will be activated. The fire department will be notified. Everyone will evacuate the building. Catechists and adult helpers will lead the children from the room in a controlled fashion to the designated safety area outside. The catechist/teacher/adult will call roll from the attendance record or register. The last adult to leave will make sure that everyone is out of the building. If any person is missing, a firefighter will be notified immediately.

Building Evacuation/Bomb Threat

In the event of a bomb threat either by letter or phone, the police will be notified immediately, and their instructions will be followed. If the school building or parish hall is evacuated, the children will be moved to the closest shelter area.

Tornado Watch/Warning

If there is a tornado watch (conditions are right) the situation will be closely monitored. Parents may be called and an early dismissal may be instituted if there is a warning for the neighboring counties. In the event of a tornado warning (one has been spotted in the area) we will refer to our safety route maps, posted in each room, and we will take the appropriate cover (described above).

OFF-CAMPUS ACTIVITIES

Throughout the year, our Middle School youth will be invited to participate in field trips as part of their formation. These off campus activities could include shopping with our penny drive donations, a day at the Capuchin Warehouse in Detroit, service activities, etc. For all off-campus activities drivers must have a background check and have attended Protecting God's Children Workshop. Also, special forms must be completed for both students and parent drivers. According to the Archdiocese of Detroit as stated in the ***Policies and Procedures Manual and D.R.E. Handbook***, and concerning all off-campus activities:

All Drivers: must be at least twenty-one (21) years of age or older, and have a current, valid, and non-probationary license, current proof of insurance covering the AOD limits, and have available to show the designated administrator. **All drivers must submit to the designated administrator, a completed and signed *Volunteer Driver Information* form** for each vehicle used. The driver will receive a copy of approved itinerary including routes to be followed and summary of responsibilities.

All vehicles: Must be validly registered (with proof in writing) and have seatbelts/restraints for each passenger. As of March 2004, the minimal acceptable liability for privately owned vehicles is \$250,000.00/\$500,000.00 (with proof in writing).

All Students attending Off-Campus Activities:

Must produce a completed and signed ***Parent Permission*** form by the date indicated on that form and before the day of the planned activity. No student will be allowed to take part in off-campus activities without submitting the completed, signed ***Parent Permission*** form. Under no circumstances may students bring along non-enrolled "friends" to any off-campus activity or field trip.

The contact person for each event or activity will be identified on the **Parent Permission** form. **Registration or sign-up procedure for off-campus activities or field trips** will go as follows:

Pertinent forms (as named above) will be handed out or sent home to all participants.

Description of the activity, times, contact people, deadlines, directions, and fees will be stated and explained on the *Parent Permission* form. As stated above, forms must be completed and signed in order for the student to participate or for the adult to drive.

All information/ forms/ permission slips will be retained for two-years by the Faith Formation Office.

CHILD ABUSE

Child abuse is a serious concern. Our staff has a moral and legal responsibility to comply with the law to ensure the welfare of a child. If a member of the Faith Formation staff believes there is a suspected abuse or if someone communicates to a member of the Faith Formation staff suspected abuse, that person will inform the Director of Religious Education who will then notify the Pastor of the concern. Pursuant to state law, we are required to report suspected child abuse and we will also follow diocesan policy on such matters.

BACKGROUND CHECKS

Effective September 2003, the Archbishop of Detroit mandates that a criminal history background check be conducted for all church personnel as well as volunteers and adult helpers working in any parish who have unsupervised contact with a child, the elderly or persons with disabilities. In compliance with this directive, all adult catechists and helpers in our Faith Formation program will receive a background check. In addition, all adult volunteers have read the **Code of Pastoral Conduct for Volunteers** and will also attend a 3-hour ***Protecting God's Children*** seminar to learn of the warning signs of inappropriate relationships with children so they can identify potential abuse before it happens. Parishes throughout the Archdiocese will be offering a ***Protecting God's Children workshop***. **Please go online to www.aod.org to check dates, locations and availability. You will need to register online.**

COMMUNICATION

The continued success and growth of any faith formation program depends a great deal on feedback from parents and participants. Therefore, parents and participant's comments and suggestions are encouraged and welcome. Any correspondences to this effect should be sent to the Faith Formation Office (Attn: DRE) or communicated directly via email, phone or in person.

All general religious education information can be found in this Faith Formation Handbook. For specific information concerning events, sacraments, agendas, field trips, formation themes, sessions, and up-dates, please refer to the monthly *Faith Formation Newsletter*. Important requests for information will be sent home via email, a note to your child or through the mail. Several times during the year, news notes, information, forms, and reminders will be sent home via email or with the youngest child in your family. Be sure to check our parish bulletin for weekly updates. The bulletin is also available on our web site: www.iccatholic.org.

STAFF

The catechists, assistants, and helpers are volunteers who wish to be a companion on your child's faith journey. They participate in the various areas of faith formation because they are convinced of its importance. They give freely of their time and talent to support you in the lifelong mission of forming your children into the image and likeness of Christ. They deserve your utmost respect, consideration, and support at all times. If you have any questions or concerns about our parish program or its volunteers, please feel free to contact our Director, Tina Kovalcik at (586) 725-1762 or kovalcik@iccatholic.org.

Catholic Websites

FORMED

www.iccatholic.formed.org

Access code: TJVR87

Vatican

www.vatican.va

U.S. Conference of Catholic Bishops

www.usccb.org

Archdiocese of Detroit

www.aod.org

Immaculate Conception Parish

www.iccatholic.org

RCL Benzinger

www.bemydisciples.com

Lectionary Readings

www.rclblectionary.com

Saints Resource

www.saintsresource.com

Movie Reviews

www.sisterosemovies.com

Saints

www.catholic.org/saints

PRAYERS TO KNOW

SIGN OF THE CROSS – In the name of the Father, and of the Son, and of the Holy Spirit. 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.

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.

NIGHT PRAYER – God be with me as I sleep. Bless those who love and care for me. I love you, dear God. I know you love me, too.

MORNING PRAYER – I give to you, my God, this day, all I do, think, and say.

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

HAIL MARY – Hail Mary, full of grace, the Lord is with thee. Blessed art thou among woman, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE TO THE FATHER – Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning is now, and ever shall be, world without end. Amen.

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. Jesus Christ suffered and died for us. In his name, dear God, have mercy. Amen.

THE APOSTLES' CREED - I believe in God, the Father Almighty, creator of heaven and earth and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

HAIL, HOLY QUEEN – Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then most gracious advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

PRAYER 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 me to know what is right and always rejoice in your comfort. I ask this through Christ, the Lord. Amen.

CHURCH TEACHINGS

THE TEN COMMANDMENTS (Exodus 20: 1-17, Deuteronomy 5: 1-21)

1. I am the Lord, your God. You shall not have 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 your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not cover anything that belongs to your neighbor.

THE BEATITUDES (Matthew 5: 3-11)

Blessed are the poor in spirit, for theirs is the kingdom of God.

Blessed are they who mourn; God will comfort them.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of the righteousness, for theirs is the kingdom of God.

CORPORAL WORKS OF MERCY

Feed the hungry.

Give drink to the thirsty.

Clothe the naked.

Shelter the homeless.

Visit the sick.

Visit the imprisoned.

Bury the dead.

SPIRITUAL WORKS OF MERCY

Help the sinner.

Teach the ignorant.

Counsel the doubtful.

Comfort the sorrowful.

Bear wrongs patiently.

Forgive injuries.

Pray for the living and the dead.

PRAYER TO ST. MICHAEL

Saint Michael Archangel, defend us in battle,
be our protection against the wickedness and snares of the devil;
may God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God, cast into hell
Satan and all the evil spirits
who prowl about the world seeking the ruin of souls.
Amen.

HOLY DAYS

Feast of Mary, Mother of God – January 1st
Ascension of Jesus – forty days after Easter
Assumption of Mary – August 15th
Feast of All Saints – November 1st
Feast of Mary the Immaculate Conception – December 8th
Christmas Day – December 25th

FRUITS OF THE SPIRIT **(Galatians 5:22-23)**

Love, Joy, Peace, Patience, Kindness
Goodness, Faithfulness, Gentleness,
Self-Control

GIFTS OF THE SPIRIT **(Isaiah 11:2-3)**

Wisdom, Understanding, Knowledge
Courage, Right Judgment, Reverence, and
Wonder & Awe

THE PRECEPTS

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