

Sacrament Preparation: Confirmation & Eucharist

TUES. YEAR ONE CLASSES: LIFE TEEN

YEAR ONE PROGRAM BOOKLET

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PG#	<u>TOPIC</u>	<u>TUESDAY YEAR ONE CLASS</u>
17	CREATED	APRIL 16, 2024
18	CAPTURED	APRIL 23, 2024
19	RESCUE	APRIL 30, 2024
22	RESPONSE	MAY 7, 2024
23	TEN COMMANDMENTS	MAY 14, 2024
	YEAR ONE REVIEW	MAY 21, 2024
24	PREPARING YOUR HEART FOR CONFESSION	
25	EXAMINATION OF CONSCIENCE	
27	STEP-BY-STEP GUIDE TO CONFESSION	
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*“In those days Jesus departed to the mountain to pray, and He spent the night in prayer to God. When day came, Jesus called His **Disciples** to himself, and from them He chose Twelve, whom he also named **Apostles.**” ~ Luke 6:12-13*

The celebration of the Sacraments of Initiation are not intended to bring our formation as Christians to an end, but rather to begin a process of continuing education and formation that is life-long and that gradually unfolds the mystery of God's love and our response as we grow and mature. The Church refers to this life-long process as Mystagogy. All of the Sacraments are generous gifts from our loving God. Mystagogy invites us into a never-ending process of cherishing the gifts of the Sacraments of Initiation & continuously growing in our understanding of the power of God working in us as a result of our initiation into His Church. Understood in this light, Baptism, Confirmation and Eucharist are not seen as an end, but rather as a beginning. They are gifts of the Father that strengthen and support us in living faithfully our life in Christ. They are gifts to be continuously meditated upon and studied. Our understanding of them is meant to deepen as we grow and mature.

MASS ATTENDANCE

Every weekend and on Holy Days of Obligation

There is one thing that distinguishes us from other Christians – our devotion to the sacrament of the Eucharist. The Eucharist is the source and summit of our Catholic faith (CCC 1407).

A common complaint from teens (and some adults) is that Mass is boring. But, we, as the St. Helen Sacrament Preparation Team, believe if we truly understood what is happening during the Liturgy, we could never again say that Mass is boring.

God asks of every baptized *child of God* to spend time with Him and the Body of Christ, the Church, on Sunday and other Holy Days of Obligation actively participating in Mass (CCC 2187). This may upset some Catholics, but it is our obligation as Catholics, and therefore an expectation placed on the Disciples candidates. ***If a youth in Sacramental preparation is not fulfilling their weekly Mass obligation and on Holy Days of Obligation, why are they preparing for the sacraments of Initiation?*** This is not meant to be judgmental. Full, Active, and Conscious Participation in weekly Mass is vital to a youth preparing for Communion & Confirmation. We, the St. Helen Sacrament Preparation Team, do not want to water down or sugar coat our Catholic faith for our teens. We call them in Confirmation to be defenders of the Faith. Why would we not prepare them for battle?

MASS CARDS

To monitor weekly Mass participation, we have created weekly **Mass Cards** [samples below]. These **Mass Cards** may be found in the gathering space just inside the church.

Each week: fill out the youth's information (name, class time, grade, etc) on side 1 of the card. Then, the **Year ONE Youth** writes the answer to this week's question which is located on Side 2 of the **Mass Card**. During the offertory, the **Year ONE youth** places the completed **Mass Card** in the basket.

If, as an Year ONE youth, you attend a weekly Mass *at another Catholic Church* with your family **other than St. Helen**, please *pickup that Parish's weekly bulletin/song sheet, write the full name of the youth* and turn it in to **Deepa Duran** at your next **Sacrament Class or LIFE TEEN event**.

If it seems that a parent/guardian is completing the **Mass Card**, the question answer[s] are wrong or the **Year ONE youth** is consistently missing weekly Mass, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the **Year ONE** program or postpone the reception of their sacraments.

"Confirmed people are drawn into deeper participation in the life of the Church. They have a desire to be active in their own parish's ministries. They are not afraid to be identified as a member of the Church when they participate in community activities. They look forward to Sunday Mass, to celebrate the Lord's Supper with their brothers and sisters in Christ."

(The Catholic Faith Handbook for Youth, Brian Singer-Towns, St Mary's Press)

ST. HELEN SACRAMENT PREPARATION MASS CARD
 — Side 1 may be completed by a parent or the child —
 FIRST & LAST NAME _____
 GRADE _____ TODAY'S DATE ____ / ____ / ____
 MASS TIME [of day] _____ AM / PM
 I AM ATTENDING MASS WITH: _____
Complete both sides & drop in the offertory basket during Mass.

SACRAMENT PREPARATION MASS CARD [side two]
 — Side 2 must be completed & written by youth —
 WHO IS THE PRIEST CELEBRATING MASS TODAY? [NAME] _____

 if the priest is standing by the door, say hello—before or after the Mass.

ST. HELEN SACRAMENT PREPARATION MASS CARD
 — Side 1 may be completed by a parent or the child —
 FIRST & LAST NAME _____
 GRADE _____ TODAY'S DATE ____ / ____ / ____
 MASS TIME [of day] _____ AM / PM
 I AM ATTENDING MASS WITH: _____
Complete both sides & drop in the offertory basket during Mass.

SACRAMENT PREPARATION MASS CARD [side two]
 — Side 2 must be completed & written by youth —
 DO YOU SIT IN THE SAME AREA FOR MASS EVERY WEEK?

 You probably have a favorite area. If there are empty seats in front of you, move up. The closer you are to the action, the more easily and fully you will be able to participate.

BAPTISMAL / BIRTH CERTIFICATE

If you have not turned in your child's Baptismal / Birth Certificate, a copy is due **BEFORE** the **Tuesday Sacrament Prep class on November 14, 2023**.

ATTENDANCE

Attendance will be taken at all **Sacrament Preparation, Year ONE** activities (Tuesday Sacrament Prep class, Sunday Life Teen LIFE NIGHTS, etc). Partial attendance is regarded as non-attendance. Please make sure your **Youth** arrives on time and stays through to the end of the **Sunday Life Teen LIFE NIGHTS, Tuesday Sacrament Prep class, Retreats, etc.**

It is understood that a parent and/or a sponsor will attend and participate in all of the **Tuesday Sacrament Prep** classes with their child[ren]. Please arrive before Tuesday Sacrament Prep class begins, so you can find your seat, get all of your materials, and get settled. **Tuesday Sacrament Prep** class will not begin until all families are present or accounted for.

TUESDAY SACRAMENT PREP CLASS

The dates for the **Tuesday Sacrament Prep** classes (6:30-8:30 pm in the Teen Center) September 2023-May 2024 are located on **pages 13-14** of this booklet.

It is understood that a parent and/or a sponsor will attend all **Tuesday Sacrament Prep** classes with their child[ren].

and LIFE TEEN

As a Eucharist-centered movement within the Roman Catholic Church, **LIFE TEEN** leads high school youth and their families into a deeper relationship with Jesus Christ and His Church. With the Blessed Virgin Mary as our intercessor and guide, **LIFE TEEN** seeks to unleash the fullness of the Sacramental power present within the young Church.

Because of our deep Eucharistic devotion, **LIFE TEEN** has developed a spirituality that is: 100% Catholic, Obedient to the Magisterium, Centered on the Eucharist, Scriptural, Liturgical, Catechetical, Sacramental, Focused on social justice, and Comprehensive.

SUNDAY LIFE TEEN LIFE NIGHTS begin at 5:30 pm on Sunday and ends at 7:30 pm. We meet for the Life Teen LIFE NIGHTS in the Teen Center.

Sunday Life Teen LIFE NIGHTS are all year long. **Sacrament Prep youth** attend **SIX** specific LIFE NIGHTS (referred to as **AD LIFE NIGHTS**) during their **YEAR ONE** year. These **Sunday AD LIFE Nights** supplement their **Tuesday Sacrament Prep** classes and also help to foster community among their peers.

The term "**AD**" refers to the particular Sunday Life Teen LIFE NIGHT that all **Sacrament Prep youth** are required to attend and participate in.

The 2023-2024 LIFE TEEN Calendar is on **pages 13-14** of this booklet.

GRACE CARDS

We recognize that there are times when family or an emergency can prevent an **YEAR ONE** from attending a scheduled activity. Therefore, each **Sacrament Prep YEAR ONE** youth will be given **3 Grace Cards*** for their **Sacrament Prep YEAR ONE** year. On the **Sacrament Prep, YEAR ONE Youth's 4th** absence, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the **YEAR ONE** sacrament preparation program or postpone the reception of their sacraments.

*Grace Cards may only be used for **Tuesday Sacrament Prep YEAR ONE classes OR AD LIFE TEEN LIFE NIGHTS**. Grace Cards **MAY NOT BE USED** for the retreat requirement.

RETREAT

One of the components of the **Sacrament Prep, YEAR ONE** program is participating & attending an approved retreat. As a **LIFE TEEN Sacrament Prep, YEAR ONE** youth, we have a **NET** retreat on **Thursday, October 5** from **4:45-8:45 pm** at **St. Helen**.

Your **Sacrament Prep, YEAR ONE** fees have paid for the October 5th retreat.

You are free to choose another retreat offered by another parish. ***However, it will need to be pre-approved by Deepa Duran, your St. Helen Youth Minister.*** And, you will need to pay all the fees associated with the other parish's retreat.

CHOOSING A GODPARENT / SPONSOR

Hopefully you've thought a lot about what receiving the sacraments of initiation mean, and how the Holy Spirit will affect your life. You're required to have a godparent/sponsor—someone who guides you and shares the story of faith with you now and throughout your life.

SOME ADVICE TO THE YOUTH: You're looking for someone you trust, whose faith you admire and who will be there for you to help you grow in your Catholic faith as you continue to grow older.

SERVING AS A GODPARENT/SPONSOR COMES WITH GREAT RESPONSIBILITIES:

A godparent/sponsor **must be a Roman Catholic** because Godparents officially represent the Catholic Church by witnessing what it means to live a *baptized life, confirmed* in the Holy Spirit and faithfully participating in the sacraments of *Reconciliation* and the *Eucharist*, the source and summit of the Christian life.

GODPARENTS/SPONSORS TRUTHFULLY STATE ALL OF THE FOLLOWING:

- ✠ I am at least 16 years of age.
- ✠ I am a registered member of my parish.
- ✠ I am an active member at my parish. [financial support and involvement in ministries]
- ✠ I have received the sacraments of Baptism, Confirmation and Holy Communion and can show proof.
- ✠ Relationship status*:
 - ✠ I am married, and I married within the Catholic Church and can show proof.
 - or
 - ✠ I am unmarried, nor am I cohabitating with my significant other [living together under the same roof: part-time, full-time, or occasional sleepovers].
- ✠ I am committed to my Catholic faith.
- ✠ I attend and participate in weekly Sunday Mass.
- ✠ I receive God's mercy in Confession regularly and the Eucharist as often as possible.
- ✠ I witness to the teachings of the Catholic Church by the way I live my life as a disciple of Jesus Christ.

RELATIONSHIP STATUS NOTES:

- Those Catholics in second+ marriages must have had their previous marriage[s] annulled and their second+ marriage convalidated by the Catholic Church.
- Those Catholics presently in civil or common law marriages are not eligible to serve as a godparent or Confirmation sponsor.
- A godparent who is unmarried, must be living a life consistent with the single vocation as defined by the Catholic Church.
- Any single person cohabitating with another person, living in a romantic relationship or as a couple, is ineligible to minister as a godparent or Confirmation sponsor.

A GODPARENT/SPONSOR 'IN GOOD STANDING'?

Being a faithful 'Catholic in Good Standing' means we have a moral and spiritual obligation to follow and give our full agreement to the teachings and norms of the Roman Catholic Church. As Catholic Christians, we believe that our faith and works save us; because of the salvific work promised us by Jesus Christ. Founded in and intertwined with God's Ten Commandments, this is why we

- ✠ fully and actively participate in the Liturgy of the Mass on Sundays;
- ✠ celebrate the Sacrament of Reconciliation regularly [every 1-2 months];
- ✠ Tithe 3-10% to our parish weekly;
- ✠ develop and maintain a personal relationship with God through daily prayer;
- ✠ and participate in the catechetical, sacramental, and communal life of our parish.

If you are living out your Catholic faith as a as a “CAFETERIA CATHOLIC” — someone who picks and chooses Church teachings according to what they want to believe or not believe — you may not exercise the ministry as a Baptism godparent or a Confirmation sponsor.

A few examples of a person living as a Cafeteria Catholic:

- ✠ Supports the pro-choice movement [abortion and contraception]
- ✠ Supports re-defining marriage
- ✠ Is “living with” [cohabitating] someone else or only civilly married;
 - ✠ while engaging in intimate sexual relations (outside the Sacrament of Matrimony)
- ✠ Is attending Mass only when they feel like it or it fits into their schedule.
- ✠ Does not regularly receive God's mercy in Confession

If we do not understand the faith – we are called to take the time to be informed about it; participate in the religious education opportunities of our parish; and/or meet with a parish priest. Learn what it is that we believe, why we believe it, how do we live out our faith. We can also pray for the courage and perseverance, not only to live out the faith, but to proclaim it to a world that so desperately needs to hear the truth of God's message, now more than ever! May God continue to bless you in your faith journey and good works, as we collectively evangelize the Good News of Jesus Christ!

GODPARENT/SPONSOR ELIGIBILITY FORM DETAILS

It is up to the **YEAR ONE** youth to give their sponsor a **St. Helen Godparent/Sponsor Eligibility Form** to fill out and return to St. Helen (address: 5510 W. Cholla St, Glendale, AZ 85304 or fax: 623-412-1226 or email: dduran@sthelenglendale.org) This needs to be turned/mailed in **before the Tuesday Sacrament Prep class on November 14, 2023.** (forms can be found in the FORMS section of this booklet or online — <https://www.sthelenglendale.org/YM-SacPrep>. If you need extra forms, contact the Youth & Young Adult Coordinator, Deepa Duran.

In order for the **Godparent/Sponsor Eligibility** form to be considered **COMPLETE**, the following must be met:

1. **Fill out** the form completely.
2. **Obtain** the parish seal/signature from the Godparent's/Sponsor's parish [it is a raised embossment or decal]
3. **Submit** necessary sacrament documentation to dduran@sthelenglendale.org

If you are unsure If the person you have chosen as your godparent/sponsor, please ask your Youth Minister, Deepa Duran.

****Remember, your sponsor should be someone whose Catholic faith you admire and want to strive after their example of holiness because he/she is active in their parish church and can share why our Catholic faith is important in their daily life. You should also consider choosing someone who lives close enough to help in your preparation to receive the sacraments and beyond.**



St. Helen Catholic Parish
5510 West Cholla Street, Glendale, AZ 85304
623-979-4202 Fax 623-412-1226
www.sthelenglendale.org

GODPARENT/SPONSOR ELIGIBILITY
For age 7 through Adult
To be completed by the Catholic Godparent/Sponsor
Email Documentation to dduran@sthelenglendale.org

GODPARENT/SPONSOR INFORMATION

First Name _____ Last Name _____ Contact # _____
 Mailing Address _____ City _____ State _____
 Country _____ Zip Code _____
 Email _____
 Person to whom I will be Godparent/Sponsor _____

In accepting this responsibility, I truthfully state the following:

I am a practicing Roman Catholic in both word and deed.
 I am a fully initiated Catholic. (Please submit a copy of your Baptismal Certificate, complete documentation of your reception of the Sacraments of Confirmation and Eucharist. Email documentation to dduran@sthelenglendale.org)
 I attend Mass: _____ weekly, _____ twice a month, _____ monthly, _____ occasionally, _____ do not attend Mass.
 I am at least 16 years of age.
 I am: _____ Single, _____ Married, _____ Widowed, _____ Divorced
 If married, were you married in the Catholic Church? _____ Yes _____ No _____ If yes, what year? _____
 (Please submit a copy of your Baptismal Certificate, complete documentation of your reception of the Sacrament of Matrimony. Email documentation to dduran@sthelenglendale.org)
 I am not cohabitating (living with significant other) (_____)

Statement of Godparent/Sponsor
 I recognize that in accepting the role of Godparent/Sponsor, I am responsible to be a model and example of faith to the newly Baptized/Confirmed as a committed member of the Catholic Church and a support in the practice of our mutual faith. I hereby assure that I am committed to the Catholic Faith, I have myself baptized and confirmed in it, and that I meet my fundamental obligations as a Catholic. I will assist the youth in their preparation for the Sacraments by receiving the Eucharist as often as possible and Penance as necessary, by being open to the Word of God as revealed in Sacred Scripture and taught by the Church, by witnessing to the values of the Catholic Faith, and by seeking to be of service to others for love of Him.

Signature of Catholic Godparent/Sponsor _____ Date Signed _____
 Name of Your Home Parish _____
 Address _____ City _____ State _____ Zip _____
 Parish _____
 Please indicate the qualifications of Godparents/Sponsors.

AFFIX
CHURCH
SEAL
HERE

Signature of Pastor or Delegate _____
 Date: ____/____/____

EVERY CATHOLIC SHOULD KNOW THESE PRAYERS

Sign of the Cross

In the name of the Father



and of the Son



and of the Holy



Spirit. Amen.



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.

Our Father who art in heaven, hallowed be thy name. Your kingdom come. Your 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, 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.

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.

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 by this confidence I fly unto you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful & sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. 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.

GRACE BEFORE MEALS

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

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys & sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

EVERY CATHOLIC SHOULD KNOW THESE PRAYERS

I confess to Almighty God and to you, my brothers and sisters, that I have sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *through my fault, through my fault, through my most grievous fault*; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

THE NICENE CREED

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

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven,

[At the words that follow, up to and including and became man, all bow.]

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.

Glory to God

in the highest. And on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify You,
we give you thanks for your great glory.

Lord God, heavenly King, O God almighty Father.

Lord Jesus Christ, Only Begotten Son. Lord God, Lamb of God, Son of the

Father: you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are Holy One, you alone are the Lord, You alone are the Most High. Jesus Christ, with the Holy Spirit, in the glory of God the Father. AMEN.

Holy, Holy, Holy

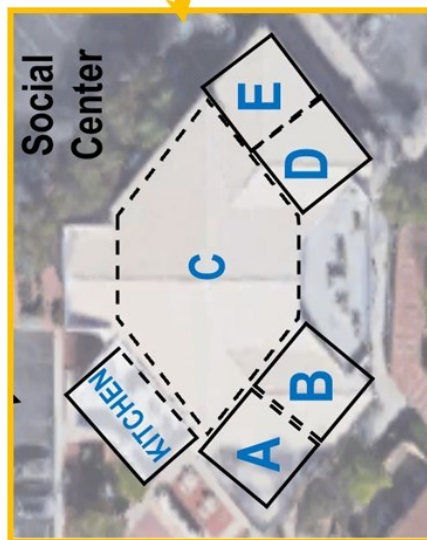
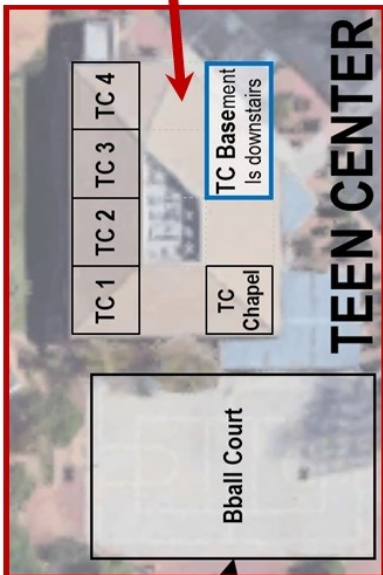
Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he whom comes in the name of the Lord. Hosanna in the highest.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong & in 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, & to avoid whatever leads me to sin.

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 evil spirits, who prowl about the world seeking the ruin of souls. Amen.



YEAR ONE PROGRAM ~ FALL 2023 CALENDAR

Forms can be found online: <https://www.sthelenglendale.org/YM-SacPrep>

Questions: Call Deepa Duran (623-500-3207)

Email: dduran@sthelenglendale.org



Sunday LIFE TEEN Life Nights and AD LIFE TEEN Life Nights are attended by the Youth only.		
LIFE TEEN Life Night	Sunday, September 10	5:30-7:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, September 17	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, September 24	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, October 1	5:30-7:30 pm (Teen Center)
LIFE TEEN NET Retreat**	**Thursday, October 5	**4:45-8:45 pm (Teen Center)
LIFE TEEN Life Night	Sunday, October 15	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, October 22	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, October 29	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, November 5	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, November 12	5:30-7:30 pm (Teen Center)
YEAR ONE Class	Tuesday, November 14	6:30-8:30 pm (Teen Center)
<p>A Parent/Sponsor and Youth are to attend all Tuesday classes</p> <p>Baptism / Birth Certificate is due before Tues., November 14, 2023.</p> <p>Godparent/Sponsor Eligibility form is due before Tues., April 23, 2024.</p>		
LIFE TEEN Life Night	Sunday, November 26	5:30-7:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, December 3	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, December 10	5:30-7:30 pm (Teen Center)

We recognize that there are times when family or an emergency can prevent an St. Helen **YEAR ONE** Sacrament Prep Youth from attending a scheduled activity.

Therefore, each St. Helen **YEAR ONE** Sacrament Prep Youth will be given **3 Grace Cards*** for their St. Helen **YEAR ONE** Sacrament Prep year. On the St. Helen **YEAR ONE** Sacrament Prep Youth's **4th absence**, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the 2023-2024 St. Helen **YEAR ONE** Sacrament Prep program or postpone the reception of their sacraments.

***Grace Cards** may only be used for **Tuesday YEAR ONE** classes or **AD Life Teen LIFE NIGHTS**. Grace Cards **MAY NOT BE USED** for the retreat requirement.

LIFE TEEN Life Night	Sunday, January 28	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, February 4	5:30-7:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, February 25	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, March 3	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, March 10	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, March 17	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, April 7	5:30-7:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, April 14	5:30-7:30 pm (Teen Center)
YEAR ONE Class	Tuesday, April 16	6:30-8:30 pm (Teen Center)
<p>A Parent/Sponsor <u>and</u> Youth are to attend <u>all</u> Tuesday classes Baptism / Birth Certificate is late!! Must be submitted before Tues., May 14, 2024. Godparent/Sponsor Eligibility form is due before Tues., April 23, 2024.</p>		
LIFE TEEN Life Night	Sunday, April 21	5:30-7:30 pm (Teen Center)
YEAR ONE Class	Tuesday, April 23	6:30-8:30 pm (Teen Center)
<p>Godparent/Sponsor Eligibility form is due before Tues., April 23, 2024.</p>		
LIFE TEEN Life Night	Sunday, April 28	5:30-7:30 pm (Teen Center)
YEAR ONE Class	Tuesday, April 30	6:30-8:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, May 5	5:30-7:30 pm (Teen Center)
YEAR ONE Class	Tuesday, May 7	6:30-8:30 pm (Teen Center)
YEAR ONE Class	Tuesday, May 14	6:30-8:30 pm (Teen Center)
YEAR ONE Class	Tuesday, May 21	6:30-8:30 pm (Teen Center)

We recognize that there are times when family or an emergency can prevent an St. Helen YEAR ONE Sacrament Prep Youth from attending a scheduled activity. Therefore, each St. Helen YEAR ONE Sacrament Prep Youth will be given **3 Grace Cards*** for their St. Helen YEAR ONE Sacrament Prep year. On the St. Helen YEAR ONE Sacrament Prep Youth's 4th absence, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the 2023-2024 St. Helen YEAR ONE Sacrament Prep program or postpone the reception of their sacraments.

***Grace Cards** may only be used for Tuesday YEAR ONE classes OR AD LIFE Nights.
Grace Cards may NOT BE USED for the retreat requirement.



St. Helen Catholic Parish
 5510 West Cholla Street, Glendale, AZ 85304
 623-979-4202 Fax 623-412-1226
 www.sthelenglendale.org

GODPARENT/SPONSOR ELIGIBILITY
Age 7 through Adult

To be completed by the Catholic Godparent/Sponsor

Email Documentation to dduran@sthelenglendale.org

GODPARENT/SPONSOR INFORMATION

First Name _____ Last Name _____ Contact # _____
 Mailing Address _____ City _____ State _____
 Email: _____ Country _____ Zip Code _____
 Person to whom I will be Godparent/Sponsor: _____ Age of Person _____

In accepting this responsibility, I can truthfully state the following:

- I am a practicing Roman Catholic in both word and deed.*
- I am a fully initiated Catholic.* (Please submit a copy of your Baptismal Certificate, complete with notations of your reception of the Sacraments of Confirmation and Eucharist. Email documentation to dduran@sthelenglendale.org)
- I attend Mass:*
 _____ weekly; _____ twice a month; _____ monthly; _____ occasionally; _____ do not really attend Mass.
- I am at least 16 years of age.*
- I am:* _____ Single; _____ Married; _____ Widowed; _____ Divorced
- If married, were you married in the Catholic Church?* _____ Yes _____ No *If yes, what year?* _____
 (Please submit a copy of your Baptismal Certificate, complete with notation of your reception of the Sacrament of Matrimony. Email documentation to dduran@sthelenglendale.org)
- I am not cohabitating* (living with significant other/boyfriend/girlfriend).

Statement of Godparent/Sponsor

I recognize that in accepting the role of Godparent/Sponsor, I become responsible to be a model and example of faith to the newly Baptized/Confirmed as a committed and active Catholic and to be a support in the practice of our mutual faith. I hereby assure that I am committed to my Catholic faith, that I am myself baptized and confirmed in it, and that I meet my fundamental obligations as a Catholic by participating in Sunday Mass, by receiving the Eucharist as often as possible and Penance as necessary, by being open to the Word of God as revealed in Sacred Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for love of Him.

Signature of Catholic Godparent/Sponsor

Date Signed

Name of Your Home Parish _____
 Address _____ City _____ State _____ Zip _____

Pastors must ascertain the spiritual qualifications of Godparents/Sponsors.



 Signature of Pastor or Delegate
 Date: _____ / _____ / _____

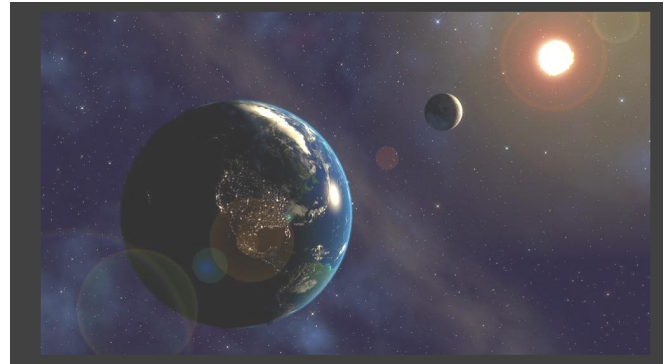
SCAN ME



In the two creation accounts,
God reveals:

GENESIS 1

GENESIS 2



- 1) There is ONE God
- 2) He is _____
- 3) He creates out of _____
- 4) He creates _____; HE speaks and things come into being
- 5) the Highlight of everything He creates is the _____
- 6) Human person is made in His _____ and _____
- 7) Human person is made for communion with God and with each other. To be in _____ and in _____ with God
- 8) The human person is destined to be divinized [cf 2 Peter 1:4] to share in God's _____ forever in heaven.



9) Each galaxy has roughly 1 _____ stars in them.

10) If we built a sandcastle where every single star is a grain of sand, how big would the castle be?

_____ wide _____ long

AND _____ tall

11) WHY IS KNOWING HOW MANY STARS ARE IN THE UNIVERSE IMPORTANT?

[Psalm 147:4 Isaiah 40:26]

12) Which creature does God love the most?



DISCIPLES CLASS: CAPTURED

Kerygma

WHY IS THERE SOMETHING RATHER THAN NOTHING?

Tonight's session is Sin and its consequences, or why is everything so messed up? What the hell happened?

Tonight's class, we're talking about the _____ NEWS.

Focusing on:

The Enemy [Satan]

The _____ of the Fall

THE ENEMY'S:

_____ : RULER OF THIS WORLD

REASON FOR REBELLING: HE HATES US

NAMES: Satan [accuser] & Devil [divider]

ROOT STRATEGY: Father of Lies

TACTICS

HE ACCUSES

HE LIES

HE DIVIDES

HE _____

HE TEMPTS

HE DISCOURAGES

GOAL FOR YOUR LIFE: he wants to destroy you and to separate us from GOD

Sin and Death are _____. It's not enough to repent, we need to be RESCUED

THE CONSEQUENCES OF THE FALL

DEATH

SIN

HOLY SPIRIT, reveal, show me:
[and write it down]

- WHERE IS HE ACCUSING ME RIGHT NOW?
- WHAT LIE IS CRIPPLING ME RIGHT NOW?
- WHERE IS THE ENEMY CAUSING DIVISION IN MY LIFE RIGHT NOW?
- WHERE IS THE ENEMY FLATTERING MY EGO RIGHT NOW?
- WHAT TEMPTATION IS STRONGEST RIGHT NOW?
- WHERE AM I MOST DISCOURAGED RIGHT NOW?

Kerygma

WHY IS THERE SOMETHING RATHER THAN NOTHING?

WHY IS EVERYTHING SO MESSED UP? WHAT THE HELL HAPPENED?

WHAT, IF ANYTHING, HAS GOD DONE ABOUT SIN & DEATH?

ISAIAH 49:24-26

1) **What's the big deal about being a GOEL?**



The FATHER poses the question: Who will go and get him? Who will bring him back? Who will bring him home?

The him is _____. Or you or me .

And, the SON in the Center, has his head turned to the right towards the FATHER, as if to say to the FATHER, "I will" [pointing at himself] "I will go and get him. I will bring her back. I will bring him home."

And, the HOLY SPIRIT has his head down because the SPIRIT knows the COST of it takes for someone to do that.

WHY DID JESUS COME TO RESCUE US?

Luke 11:21-22

Who is the strongman? _____

Who is the one stronger than the strongman? _____

"Enemy occupied territory – that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise..."

— C.S. LEWIS, MERE CHRISTIANITY

DISCIPLES CLASS: RESCUE

Look at JESUS on a Cross, and ask yourself:

Is JESUS the Hunted or the Hunter?

Is He a Victim or is he the Aggressor?



What is an AMBUSH PREDATOR?



What is JESUS' Camouflage?



WHAT WAS JESUS DOING ON THE CROSS?

1ST] SHOWING US THE _____

2ND] BECOMING _____ ; MAKING ATONEMENT FOR US

3RD] GOING TO _____ TO _____ US

The Power of Death could not be conquered unless Our Lord took on the human form and lived in this world and died on the cross.

— St. Ephrem

WHAT DIFFERENCE DOES IT MAKE?

- 1) _____ the Enemy [Colossians 2:15]
- 2) destroyed _____ [Isaiah 25:8-9]
- 3) Transferred us from _____ kingdom of sin & death into the house of the FATHER [Colossians 1:13-14]
- 4) Gave us _____ to the FATHER [as His adopted sons/daughters in the Kingdom]
- 5) _____ us [2 Corinthians 5:17]
- 6) Rendered _____ powerless [Romans 6:6-7]
- 7) Gave us authority over the Enemy in HIS Name. [Luke 10:19]
- 8) _____ us on mission to get HIS _____ back

[Matthew 16:18; Mark 16:15; Matthew 28:18-20]

“Enemy occupied territory – that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us to take part in a **great campaign of sabotage.**” – C.S. LEWIS, *MERE CHRISTIANITY*

We are RESCUED, we are rescued, so as to RESCUE and bring people back to God.
Will you go and get them? Will you bring them back? Will you bring them home?

DISCIPLES CLASS: RESPONSE



Jesus is standing on the Enemy's head. The man and the woman are Adam and Eve. Jesus is saying, "Take my hand and let me pull you out of the tomb." He does not want us stuck in the muck and the mire.

What is our appropriate response? What is that Jesus most wants? He wants faith, our surrender. He wants us to Trust in Him.

I Invite you if you are willing, ONLY if you're willing, to surrender to Him right now.

To say, "Lord, here is my life and you can have it."

THE PRAYER. Is on the reverse side of this artwork. I'm going to invite you to make the sign of the cross, open your heart, [kneel], and honestly, earnestly, pray this prayer out loud with us in the chapel.

God, I believe that out of Your infinite love You created me. I'm sorry for all the times I have believed the enemy's lies that You are not a good Father and don't love me. Please forgive me for all of my sins. Thank you for sending Jesus, THE Ambush Predator, to rescue me from Sin, Death, Hell, and Satan. I choose this day to place Your Son, Jesus, at the center of my life. And, so, today, here and now, I surrender to You, Jesus and desire Your lordship over every area of my life. I ask You now to flood my soul with the gift of the Holy Spirit. Help me to know my true identity as a beloved son/daughter. Help me to know that I matter and I am worth dying for. Recreate me to be the person You destined me to be. Please use me as an instrument in Your merciful hands to rescue others and to help recreate this world that You so love. Amen.

10 COMMANDMENTS

MY RELATIONSHIP WITH GOD	1ST: I AM THE LORD YOUR GOD, YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.	6TH: YOU SHALL NOT COMMIT ADULTERY.
	2ND: YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.	7TH: YOU SHALL NOT STEAL.
	3RD: REMEMBER TO KEEP HOLY THE LORD'S DAY (SUNDAY).	8TH: YOU SHALL NOT LIE.
MY RELATIONSHIP WITH OTHERS	4TH: HONOR YOUR FATHER AND YOUR MOTHER.	9TH: YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.
	5TH: YOU SHALL NOT KILL.	10TH: YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.
MY RELATIONSHIP WITH OTHERS		

PREPARING OUR HEART FOR CONFESSION

(Adapted from the Hallow App [Teens])

Confession might seem a little intimidating. It's human nature to want to avoid thinking about the mistakes you have made, especially if your mistakes have usually gotten you in trouble with parents or teachers. The sacrament of Reconciliation isn't about getting you in trouble, though. God is not waiting in confession to give you a detention or scold you for your sins. He is waiting to welcome you with open arms. To help you heal from the wounds that sin has left in your life. Think of it like going to the doctor when you are sick. You tell the doctor about your symptoms and the doctor helps you feel well again.

Today, we're going to spend some time thinking about how sin has wounded our relationship with God, our relationship with others, and our relationship with ourselves. We'll start by asking God to help us examine our hearts, and then, we'll think about ways we haven't lived up to who God has made us to be.

Find a comfortable, quiet spot. It may help to close your eyes, or have a journal close by to write in. Let's begin...

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dear Holy Spirit, come into my heart and prepare my soul for this moment of grace. Grant me the gift of self-knowledge that I may better understand the sins which keep me from You and grant me the courage that I may confess them without fear.

Mother Mary, please stand by me and pray for me that I may receive this gift of mercy from your Son. Amen.

After reading the questions on the next two pages, you can answer them silently in your mind or write down your thoughts in a journal. Remember that the answers to these questions are private. You don't have to share them with anyone except the priest who hears your confession.

FIRST, THINK ABOUT YOUR FRIENDSHIP WITH GOD.

God loves you and knows that your ultimate goodness is only possible when you let Him into your life. Sin that leads us away from God hurts by pulling us away from the love and grace that our soul needs to thrive. Our relationship with God should be the starting point for everything else in our lives.

Do you find time to pray each day? Do you go to Mass every Sunday?
Do you make space for God within your mind and heart, as well as, in your calendar? When you go to Mass, do you pay attention?
If you have questions about your faith, do you seek out the answers?
Do your words and actions show the deep love you have for God? When you speak God's name, do you do so with reverence and respect?

We are made to love God and to be loved by Him.

As you prepare for confession today, consider if there are any sins preventing you from accepting God's love and responding to Him wholeheartedly.

NOW, THINK ABOUT YOUR FRIENDSHIPS WITH OTHERS.

If we love God, we should also love our brothers and sisters who are made in God's image.

Do your relationships with others reflect the truth that they are beloved by God?

What would it look like to love others the way they deserve to be loved?

Do you speak to others with kindness? Do you stand up for others when you encounter bullying, racism, or injustice?

Ask God to help you examine your heart.

Do you carry any anger or jealousy in your soul that God can help heal?

Are there people whom you need to forgive or areas in your life where you need God's grace to be patient or generous towards others?

In your own family, do you help carry the responsibility of making your home a place of love and goodness?

In romantic relationships, do you respect the dignity of the other person? Are you careful to never use other people or their bodies for your own enjoyment?

Does your use of social media and technology respect the goodness and dignity of your brothers and sisters in Christ?

Are you honest with others? Do you tell the truth with your words, as well as, with your actions?

Have you cheated on any tests or taken things that don't belong to you?

Do you protect life and dignity of other people?

Do you give of your time, talent, and treasure to help care for the poor and those in need?

Do you help protect lives that are threatened: the unborn, the elderly, those on death row, those fleeing war or famine? Have you done anything to purposely harm anyone?

FINALLY, THINK ABOUT HOW YOU TREAT YOURSELF.

Don't forget that you are also God's beloved creation. Sin can twist our self-image and cause us to forget how deeply we are loved by God. Ever since the Garden of Eden, the devil has tried to make us doubt our goodness. If you struggle with loving yourself, God wants to tell you as many times as you need to hear it, "you are His beloved cherished creation!"

Do you love yourself as God loves you?

If you struggle to love yourself and treat yourself with kindness, confession can be an opportunity to invite God to remind you of your goodness. And, to help heal any self-hatred you might carry.

Do you care for your body as a gift from God? Do you give your body the things it needs to be healthy: rest, healthy food, loving friendships?

Let's take some time to think through each of these areas one more time.

Take note in your mind or on paper with what stands out. That's what you'll want to talk to God about when you go to Reconciliation.

First, you should talk to God about your friendship with Him. Tell Him about anything that is getting in the way of your relationship with Him. Ask for His forgiveness and help to spend more time with Him in prayer or at Mass.

You should also talk to God about your friendships with other people. Who do you struggle to love? What feelings or situations make it hard for you to love others as you should? Ask for His forgiveness and for His grace to see others thru His eyes.

And, lastly, you can talk to God about how you treat yourself.

Let God remind you of your goodness.

Remember, Reconciliation is a gift. It's normal to be a little nervous. But, God is waiting with so much joy, ready to take away the burdens you have carried. He loves you so so much. Nothing you tell God about in confession will make Him love you any less. God already knows your sins, and He knows He has the perfect medicine for you. He can't wait to give you all the grace you need to love Him, to love others, and to love yourself.

*Let's end our examination with the **ACT OF CONTRITION**, the prayer you will pray at the end of Confession:*

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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.

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

STEP-BY-STEP GUIDE TO CONFESSION

- The Priest will welcome you to the Sacrament of Confession.
- When you are ready to begin, **YOU** begin with the SIGN OF THE CROSS:
+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.
- The priest will then say these or similar words: *May God, who has enlightened every heart, help you to know your sins and trust in His mercy.*
[The priest may read a scripture passage at this time.]

Don't be afraid to ask the priest for help.

- Then, **YOU** say these or similar words:
"This is my first confession"
or **"My last confession was _____ (weeks, months, years) ago"**

THEN

- **"My sins are: (tell your sins simply and honestly from your heart)"**

THEN

- **"For these and all the sins I cannot remember, I am truly sorry."**

Listen to the advice the priest gives [helps you grow in grace with God, others, & yourself.]

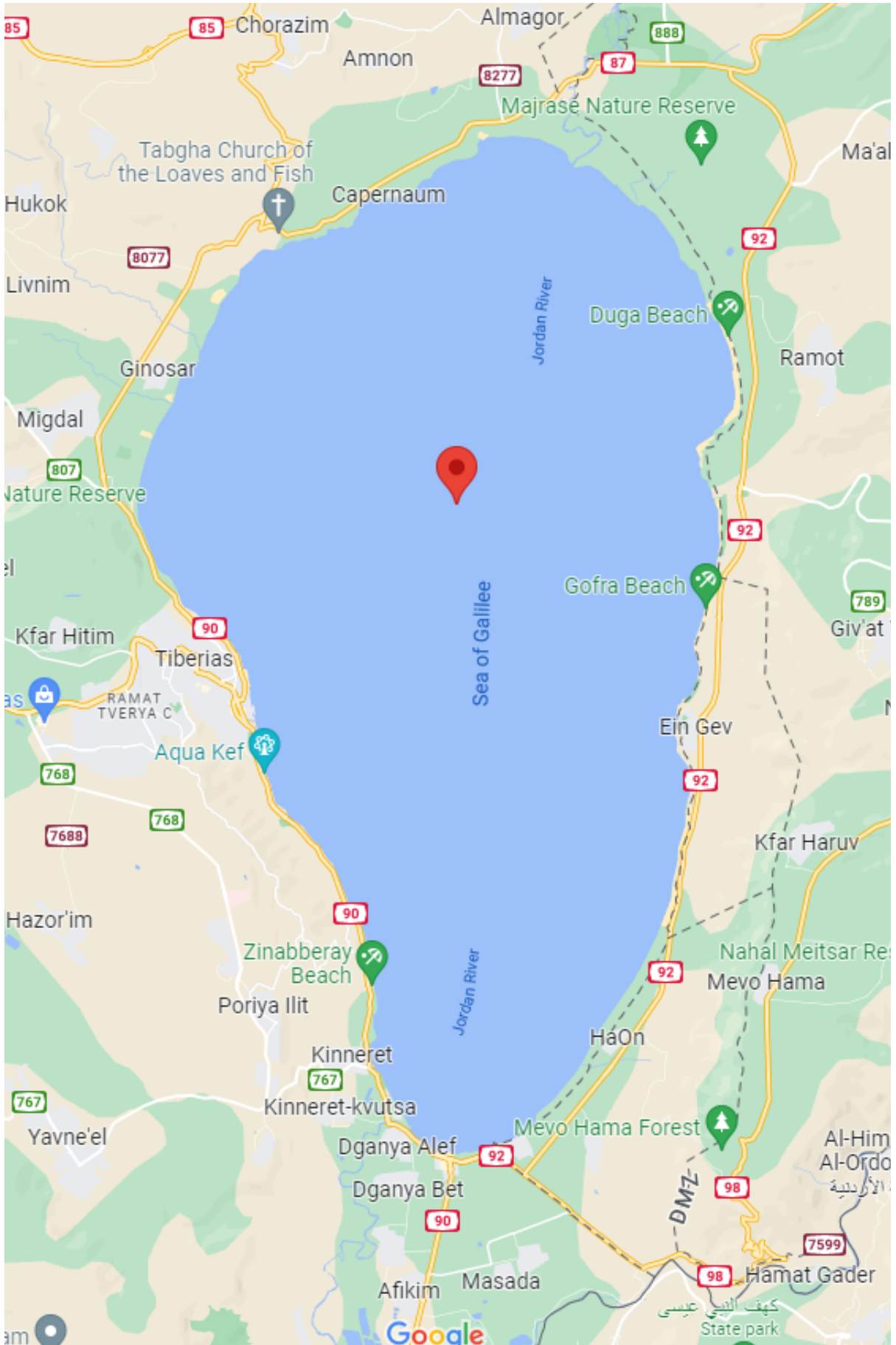
- The priest will propose a **penance** for you.
[The **penance** takes into account your personal situation and supports your spiritual growth. Your **penance** could be a prayer, an offering, an act of mercy, service, or sacrifice.]

Make sure you understand what your penance is before praying the ACT OF CONTRITION.

- The priest will then ask you to pray an **ACT OF CONTRITION**:
My God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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.
- The priest, acting in the Person of Christ, prays the PRAYER OF ABSOLUTION over you:
You both Say: "AMEN."
- The priest will pray the Final Blessing.
- You can say: "Thank you, Fr. _____"

AFTER LEAVING THE CONFESSIONAL, spend some time with God thanking Him for his mercy and forgiveness of your sins. And, then, pray/do your penance.

Your sins are forgiven as soon as you receive the Prayer of Absolution. You pray your Penance to show that conversion has happened in your life; that you desire to be in a relationship with God.



St. Helen - 2023-2024 Liturgical Calendar

Year	Month	Sunday's and Holy Days of Obligation					
2023	AUGUST	6 Transfiguration of the Lord	13 19th Sunday in OT	20 20th Sunday in OT	27 21st Sunday in OT		OT = Ordinary Time meaning Sundays are in chronological time
	SEPTEMBER	3 22nd Sunday in OT	10 23rd Sunday in OT	17 24th Sunday in OT	24 25th Sunday in OT		
	OCTOBER	1 26th Sunday in OT	8 27th Sunday in OT	15 28th Sunday in OT	22 29th Sunday in OT	29 30th Sunday in OT	Holy Days of Obligation [additional days for Mass we are obligated to attend]
	NOVEMBER	1 All Saints	5 31st Sunday in OT	12 32nd Sunday in OT	19 33rd Sunday in OT	26 Christ, the King of the Universe	
	DECEMBER	3 1st Sunday of Advent	8 Immaculate Conception	10 2nd Sunday of Advent	17 3rd Sunday of Advent	24 4th Sunday of Advent	25 Christmas
2024	JANUARY	1 Mother of God	7 Epiphany of Jesus	14 2nd Sunday of OT	21 3rd Sunday of OT	28 4th Sunday of OT	
	FEBRUARY	4 5th Sunday of OT	11 6th Sunday of OT	14 Ash Wednesday	18 1st Sunday of Lent	25 2nd Sunday of Lent	Holy Days of Obligation [additional days for Mass we are obligated to attend]
	MARCH	3 3rd Sunday of Lent	10 4th Sunday of Lent	17 5th Sunday of Lent	24 Palm Sunday	31 EASTER	
	APRIL	7 Divine Mercy Sunday	14 3rd Sunday of Easter	21 4th Sunday of Easter	28 5th Sunday of Easter		Cycle B Sun. Readings
2024	MAY	5 6th Sunday of Easter	12 7th Sunday of Easter	19 PENTECOST	26 Holy Trinity		OT = Ordinary Time meaning Sundays are in chronological time
	JUNE	2 Body & Blood of Christ	9 10th Sunday OT	16 11th Sunday OT	23 12th Sunday OT	30 13th Sunday OT	
	JULY	7 14th Sunday OT	14 15th Sunday OT	21 16th Sunday OT	28 17th Sunday OT		

Books of the OLD TESTAMENT

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

Books of the NEW TESTAMENT

GOSPELS	Letters	Catholic Letters
MATTHEW	Ephesians	James
MARK	Philippians	1 Peter
LUKE	Colossians	2 Peter
JOHN	1 Thessalonians	1 John
	2 Thessalonians	2 John
Acts of the Apostles	1 Timothy	3 John
	2 Timothy	Jude
Romans	Titus	Revelation
1 Corinthians	Philemon	
2 Corinthians	Hebrews	
Galatians		