

# Sacrament Preparation: Confirmation & Eucharist

## TUES. YEAR TWO: LIFE TEEN

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<u>PG#</u>	<u>TOPIC / THEME</u>	<u>TUESDAY YEAR TWO CLASS</u>
25	CREATED.	SEPT. 19, 2023
26	CAPTURED.	SEPT. 19, 2023
27	RESCUE.	SEPT. 19, 2023
30	RESPONSE.	SEPT. 19, 2023
31	10 COMMANDMENTS	
32	PREPARING YOUR HEART FOR CONFESSION	
33	EXAMINATION OF CONSCIENCE	
35	STEP-BY-STEP GUIDE TO CONFESSION	
37	SACRAMENTS, CONFIRMATION, & THE 7 GIFTS	OCT. 17, 2023
42	MARY & THE SAINTS	NOV. 7, 2023
45	MARY & THE ROSARY	DEC. 5, 2023
50	LITURGY OF THE WORD: PART ONE	DEC. 19, 2023
52	LITURGY OF THE WORD: PART ONE B	JAN. 9, 2024
54	LITURGY OF THE WORD: PART TWO	JAN. 23, 2024
58	LITURGY OF THE EUCHARIST	FEB. 6, 2024
63	REVIEW FOR INTERVIEWS	FEB. 20, 2024
65	INTERVIEWS & TIWIK	MAR. 5, 2024
	LOGISTICS OF RECEIVING	MAR. 12, 2024
	MASS REHEARSAL, 6pm, with Godparent/Sponsor	MAR. 26, 2024
	YEAR TWO CLASS PARTY	APRIL 9, 2024
66	MAP: SEA OF GALILEE	
67	SUNDAYS & HOLY DAYS OF OBLIGATION LITURGICAL CALENDAR	
68	BOOKS OF THE BIBLE	

*“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 TWO Youth** writes the answer to this week's question which is located on Side 2 of the **Mass Card**. During the offertory, the **Year TWO youth** places the completed **Mass Card** in the basket.

If, as an Year TWO 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 TWO 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 TWO** 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, it's late and a **copy** is due **asap**.

## ATTENDANCE

Attendance will be taken at all **Sacrament Preparation, Year TWO** activities (Tuesday Sacrament Prep class, Wednesday EDGE 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 15-16** 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 EDGE Nights**) during **YEAR TWO**. These **Sunday AD Life Teen 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 YEAR TWO EDGE Calendar is on **pages 15-16** of this booklet.

# GRACE CARDS

We recognize that there are times when family or an emergency can prevent a youth from attending a scheduled activity. Therefore, each **Sacrament Prep YEAR TWO** youth will be given **4 Grace Cards\*** for their **Sacrament Prep YEAR TWO** year. On the **YEAR TWO Youth's 5th** 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 TWO** sacrament preparation program or postpone the reception of their sacraments.

\*Grace Cards may only be used for **Tuesday Sacrament Prep YEAR TWO classes OR AD EDGE Nights**. Grace Cards MAY NOT BE USED for the retreat requirement.

# RETREAT

One of the requirements of the **Sacrament Prep YEAR TWO** program is participating & attending an approved retreat.

As a **LIFE TEEN YEAR TWO** youth, we have a NET retreat on **Thursday, October 5** from **4:45-8:45 pm** at **St. Helen**.

Your **YEAR TWO** 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.

# COMPREHENSION EXIT

**Youth** have a two-year sacramental preparation program to complete their sacraments of initiation, and as such, are presented with two years of catechesis and presentations. As the St. Helen sacramental preparation team we want to know that the Youth are ready to 'spread and defend the faith'. Therefore, each youth takes a Comprehension Exit, *This Is What I Know*, towards the end of their **Year Two** year. Each **Youth** may use their own class notes, Sunday Missal, Catechism, and Bible to take the Comprehension Exit. Each of the questions are basics every Catholic-Christian should know and live out in their daily life, as well as, comprehension questions from each of the Tuesday classes over their two-year preparation.

# EXIT INTERVIEWS

Part of the **Year Two** preparation for Confirmation & 1st Eucharist is to participate in an exit interview. Both the **Year Two** youth and their parent[s] will interview with the youth minister [and/or CORE member or priest]. Each will sit down and have a one-on-one conversation and discussion about how the **Youth's** preparation for the Sacraments of Initiation are going, and their thoughts and/or concerns. Towards the end of **Youth's** sacramental preparation, interviews will be held during/after a Tuesday **Year Two** class.

# 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 ASSIGNMENTS

Pages 6 & 7 speaks about Godparents & Sponsors for Confirmation. If you have not done so already, please take time to read this, and then discuss with your parents.

The Youth's godparent/sponsor should be chosen by the youth.

The Youth's Godparent/Sponsor must have been chosen in their YEAR ONE year. This must be decided before the Tuesday Sacrament Prep Class on October 17, 2023. The youth will need to meet with their Godparent/Sponsor and complete the **3 YEAR TWO Godparent/**

**Sponsor Assignments.** (pages 19-23 or online — <https://www.sthelenglendale.org/YM-SacPrep> . If you need extra copies, contact the Youth & Young Adult Coordinator, Deepa Duran.

# GODPARENT/SPONSOR ELIGIBILITY FORM DETAILS

It is up to the **YEAR TWO** 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 email: [dduran@sthelenglendale.org](mailto:dduran@sthelenglendale.org)) This needs to be turned/mailed in **before the Tuesday Sacrament Prep class on October 17, 2023**; it's late as it is. (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](mailto: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](http://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](mailto: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: \_\_\_\_\_

**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](mailto: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](mailto:dduran@sthelenglendale.org).)  
 I am not cohabitating (living with significant other) (if married).

**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 Church and a support in the practice of our mutual faith. I hereby assure that I am committed to the Catholic Faith, 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 value of the Sacraments, 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 Qualifications of Godparents/Sponsors.

 AFFIX CHURCH SEAL HERE

Signature of Pastor or Delegate \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



# WHY DO I NEED A CONFIRMATION SAINT?

## Why do we choose a Saint's name at Confirmation? What is the purpose?

Well you see the practice originally began in a small Midwestern town not too far from Fargo, North Dakota where all the young children by sheer coincidence had been named by their parents the same name, Gretchen. Now having an entire town with the generation of the children named, Gretchen, as lovely as that name is, was a bit confusing. They would call out their names in classrooms and all of them would raise their hands! It got out of control. So they came up with the idea that on their Confirmation they would each receive a different name, a name of a saint, and they would all be called by these new names and end the time of confusion. And so the town was saved and the people rejoiced.

Okay, now for the real answer. The receiving of a name at Confirmation has a number of different sources in the history of the Church. But the biggest one comes from the idea of a name being associated with a change of life. When Jesus told Simon that his new name was now Peter (Matthew 16:18), it was because his role was changing and he was going to be asked to take on a role of leadership. When Saul had his great conversion, the risen Lord gave him the name Paul (Acts 13:9). And there are a number of others that we see this happen to as well because there is a power in a name. If we look back at the Old Testament, to name someone was to have ownership of them, which is why when Moses asked God in the burning bush who was sending him to Pharaoh, God didn't give him his name, He gave Moses His title, "I AM who I am." (Exodus 3:14). So to take on a new name at confirmation also carries with it the idea that you are asking for the Lord to change you. To take ownership of you like He's never done before and to live your faith more fully and with more life than you ever could've imagined.

The name of the saint also should have some significance to you, that particular saint is an example of the type of holiness you would like. Some people take St. Francis because they want to be kind to animals, or some people take St. Joseph because they want to be as holy as he was, or some people take St. Monica because she had such patience with her children, and the list could go on. The idea is to pick somebody who says something about you. And when you stand before the Bishop the day of your Confirmation and you tell him your name, say it with a pride and with a conviction and with knowledge that the Holy Spirit is going to change you forever.

[WWW.LIFETEEN.COM](http://WWW.LIFETEEN.COM)

## **SAINT ESSAY** due at **Tuesday Year Two class, Jan. 9, 2024.**

We design the Sacrament Prep program to help your teen make the best decision in choosing a saint. We do set aside time at a Tuesday **Sacrament Prep, Year Two** class to research saints. For further research, there are plenty of online resources on our website: <https://www.sthelengendale.org/YM-SacPrep>

**Youth:** *In choosing a saint, find one who inspires you. Your commitment to “spread and defend the faith” that you will be making at Confirmation is symbolized with the taking of a new name to show that you are a new person. This practice of taking a new name is found throughout both the old and new testaments as a sign of conversion or change. The name you choose should represent the direction you feel your faith life is taking, or represent a strength or attribute you feel you need. **It is important and necessary to know the saint before you decide on that name. Please do NOT choose a saint because you like the sound of the name, how it fits with your other names, or just because it is the name of a friend or relative.** Once you have done some prayerful reflection and research you will be ready to choose your new name!*

### **ESSAY [1-2 pages] requirements:**

**FONT:** 12pt **MARGINS:** 1 inch – top, bottom, left and right

**FIRST & LAST name** at the top of each page

**ESSAY MUST INCLUDE SAINT’S BIOGRAPHY:**

- 🕯 Date and place of birth and death. // Feast day
- 🕯 Story of their life [in your own words]
- 🕯 Major achievements // fun facts [in your own words]
- 🕯 Education [in your own words]

**ESSAY MUST ANSWER at least 4 of the following questions:**

- Why did you choose your Saint?
- What do you have in common with your Saint?
- How is the Saint an example of faith to you?
- How do you want to be like your Saint?
- *What other saints were you interested in?*

**YOU MAY  
CHOOSE  
TO DO A  
SAINT ESSAY  
OR A  
SAINT  
PROJECT**

## **SAINT PROJECT** due at **Tuesday Year Two class, Jan. 9, 2024.**

**Instructions:** The youth is to work **by themselves** on their saint project. This is a child-led activity. Youth are to create a saint poster poster (Size 11x17 or 22X28 inches) on the chosen saint the youth has selected. This is an opportunity to be creative and artistic with your saint poster. You may draw, paint, make it colorful, etc... you may even create a 30-90 second video! :)

**SAINT PROJECTS MUST INCLUDE THE FOLLOWING:**

**Saints name** —Add a picture, drawing, and/or painting of your selected saint

**Short Biography of Saint;** including the following: Birth Date, Death Date, and Feastday Date

- Where they lived and grew up
- Story of their life
- Major achievements
- Education

**What they are known for.** (Example: St. Thomas Aquinas is Patron Saint of Education)

**A 5+ Sentence section** why you selected your saint? What inspired you about them? Why did you choose your Saint? What do you have in common with your Saint? How is the Saint an example of faith to you? How do you want to be like your Saint?

**And Please Write on the backside of your Saint Project your Full Name.**

# 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

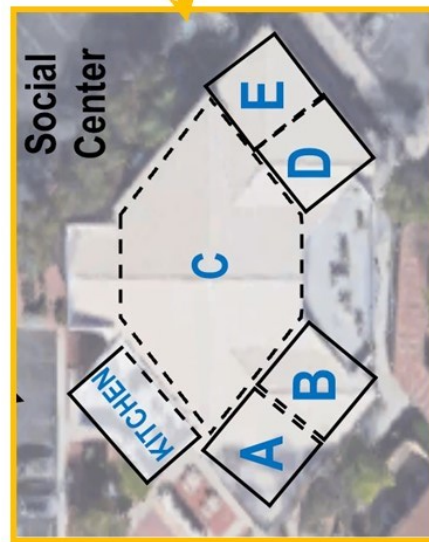
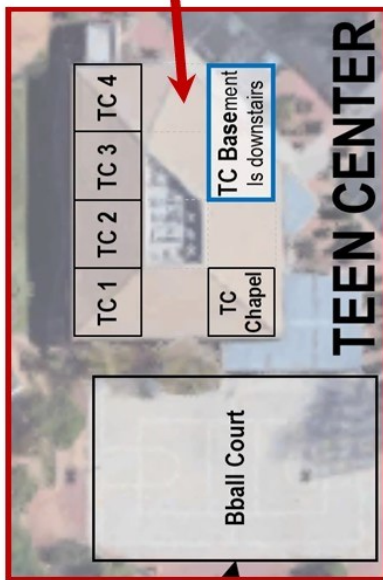
Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he whom comes in the name of the Lord. Hosanna in the highest.

## 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 TWO 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](mailto:dduran@sthelenglendale.org)



Sunday LIFE TEEN Life Nights and AD LIFE TEEN Life Nights are attended by the <b>Youth only</b> .		
LIFE TEEN Life Night	Sunday, September 10	5:30-7:30 pm (Teen Center)
<b>AD LIFE TEEN Life Night</b>	<b>Sunday, September 17</b>	<b>5:30-7:30 pm (Teen Center)</b>
<b>YEAR TWO Class</b>	<b>Tuesday, September 19</b>	<b>6:30-8:30 pm (Teen Center)</b>
A Parent/Sponsor <b>and</b> Teen are to attend <b>all Tuesday</b> classes Baptism / Birth Certificate is late! Turn in before Tues., Sept. 19, 2023.		
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)
<b>LIFE TEEN NET Retreat**</b>	<b>**Thursday, October 5</b>	<b>**4:45-8:45 pm (Teen Center)</b>
LIFE TEEN Life Night	Sunday, October 15	5:30-7:30 pm (Teen Center)
<b>YEAR TWO Class</b>	<b>Tuesday, October 17</b>	<b>6:30-8:30 pm (Teen Center)</b>
Godparent/Sponsor Eligibility form is late! Turn in before Tues., Oct. 17, 2023.		
<b>AD LIFE TEEN Life Night</b>	<b>Sunday, October 22</b>	<b>5:30-7:30 pm (Teen Center)</b>
LIFE TEEN Life Night	Sunday, October 29	5:30-7:30 pm (Teen Center)
<b>AD LIFE TEEN Life Night</b>	<b>Sunday, November 5</b>	<b>5:30-7:30 pm (Teen Center)</b>
<b>YEAR TWO Class</b>	<b>Tuesday, November 7</b>	<b>6:30-8:30 pm (Teen Center)</b>
Godparent/Sponsor Assignment #1 is due by Tuesday Year Two class, November 7, 2023.		
LIFE TEEN Life Night	Sunday, November 12	5:30-7:30 pm (Teen Center)
<b>Sunday, November 26—Rite of Acceptance. 9:00am Mass — Check-In By 8:45am w/ Dcn Stan</b>		
LIFE TEEN Life Night	Sunday, November 26	5:30-7:30 pm (Teen Center)
<b>AD LIFE TEEN Life Night</b>	<b>Sunday, December 3</b>	<b>5:30-7:30 pm (Teen Center)</b>
<b>YEAR TWO Class</b>	<b>Tuesday, December 5</b>	<b>6:30-8:30 pm (Teen Center)</b>
LIFE TEEN Life Night	Sunday, December 10	5:30-7:30 pm (Teen Center)
<b>YEAR TWO Class</b>	<b>Tuesday, December 19</b>	<b>6:30-8:30 pm (Teen Center)</b>

Each St. Helen **YEAR TWO** Sacrament Prep Youth will be given **4 Grace Cards\*** for their St. Helen **YEAR TWO** Sacrament Prep year. \***Grace Cards** may only be used for **Tuesday YEAR TWO** classes or **AD LIFE NIGHTS**. Grace Cards MAY NOT BE USED for the retreat requirement.

# LIFE TEEN YEAR TWO PROGRAM ~ SPRING 2024

YEAR TWO Class	Tuesday, January 9	6:30-8:30 pm (Teen Center)
<b>Godparent/Sponsor Assignment #2 is due by Tuesday class, January 9, 2024. Saint Essay/Project is due by Tuesday class, January 9, 2024.</b>		
LIFE TEEN Life Night	Sunday, January 21	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, January 23	6:30-8:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, January 28	5:30-7:30 pm (Teen Center)
<b>AD LIFE TEEN Life Night</b>	<b>Sunday, February 4</b>	<b>5:30-7:30 pm (Teen Center)</b>
YEAR TWO Class	Tuesday, February 6	6:30-8:30 pm (Teen Center)
<b>Godparent/Sponsor Assignment #3 is due by Tuesday class, February 6, 2024.</b>		
<b>Unbaptized — Sunday, Feb. 18—Rite of Election. 9:00 am Mass — Check-In by 8:45am And then 3:00pm @ Sts. Simon &amp; Jude Cathedral — Check-In By 2:45pm</b>		
YEAR TWO Class	Tuesday, February 20	6:30-8:30 pm (Teen Center)
<b>Unbaptized — Sunday, February 25—1st Scrutiny. 9:00am Mass — Check-In By 8:45am</b>		
AD LIFE TEEN Life Night	Sunday, February 25	5:30-7:30 pm (Teen Center)
<b>Unbaptized — Sunday, March 3—2nd Scrutiny. 9:00am Mass — Check-In By 8:45am</b>		
LIFE TEEN Life Night	Sunday, March 3	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, March 5	6:30-8:30 pm (Teen Center)
<b>Unbaptized — Sunday, March 10—3rd Scrutiny. 9:00am Mass — Check-In By 8:45am</b>		
LIFE TEEN Life Night	Sunday, March 10	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, March 12	6:30-8:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, March 17	5:30-7:30 pm (Teen Center)
<b>Mass REHEARSAL ~ Tuesday, March 26, 6:00pm in the Church. ALL Youth <u>and</u> <u>a</u> Sponsor [or a suitable stand-in] <b>MUST</b> attend the rehearsal.</b>		
<b>Easter Vigil Mass ~ Saturday, March 30 in the Church. At Dusk [ _____ pm] ALL Youth &amp; their Sponsor will need to be checked in by _____ pm</b>		
LIFE TEEN Life Night	Sunday, April 7	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, April 9	6:30-8:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, April 14	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, April 21	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, April 28	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, May 5	5:30-7:30 pm (Teen Center)





**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](mailto: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](mailto: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](mailto: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: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_





# St. Helen Catholic Parish Godparent/Sponsor

## Assignment #1 Due by Tuesday Sacrament Prep class, November 7, 2023.

Scan & Email [dduran@sthelenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ Student First & Last Name \_\_\_\_\_

### Question and Answer Session Instructions for the Youth:

Arrange a time to meet with your godparent/sponsor, in person or on the telephone or via video call. Below are many questions you can ask your godparent/sponsor. Feel free to think of others. You do not need to write out answers and hand them in. However, please mark which questions were asked and discussed. **Assignment #1** is meant to be an opportunity for you to get to know your sponsor better and learn about why they love the Catholic faith!

- ☪ How did you come to be Catholic?
- ☪ What did you do after high school?
- ☪ If married, how did you know this was the person you wanted to marry?
- ☪ If you have children, how do/did you raise your children in the Catholic faith?
- ☪ What is your current occupation? What do you like and dislike about it?
- ☪ What activities do you enjoy doing?
- ☪ What is one book and one movie you would recommend to me?
- ☪ What place do you recommend visiting?
- ☪ Why do you attend Mass?
- ☪ What is one thing you really like about the Mass?
- ☪ What does following Jesus mean to you?
- ☪ How are you involved in your church and in your community?
- ☪ What do you remember about your confirmation preparation and your actual confirmation?
- ☪ Do you have a favorite saint? Why are they special to you?
- ☪ What is a passage or story from the Bible that speaks to you?
- ☪ Which commandment do you find most difficult to follow?
- ☪ How do you include prayer in your life?
- ☪ What people or events in your life have influenced you spiritually?

**The YEAR TWO youth above and their godparent/sponsor met in person or over the telephone or via video chat to help them get to know each other a little better.**

**If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.**

Date of meeting: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor/Parent Signature: \_\_\_\_\_





# St. Helen Catholic Parish Godparent/Sponsor

## Assignment #2 Due by Tuesday Sacrament Prep class, January 9, 2024.

Scan & Email [dduran@sthelenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ **Student First & Last Name** \_\_\_\_\_

### Question and Answer Session Instructions for Confirmation Candidate:

Arrange a time to meet with your godparent/sponsor, in person or on the telephone or via video call. Below are several options to do with your godparent/sponsor. Feel free to think of another spiritual activity to do together.

You do not need to write out answers and hand them in. However, if you choose **Option 4**, please write what you and your Godparent/Sponsor did together. **Assignment #2** is meant to be an opportunity for you to get to know your sponsor better and dive in deeper in the Catholic faith.

#### Option #1

Ask questions to each other such as:

How would you describe Jesus to someone who has never heard of him? How has your understanding of Jesus and your relationship with him changed as you have gotten older?

#### Option #2:

Ask questions to each other such as:

Talk about what are some ways you could "prove" that God exists? When have you felt close to God? Have you ever felt disconnected, or even abandoned, by God? What are some questions you have about God?

#### Option #3:

Go to Eucharistic Adoration together. Talk about your encounter afterwards.

Option #4: \_\_\_\_\_

**The YEAR TWO youth above and their godparent/sponsor met in person, over the phone, or via video chat and chose option # \_\_\_\_\_ to help them get to know each other even better. If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.**

Date of meeting: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor/Parent Signature: \_\_\_\_\_





# St. Helen Catholic Parish Godparent/Sponsor Assignment #3

Due by Tuesday Sacrament Prep class, February 6, 2024.

Scan & Email [dduran@sthelenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ Student First & Last Name \_\_\_\_\_

## Assignment #3 Instructions for the Godparent/Confirmation Sponsor:

Arrange a time to meet with your youth, in person or on the telephone or via video call. Below are several options to do with your godparent/sponsor. You do not need to write out answers and hand them in. **Assignment #3** is meant to be an opportunity for you to get to know your sponsor better and dive in even deeper in the Catholic faith.

### Option #1:

Have a heart-to-heart conversation with your candidate about death and eternity. Many of the Church's teachings only make sense from the perspective of eternal life.

*Here is a question to explore:* Read Mathew 25:31-46 together.

What does the analogy of the sheep and the goats imply about judgment and eternity?

### Option #2:

Discuss the Sacrament of Reconciliation with your candidate, and then go to confession together [if the youth is baptized] at your parish. Then, share about your experience. Encourage your youth to go to Confession at least once a month.

### Option #3:

As your youth progresses in the Sacrament Prep Program, discuss what the Sacrament of Confirmation is and what it accomplishes.

Ask your candidate to share what Confirmation means to him or her. Discuss that Confirmation is more than a ceremony, noting the following points:

- ✠ Confirmation completes the Christian initiation begun at Baptism.
- ✠ Confirmation is sealing with and an outpouring of the Holy Spirit.
- ✠ Confirmation empowers us for Christian life and service to God and the Church.

### Option #4:

Pray a rosary together for discernment. A simple way of entrusting the future to God is to ask the Blessed Mother for her intercession by praying a Hail Mary.

**The YEAR TWO youth above their godparent/sponsor met in person or over the telephone and chose option #\_\_\_\_\_ to help them get to know each other a little better.**

**If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.**

Date of meeting: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor/Parent Signature: \_\_\_\_\_





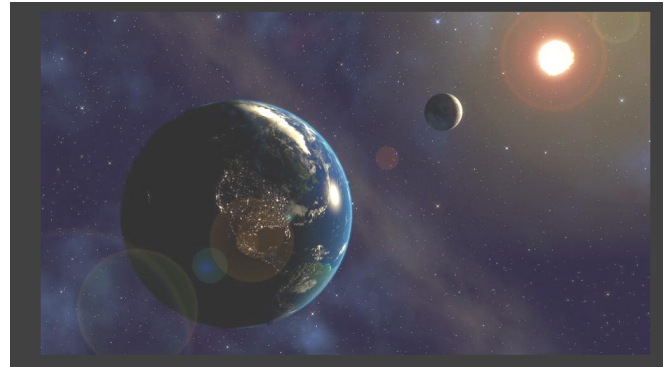
SCAN ME



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?

\_\_\_\_\_

## YEAR ONE 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**

# YEAR ONE 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?**

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**What is JESUS' Camouflage?**

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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?**

## YEAR ONE 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

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

# 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.*

*Does God come first in your life before your friendships, your achievements, and your free time? If you're not sure how to answer that, you can reflect on how and when you make time for God during the week.*



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

(take this with you into the confessional))

- 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.




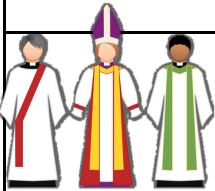
# OCTOBER 17, 2023 — YEAR TWO CLASS

	<b>Sacrament</b> [physical, visible sign of an invisible spiritual reality]	Ordinary Minister[s]	<b>Signs &amp; Symbols</b> [tangible matter]	<b>Effects: God's Grace is ACTIVE</b> [invisible]
<b>SACRAMENTS OF INITIATION</b>	 <p><b>BAPTISM</b> <i>John 3:5</i></p>	Priest Deacon Bishop	<p>Words and <b>Water</b>. Anointed with _____.</p> <p>Godparents. White Garment, candle</p> <p>Imprints an _____ _____.</p> <p>Laying on of hands.</p>	<p>Welcomed into Church. Forgiveness of sins. Born into <b>new life</b>. Receive the Holy Spirit.</p>
	 <p><b>CONFIRMATION</b> <i>John 20:22</i></p>	_____ [or delegate]	<p><b>Age of reason.</b> Freely profess faith. Willing to defend faith.</p> <p>Anointed with _____.</p> <p>Laying on of Hands.</p> <p>"Be sealed with the Gift of Holy Spirit"</p>	<p>_____ firmly with Christ.</p> <p>Deeper participation in Church</p> <p>Strengthened to spread Faith. Increased Gifts of Holy Spirit.</p>
	 <p><b>EUCCHARIST</b> <i>John 6:35-71</i></p>	Priest Bishop	<p>gifts of Bread and _____.</p> <p>Eucharistic prayer</p> <p>Words of Consecration.</p> <p>_____ on of Hands</p>	<p>Strengthens _____ with Jesus &amp; others.</p> <p>Strengthens us to resist serious sin.</p> <p>Strengthens us to be Christ's presence in the world</p>

# OCTOBER 17, 2023 — TUESDAY CLASS

	<p><b>Sacrament</b> [physical, visible sign of an invisible spiritual reality]</p>	<p>Ordinary Minister[s]</p>	<p><b>Signs &amp; Symbols</b> [tangible matter]</p>	<p><b>Effects: God's Grace is ACTIVE</b> [invisible]</p>
<p><b>SACRAMENTS OF HEALING</b></p>	 <p><b>RECONCILIATION</b> <i>Mark 2:5</i></p>	<p>Priest Bishop</p>	<p>Contrition, hatred for sin.</p> <p>Repentance, sorrow toward God</p> <p>Confession of sins.</p> <p>Reparation for sins</p> <p><b>Absolution</b></p> <p>Laying on of _____</p>	<p>Conversion back to God.</p> <p>Brings peace &amp; clears conscience</p> <p>Gives _____ to resist temptation</p> <p>R_____ relationship with God.</p>
	 <p><b>ANOINTING</b> of the <b>SICK</b> <i>Mark 5:34</i></p>	<p>Priest Bishop</p>	<p>Oil of the Sick.</p> <p>Anointing on forehead/hands</p> <p>Prayer of Healing</p> <p>Laying on of hands</p>	<p>Unites suffering to Jesus' Passion.</p> <p>Forgiveness of s_____</p> <p>Gives _____ to endure _____</p> <p>Regain mental/physical health if God's will</p>

# OCTOBER 17, 2023 — TUESDAY CLASS

	<b>Sacrament</b> [physical, visible sign of an invisible spiritual reality]	Ordinary Minister[s]	<b>Signs &amp; Symbols</b> [tangible matter]	<b>Effects: God's Grace                      is ACTIVE</b> [invisible]
<b>SACRAMENTS OF SERVICE &amp; MISSION</b>	 <p style="text-align: center;"> <b>MATRIMONY</b>  <i>Matthew 19:3-9</i>  <i>Vocation—a call to                      serve</i> </p>	_____  &  _____	F _____ T _____ F _____ F _____  Exchange of vows  Liturgy of the Word.  Rings.  In a Church with witnesses.  Nuptial Blessing	Grace to love another as Christ loves Church.  Makes them a sign of God's love to the world.  Helps couple perfect holi- ness .  Be open to new life
	 <p style="text-align: center;"> <b>HOLY ORDERS</b>  <i>John 6:56; 20:23</i>  <i>Vocation—a call to                      serve</i> </p>	Bishop	3 degrees of this sacrament: deacon, priest, bishop  _____ an indelible mark  Anointing on hands  Laying of Bishops hands & praying he receives grace necessary to serve the Church  Apostolic succession	<p><b>DEACON:</b> proclaim Gospel                      &amp; preach; to baptize, to                      assist at Mass, to assist at                      &amp; bless marriages [without                      Mass]</p> <p><b>PRIEST:</b> proclaim Gospel &amp;                      preach; Celebrate                      Sacraments; Shepherd                      people entrusted to him.</p> <p><b>BISHOP:</b> teach in the name                      of Christ; Celebrate                      Sacraments; to guide,                      govern, &amp; defend Church</p>

# OCTOBER 17, 2023 — TUESDAY CLASS

## SEVEN SACRAMENTS REVIEW

What are the THREE Sacraments of Initiation?

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Which of the 3 Sacraments of Initiation is the Gateway Sacrament? \_\_\_\_\_

Who are the ministers of the sacrament of Matrimony? \_\_\_\_\_

The word **E**\_\_\_\_\_ means producing an intended result.

The Seven Sacraments are given by Christ to communicate to us **Sanctifying**  
**G**\_\_\_\_\_ when received. The Seven Sacraments are  
**E**\_\_\_\_\_ signs of grace.

What is Grace? FREE and **un**\_\_\_\_\_ **fa**\_\_\_\_\_ or **bl**\_\_\_\_\_ .

Grace is God's very **L**\_\_\_\_\_ And, His LIFE is given to us in a REAL WAY —  
through the **Seven Sa**\_\_\_\_\_!

When we're lazy or complacent or don't care AND WE, also, DO NOT Receive THE  
sacraments on a regular basis our SOUL begins to **S**\_\_\_\_\_.

The 7 Sacraments are **E**\_\_\_\_\_ with CHRIST. The more we receive, the  
**cl**\_\_\_\_\_ we are to JESUS and to **h**\_\_\_\_\_.

Which degree[s] of the sacrament of Holy Orders has Pope Francis received? [circle]

Deacon

Priest

Bishop



# OCTOBER 17, 2023 — TUESDAY CLASS

## SACRAMENT OF CONFIRMATION & 7 GIFTS OF THE HOLY SPIRIT

How are the **Sacrament of Confirmation** and the **Pentecost** similar?

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Where can we find what happened at **Pentecost** in scripture? \_\_\_\_\_

WHAT ARE THE SEVEN GIFTS OF THE HOLY SPIRIT?

R \_\_\_\_\_, also known as P \_\_\_\_\_

U \_\_\_\_\_

C \_\_\_\_\_, also known as F \_\_\_\_\_

K \_\_\_\_\_

J \_\_\_\_\_, also known as C \_\_\_\_\_

A \_\_\_\_\_, also known as F \_\_\_\_\_ OF THE L \_\_\_\_\_

W \_\_\_\_\_

# NOVEMBER 7, 2023 — TUESDAY CLASS

Where does Mary's Role as QUEEN come from? \_\_\_\_\_

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Definition of a SAINTS' INTERCESSION? \_\_\_\_\_

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The Church is a \_\_\_\_\_, and teaches \_\_\_\_\_ that God reveals.

**DOGMAS** \_\_\_\_\_ what is already true (in scripture or oral tradition).

## MARIAN DOGMAS

1. \_\_\_\_\_ **OF GOD (MATERNITY)**  
**431 AD AT THE COUNCIL OF EPHESUS**

Proof: \_\_\_\_\_

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2. \_\_\_\_\_ **CONCEPTION** **1854 BY POPE PIUS IX**

Proof: \_\_\_\_\_

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# NOVEMBER 7, 2023 — TUESDAY CLASS

## 3. PERPETUAL \_\_\_\_\_ 553 AD AT THE COUNCIL OF CONSTANTINOPLE

Proof: \_\_\_\_\_

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## 4. THE ASSUMPTION OF \_\_\_\_\_ 1950 AD BY POPE PIUS XII

Proof: \_\_\_\_\_

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### MARY

- Is first model of \_\_\_\_\_
- is the first to remain faithful to Him throughout her life
- Inspires us to persevere in faith

**TRUE OR FALSE:** We worship Mary and the Saints. \_\_\_\_\_

We seek saints' intercession because they are in \_\_\_\_\_ and are  
\_\_\_\_\_ to God than we are.

Our relationship with Mary & the Saints is not a \_\_\_\_\_ from God but  
draw us closer to God.

### SAINTS I AM INTERESTED IN ....

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# NOVEMBER 7, 2023 — TUESDAY CLASS



## During the coming Sundays leading up to the Easter Vigil:

I want you to pay attention at Mass. Look out for the answers to the following questions:

- 1) How many times does the celebrant (priest) make the sign of the cross over the people?
- 2) What are the differences between the 1st & 2nd reading AND the Gospel? *[Who reads them out loud to the people and what is our posture as we listen to them?]*
- 3) What is the meaning behind our posture, do you think?
- 4) Why does a person say "Amen" when receiving the Eucharist?
- 5) What do you think is the mean behind this response?

*[also watch how people receive the Eucharist—posture, focus, etc]*

**We will discuss during the TUESDAY classes.**

# DECEMBER 5, 2023 — TUESDAY CLASS

## HISTORY OF THE ROSARY

DOMINIC OF GUZMAN WAS A HOLY SPANISH PRIEST, THAT WENT TO SOUTHERN FRANCE TO CONVERT THOSE WHO HAD LEFT THE CHURCH DUE TO ALBIGENSIAN HERESY.

THERE IS ONLY ONE GOD

HE CONVERTED A FEW SOULS, BUT OFTEN, FOR FEAR OF BEING RIDICULED BY THE ALBIGENSIANS, THEY WENT BACK TO THEIR OLD WAYS.

DOMINIC PRAYED TO THE HOLY VIRGIN FOR HELP, SINCE HE FELT HIS EFFORTS HAD LITTLE SUCCESS.

HOLY MOTHER, HELP ME

THE HOLY VIRGIN APPEARED TO HIM HOLDING A ROSARY IN HER HANDS; SHE TAUGHT HIM HOW TO PRAY IT, AND ASKED HIM TO PREACH IT THROUGHOUT THE WORLD.

IT WILL CONVERT THE SINNERS

TODAY, THE ROSARY IS ONE OF THE MOST BEAUTIFUL AND POPULAR MARIAN PRAYERS IN THE CHURCH.



# DECEMBER 5, 2023 — TUESDAY CLASS

- ♦ HAIL MARY is a prayer straight from \_\_\_\_\_.
- ♦ What or Who is at the center of this prayer? \_\_\_\_\_
- ♦ The rosary is also known as the “\_\_\_\_\_ on a string” because the Mysteries of the Rosary share the Gospel.

HAIL MARY, FULL OF GRACE, THE LORD IS WITH THEE. BLESSED ART THOU AMONGST WOMEN, AND BLESSED IS THE FRUIT OF THY WOMB, JESUS.

HOLY MARY, MOTHER OF GOD, PRAY FOR US SINNERS NOW, AND AT THE HOUR OF OUR DEATH. AMEN.


## 4 REASONS TO PRAY THE ROSARY

**IT'S BIBLICAL**  
The Rosary contemplates the great mysteries of the Christian Faith; each mystery has its source in the Holy Scriptures.

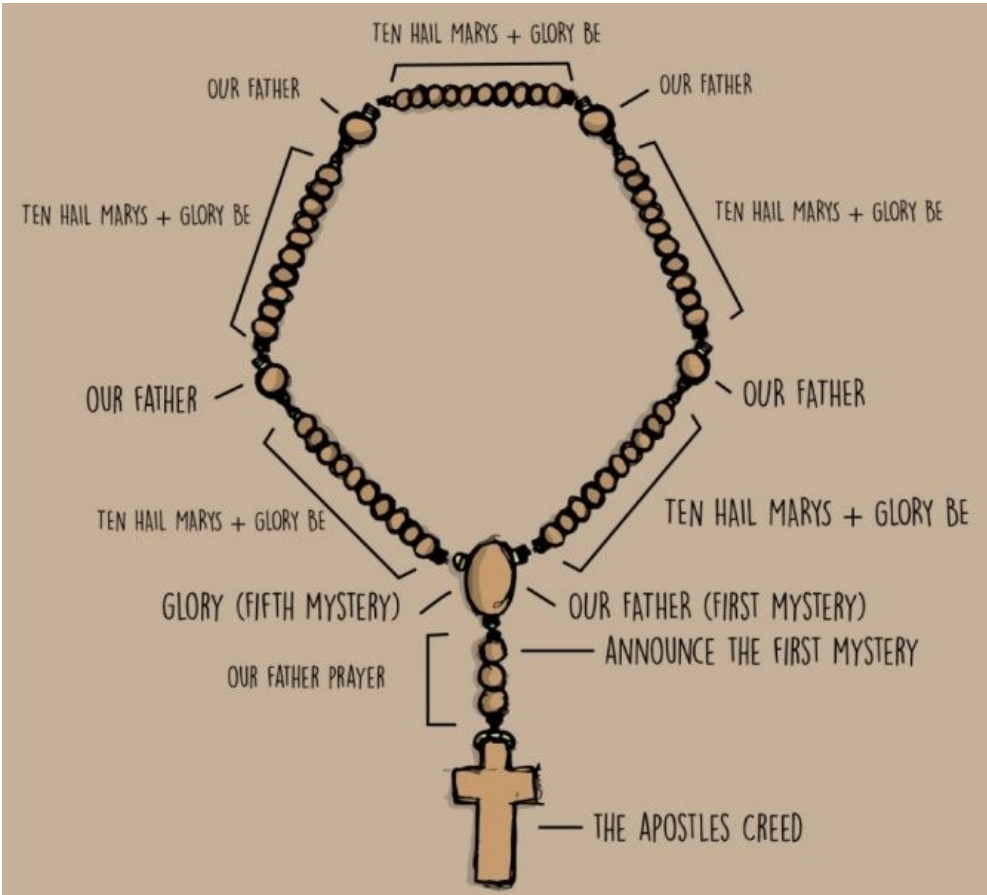
**IT HELPS US BE HOLIER**  
This prayer has been a great help to many in their path to holiness when prayed with devotion.

**THE VIRGIN HAS ASKED US TO**  
In several Marian apparitions (as Fatima), our Mother has asked us to pray the Rosary for the world's salvation.

**IT WEAKENS THE DEVIL**  
The Rosary has the effect of weakening the action of the devil in the world and in our lives.

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# DECEMBER 5, 2023 — TUESDAY CLASS



## 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.

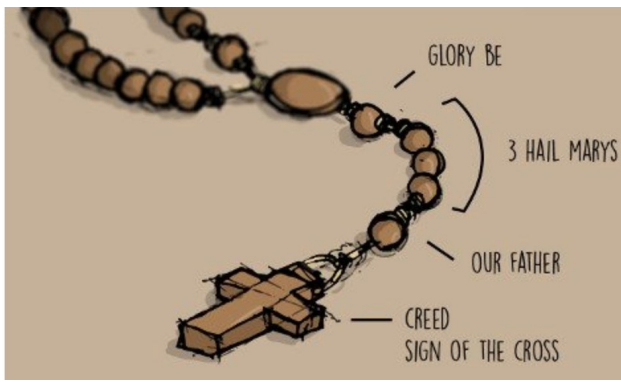
**Our Father** who art in heaven, hallowed be thy name. Your kingdom come. Your will be done on earth, as it is in heaven. **//** Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

**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.

**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.

## 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.



# DECEMBER 5, 2023 — TUESDAY CLASS

## JOYFUL MYSTERIES

## MONDAYS & SATURDAYS

**THE ANNUNCIATION (HUMILITY)** I ask for the grace to hear You calling me. Help me to say "yes" to whatever it is You have gifted me for, because You have chosen me to be Your partner in ministry. Especially help me to say "yes" to following Your will in the situation I'm currently in.

**THE VISITATION (CHARITY)** I ask for the grace to be a friend and encourager to all those around me. Help me to share in their joys, as Mary did with Elizabeth, and help me to give them Your Love, as Mary still does today.

**BIRTH OF OUR LORD (LOVE OF GOD)** I ask for the grace to receive a new birth of Jesus in all the areas of my life that have not totally been given over to Him. Help me to identify those areas and turn them over to You. Right now, I especially ask Jesus to become present in my \_\_\_\_\_ .

**PRESENTATION IN THE TEMPLE (PURITY)** I ask for the grace to present Jesus to the people around me, not so much by talking about Him as by the way I live my life. Help me to purify my life so that I can be a better reflection of Jesus' goodness and caring love. Help me to more compassionately let Jesus shine through me.

**FIND OF OUR LORD IN THE TEMPLE (OBEDIENCE)** I ask for the grace to seek out and find Jesus whenever my troubles get so distracting that I no longer see Him. Help me to know that He is always present with me, helping me, guiding me, and compassionately loving me.

## SORROWFUL MYSTERIES

## TUESDAY AND FRIDAY

**AGONY IN THE GARDEN (REPENTANCE)** Give me the confidence to ask for what I think I need, the humility to wait for His Will, and the faith to accept a refusal. Let my suffering be Redemptive, let my will be one with God's and my life a sacrifice of love.

**SCOURGING AT THE PILLAR (MORTIFICATION)** I am sorry, dear Jesus. Cover me with this Precious Blood and heal my many wounds. Let modesty and purity be my goal and harmony my motto.

**CROWNING OF THORNS (HUMILITY)** Oh, Jesus, let me never forget Your love for me and the reparation You offered the Father for my sake. Let my soul magnify the Lord by humility of heart, purity of mind, and a gentle spirit.

**CARRYING OF THE CROSS (PATIENCE)** Help me, my Jesus, to carry my cross with joy, ever keeping my eyes on the Father's Will. Grant that I may not waste time deciding which cross comes from You and which comes from my neighbor. Let me accept all from You, realizing that some crosses correct me, some release me, some prevent

**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.

**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.



# DECEMBER 5, 2023 — TUESDAY CLASS

## GLORIOUS MYSTERIES      SUNDAY & WEDNESDAY

**RESURRECTION (FAITH & HOPE)** Like Your Five Wounds, my suffering will shine for all to see. The Wisdom of the Father will be glorified forever as all men see how His plan and will in my life marked out the glory that would be mine for all eternity.

**ASCENSION TO HEAVEN (DESIRE FOR HEAVEN)** I want to rise above the demands of my emotions and have the courage to live in spirit and truth. Grant me the Faith that is always aware of the invisible reality, the Hope that trusts in Your promises, and the Love that seeks not itself.

**DESCENT OF THE HOLY SPIRIT (ZEAL)** Holy Spirit, give me an increase of Your Gifts and the grace that assures Your Presence in my soul. Give me an awareness of the Divine Indwelling, a realization of how much the Father loves me, and transform my soul into a perfect image of Jesus.

**ASSUMPTION OF MARY (DEVOTION TO MARY)** Teach me, kind Mother, to keep my body pure, my mind undefiled, and my heart detached. Let your Assumption into Heaven give me the assurance and courage to be a Christian in word and deed.

**CORONATION OF THE BLESSED VIRGIN MARY (PERSEVERANCE)** Obtain for me, dear Mother, the grace I need to one day enter His Kingdom and be crowned with the crown of holiness.

## LUMINOUS MYSTERIES      THURSDAYS

**BAPTISM OF CHRIST IN THE JORDAN (SACRAMENT OF BAPTISM)** I obey my Father's designs when I submit to the teachings of the Church and to my lawful superiors when they command me. How important is the counsel of obedience to me?

**WEDDING FEAST AT CANA (FIDELITY)** I note how Christ honors His Mother and how Mary points her children to Jesus. Do I enthusiastically venerate Mary and genuinely encourage others to imitate Him?

**PROCLAMATION OF THE KINGDOM (DESIRE FOR HOLINESS)** I attest to His mercy when I receive the Sacrament of Penance. Is my encounter with the Divine Physician in Confession frequent and profound?

**TRANSFIGURATION (SPIRITUAL COURAGE)** I admire the intimacy that Saints Peter, James, and John had with Jesus. Do I often ask the Savior for a deeper friendship with Him?

**INSTITUTION OF THE EUCHARIST (LOVE OF OUR EUCHARISTIC LORD)** I thank God for the Most Holy Eucharist. Do I prepare well for Holy Communion and treasure the Mass as the center of my life?

**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.

**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.

# DECEMBER 19, 2023 — TUESDAY CLASS

Read Exodus 12:1-14. Exodus 13:3-8.

Exodus is a story of \_\_\_\_\_ .

The Passover is a \_\_\_\_\_ event.

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## OLD TESTAMENT RITUALS OF THE PASSOVER

1. Unblemished male \_\_\_\_\_
2. Sacrifice the lamb by the \_\_\_\_\_ of the household; the priest of the family
3. Spread the \_\_\_\_\_ of lamb on the lintel, the doorpost
4. Eat the flesh with \_\_\_\_\_ bread
5. Keep the Passover as a memorial \_\_\_\_\_

## NEW TESTAMENT FULFILLMENT OF THE OLD TESTAMENT [TYPOLOGY]

How the Old Testament story of Passover \_\_\_\_\_ [to] the **Eucharist**:

1. Jesus is an unblemished \_\_\_\_\_.
2. Jesus on the cross. To deliver God's ppl's bondage to the devil, sin. To set us \_\_\_\_\_.
3. Blood on the Doorpost and lintel — \_\_\_\_\_ of the \_\_\_\_\_ .
4. You have to eat the flesh of the **L**\_\_\_\_\_ with bread.
5. Do this in \_\_\_\_\_ of me. Memorial 4ever.

**Galatians 2:20**

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**Read John 1:28-30.**

**Who was** the first person (recorded in Scripture) was to call JESUS, the Lamb of God, to His face? \_\_\_\_\_

Which prophet serves as the link between the Old and the New Testament? \_\_\_\_\_

# DECEMBER 19, 2023 — TUESDAY CLASS

## Read Matthew 26:17-30

When was this taking place? \_\_\_\_\_

What did you have to do on the Feast of Passover in the Old Testament? \_\_\_\_\_

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## Read John 19:28-30

What kind of branch was used to offer the wine to Jesus upon the bloodied cross? \_\_\_\_\_

## Read 1 Corinthians 5:7

What does the word “paschal” mean? \_\_\_\_\_

Through the Sacrifice of Christ as the Lamb upon the cross, what are we freed from? \_\_\_\_\_

## The priesthood of the Old Testament

### Read Genesis 14:18.

What kind of sacrifice did Melchizedek bring out and offer? \_\_\_\_\_

### Read Exodus 28:1

When did the bloody sacrifices stop? \_\_\_\_\_

### Hebrews 5:1-4.

What does a priest do on behalf of the people? \_\_\_\_\_

## Christ, THE Royal High Priest

### Read Matthew 5:17

The Old Testament priesthood was not \_\_\_\_\_ by Christ, but completed and perfected in Jesus Christ.

Christ is the High Priest, as Scripture affirms.

# JANUARY 9, 2024 — TUESDAY CLASS

**Read Hebrews 3:1, Hebrews 5:5-10, Hebrews 6:20 and Hebrews 7:3.**

What is the connection between the sacrifice of Melchizedek and the sacrifice of Christ?

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**Re-read Matthew 26:26-29. Exodus 24:8. John 16:7. John 20:22.**

The sacrifice of the cross is not “represented” but re-\_\_\_\_\_ to each of us in the offering of the bread and wine which, and then, through the power of the Holy Spirit \_\_\_\_\_ into the Lord’s own Body and Blood.

**Read Malachi 1:11.**

How often during the day is Mass said in the entire world? \_\_\_\_\_

## The Mystery of Time and Space

**Read 2 Peter 3:8, Psalm 84:11, Romans 3:26 and Titus 1:2**

Chronos time: \_\_\_\_\_



Cairos time: \_\_\_\_\_



Humans operate in \_\_\_\_\_, and God operates in \_\_\_\_\_.

## The Power of God, the Power of Jesus and the Power of the Spirit

**Read John 6:1-15**

Did you notice **John 6:4**? What time of year was it? \_\_\_\_\_

Did you notice **John 6:11**? What did Jesus do? \_\_\_\_\_

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# JANUARY 9, 2024 — TUESDAY CLASS

## Read John 6:16-21

What time of day was it? \_\_\_\_\_

Where did this take place? \_\_\_\_\_

How far did the disciples row? \_\_\_\_\_

How did Christ demonstrate his power over His own body? \_\_\_\_\_

Now, hopefully you've already read **John 6:22-71**.

What is this passage about? Time of day? Place? What happened? Who are the characters involved?

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## After Jesus' Resurrection from the Dead

### Read Luke 24:13-35 and John 21:1-14.

How did Jesus make himself known in both of the above scripture passages? \_\_\_\_\_

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The Greek word for Thanksgiving is \_\_\_\_\_.

## It's all Greek to me

Greek word - **estin** - means \_\_\_\_\_

Greek word - **sarx** - means \_\_\_\_\_

The four Gospels are Synoptic, which means they are same, similar. Different eye-witness accounts of Jesus' life that are all similar.

I hope you have enjoyed this little journey through the Scriptures. Hopefully, the Mass will come to life a little bit differently for you this weekend.

# JANUARY 23, 2024 — TUESDAY CLASS

**Acts 2:42**

**Acts 13:44**

**Acts 20:7**

What are some of the things we learn about the beginning of the Catholic Church?

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GATHER ~ PROCLAIM ~ BREAK ~ SEND

**GATHER**

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What word in Latin do we get the word “Mass”?

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**Matthew 28:19, 2 Corinthians 13:13, 1 Chronicles 16:36**

How do we Gather together?

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What word in Hebrew do we get the word “Amen”?

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Following the Kyrie (Lord, have mercy), we usually sing what?

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**Luke 2:14**

What can we learn from the above verse? Why do we sing it at this point at Mass?

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# JANUARY 23, 2024 — TUESDAY CLASS

## PROCLAIM

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### Luke 4:16-17

What day is the Sabbath? \_\_\_\_\_

What book of the Bible did Jesus read from? \_\_\_\_\_

### Isaiah 40:8

How long does the Word of God stand for? \_\_\_\_\_

### Hebrews 4:12-13

How is the Word of God described in this passage? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why do we still proclaim the Word since some consider it outdated? \_\_\_\_\_

\_\_\_\_\_

### Luke 24:27; 1 Thessalonians 2:13

Why does the priest talk after the Gospel? \_\_\_\_\_

### 1 Timothy 2:1-4

Why do we pray for other people & their petitions? \_\_\_\_\_

# JANUARY 23, 2024 — TUESDAY CLASS

## BREAK

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What does the Olde English word “tithes” mean? \_\_\_\_\_

**Acts 2:44-46; 1 Corinthians 16:1-2**

Why do we collect money when the bread & wine are taken up? \_\_\_\_\_

**Genesis 14:18-20; Genesis 28:20-22**

Why ten percent? \_\_\_\_\_

**1 Peter 4:10**

Why do we share our gifts with one another? \_\_\_\_\_

What word in Greek do we get the word “Eucharist”? \_\_\_\_\_

Meaning: \_\_\_\_\_

**Romans 12:5; 1 Corinthians 10:16-17**

Why do we use bread and wine? \_\_\_\_\_

**Luke 22:19-20**

What did Jesus say about the bread & wine? \_\_\_\_\_

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**Revelation 4:8; Mark 11:9-10**

Who says the “Holy, Holy, Holy” in scripture? \_\_\_\_\_

**John 6:54-56**

How many times does Jesus say the Eucharist is actually is flesh & blood? \_\_\_\_\_

Why does He do this? \_\_\_\_\_

**Matthew 6:9-13; Luke 11:2-4**

What prayer did Jesus teach us to pray? \_\_\_\_\_

**John 1:29; Revelation 19:9; Revelation 22:3**

Why do we call Jesus the “Lamb of God”? \_\_\_\_\_

**Matthew 8:8**

Who said, “Lord, I am not worthy to have you enter under my roof....” [the prayer we say right before receiving the Eucharist]? \_\_\_\_\_



# JANUARY 23, 2024 — TUESDAY CLASS

SEND \_\_\_\_\_

**Ruth 2:4 or in any of St. Paul's Letters [2 Thessalonians 3:16; 2 Timothy 4:22, etc]**

The priest greets and imparts the Lord upon us once again with: \_\_\_\_\_

Our response is: \_\_\_\_\_

**Ephesians 5:18-20**

What do you need to sing? Isn't being there just enough? \_\_\_\_\_

**1 Corinthians 10:16-17**

Why can't I stay at home and pray by myself? \_\_\_\_\_

**1 Corinthians 11:27-29**

Why do you need to be in a state of grace to receive communion? \_\_\_\_\_

## **During the coming Sundays leading up to the Easter Vigil:**

I want you to pay attention at Mass. Look out for the answers to the following questions:

- 1) How many times does the celebrant (priest) make the sign of the cross over the people?
- 2) What are the differences between the 1st & 2nd reading AND the Gospel? *[Who reads them out loud to the people and what is our posture as we listen to them?]*
- 3) What is the meaning behind our posture, do you think?
- 4) Why does a person say "Amen" when receiving the Eucharist?
- 5) What do you think is the mean behind this response?

*[also watch how people receive the Eucharist—posture, focus, etc]*

**We will discuss during the TUESDAY classes.**

## St. Helen - 2023-2024 Liturgical Calendar

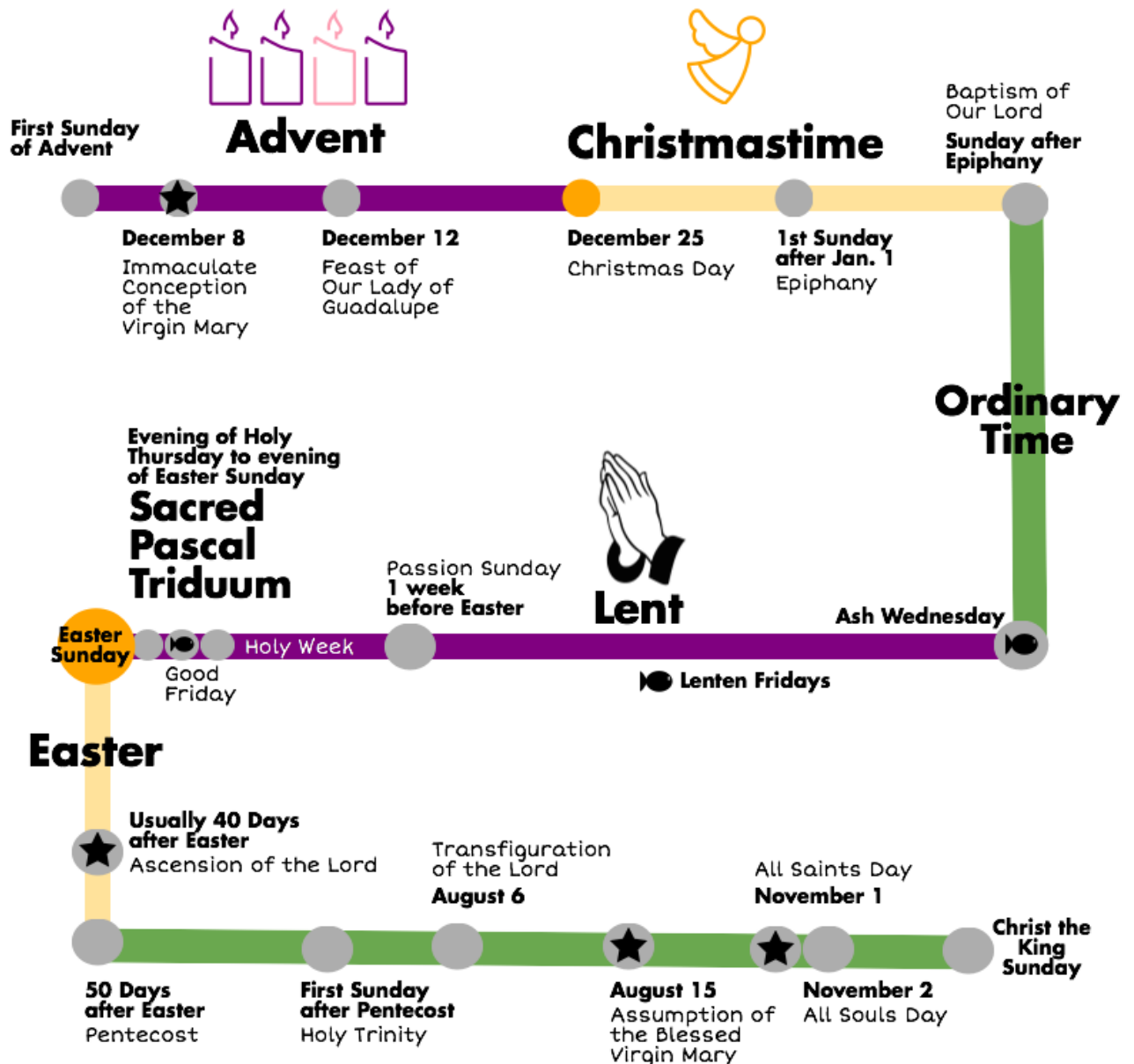
| Year | Month     | Sunday's and Holy Days of Obligation    |                                   |                                   |                                   |                                               |                                                                                  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

# The Catholic Liturgical Year


## Seasons

-  Holy Days of Obligation
-  Days of Abstinence

The Liturgical year begins on the first Sunday of Advent. It is divided into six seasons. The shortest but most holy season is the three-day Sacred Pascal Triduum leading up to Easter.





# FEBRUARY 6, 2024 — TUESDAYCLASS

 CatholicLink

WHAT IS THE SIGNIFICANCE OF  
**THE PRIEST'S VESTMENTS?**

A PRATICAL GUIDE

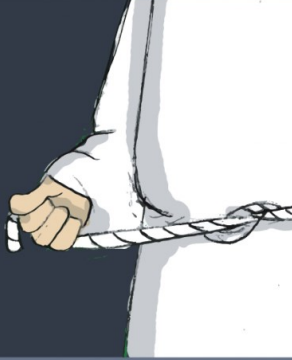



THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

## CINCTURE

**Symbolism**  
The virtue of purity.

**Prayer of the priest**  
"Gird me, O Lord, with the cincture of purity, and quench in my heart the fire of concupiscence, that the virtue of continence and chastity may abide in me"





THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

## AMICE

**Symbolism**  
Defends against the temptations of the devil and symbolizes the moderation of words.

**Prayer of the priest**  
"Lord, set the helmet of salvation on my head to fend off all the assaults of the devil" (Cfr. Ephesians 6:17)

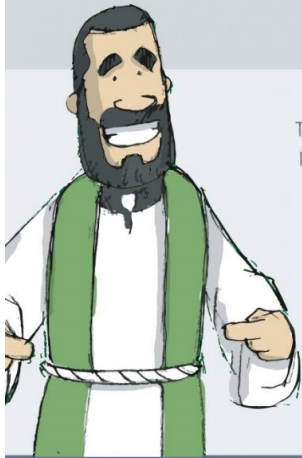



THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

## STOLE

**Symbolism**  
The stole is symbolic of the priestly power or authority.

**Prayer of the priest**  
"Lord, restore the stole of immortality, which I lost through the collusion of our first parents, and, unworthy as I am to approach Thy sacred mysteries, may I yet gain eternal joy"

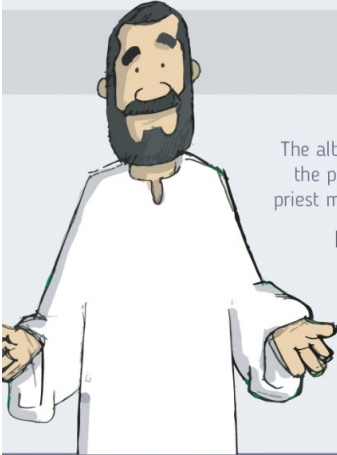



THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

## ALB

**Symbolism**  
The alb is white, symbolizing the purity of heart that the priest must bring to the altar.

**Prayer of the priest**  
"Make me white, O Lord, and cleanse my heart; that being made white in the Blood of the Lamb I may deserve an eternal reward."





THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

## CHASUBLE

**Symbolism**  
Worn above all the other vestments, it symbolizes the virtue of charity.

**Prayer of the priest**  
"O Lord, who has said, 'My yoke is sweet and My burden light,' grant that I may so carry it as to merit Thy grace"



THE SIGNIFICANCE OF THE PRIEST'S VESTMENTS 

# THE SIGNIFICANCE OF THE LITURGICAL COLORS



**GREEN**

**RED**

**GOLD OR WHITE**

**ROSE**

**PURPLE**

**WHEN IS IT USED?**

Ordinary Time in the liturgical calendar.

**WHEN IS IT USED?**

Pentecost, the Holy Spirit, Feasts of the Apostles and martyrs.

**WHEN IS IT USED?**

Feasts of Our Lord Jesus Christ, Mary, and saints who were not martyred.

**WHEN IS IT USED?**

Third Sunday of Advent and the Fourth Sunday of Lent.

**WHEN IS IT USED?**

Advent and Lent, also in Requiem Masses.

**SYMBOLISM**

Signifies hope.

**SYMBOLISM**

Signifies the fire of charity and blood shed for Christ.

**SYMBOLISM**

Symbolizes glory, joy, innocence, and purity of soul.

**SYMBOLISM**

Symbolizes joy and love.

**SYMBOLISM**

Signifies humility and penitence.

# FEBRUARY 6, 2024 — TUESDAY CLASS

## What are the items used at Mass?

Practical guide of the objects used at the altar 

|                                                                                                                                                                             |                                                                                                                                                                                 |                                                                                                                                                                        |                                                                                                                                                                               |                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Chalice</b><br><br>A large cup used to hold the wine which becomes the Blood of Christ. | <b>Purificator</b><br><br>A white cloth that the priest uses to cleanse the chalice.           | <b>Ciborium</b><br><br>It is used to hold the Hosts which will be used for communion. | <b>Corporal</b><br><br>A linen cloth on which the vessels (with bread and wine) are placed. | <b>Pall</b><br><br>It is a stiff, square, white cover that is placed over the chalice.            |
| <b>Host and paten</b><br><br>The host is placed in the paten (a saucer-like disk).        | <b>Lavabo and manuterge</b><br><br>They are used by the priest to wash his hands during Mass. | <b>Cruets</b><br><br>Small vessels that hold the water and wine.                     | <b>Roman Missal</b><br><br>It contains the prayers, chants and instructions for the Mass.  | <b>Candles and crucifix</b><br><br>It reminds us of the sacrifice of Christ, Light of the World. |

- ◆ What is the name of the wooden bench you sit on at church? \_\_\_\_\_
- ◆ What is the name of the table of the Lord in the sanctuary? \_\_\_\_\_  
What do we call the cup which holds the Blood of Christ? \_\_\_\_\_
- ◆ What is the name of the cross carried at the beginning & end of Mass? \_\_\_\_\_
- ◆ What is the name of the ornate receptacle used to house the Body of Christ? \_\_\_\_\_
- ◆ Which book is read during the Liturgy of the Word and read by the *lector*? \_\_\_\_\_
- ◆ What is the name of the book used by *the priest or deacon* to read the Gospel of the day during the Mass? \_\_\_\_\_
- ◆ Which book does the priest pray from during the Mass at the altar? \_\_\_\_\_

# **FEBRUARY 20, 2024 — TUESDAY CLASS**

# FEBRUARY 20, 2024 — TUESDAY CLASS



# APOSTLES INTERVIEW POSSIBLE QUESTIONS

[for the Youth & Parent]

+OPENING PRAYER

## topic of PRAYER:

- How do you (personally) like to pray?
- Please recite an Our Father or Hail Mary prayer.
- Is your faith important to you? Why or why not?
- On a scale of 1-10, where are you at in your relationship with God? Explain. *[0 is who is He again? 10 is I know everything about Him; BFFs.]*

## topic of SACRAMENTS being received:

- Do you want to receive these sacraments? Why or why not?
- Why are the sacraments important for your faith life?

## topic of Confirmation Preparation:

- How would you describe your journey toward Eucharist and Confirmation?
- What have you enjoyed about LIFE TEEN and the Tuesday night sacrament prep program?
- What have you found challenging?

## topic of LITURGY:

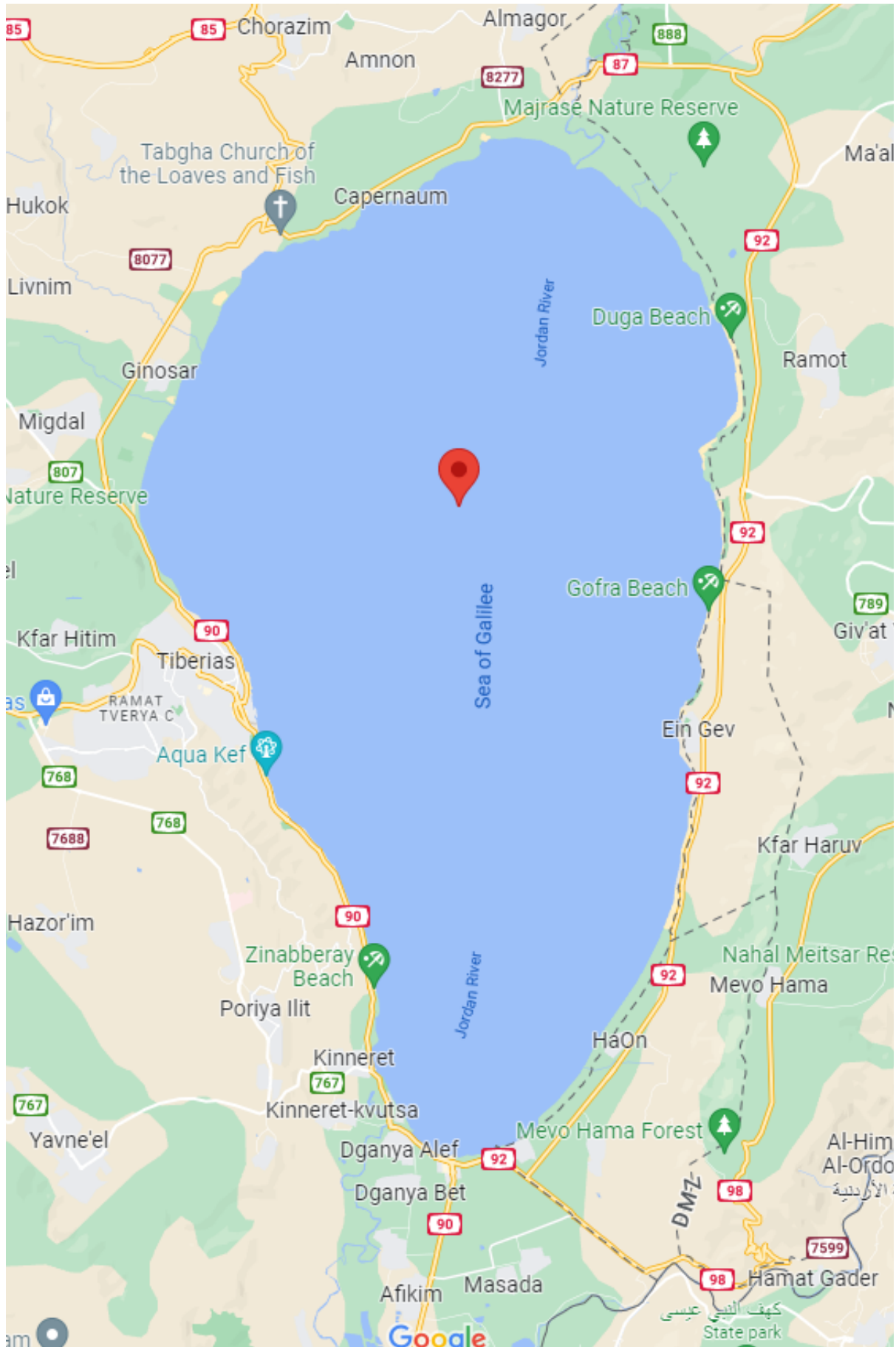
- When does your family pray together?
- How often does your family take you to Mass?
- How often does your family go to confession together?
- Do you and/or your family go to Eucharistic Adoration?

## topic of What-I-will-do-after-Receiving:

- After you've received your sacraments, how will you continue to live out your Catholic faith?
- Do you plan on returning to Life Teen this week? Next month?

**Do you have any questions for me?**

+CLOSING PRAYER



## St. Helen - 2023-2024 Liturgical Calendar

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

# Books of the OLD TESTAMENT

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



# 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            |                 |                  |