

Level 2 Sacramental Preparation

Areas of Focus:	Complete:
1) Do I participate in almost every Sunday Mass and Holy Day of Obligation?	<input type="checkbox"/>
2) Do I pray every day? How do I live my relationship with Jesus on a daily basis?	<input type="checkbox"/>
3) Have I read the entire <i>Action Bible</i> by Doug Mauss and Sergio Cariello or <i>The Picture Bible</i> by Iva Hoth? *	<input type="checkbox"/>
4) Have I read the Catholic Children book on Confession <i>Going to Confession</i> by Rev. Lawrence G. Lovasik, S.V.D.	<input type="checkbox"/>
5) Who is the Father?	<input type="checkbox"/>
6) Who is the Son?	<input type="checkbox"/>
7) Who is the Holy Spirit?	<input type="checkbox"/>
8) Have I memorized the “Hail Holy Queen”, the 10 Commandments and The Apostles Creed?	<input type="checkbox"/>
9) Have I memorized the “Act of Contrition” or do I know how to make one up?	<input type="checkbox"/>
10) What are the 2 greatest commandments?	<input type="checkbox"/>
11) Who is the priest and what does he do for us?	<input type="checkbox"/>
12) What is the Holy Sacrament of the Eucharist?	<input type="checkbox"/>
13) What is a tabernacle and where is it in the Church?	<input type="checkbox"/>
14) Why is there a candle next to the tabernacle?	<input type="checkbox"/>
15) What is Eucharistic Adoration?	<input type="checkbox"/>
16) What is the Altar?	<input type="checkbox"/>
17) What happens on the Altar?	<input type="checkbox"/>
18) What are the basic parts of the Mass?	<input type="checkbox"/>
19) What is the Sacrament of Reconciliation?	<input type="checkbox"/>
20) Does the Sacrament of Reconciliation have other names?	<input type="checkbox"/>
21) Where is the confessional in the Church?	<input type="checkbox"/>
22) Do I know how to go to Confession?	<input type="checkbox"/>
23) Have I gone to confession?	<input type="checkbox"/>
24) Have I watched some of the children's videos on formed.org ? What did I like?	<input type="checkbox"/>
25) Have I read one or more of the children books from the Lending Library in the back of Church?	<input type="checkbox"/>
26) Has my love for Jesus and Mary grown?	<input type="checkbox"/>
27) Have I attended the parish sacramental preparation retreat?	<input type="checkbox"/>

Family Name: _____

Child Name: _____

Mentor/Godparent Name: _____

Priest Signature (Ack. of Completion): _____

Date Completed: _____

Sacramental Preparation Bonus Activities

(not required)

	Task:	Complete:
1	Memorize the “Our Father”, “Hail Mary” and “Glory Be” in Latin.	<input type="checkbox"/>
2	Pray the Stations of the Cross on Fridays and during Lent.	<input type="checkbox"/>
3	Participate at week day Masses.	<input type="checkbox"/>
4	Make short visits to the Blessed Sacrament.	<input type="checkbox"/>
5	Participate at Adoration, even if just for 10 to 20 minutes.	<input type="checkbox"/>
6	Go on pilgrimage to any shrine or church: i.e. Cross In The Woods, which is a great place to pray the outdoor Stations of the Cross; Our Lady of the Assumption (Mio), which is a great place to learn more about some of Mary’s apparitions; Bishop Baraga sites (e.g. Holy Cross on Beaver Island, St. Ignatius in Good Hart). It would be good to read about Bishop Baraga online before going.	<input type="checkbox"/>
7	Learn and practice the Spiritual and Corporal Works of Mercy (will be discussed during Retreat for level 3)	<input type="checkbox"/>
8	Prepare to altar serve by learning the names and purposes of the items used for Mass and by shadowing the other altar servers.	<input type="checkbox"/>

LEVEL 2 SACRAMENTAL PREPARATION

Below is a suggested timeline on when and how to learn or build on the topics and questions in Level 1. It is not required that you learn these things in this order, rather this acts as a guide in assisting you so you are continuously learning about the sacraments throughout the year.



Things to Learn at Mass

These topics below can be learned and witnessed as you attend Mass.

- What are the basic parts of the Mass?
- What is a tabernacle and where is it in the Church?
- Why is there a candle next to the tabernacle?
- What is an Altar?
- What happens on the Altar?

Bonus Activities

- Memorize the "Our Father", "Hail Mary" and "Glory Be" in Latin
- Pray the Stations of the Cross on Fridays and during Lent
- Participate at week day Masses
- Make short visits to the Blessed Sacrament
- Participate at Adoration, even if just for 10 to 20 minutes
- Go on pilgrimage to any shrine or church: i.e. Cross In The Woods (a great place to pray the outdoor Stations of the Cross; Our Lady of the Assumption (Mio)(a great place to learn more about some of Mary's apparitions; Bishop Baraga sites (e.g. Holy Cross on Beaver Island, St. Ignatius in Good Hart) (it would be good to read about Bishop Baraga online before going)
- Learn and practice the Spiritual and Corporal Works of Mercy (will be discussed during Retreat for level 3)
- Prepare to altar serve by learning the names and purposes of the items used for Mass and by shadowing the other altar servers.

Level 2 Questions & Answers

1) Do I participate in almost every Sunday Mass and Holy Day of Obligation?

This is a simple yes or no question. It is repeated from level one because it needs to become something we cannot live without. Below is the explanation from level one.

It is extremely important we put into practice the third commandment to “Keep Holy the Sabbath” and Jesus’ command at the Last Supper to “Do this in memory of me”. On the Sabbath (Seventh Day) the Israelites were asked to rest from work in order to acknowledge their relationship with God as being the priority. It was a day of thanksgiving to God for all of His blessings.

Since Jesus Christ is the fullness of blessings given to all of us, the day of His resurrection (Lord’s Day or Sunday) becomes the privileged day to remember and to celebrate our covenant with God. We rest from work to make God the priority and we fulfill Jesus’ words “Do this in memory of me” by renewing our covenant with Him in the celebration of the Eucharist. In the Eucharist we give thanks for Jesus sacrificed for us and represented to us on the Altar. We come together as the Family of God, united by His Word and by His Body and Blood.

The importance of making it to Sunday Mass cannot be emphasized enough! It is a personal and family covenantal moment the Church defines as the “source and summit of the Christian life”. (CCC 1324) It is such an important encounter wanted by Jesus, that to miss it without good reason constitutes sinfully grave matter. Jesus gives Himself to us and we give ourselves to Him. With Jesus on the Altar we are asking the Father to look upon His only Begotten Son and pour down grace upon all of us.

For a more in-depth explanation please read the CCC 2168-2195 and *Dies Domini (Keeping the Lord’s Day)* by John Paul II.

2) Do I pray every day? How do I live my relationship with Jesus on a daily basis?

This is repeated from level one because it needs to become something we cannot live without. Below is the explanation from level one.

We cannot have a relationship with Jesus without prayer. Prayer is anytime we give our hearts and minds to God. It can be a simple conversation with God in which we listen and speak to Him as His children and as His friends. It is being mindful of His loving presence, in which we thank Him, love Him, petition His help and offer to Him all our actions.

With this question we are trying to make sure the child is able to spontaneously talk with Jesus and through this dialog to open themselves up to His presence. As Jesus becomes their best friend, they will begin to see all the ways He takes care of them and that they can trust Him. Their love for Him will grow and they will naturally desire to meet Him more fully in the Sacraments.

Spontaneous prayer should also extend as a conversation to the angels and saints, above all to Mary as our Heavenly Mother wanting to help us love her Divine Son.

Spontaneous Prayer should always be present, from our waking to our sleeping. Children should be taught to say “good-morning” and “good-night” to Jesus, to tell Him “thank you” and “I love you” throughout the day, to ask for help before beginning difficult tasks, before beginning to drive in the car, when they

see someone in need, when they hear the siren of an ambulance, before meals, when passing a Catholic Church or cemetery, etc... The prayers need not be long, only from the heart.

3) Have I read the entire *Action Bible* by Doug Mauss and Sergio Cariello or *The Picture Bible* by Iva Hoth?

This is a yes or no question. Though neither of these are Catholic Bibles, they are done very well and are for the purpose of knowing the story of salvation. Children find them very easy and engaging to read. It will provide the child with a good framework of biblical history and help them to love the Word of God. It will also make an adult Bible less daunting.

Families will be required to purchase these Bibles and they will be handed out to families at registration. There are also a couple of editions of this Bible in the Lending Library in the Gathering Space of the Cathedral.

4) Have I read the Catholic Children's book on Confession *Going to Confession* by Rev. Lawrence G. Lovasik, S.V.D.

This is a yes or no question. The child will probably have to read it a few times before feeling comfortable going to the Sacrament of Confession, which they will do in this level and again in the 3rd level.

Families will be required to purchase this book and they will be handed out at registration. There are also a couple editions of this book in the Lending Library in the Gathering Space of the Cathedral.

5) Who is the Father?

It is enough for the child to know that the Father is the First Person of the Most Holy Trinity and that we can see His paternity everywhere. All of creation is a gift from God and reveals His loving care. His Fatherhood is seen above all in Jesus, whom He sent to bring us back to Him. If we let Jesus enter our lives and hearts we become sons and daughters of the Father.

The Father is the one who eternally begets the Son, with the Son He generates the Holy Spirit, and with the Son and the Holy Spirit He creates the world. The Father may be likened to an architect; He is the origin of creation.

We should often point out to children the good things the Father has given to us and all the ways He takes care of us. As we marvel at creation and the gift of the Son and the Holy Spirit, we cannot help become more thankful and trusting in the Fatherhood of God. His providential care for us is also called Divine Providence.

6) Who is the Son?

It is enough for the child to know that the Son is the Second Person of the Most Holy Trinity and that when He assumed our humanity on earth He took the name Jesus, which means "he who saves". Jesus is fully God and also fully man.

He is eternally begotten of the Father, with the Father He generates the Holy Spirit, and by assuming our human nature He redeems us.

We should always be teaching the child that the Son, Jesus, loves us so much that He suffered and died for us. He then rose from the dead to show us we will live with Him forever.

7) Who is the Holy Spirit?

It is enough for the child to know that the Holy Spirit is the Third Person of the Most Holy Trinity and that He is sent to dwell in us, connecting us to Jesus, teaching us about Jesus' love and helping us to pray.

The Holy Spirit is the love between the Father and Son; He is eternally generated from them. Thus we can truly say that "God is love". (1 John 4:8) He is the love of God within us; He sanctifies us and conforms us to Christ.

We should teach the child to pray: "Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen."

8) Have I memorized the "Hail Holy Queen", the 10 Commandments and The Apostles Creed?

(This prayer can be learned through recitation at the end of the Rosary)

Hail Holy Queen, Mother of mercy, Our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, thine eyes of mercy towards us. And after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

(**The Ten Commandments** can be seen as road signs from God warning us about the dangers of not staying on the road to Heaven. - Watch this helpful video from Fr. Matthew! https://youtu.be/6fvAzduU_jY)

- 1) I am the Lord your God: you shall not have strange Gods before me.
- 2) You shall not take the name of the Lord your God in vain.
- 3) Remember to keep holy the Lord's Day.
- 4) Honor your father and your mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal.
- 8) You shall not bear false witness against your neighbor.
- 9) You shall not covet your neighbor's wife.
- 10) You shall not covet your neighbor's goods.

(The Apostles Creed can be learned through recitation at the beginning of the Rosary)

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.

9) Have I memorized the “Act of Contrition” or do I know how to make one up?

Please have them either recite one or make one up. If they make one up it should express sorrow for sins, the request for God’s forgiveness and His help to avoid sin.

The following Act of Contrition is a common one. “My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.”

A nice time to recite the “Act of Contrition” is before falling asleep at night. As we say sorry to God for our sins, we put our minds and hearts in His merciful love; we surrender everything to Him and rest in His peace.

10) What are the 2 greatest commandments Matthew 22:37-40?

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment.

The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”

“You shall love the Lord...” summarizes the first part of the Ten Commandments: one, two and three.

“You shall love your neighbor...” summarizes the second part of the Ten Commandments: four through ten.

The child should be taught that love is the heart of God’s message to us. If we truly learn to love we will open ourselves up to God and to our neighbor. Love will help us to be like Jesus. All our thoughts and actions should be done in love.

11) Who is the priest and what does he do for us?

The priest is the person Jesus uses to give us the Sacraments. For example Jesus uses the priest to give us His forgiveness in the Sacrament of Reconciliation and His Most Precious Body and Blood in the Mass.

Priests try to help people meet Jesus and to lead them to Heaven. They represent Jesus, yet they are humans so they make mistakes and have to go to Confession just like everyone else.

A good time to teach the child about the priest is while preparing for Holy Mass or for any of the Sacraments.

12) What is the Holy Sacrament of the Eucharist?

The child needs to know that the Eucharist is the Body and Blood of Jesus; He is totally present both in His divinity and humanity. He is totally present even in the smallest amount of the consecrated host or precious blood. In the Eucharist we receive the Risen Jesus, who died for us.

Before the words of consecration it is merely unleavened bread and wine from grapes. After the words of consecration it is no longer bread and wine, but rather the Body and Blood of Our Lord. This is true even though it still appears to be bread and wine.

A good time to teach the child about the Eucharist is while preparing for Holy Mass, during the consecration (pointing out it is no longer bread and wine), and any time we enter a Catholic Church and greet Jesus present in the tabernacle.

13) What is a tabernacle and where is it in the Church?

The tabernacle is the beautiful container where we put the Sacrament of the Eucharist that is left over after Mass. It is like a little house for Jesus. We put Him there so we can take Him to all the sick and elderly that are not able to come to Mass. We also can visit Jesus in the tabernacle in order to spend time with Him and to pray.

It is usually kept in a prominent place in the Church so we can easily find Him and adore Him. The tabernacle is usually somewhere in the sanctuary (the area where the Altar is or in a nearby chapel).

A good occasion for teaching the child about the tabernacle is any time we enter a Catholic Church.

It would be good to ask the child if they know where the tabernacle is in their Church.

14) Why is there a candle next to the tabernacle?

A lit candle needs to be near the tabernacle to show Jesus is present. Sometimes there are more than one. When the Blessed Sacrament is not in the tabernacle, the candle needs to be spent and usually the door is left open to show that it is empty.

It may be easy for the child to remember the following: when Jesus is home the door is closed and the lights are on; when He is away the door is open and the lights are off.

15) What is Eucharistic Adoration?

Adoration is the worship that is due to God. Eucharistic Adoration is the worship we give to Jesus Christ in the Blessed Sacrament, acknowledging Him present in His Body, Blood, Soul and Divinity.

We can adore Jesus in the Eucharist either before the tabernacle or before the Blessed Sacrament exposed on the Altar and placed in a monstrance (the ornate object made to hold and show the Consecrated Host).

We are blessed to have Eucharistic Adoration in the Cathedral Chapel. It would be a great teaching moment to make a brief visit with the child to spend some time with Jesus. The child could be instructed to recognize Jesus present in the Eucharist and to speak with Him. It might be good to have some intentions to give to Jesus before entering the Chapel, like telling Jesus that we love Him, asking Him to take care of our loved ones, (grandma, grandpa, etc...).

16) What is the Altar?

Altars are a special table used for sacrifice; it is a special table where things are offered to God.

The Altar is always at the center of the sanctuary, it is the central point of our worship because it is the place where Jesus comes to us in His Precious Body and Blood. We are His family reunited before the Altar.

The Altar can be pointed out to the child whenever they visit a Catholic Church. They can draw close to it before or after Holy Mass and ask questions about why it is needed.

17) What happens on the Altar?

It is enough for the child to know that on our Altars we offer Jesus, the Son of God, to the Father for the forgiveness of our sins.

His sacrifice on the cross is re-presented to us on the Altar; the graces of His death and resurrection are poured into our time and space through the sacrifice of the Mass.

As we partake of Jesus in the Eucharist we entrust ourselves to Him so He may give us to the Father.

18) What are the basic parts of the Mass?

It is enough that the child know the name of the 4 main parts which are in bold type.

- **Introductory Rites:** (Greeting, Penitential Rite, Glory, Collect Prayer)
- **Liturgy of the Word:** (1st Reading, Psalm, 2nd Reading, Gospel, Homily, Creed, Universal Prayers)
- **Liturgy of the Eucharist:** (Preparation of Altar and Presentation of Gifts, Prayer over Offerings, Eucharistic Prayer, Lord's Prayer, Sign of Peace, Lamb of God, Communion, Prayer after Communion)
- **Concluding Rites:** (Greeting, Blessing, Dismissal)

The yearly retreat for levels one and two will be on the Mass; we will be walking through all the parts with the children and their parents.

19) What is the Sacrament of Reconciliation?

The Sacrament of Reconciliation is when we go to a Catholic Priest to receive Jesus' forgiveness for our sins.

It is comprised of 4 parts: contrition, confession, penance and absolution.

Advent and Lent are perfect occasions for an in-depth preparation for the Sacrament of Reconciliation and constitute good teaching moments. However, since Confession is such a beneficial Sacrament we should take advantage of it often. Our families should notice how the Sacrament changes us and helps us become better friends of Jesus.

20) Does the Sacrament of Reconciliation have other names?

The Sacrament of Reconciliation is often called the Sacrament of Confession or the Sacrament of Penance. Each name underlines a different aspect of the Sacrament.

21) Where is the confessional in the Church?

The confessional is a dignified place in the Church where the priest hears confessions and celebrates the Sacrament of Reconciliation. Although a dignified place is preferred for the Sacrament, a priest may hear confessions in other places as well.

We can teach the child about the confessional any time we enter a Catholic Church. The greatest moments will be when we bring them with us to Confession; they can pray in the pew during the Sacrament. This way they can begin to witness first hand its importance. We can use the moment to explain the Sacrament and the confessional.

The child should be able to explain where the confessional is in their Church.

22) Do I know how to go to Confession?

From their reading the child should be able to explain the flow of the Sacrament of Reconciliation. "Bless me Father..."; Confession of Sins; Advice from the priest; Penance given; Act of Contrition; Absolution; "Your sins are forgiven, go in peace; Thanks be to God."

23) Have I gone to confession?

This is a simple yes and no question. After the child has learned about this wonderful Sacrament of God's mercy it is fitting that they should accompany their parents for the first time. When the child enters the confessional for the first time they should let the priest know it is their first time.

24) Have I watched some of the children videos on [Formed.org](https://www.formed.org)? (Access code: DPR7NN)

This is a yes or no question. If they want to, they can tell you what video they liked. There are a good selection of videos.

25) Have I read one or more of the children books from the Lending Library in the back of Church?

This is a yes or no question. The Lending Library is meant to be of assistance to parents that might have difficulty finding good formative books for their children. If they have similar books at home that is fine. The child can explain which book they like the best.

26) Has my love for Jesus and Mary grown?

A simple yes or no question. Love needs to be what motivates us and what our Faith is all about. The child and family should notice a growth in love as time passes.

As humans we need to see, to hear, to touch, to taste and to smell. Jesus is God made visible to us; He is the concrete presence of God that touches our humanity. Because of this, it is most beneficial for our own growth in the love of God to love the God we can see, hear, and touch: Jesus.

Mary is the greatest help we have to receive Christ and to draw near to Him. She continually gives Him to us and as our Mother and Sister she intercedes for us and leads the way. Mary can never be loved “too much” because Jesus wants us to love her as He does.

27) Have I attended the parish sacramental preparation retreat?

The child is required to attend the parish retreat for each year they are in the sacramental preparation program; a minimum of two retreats are needed. Please see schedule for the retreat dates.