

***Faith Formation Guidebook***

*"God freely created us so that we might know, love, and serve him in this life and be happy with him forever."
-St. Ignatius of Loyola*

Our program aims to help children and their families know God and His church in order to better love Him and others in their lives. Families not only learn about their faith together, they but develop and practice beautiful and meaningful ways to live it out at home, in their parish, and in their communities.

**Family Centered**

Your family is such an important part of our program and your child’s faith formation. Our goal is to support you as the first and foremost catechist of your child. By regularly reviewing these materials and prayers and engaging in the ministry opportunities our parish offers, your family will grow alongside your child in the faith.

**Service**

The Spiritual and Corporal Works of Mercy are the ways through which we are asked to serve God and love one another. In K-8, we will support a different charity each month. Catholic Social Teachings are introduced, and opportunities increase for children and teens to learn about the needs around them. By Confirmation, students are fostering service-minded hearts, logging monthly service in our parish, communities, and world.

**Youth Ministry**

Our parish Youth Ministry Program is an important partner to our Faith Formation Program – allowing our students the opportunities to grow in their faith, explore specific questions and interests, find support and prayer in difficult times, and enjoy a sense of community with other parish teens.

**Participation and Celebration of the Mass**

Families and children will regularly attend Mass together as the core of our faith. Our materials will focus on the weekly Gospel message, and our lessons will follow the liturgical year.

**Catechetical themes cover a 4-Year Cycle:**

* The Mass
* The Sacraments and Grace
* The Bible
* The Virtues

**We aim to not only prepare children for sacraments but live out the promises of those sacraments:**

* **Kindergarten – Grade 1**: God, my family and my church
* **Grade 2-3:** Preparation for First Reconciliation and First Holy Communion
* **Grades 4-6:** Diving into my faith and participating in my parish
* **Grades 7+8:** Preparation for Confirmation

**Pre-K – Grade 1**

**Focus: Family and God**

**Our Faith and Church**

* The Holy Family: Jesus, Mary, and Joseph
* Creation is a gift from God. We were created by God in his image each with a divine purpose.
* We are members of God’s family through the Sacrament of Baptism
* God asks us to join Him in Mass every Sunday

**Our Prayer Life**

**The sign of the Cross (words and actions):**  In the name of the Father (right hand touches forehead), and of the Son (touch heart), and of the Holy (touch left shoulder) Spirit (touch right shoulder). Amen (hands together at heart)

**Prayer Before Meals**

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

**Children’s Grace**

Thank you for the world so sweet. Thank you for the food we eat. Thank you for the birds that sing. Thank you God for everything. Amen.

**Guardian Angel Prayer**

 Angel of God, my guardian dear, To whom God’s love commits me here, Ever this day be at my side,

To light and guard, to rule and guide. Amen.

**Night Prayer**

 Now I lay me down to sleep, I pray the **Lord** my soul to keep; Thy angels watch me through the night and keep me safe till morning's light. Amen

**Our Lives and Witness**

* We go to Mass every Sunday to thank God, repent, petition, and praise.
* We respect the church space as Holy and the Mass as sacred
* We take care of God’s creation
* We honor our mother and father
* We are helpful and loving to our family, teachers, and friends
* We help those in need
* We pray Grace before meals

**Family Resources**

**Pflaum Publishing:** Online resources, videos, + activities for children and families. (<https://www.gospelweeklies.com/> )

**St Mary’s Press:** Online resources and activities ([Saint Mary's Press: The Catholic Bible Publisher for Teens and Children (smp.org)](https://www.smp.org/)

**Free Parish subscription/access to Formed.org:** children’s Catholic cartoons, videos, and programming (formed.org) **Online Blog and website** for Kids’ activities and Crafts: <https://www.catholicicing.com/>

**Free online resources**, lessons, and crafts: <https://www.catholicmom.com/resources>

**Grade 2 and Grade 3**

**Focus: My Church and the Gift of Reconciliation**

**Our Faith and Church**

* Forms of Prayer: repentance, petition, intercession, thanksgiving, praise (Sorry, please, thanks, love you)
* Genuflection (method and meaning)
* We are not perfect like God; He forgives us when we sin and strengthens us through sacraments and virtues
* Sin is knowing what God wants and choosing to do otherwise
* God gives us Free will to choose to do good and make good choices
* The Holy Spirit helps us make good choices
* The Bible is Holy Scripture and the Word of the Lord
* **Reconciliation/Penance:**  The Sacrament in which sins committed after Baptism are forgiven by God. It provides gifts of healing, forgiveness, mercy, and grace. It restores and strengthens our friendship with God.
	+ Before the Sacrament of Penance, I perform an *examination of conscience* to reflect on my sins.
	+ I come to the Sacrament of Penance with contrition (sorrow) for my sins.

**Our Prayer Life**

 **Hail Mary**

 Hail Mary, full of grace, the Lord is with thee. Blessed art thou among 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.

 **The Lord’s Prayer**

 Our Father, Who art in Heaven, hallowed be Thy Name; Thy Kingdom come; Thy will be done

 on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as

 we forgive those who trespass against us; and lead us not into temptation, but deliver us from

 evil. Amen.

 **Act of Contrition**

 Oh 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 the help of Your grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

**Our Lives and Witness**

* We pray for, and serve, those who need our help in our family, school, parish, community, and world
* We love others as God loves us
* We forgive others (friends and family) as God forgives us
* We ask God regularly for His forgiveness when we choose to act against His wishes.
* We recognize one of the five precepts of the church is to go to confession at least once a year.
* We receive God’s grace through reconciliation.

**Parent Resources:**

**Formed.org:** *Signs of Grace* “You are Forgiven” and *Signs of Grace* “You are Loved” (<https://watch.formed.org/the-sacraments-1>)

**First Reconciliation Preparation Checklist (Fall of Grade 3)**

**Practice the Following**

* **Genuflect:** kneel on right knee and bless yourself as a sign of honor, service, and love to Jesus
* **Sign of Cross:** make the sign of the cross from your forehead, heart, left and right shoulder.
* **How to Confess:** Enter the confessional, greet the priest, bless yourself, and say “Forgive me Father, for I have sinned. This is my first confession. Confess your sins.
* **Lord’s Prayer** – recite

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

* **Hail Mary**- recite

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.

* **Act of Contrition** - recite

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.

**Explain Meaning of Reconciliation**

* **What does “reconciliation” mean?** Asking God for forgiveness, receiving healing + God's Grace to do better
* **Define Sin:** knowing what God wants and doing otherwise.
* **What is an Examination of Conscience and what do we do?** We think about andask ourselves when/how we have not done what God wants of us
* **What are the 10 Commandments and how do they help us?** God’s rules to help us be good and be happy
* **What is Confession?** telling the priest our sins
* **Penance:** an act or prayer the priest gives us to do after forgiving us of our sins.

**General Questions for all Sacraments:**

* **What is the name of our parish?** St John Bosco Parish (Includes St Mary and St Therese Churches)
* **Who are our priests and celebrants?** Fr Keefe, Fr George (Deacon Bob and Monsignor Walker)
* **Why do we go to Mass every week?** To receive the Eucharist and pray to God in community
* **Why are the sacraments important?** They give us God’s grace and keep us close to him in our live

**Grade 2 and Grade 3**

**Focus: The Gift of the Eucharist**

**Our Faith and Church**

* General order of the Mass: Welcome, Forgiveness, God’s Word, the Eucharist, Closing
* Baptism and First Holy Eucharist are Sacraments of Initiation
* Sacrament of Penance and Reconciliation is a Sacrament of Healing
* The liturgical year follows the life, death, resurrection, and gift of Jesus.
* The 12 Apostles followed Jesus and spread the faith.
* The 10 Commandments and the Beatitudes are God’s guidebook for us to follow
* The Church is the people of God, the Communion of Saints, a light to the world

**Prayer and Scripture**

 **Glory Be**

 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.

**Hail, Holy Queen Enthroned Above (Salve Regina Hymn)**

Hail, holy Queen enthroned above, O María. Hail, Queen of mercy and of love, O María. Triumph, all ye Cherubim; Sing with us, ye Seraphim. Heav’n and earth resound the hymn: Salve, Salve, Salve, Regína. The cause of joy to all below, O María. The spring through which all graces flow, O María. Angels, all your praises bring; Earth and heaven, with us sing; All creation echoing: Salve, Salve, Salve, Regína. O gentle, loving, holy one, O María. The God of light became your son, O María. Triumph, all ye Cherubim; Sing with us, ye Seraphim. Heav’n and earth resound the hymn: Salve, Salve, Salve, Regína.

**Our Lives and Witness**

* We thank God for the gift of our life by using our talents to help others
* We show our faith through actions and service
* We are called to spread God’s Good News
* We care for God’s creation
* We celebrate and understand the meaning of events in the Liturgical Year, especially Advent and Lent
* We attend weekly Mass and experience Jesus through the Eucharist each Sunday

**Preparation for First Holy Eucharist/Communion**

* Preparation for First Penance/Reconciliation and the first reception of the Eucharist begins with the child’s family; family has the most important role in communicating and modeling the Christian and human values that form an understanding of Reconciliation and the Eucharist.
* A child’s regular participation in weekly Mass with his/her family is crucial in order to fully understand, appreciate, and internalize its value for one’s life and to experience the powerful liturgical prayer of the assembled church.

**Parent Resources:Formed.org:** *Signs of Grace* “You are Forgiven” and *Signs of Grace* “You are Loved” (<https://watch.formed.org/the-sacraments-1>)

**First Holy Communion Preparation Checklist (Spring of Gr 3)**

* **Genuflect:** kneel on right knee and bless yourself as a sign of honor, service, and love to Jesus
* **Sign of Cross:** make the sign of the cross from your forehead, heart, left and right shoulder.
* **Receiving Communion:** approach the altar prayerfully and reverently; offer hands slightly raised with non-dominant hand resting on dominant hand to receive; dominant hand lifts Eucharist to your mouth. You consume immediately, bless yourself with eyes on the cross, and leave the altar hands clasped in prayer.
* **Lord’s Prayer** – recite

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

* **Hail Mary**- recite

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.

* **Act of Contrition** – recite

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.

* **Glory Be – recite**

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.

**Explain Meaning of First Holy Communion**

* **What does Eucharist mean**? Thanksgiving, grateful; Body, Blood, Soul, and Divinity of Jesus
* **Liturgy of the Eucharist:** part of the mass when bread and wine become the Body and Blood of Jesus
* **Eucharistic Fast:** a sign of respect/reverence, we don’t eat/drink for 1 hr before receiving Communion
* **Real Presence:** the understanding that Jesus is truly present in the Holy Eucharist, the bread and wine that become the Body and Blood of Jesus at the consecration in Mass.
* **What sacraments have we received?** Eucharist is the most important sacrament and is the center of Christian life. Baptism washes us of original sin and welcomes us into the Catholic Church; Reconciliation lets us receive God’s forgiveness and grace.

**I Know My Prayers (Grade 2-3 Challenge)**

* **Genuflect:** kneel on right knee and bless yourself as a sign of honor, service, and love to Jesus
* **Sign of Cross:** make the sign of the cross from your forehead, heart, left and right shoulder.
* **Grace:** recite

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

* **Bedtime Prayer:** recite

Now I lay me down to sleep,
I pray the Lord my soul to keep.
Angels watch me through the night,
And wake me with the morning light.

* **Lord’s Prayer** – recite

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

* **Hail Mary**- recite

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.

* **Act of Contrition** – recite

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.

* **Glory Be – recite**

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.

**Grade 4**

**Focus: The power and beauty of the Mass**

**Our Faith and Church**

* The five precepts of the Church: to attend Mass on Sundays and Feasts of Obligation; to go to confession at least once a year; to receive Communion during the Easter season; to keep holy the Feasts of Obligation; and to observe the days of fasting and abstinence.
* A covenant is a promise/agreement between God and his people
* The Mass is a celebration of God’s death and resurrection and his life in us.
* We are part of the universal church as part of our parish, deanery, and archdiocesan.
* The Greatest Commandment: Love God with our whole hearts and others as ourselves
* **The Greatest Prayer: The Mass**
	+ **The Introductory Rites:** places the cross before us and world behind us as we journey to the altar.
	+ **The Liturgy of the Word:** open our minds and hearts to the Word of the Lord
	+ **The Liturgy of the Eucharist:** prepares us to fully receive Jesus into our bodies and lives
	+ **The Concluding Rites**: sends us on mission to love and serve the Lord

**Prayer and Scripture**

**Confiteor**

 I confess to almighty God and to you, my brothers and sisters, that I have greatly 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. Amen

 “**Lord, I am not worthy” Mass Response**

 Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

**Preparation of the Gifts- Mass Response**

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

**The Mystery of Faith (Mass Response)**

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

**Our Lives and Witness**

* We know why God made us**:** to know Him, to love Him, and to serve Him in this world, and to be happy with Him forever in the next.
* We understand the truth of the passage, “What we do for the least of our brothers, that we do unto God.”
* We ask the Holy Spirit to help us make moral decisions and follow the commandments in order to live fully and without sin.
* We can praise God through music, art, Nature, prayer, community, and service.
* We can pray to God with traditional and spontaneous prayer.

**Parent Resource:**

**Archdiocese of New York: Life and Culture** <https://archny.org/ministries-and-offices/respect-life/>

**Adolescent Resources**: <https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-adolescents>

**Internet Safety and Usage:** [Internet-Matters-online-safety-Age-Guide-11-13.pdf (internetmatters.org)](https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-11-13.pdf)

**Grade 5**

**Focus: The gifts of the Seven Sacraments**

**Our Faith and Church**

* The Creed is a declaration of our Catholic beliefs: One God in the Trinity, redemption, sanctification, Mary is Mother of God, Communion of Saints.
* The four marks of the church: One, Holy, Catholic, and Apostolic
* The sacraments of the Eucharist and Reconciliation should be received regularly to strengthen and renew us.
* The meaning, impact, and power of the sacraments need to be realized in the Catholic life
* The Grace of God is given through the Sacraments:
	+ **Sacraments of Christian Initiation:** Baptism, Confirmation, Eucharist
	+ **Sacraments of Healing:** Reconciliation/Penance, Anointing of the Sick
	+ **Sacraments at the Service of Communion:** Holy Orders, Matrimony

**Prayer and Scripture**

**Apostle’s Creed (Our statement of belief)**

**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.

**Nicene Creed (our statement of belief)**

**I believe in one God**, the Father almighty, maker of heaven and earth, of all things visible and invisible. **I believe in one Lord Jesus Christ**, the Only Begotten Son of God, born of the Father before all ages.
 God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father;
  through him all things were made. For us men and for our salvation he came down from heaven,
  and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under

Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

 **I believe in the Holy Spirit**, the Lord, the giver of life, who proceeds from the Father and the Son,
 who with the Father and the Son is adored and glorified, who has spoken through the prophets.

**I believe in one, holy, catholic and apostolic Church**. I confess one Baptism for the forgiveness of sins
 and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**Our Lives and Witness**

* We understand that God wants us to work for justice; make peace in our lives, homes, communities, and world; respect each person’s dignity
* We know and practice the Cardinal Virtues: prudence, temperance, justice, and fortitude
* We talk with our families about our growing faith and beliefs and seek answers to our questions.
* We seek the sacraments regularly

**Family Resource**

Internet Safety and Usage:[Internet-Matters-online-safety-Age-Guide-11-13.pdf (internetmatters.org)](https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-11-13.pdf)



**Grade 6**

**Focus: The wisdom of the Old Testament and Sacred Scripture**

**Our Faith and Church**

* God reveals Himself, his faithfulness, and his plan for salvation through Sacred Scripture.
* The Ten Commandments are the basis of Catholic Morality
* There is only one God; worship only Him
* God’s name is holy; do not misuse His name
* Keep holy the Lord’s Day
* Honor your father and your mother
* Do not kill
* Do not commit adultery
* Do not steal
* Do not lie
* Do not covet your neighbor’s wife
* Do not covet your neighbor’s goods
* The 46 books of the Old Testament contain the Jewish roots of our faith pointing to the promised Messiah
* The 27 books of the New Testament contain Jesus’s life and lessons and those of his earliest followers
* Catholic Social Teachings are in integral part of who we are as followers of Christ

**Prayer and Scripture**

**The Mysteries of the Rosary: guide praying the Rosary (**[**http://www.kofc.org/en/resources/cis/devotionals/4772.pdf**](http://www.kofc.org/en/resources/cis/devotionals/4772.pdf)**)**

The Rosary is a devotion to Mary consisting of mediations on the joys, sorrows, and mysteries in the lives of Jesus, Mary, and Joseph while repeating prayers over five decades of beads.

**The Joyful Mysteries**

**The Sorrowful Mysteries**

* The Agony in the Garden
* The Scourging at the Pillar
* The Crowning With Thorns
* The Carrying of the Cross
* The Crucifixion

**The Glorious Mysteries**

* The Resurrection
* The Ascension
* The Coming of the Holy Spirit
* The Assumption of Mary
* The Coronation of Mary
* The Annunciation
* The Visitation
* The Nativity
* The Presentation
* The Finding of Jesus in the Temple

**The Mysteries of Light**

* The Baptism of Jesus in the River Jordan
* The Wedding Feast at Cana
* The Proclamation of the Kingdom of God
* The Transfiguration of Jesus
* The Institution of the Eucharist

**The Fatima Prayer**

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy mercy. Amen

**Our Lives and Witness**

* We treat all persons with dignity and love, look for Jesus in each face we meet, + strive to be His face to others.
* We respect ourselves/others as sons/daughters of Christ. Our decisions/actions protect their virtue and ours.
* **We understand and advocate for the seven themes of Catholic Social Teaching:**

1. Right to life and dignity of the human person 5. The dignity of work and the rights of workers

2. Call to family, community and participation 6. Solidarity – We are one human family

3. Rights and responsibilities 7. Care of God’s creation

4. Option for the poor and vulnerable

**Parent Resource:**

**Archdiocese of New York: Life and Culture** <https://archny.org/ministries-and-offices/respect-life/>

**Adolescent Resources**: <https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-adolescents>

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**I Know My Prayers (Grade 4-6 Challenge)**

* **Genuflect:** kneel on right knee and bless yourself as a sign of honor, service, and love to Jesus
* **Grace:** (can recite and remembers to say before meals)

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

* **The Greatest Prayer: The Mass (**can briefly explain)
	+ **The Penitential Act** (The Confiteor): Recite

I confess to almighty God and to you, my brothers and sisters, that I have greatly 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 Liturgy of the Word:** 1st Reading-Old Testament; Psalm, 2nd Reading-New Testament; Gospel (Before Gospel, we make trace the cross on heads, lips, and hearts: “be in my mind, on my lips, and in my heart.)
	+ **Liturgy of the Eucharist:** preparing and blessing the bread and wine for Holy Eucharist
	+ **Sign of Peace:** we offer Christ’s peace to the people around us
	+ **Communion:** we receive the bread of life and grace from God
	+ **Dismissal:** sent out renewed and inspired to spread Christ’s love and peace with others
* **Lord’s Prayer** – recite

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth,

as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen

* **Hail Mary**- recite

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.

* **Act of Contrition** – recite

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.

* **Glory Be – recite**

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.

* **Nicene Creed –** be familiar with

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**Grade 7**

**Focus: The Person of Jesus Christ**

**Our Faith and Church**

* The mystery of the Holy Trinity (one God in three persons: Father, Son, and Holy Spirit)
* The life, words, and witness of Jesus and the saving gift of Himself is the heart of our faith.
* The liturgical year celebrates, and asks us to reflect upon, the life events of Jesus Christ.
* Jesus Christ is the Way
* The authors of the Gospels are Matthew, Mark, Luke, and John.

**Prayer and Scripture**

**We participate in the devotionals and mediations at each Station of the Cross:**

8. He meets the women of Jerusalem

9. His third fall

10. He is stripped of His garments

11. His crucifixion

12. His death on the cross

13. His body is taken down from the cross

14. His body is laid in the tomb.

1. Christ condemned to death
2. The cross is laid upon him
3. His first fall
4. He meets His Blessed Mother
5. Simon of Cyrene is made to bear the cross
6. Christ's face is wiped by Veronica
7. His second fall

**Sanctus (Holy, Holy, Holy)**

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord. Hosanna in the highest.

**Prayer of St Michael**

 St. Michael the Archangel, defend us in battle;
 be our defense against the wickedness and snares of the devil.
 May God rebuke him, we humbly pray; and do you, O prince of the heavenly host,
 by the power of God, thrust into hell Satan and the other evil spirits
 who prowl about the world for the ruin of souls. Amen.

**Our Lives and Witness**

* We seek those in need and serve God through serving them:

**Corporal Works of Mercy:** acts of love that help us to care for the physical and material needs of others.

 1. Feed the hungry. 4. Shelter the homeless. 7. Bury the dead.

 2. Give drink to the thirsty. 5. Visit the imprisoned

 3. Clothe the naked. 6. Visit the sick.

 **Spiritual Works of Mercy**: acts of love helping us to care for the needs of people’s hearts, minds, and souls.

 1. Admonish the sinner. 4. Comfort the sorrowful. 7. Pray for the living and the dead.

 2. Instruct the ignorant. 5. Bear wrongs patiently.

 3. Counsel the doubtful. 6. Forgive all injuries

* We respect the sanctity and dignity of all life from conception to natural death
* We model our faith at home, at school, and in our community
* We ask ourselves regularly: What would Jesus do?

**Parent Resource:**

**Archdiocese of New York: Life and Culture** <https://archny.org/ministries-and-offices/respect-life/>

**Adolescent Resources** :https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-adolescents

**Internet Safety and Usage:** [Internet-Matters-online-safety-Age-Guide-11-13.pdf (internetmatters.org)](https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-11-13.pdf)



**Grade 8**

**Focus:** The power and beauty of the Church and roots in the Early Church

**Our Faith and Church**

* We can demonstrate our understanding of the basic tenants, doctrine, and dogma of the church
* The Feast of Pentecost represents the birth of the Church
* We understand the parts and purpose of the Mass and actively participate in weekly Mass
* We acknowledge the True Presence in the Eucharist
* A virtue is a habitual and firm disposition to the good.
	+ The 3 Theological Virtues (Virtues from God): Faith, hope, charity
	+ The 4 Cardinal Virtues (Human Virtues): Prudence, justice, fortitude, temperance
* A vice or sin is knowing what God wants and choosing to do what you want instead.
	+ The Seven Mortal/Capital Sins: Pride, greed, lust, anger, gluttony, envy, sloth

**Prayer and Scripture**

**Gloria**

 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 the 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.

**Prayer of St Francis**

Lord, make me an instrument of your peace:
 where there is hatred, let me sow love; where there is injury, pardon;
 where there is doubt, faith; where there is despair, hope;
 where there is darkness, light; where there is sadness, joy.
 O divine Master, grant that I may not so much seek to be consoled as to console,
 to be understood as to understand, to be loved as to love.
 For it is in giving that we receive, it is in pardoning that we are pardoned,
 and it is in dying that we are born to eternal life. Amen.

**Our Lives and Witness**

* We strive to practice modesty and chastity in order to form healthy, lasting relationships, build our virtue and protect the dignity and virtues of others.
* We seek the courage and fortitude to stand up against temptations and choices that taint our character and invite sin into our lives.
* We rely on prayer and the Sacraments to strengthen us and guide us.
* We actively participate in weekly Mass

**Parent Resource:**

**Archdiocese of New York: Life and Culture** <https://archny.org/ministries-and-offices/respect-life/>

**Adolescent Resources** :https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-adolescents

**Internet Safety and Usage:** [Internet-Matters-online-safety-Age-Guide-11-13.pdf (internetmatters.org)](https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-11-13.pdf)

**I Know My Faith (Grade 7 Assessment)**

This is an opportunity to recall the beautiful truths about our Catholic faith before entering the Confirmation Program. This knowledge will help you move forward confidently in your spiritual journey where you will continue to grow, explore, and share your faith. May you always be a light to others.

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. When you bless yourself, who are the three persons of the Holy Trinity?

Father, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. What is the most perfect prayer that Jesus taught us himself? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Explain one of the types of prayer (Praise/Adoration, Thanksgiving, Petition/Intercession, and Contrition): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List the Ten Commandments: (remember that the 1st three are about God)

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is Jesus’s greatest commandment? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Spiritual and Corporal Works/Acts of Mercy are ways to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ others.
2. One example of a Corporal Act of Mercy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**The Seven Mortal/Capital Sins**

1. True/False Pride is one of the mortal sins.
2. True/False Laziness or sloth is one of the mortal sins.
3. True/False Frustration is one of the mortal sins.
4. True/False Envy is one of the mortal sins.
5. True/False In Reconciliation, we can be forgiven of a mortal sin.

**Virtues**

1. What do virtues do for us if we practice them regularly? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What are the three theological virtues we receive from God through His grace in the sacraments? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Hope , and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. What is a simple definition of sin? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. When we sin, what gift of forgiveness and grace (name the sacrament) does our faith always offer us? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How often are we asked to receive this sacrament? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 What prayer do we say during this sacrament? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recall the 7 sacraments. Fill in the sacrament or definition that is missing:**

**Sacraments of Initiation:**

1. Baptism: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: receive the body, blood, soul, and divinity of Jesus at Mass
3. Confirmation: to be strengthened with the gifts of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sacraments of Healing**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: grants us God’s mercy, forgiveness, and grace.
2. Anointing of the Sick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sacraments of Service and Mission**

1. Holy Orders: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Marriage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Scripture and the Church**

1. Who is the Mother of Jesus? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What prayer is dedicated to Her? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Who is the foster father of Jesus? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. How is the Bible divided? Old Testament and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. The sin of Adam and Eve in Genesis is called: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What “washes away” original sin? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. What is free will? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. When and what is Advent? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. When and what is Lent? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What are the three pillars of Lent? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. What happened on Good Friday? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What happened on Easter?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What is the “Good News” of Easter that we continue to share with others today? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Mass**

1. The two basic parts of the Mass are the Liturgy of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and the Liturgy of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The First Reading generally comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and the Second Reading from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Name the authors of the Gospels: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and John.

1. What does the priest attempt to do during the homily? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What does ‘real presence’ in the Eucharist mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What prayer is a statement of what we believe? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What are we asked to do as we leave Mass? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Who is your pastor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Who is your other parish priest? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Short Answers:**

1. Why is Mass so important? Do you attend regularly? Why do you think Jesus commanded we go?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How would you describe your prayer life? In what ways could you grow in your prayer practice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What service and ministry activities have you been involved with in our parish? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why would you like to be confirmed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What questions, comments, or concerns do you have about your faith or about being confirmed?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Prayers: I can recite (check all that apply):**

* The traditional Grace before meals
* The Lord’s Prayer
* Hail Mary
* Glory Be
* Act of Contrition
* Confiteor
* Nicene and Apostle’s Creed.

**Student Statement**

I am choosing to enter the Confirmation Program because I feel prepared to step forward on my faith journey. I commit to attending Mass, fostering private prayer, serving others, and attending class.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Statement**

* I believe (Child’s name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is ready to enter the confirmation program and happily support his/her path to receiving this sacrament.
* I would like to talk with the coordinator and/or parish priest regarding the readiness of my child, (Child’s name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to enter the confirmation program.
* I will do my best to support my child in attending class and Mass, pray, and meet with his/her sponsor.
* I understand that the priests, coordinator, and church community are also here for my growth and support as the parent of a confirmation candidate.

Parent’s/guardian’s Name (print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s/guardian’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Year 1 (New Gr 7+8 and Traditional Gr 9)**

**Focus: Preparing our hearts for Confirmation and Serving Others**

**Our Faith and Church**

* The saints lived courageous lives in witness to the faith. The saint’s name we choose for Confirmation is one after whom we model our lives, to whom we pray, and who will intercede on our behalf throughout our lives.
* Our Catholic Sponsor is a person we look to in the faith. He/she is a practicing Catholic who models the faith by their lives. They will support us and inspire us throughout our journey.
* The seven gifts of the Holy Spirit that are strengthened through confirmation are the followi

**Prayer and Scripture**

**An active personal prayer life that understands and incorporates various means and ways:**

* Praise
* Meditative
* Vocal
* Contemplative
* Lectio Divina
* Daily Examine
* Adoration
* Petition
* Intercession
* Contrition
* Thanksgiving.

**Apostle’s Creed (What we believe)**

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.

**Spirit of God**

Spirit of God, grant me: The gift of wisdom To see the world through your eyes, the gift of right judgement to make difficult decisions, the gifts of knowledge and understanding to use my mind to know you and to love you, the gift of courage to live in the faith despite the difficulties and disappointments, the gift of reverence to be able to express my special love And commitment to you, And the right kind of awesome fear that makes me pause to wonder and revere God’s Love. Amen.

**Our Lives and Witness**

* We understand the seven themes of the Catholic Social Teachings and strive to live our lives in accordance.
* We seek out those in our school, parish, and community in need of friendship or kindness. We speak and act on behalf of the vulnerable and degraded
* We lead by example in virtuous/moral choices and protect our virtue and others by making thoughtful decisions.
* We seek the sacraments regularly

**Parent Resource:**

**Archdiocese of New York: Life and Culture** <https://archny.org/ministries-and-offices/respect-life/>

**Adolescent Resources** :https://www.usccb.org/topics/youth-and-young-adult-ministries/resources-adolescents

**Internet Safety and Usage:** [Internet-Matters-online-safety-Age-Guide-11-13.pdf (internetmatters.org)](https://www.internetmatters.org/wp-content/uploads/2021/02/Internet-Matters-online-safety-Age-Guide-11-13.pdf)



**Year 2 (Traditional Gr 10)**

**Focus: Sacrament of Confirmation, the Holy Spirit, and the journey forward**

**Our Faith and Church**

* Discernment is the process through which we seek to hear God’s will for us and find the path we choose to follow in our lives.
* Christian Maturity means to consciously and carefully choose to develop life habits consistent with Christian values: love, compassion, empathy, selfless giving, dignified living, etc. We avoid all things that promote negative values. Through self-awareness and prayer, we seek to live out these values in all areas of life.
* The four marks of the church are One, Holy, Catholic, and Apostolic.
* **Confirmation**: A confirming and strengthening of the grace of Baptism.
	+ A special outpouring of the Holy Spirit like that of Pentecost.
	+ The soul of the baptized Christian is imprinted with a permanent seal that marks this individual forever.
	+ The Sacrament of Confirmation roots the recipient more deeply as a son/daughter of God, binds the recipient more firmly to Christ and the Church, and reinvigorates the gifts of the Holy Spirit in the soul.
	+ The Sacrament of Confirmation gives a special strength to witness to the Christian faith.

**Prayer and Scripture**

**Prayer to the Holy Spirit**

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy. Amen. **Saint Augustine**

**Prayer for Vocation**

O Lord, help me know your will for me. Let your light shine in the depths of my heart that I may know what you want me to do with my life. Help me believe that you have a special plan for me. Lord, I know I pass through this life only once; help me decide how you want me to make a difference. Like our Blessed Mother, give me the wisdom to hear your voice and the courage to answer your call. Above all give me peace of mind and heart.
I offer this prayer in the name of Jesus Christ our Lord. Amen.

**Confirmation Prayer**

Holy Spirit, strengthen me with your gifts of Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord, as a disciple of Christ.

Fill me with the joy of your presence and increase in me the fruit of your Spirit, so that I can be a light to others.

Help me to experience and trust your dwelling within, so that I may count on your guidance today and every day. Show me the way to become a better disciple of Jesus Christ, sharing your love with the world and with each person I encounter. Amen

**Our Lives and Witness**

* We discern our path forward from Confirmation, thoughtfully choosing ways to contribute to our parish and community and to continue to grow in our faith.
* We become missionary disciples, armed with the gifts of the Holy Spirit and God’s grace (through regular participation in the sacraments) to make a positive impact on all those we meet.
* We continue to model Christ’s love and service among our friends, family, and larger communities.
* We seek the sacraments regularly and participate fully in the holy Eucharist.
* We continue to strengthen our relationship with our sponsor, our prayers to our saint, and our commitment to our church communities.



**Commitment to the Confirmation Program 2025- 2026:**

**Student**

* I have read the above requirements, reflected on my intention and ability to fulfill them, discussed them with my family, and decided to make a commitment to this special sacrament.
* I understand I’m expected to treat the coordinator and volunteer catechists with respect and the church space with reverence, regardless of how engaged I am in the process. I also understand that I will be asked to leave class if my behavior is detracting from someone else’s experience.
* I understand that I am encouraged to seek the guidance and counsel of my faith formation coordinator, catechists, youth minister, or parish priests if I struggle with my commitment to the process, requirements, or any questions in the faith.
* I understand that it’s normal to have questions and doubts, and that to be confirmed means that I am asking for God’s grace in strengthening in me the gifts to sustain me and empower me in the faith.

**Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent/Guardian**

* I have read and fully support my child’s commitment to the above requirements.
* To the best of my ability, I will help support my child’s commitment to his/her sacrament of confirmation by arranging for his/her attendance at class, retreats, Mass, and volunteer opportunities.
* I understand that church has a responsibility to protect the sanctity of the sacraments by administering them to those who are prepared to receive them with reverence and a willing heart.
* I realize there is support and guidance for me from the youth minister, parish priests, or Spiritual Director at St John Bosco if I’m struggling to support my child in this commitment or struggling in my own faith journey.
* I acknowledge that I’m invited to renew and strengthen my own faith journey along with my child during his/her important sacrament.

**Parent/guardian signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent/relative availability/willingness to volunteer**

* I am interested in being contacted about helping/volunteering in the Confirmation Program as my schedule allows.

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

* Help with retreat and/or classes
* Help with check-in/attendance
* Help with Children’s Liturgy of the Word at Family Masses (attend with/without teen)
* Mentor Year 2 teens whose sponsor isn’t available)
* Provide snacks for fellowship between Year 1 and Year 2 classes (6-6:30pm)

Email/cell for contact if interested: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* I am sorry but my schedule doesn’t allow me to help at this time.



**Family Resources, Ministry, and Service**

**General Family Support, Faith Building, and Educational Resources**

* **SJB Mother’s Group**: a group to support and uplift mothers of all ages and kind (biological, adoptive, hopeful, soon-to-be, grandmothers, spiritual mothers) Contact Catherine Shannon (cathshan@gmail.com )
* **Family Resources** on our archdiocesan website: <https://www.catholicedaohct.org/faith-formation/faith-resources/resources-for-families>
* **Catholic Charities:** offering behavioral health, support, and resources ([Catholic Charities Archdiocese of Hartford, CT (ccaoh.org)](https://www.ccaoh.org/)
* Archdiocese of Hartford: Resources, direction, events, and support for all the churches in our archdiocese. [Archdiocese of Hartford – Serving 117 parishes in the counties of Hartford, Litchfield, and New Haven in Connecticut](https://stjohnboscoparishbranford-my.sharepoint.com/personal/faithformation_saintjohnboscobranford_org/Documents/Documents/Archdiocese%20of%20Hartford%20%E2%80%93%20Serving%20117%20parishes%20in%20the%20counties%20of%20Hartford%2C%20Litchfield%2C%20and%20New%20Haven%20in%20Connecticut) (<https://archdioceseofhartford.org/> )
* **“Formed”:** All our parishioners have a paid subscription to “Formed” online programming, an expansive collection of Catholic content [movies; children’s shows, cartoons, and catechesis; documentaries, webinars, podcasts] for all ages and interests, go to <https://formed.org/>

**Family Resources from Life and Dignity Ministry**

Please note: These are some resources you may find helpful for support and information, but our parish in no way endorses or recommends them and is not responsible for their messaging.

**Theology of Body** - what it is (and what it is not) and materials to use with children and teens

* **Ruah Woods Press**: <https://www.ruahwoodspress.com/what-is-theology-of-the-body/>
* **Theology of the Body Evangelization Team**: <https://tobet.org/product-category/bodymattersbooks/>
* **Educational Podcast** US Conference of Catholic Bishops initiative asking the important questions about the call tolove and discussed through interviews and compelling topics in pop culture topics. Will definitelylearn something new here and/ or be challenged!

<https://www.marriageuniqueforareason.org/madeforlove/>

**Spiritual Podcasts for Mothers**

* **Abiding Together:** weekly podcast with two experienced Catholic mothers and a consecrated sister, former Division 1 athlete with a radical personal conversion story. Inspiration and encouragement for women.

<https://www.abidingtogetherpodcast.com/about>

* **Let Love with the Sisters of Life:** Two beautiful, funny voices discussing love. Sweet, calming, inspiring and entertaining <https://sistersoflife.org/let-love-podcast/>

**Informational / Educational**

* Full online version of **YouCat** (Youth Catechism of the Church: a user-friendly version of the Catechism) <https://docs.google.com/document/d/1LQ6deIqwRkcpkpXZVEmh5hD4oDV6Yk9K2NGIz6Bm3tA/edit?usp=sharing>
* **New York Archdiocese:** Expansive online resources for all ages on social teachings. [Respect Life | Archdiocese of New York (archny.org)](https://archny.org/ministries-and-offices/respect-life/)
* **Ask Fr Josh:** Fr. Josh, a sweet southern priest addresses 3 to 4 questions each week, dealing with morality,spirituality, relationships, evangelization, scripture and more! He responds humbly andthoughtfully. You will love him!<https://media.ascensionpress.com/category/ascension-podcasts/askfrjosh/>
* **All Things Catholic** with theologian, Dr. Edward Sri, a father of 6 kids discussing weekly insights on understanding and living the Catholic faith. Dr. Sri does a fantastic job discussing the Bible, prayer, virtue, relationships, marriage and family and culture with very practical reflections on all things Catholic. In short, how to be a good, intentional Catholic and disciple of Jesus. <https://edwardsri.com/all-things-catholic/>
* **On Being Human:** Dr. Greg Bottaro, Catholic psychologist discussing various human issues with the goal of integrating psychology through the Catholic lens. This is not therapeutic but meaningful discussions about the challenges of being human. <https://www.catholicpsych.com/podcast>

**Teen Hotlines/Resources**

* **Crisis Text Line:** 741741
* **National Suicide Prevention Lifeline:** 800-273-8255

**The Upper Room Crisis Hotline**: 1-888-808-8724

* **National Domestic Violence Hotline:** 800-799-7233
* **National Sexual Assault Hotline:** 800-656-4673
* **Catholic Therapists:**
<https://www.catholictherapists.com/>
* **Christian Therapists:**
<https://www.faithfulcounseling.com/>
* **Christian Counseling:**
<https://www.christiancounselordirectory.com/>
* **Franciscan Life Center**- Offers Family Counseling, as well as Youth Programs and Service Opportunities in Meriden, CT

<https://flcenter.org/portfolio-items/counseling-clinical-services/> Phone: 203-237-8084 Email: flc@flcenter.org

* **Donna Marotto (You are Loved Ministry)** - Catholic Therapist and Speaker
<https://www.youarelovedministry.com/> Phone: 860-952-4005 Email: marottodonna8@gmail.com
* **Rachel’s Vineyard -** Safe place to renew, rebuild and redeem hearts broken by abortion

<https://www.rachelsvineyard.org/>

* **Eden’s Invitation** Offers LGBTQ+ Doctrine and other resources, pdf’s, links, books, etc.

<https://www.edeninvitation.com/sexuality-resources> -

**Catechist Resources and Support**

* Catechist Resources on our archdiocesan website: <https://www.catholicedaohct.org/faith-formation/faith-resources/catechist-resources>
	+ ***Ascend* and *Summit* by LifeTeen**: To be included on the weekly emails sharing these brief and engaging reflections on the Mass, contact Kim Reinwald at youth@saintjohnboscobranford.org.
	+ **Our Parish Website** information for volunteers and catechists: <https://www.saintjohnboscobranford.org/catechists>