

Make-Up Lesson for Sunday Session 2-b for Grade 3

December
Our Lady of Lourdes Roman Catholic Church
Erath, Louisiana

Opening Prayer

- Begin Opening Prayer with the **Sign of the Cross Holy**
 - Use proper, respectful **Sign of the Cross** (words and actions). *It is not an “air prayer”! It is a very real prayer that shows the world—and reminds us—that we are Catholic Christians! We should touch our forehead, our chest, our left shoulder, and then our right shoulder as we say, “In the name of the Father, and of the Son, and of the Holy Spirit,” then we form praying hands as we say, “Amen.”*
 - *The cross pattern reminds us of how much Jesus loves us. Although the thought of His death on the cross may make us sad, we should be very grateful and happy that His death has given our souls a chance to spend eternity with God in Heaven!*
 - *If Jesus hadn’t died on the cross, the gates of Heaven would still be closed—since Adam and Eve’s Original Sin! (The children will learn more about that in First Communion prep class in Grade 2.)*
- Recite **The Apostles’ Creed** prayer: *Students in Grade 3 should have memorized this prayer in Grade 2 (during the year of Sacramental preparation for First Communion). I sincerely hope this is a simple review.*

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 arose again from the dead.
He ascended into Heaven,
and sits at the right hand of God, the Father Almighty;
from thence He shall 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.

- End Opening Prayer with the Sign of the Cross.

Review:

- Proper, respectful **Sign of the Cross** (words and actions).
- Every time we enter a Catholic Church, we dip one (or two) finger(s) in **Holy Water** and pray the Sign of the Cross while we focus our attention on the **Blessed Sacrament** (the **Real Presence of Jesus Christ**) in the **tabernacle**.
- Practice making a proper **genuflection**: Before we enter our pew in church, our right knee touches the floor as we focus our attention on the **Blessed Sacrament** in the **Tabernacle** (*not in the pew looking for a place to sit*).

Review all of the Liturgical Seasons

- Remind your child that, when looking at a typical calendar, we think of a year as 12 months that are divided into four seasons: spring, summer, fall, and winter.
- Remind him/her that the Catholic Church does not follow that calendar or those seasons! Instead, the Catholic Church follows a “**liturgical** (*public worship*) **year**” calendar which is divided into five major seasons. Those seasons are listed and described in the next item.
- Our teachers used a “**paper doll**” figure dressed in a **chasuble** (like a priest) to review the **liturgical colors** and **seasons** of the church year. *NOTE: This should be a quick review for our 3rd grade students! They should already know most of this information!*
 - **Advent**: a 4-week season of anticipation (*waiting*)
 - During the first two weeks of Advent, we look forward to the time when Jesus Christ will return (His “**Second Coming**”). (*Before ascending into Heaven, Jesus told His disciples that He would, someday, return. Just as people had to wait for thousands of years before the Messiah (Jesus Christ, the Savior) was born, we are still waiting for His return!*)
 - During the last two weeks of Advent, we begin to anticipate the **anniversary** of His birth. (*Although we don’t know the exact date on which Jesus was born, we do know that He was born [insert the current year here] years ago!*)

- The primary color of Advent is **violet**, although the priest wears a **rose-colored** (not pink) **chasuble** (the outer, colorful garment worn by a priest) on the **Third Sunday of Advent** (“Gaudete Sunday”)
 - *Gaudete Sunday marks an approximate mid-point of the Season of Advent, when, for one day, we celebrate Mass with joyful expectation as compared to the “waiting and making preparations” atmosphere that we experience for the rest of Advent. In the Catholic Church, the color rose represents joy.*
- **Christmas Season:** primary colors are **white** and/or **gold**
 - *It’s more than just one day!* It begins with the anticipated Mass on Christmas Eve and ends approximately 2½ weeks later when we celebrate the Baptism of our Lord. *(Due to marketing strategy in our modern economy, we often begin this celebration much too early! Just as the Church begins to celebrate Christmas, most people are ready to dismantle and put away all of their Christmas decorations!)*
 - *It’s more than receiving gifts from Santa Claus!* It’s about the belief in and worship of the humble, Newborn King who was sent to become one of us in order to give our souls a chance to spend eternity with God in Heaven after our human bodies die!
- A brief “phase” of **Ordinary Time:** green (the color of growth and hope)
 - We learn about Jesus’ life and teachings through two phases of Ordinary Time during the year.
 - The first “phase” lasts approximately 4-6 weeks (between the Christmas and Lenten Seasons).
- **Lent:** a 6-7 week season of prayer and **penance** *(we willingly choose to **sacrifice** (give up) things that we enjoy in order to spend more time in prayer so we can be “with Jesus in the desert” as He prepares for events that He knows will lead to His crucifixion and death)*
 - The primary color is **violet**, although the priest wears a **rose-colored** (not pink) **chasuble** (the outer, colorful garment worn by a priest) on the **Fourth Sunday of Lent** (“Laetere Sunday”).
 - *Like Gaudete Sunday (in Advent), for one day (**Laetere Sunday**) in the middle of the Lenten Season, we become just a bit joyful and look towards the Resurrection of our Lord Jesus Christ on Easter Sunday. Then we “remember” that He has to suffer and die first, and are, once again, drawn into the prayer and penance of Lent.*
- **Easter Season:** primary colors are **white** and/or **gold**
 - *It’s more than just one day!* Within the 50 days of the Easter Season, we celebrate the **Resurrection** of Jesus on Easter Sunday (the first day of the Easter Season), His **Ascension** into Heaven (on the 40th day of the Easter Season), and the **Coming of the Holy Spirit** on **Pentecost** (on the 50th—and last—day of the Easter Season).
 - Once again, due to marketing strategies of our modern economy, most people put up Easter decorations (colorful eggs, etc.) throughout the

Lenten Season, rather than allowing us to mentally and spiritually “prepare” and work our way through the Season of Lent.

- Second, longer “phase” of **Ordinary Time**: green color (the color of growth and hope)
 - We continue to learn about Jesus’ life and teachings through the second phase of Ordinary Time.
 - The second “phase” lasts approximately 6-7 months (between the Easter Season and the beginning of the next liturgical year on the First Sunday of Advent).
- **Other liturgical colors**
 - **Red**: signifies the blood of Jesus or the martyrs
 - worn on Palm Sunday (the first day of Holy Week), on Good Friday (the day we remember and commemorate Christ’s Passion and death on the cross), on Pentecost (the day we remember and celebrate the Coming of the Holy Spirit) and on the feast days of various martyrs throughout the year
 - **Black or white**: worn for funerals (black for mourning; white for commemorating the **Poor Soul** for whose funeral we gather)
 - Reminder: If we die with **UNconfessed mortal sin** on our soul, our soul will not go to Purgatory or Heaven. That’s why we must take good care of our soul, keeping it as pure and holy as possible by following the Ten Commandments, and making good, frequent use of the Sacrament of Confession!
 - During a funeral Mass, we certainly hope the Poor Soul has already entered Heaven and become a **saint**—whether or not the general public knows his/her name! *(Having reminded ourselves of the importance of keeping our soul as clean as possible and confessing our mortal sins in the paragraph above, we must also remember that we cannot judge anyone! Inviting a priest to hear the sick/injured person’s **Confession** and receiving the **Sacrament of the Anointing of the Sick** is certainly encouraged when serious illness/injury is an issue, but we must remember that we have no idea whether or not someone, in the moments just before his/her death, has sincerely asked God to be merciful towards him/her and forgive his/her sins! We don’t know how long it will take for God to purify his/her soul (in Purgatory) and make it pure enough to enter Heaven! God does not wear a watch or follow a calendar as we do and, each soul is different! Some souls may need to be purified more than others!)*
 - As stated above, some Poor Souls remain in Purgatory “a long time.” In Purgatory, they cannot pray for themselves, but they can (and do) pray for us! We must remember to pray for them!

Introduce the Great Commandment

We know that Jesus is God the Son, and because He is True God and True Man, Jesus knows the Commandments that God gave to Moses on Mt. Sinai. These students may have been in elementary school when, on Day 5 of our “Digging into Scripture” summer program, we discussed a conversation Jesus had with Pharisee who wanted to “test” Jesus. Here’s the passage from Scripture:

A Pharisee asks Jesus, “What is the Greatest Commandment?” (Matt 22:34-40)

³⁴When the Pharisees (*middle class businessmen*) heard that He (*Jesus*) had silenced the Sadducees (*aristocrats; wealthy people who held high positions in authority*), they gathered together, ³⁵and one of them [a scholar of the law] tested him by asking, ³⁶“Teacher, which commandment in the law is the greatest?” ³⁷ He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.” ³⁸This is the greatest and the first commandment. ³⁹The second is like it: You shall love your neighbor as yourself. ⁴⁰The whole law and the prophets depend on these two commandments.”

- Refer to the next page to write the following information on the board:

Greatest Commandments

1 (Love & respect God)

2 (Love & respect our neighbors as ourselves)

Ten Commandments

1
2
3

4
5
6
7
8
9
10

Review the Ten Commandments

- Most of our Grade 3 students should have memorized the **Ten Commandments** during their year of Sacramental Prep for First Communion (usually Grade 2). At that time, following our [Sacramental Prep lesson plans for Confession Class 2](#), their classroom teachers (and/or parents) should have helped the children understand the meaning of each Commandment. (If necessary, the above link is provided to help you review the meaning of the Commandments.)
 - **NOTE:** During each summer program, our elementary students review the Ten Commandments in order to prepare to go to Confession on Day 10.

- In the classroom, we use **dominos** and/or **playing cards** to review the Ten Commandments.
 - If you have a set of dominos at home, use only those dominos which contain (or the sum of which equals) the numbers 1-10. Place those **dominos** face down on the table. Allow your child to turn over one domino. He/She must **recite** three Commandments associated with those numbers: the Commandments which are associated with each of the two numbers and the Commandment that is associated with the sum of those numbers. *Example: If the domino includes the numbers 3 and 5, the student must recite Commandments 3, 5, and 8 (the sum of 3 + 5).*
 - If you have a deck of **playing cards** at home, use only one suite of cards from 1-10. Put all of those cards face down on the table. Allow him/her to pick a card and **recite** that Commandment.

Review the Prayer after Meals

- Text of the prayer: “We give Thee thanks, Almighty God, for all Thy benefits, Who lives and reigns forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.”
- *We recite the **Prayer after Meals** after we eat daily snacks during the summer religion program. Although the children may not remember the whole prayer today, it should sound familiar to most of them.*

Closing Prayer

Together, recite one of your child’s grade-level (Grade 3) prayers as the closing prayer.

- Technically speaking, the Prayer after Meals is the only “prayer” on the Grade 3 prayer sheet. The other assigned “prayers” for Grade 3 are the Mysteries of the Rosary. Your child will learn about all 20 Mysteries (four sets of Mysteries; each set contains five Mysteries) during Grade 3 school year and/or the summer program. You can find all four sets of Mysteries and the Prayer after Meals [here](#).

Thank you for your help!

We can’t do any of this without the help of wonderful parents like you!

If you ever have any questions or concerns (or emergencies),
please call our church office at 937-6888
and, when necessary, leave a message or voice mail for Mrs. Frances!

Parents:

Please read and sign the next sheet.

Return it to Mrs. Frances at our church office at your earliest convenience.

Dear Parent/Guardian:

Please complete this page and return it to our Church Parish Office as soon as possible so Mrs. Frances can update our attendance records to indicate that you have helped your child make up the work that he/she missed during Sunday Session 2-b in December.

My child, _____ (currently in Grade ____) and I have read and discussed all of the information included in this make-up packet for **Sunday Session 2-b for Grade 3 (in December)**.

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date