

Make-Up Lesson for Sunday Session 2-b for Grade 4

December

Our Lady of Lourdes Roman Catholic Church
Erath, Louisiana

Opening Prayer

Although the Hail, Holy Queen is not on our church parish list of assigned prayers for Grade 4, it is on the list of “expectations” for the Diocese of Lafayette. As a result, we will introduce it during today’s class. Please begin and end this prayer with a respectful **Sign of the Cross**. The text of the prayer follows:

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 toward us, and after this, our exile, show unto us the Blessed Fruit of Thy Womb, Jesus. O Clement, O Loving, O Sweet Virgin Mary, **pray for us, O Holy Mother of God**, that we may be made worthy of the Promises of Christ. Amen.

*(NOTE: When reciting a Rosary with a group of people, the **bold-faced phrase** is typically recited only by the person who leads the Rosary.)*

NOTE: On pages 9-12, you will find **manipulatives** to help your child memorize the Hail, Holy Queen. Feel free to **print and cut out** the **phrases** and/or **individual words**. Mrs. Frances strongly suggests that your child begin working with the phrases first. Once he/she becomes familiar with the phrases, it may not be necessary to cut out the individual words.

Please briefly review these familiar points with your child:

- Proper, respectful **Sign of the Cross** (words and actions). **Review the Holy Trinity** (Three Persons in One God: God the Father, God the Son, God the Holy Spirit)
- 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 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.
- However, the Catholic Church does not follow that calendar or those seasons! Instead, the Catholic Church follows “**the liturgical** (*public worship*) **year**” calendar which is divided into five major seasons. Those seasons are listed and described in the next item.
- **NOTE: This should be a quick review for our 4th 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**”).
 - During the last two weeks of Advent, we begin to anticipate the **anniversary** of His birth.
 - 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. 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 (not weeks) between the Easter Season and 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!
 - Hopefully, the Poor Soul has already entered Heaven and become a **saint**—whether or not the general public knows his/her name! *(We don’t know how long it will take for God to purify his/her soul and make it pure enough to enter Heaven! God does not wear a watch or follow a calendar. 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 pray for us! We must remember to pray for them!

Introduce Social Justice and the Spiritual and Corporal Works of Mercy

NOTE: The children may not be able to memorize or fully understand the Works of Mercy by the end of this activity. Our goal is to introduce the “works” at this age and revisit them in higher grade levels, especially in service projects, etc.

- Definitions:
 - **Social:** involves people; we are not isolated individuals; we all live, work, and play together
 - **Justice:** to receive what’s due (*Examples:*
 - *When adults go to work, we expect that they will be paid an honest day’s wage for an honest day’s work.*
 - *We expect that a criminal must receive a punishment that is equal to the crime he/she committed. Big crimes should receive big punishments while small crimes should receive small punishments. NOTE: If we substitute the word “sins” for “crimes,” that’s what “just punishment” means in the Act of Contrition! Big sins should receive big punishments while small sins receive small punishments.*
 - *Using the same argument, a good person should be able to live a good, safe, and comfortable (but not extravagant) lifestyle regardless of whether they are rich or poor. If he/she is poor, it’s up to us to help supply the **basic necessities** (food, clothing, and shelter) in his/her lives. Those who can afford to help others should do so.*
 - **REMINDER:** *There is a difference between being poor, being unable to work due to extended illness or handicap, and being lazy. God gave each of us a certain degree of intelligence, talent, and capabilities. He expects us to use our intelligence and capabilities to the best of our ability. If we are able to learn, we should do it well. If we are able to work, we should do it well.*
 - **Social justice:** a **virtue** (*good character trait*) that helps us **cooperate** (*work together*) with others to serve the **common good** (*what’s best for everyone*) among all people
 - **Examples of “common good”**
 - Parents often make decisions about things that serve the best interest (common good) of their entire family. It doesn’t mean that every single person is happy all of the time, but rather, everyone in the family is cared for in a safe, pleasant, and healthy manner.
 - The principal at the local school has to make similar decisions for the common good of all of the students who are enrolled in that school. Even though many people have different abilities and interests, the principal must make decisions that benefit everyone who is enrolled in the school.
 - **Activity:** As we introduced the Corporal and Spiritual Works of Mercy in the next few paragraphs, we used **printed cards (see page 8)** to help the children

see/understand the difference between corporal and spiritual works of mercy. Feel free to print and cut them out so your child can use them as manipulatives during the learning process.

- **Suggestion:**

- As you introduce each “Work of Mercy,” create two separate stacks of cards (one stack for **Corporal Works of Mercy** and the other stack for **Spiritual Works of Mercy**).
- After introducing all of the Works of Mercy, feel free to mix up the cards, allow your child to pick a card, and return it to its proper group (corporal or spiritual).

- **(Seven) Corporal works of Mercy:**

- **NOTE:** Because the word “corporal” means “of the body,” the **Corporal Works of Mercy** help to take care of the physical body of a person.
- While using **parables** as a teaching tool, Jesus said, “The king will say to those on his right, ‘For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’” (Mt 25:35-40)
 - To feed the hungry
 - To give drink to the thirsty
 - To clothe the naked
 - To shelter the homeless
 - To visit the sick
 - *This includes people who are ill in the hospital, nursing home, or at home.*
 - To visit those in prison
 - *“Prison” doesn’t necessarily mean “in a jail cell.” This Work of Mercy includes visiting or helping physically or mentally challenged people who spend most/all of their time in wheel chairs or in special facilities (like the nursing home or special hospitals), and are often ignored or forgotten.*
 - To bury the dead
 - *We must remember and mourn those who have died. It’s OK to miss them. We go to the funeral home and/or to funerals held in their behalf.*

- **(Seven) Spiritual Works of Mercy**

- **NOTE:** Spiritual means “of the mind, soul, or spirit,” so the **Spiritual Works of Mercy** take care of the mind, soul, or spirit of a person.
 - To instruct the ignorant

- *We must teach people (who do not know God) about the love of God and the Good News of His Kingdom. We must also lovingly teach those who “think” they know what the Catholic Church teaches, but are mistaken.*
- To counsel the doubtful
 - *We should encourage people who have doubts about faith and serving others to hope and serve in God’s love and mercy.*
- To admonish (*caution*) sinners
 - *We should lovingly caution or reprimand sinners and encourage them to repent of their sins.*
- To bear wrongs patiently
 - *When someone insults, offends, or hurts us, we should “turn the other cheek” (not retaliate or fight back). Remember: What would Jesus do?*
- To forgive offenses
 - *We must forgive others when they hurt or offend us just as we would like God to forgive us when we offend Him (or others) and ask for forgiveness. Jesus said that we should forgive “seven times seventy times.” In other words, every time we remember that we were hurt, we must forgive again.*
- To comfort the afflicted
 - *We should go out of our way to help and care for those who can’t, for a variety of reasons, help themselves.*
- To pray for the living and the dead
 - *We must remember to pray for the souls of our family members and friends, as well as for those whom we do not know! We must pray for the souls of all of the faithful departed—whether we know them or not!*

Closing Prayer

Beginning and ending with a respectful **Sign of the Cross**, recite the **Hail, Holy Queen**.

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 page 12.

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

*(Feel free to cut these out for use as manipulatives
while learning about the Works of Mercy!)*

Seven Corporal Works of Mercy

(associated with the physical body)

To feed the hungry	To clothe the naked	To visit those in prison
To give drink to the thirsty	To shelter the homeless	To bury the dead
	To visit the sick	

Seven Spiritual Works of Mercy

(associated with the mind, soul, or spirit)

To instruct the ignorant	To admonish sinners	To comfort the afflicted
To counsel the doubtful	To bear wrongs patiently	To pray for the living and the dead
	To forgive offenses	

Hail, Holy Queen - Phrases

Work with a few phrases first:

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.

Go to the next section of this lesson plan to cut out the individual words for the phrases listed above. Mix them up and encourage your child to put the words in correct order several times. Play a “review game” by removing some words and allowing your child to put the words back in the correct places. Repeat as often as necessary until your child is comfortable with the first few phrases of this prayer.

Work with the next few phrases:

Turn then, O Most Gracious Advocate,

Thine Eyes of Mercy toward us,

and after this, our exile,

show unto us the Blessed Fruit of Thy Womb, Jesus.

Cut out and “play” with the individual word “cards” that correspond to the phrases above.

Work with the next few phrases:

O Clement, O Loving, O Sweet Virgin Mary,

pray for us, O Holy Mother of God,

that we may be made worthy of the Promises of Christ.

Amen.

Cut out and “play” with the individual word “cards” that correspond to the phrases above.

Hail, Holy Queen - Words

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	Fruits	Of
Thy	Womb	Jesus
O	Clement	O
Loving	O	Sweet
Virgin	Mary	Pray
For	Us	O
Holy	Mother	Of
God	That	We
May	Be	Made
Worthy	Of	The
Promises	Of	Christ
Amen		

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 4** (in **December**).

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date