

Make-Up Lesson for Sunday Session 2-b for Grade 5

December

Our Lady of Lourdes Roman Catholic Church
Erath, Louisiana

Opening Prayer

- Although it may seem that **The Angelus** focuses our attention on the Blessed Virgin Mary, it actually focuses our attention on the Incarnation (when Jesus Christ, the Son of God, became man).
- If you near any Catholic Church and listen carefully, you may hear the church steeple bells ring at 6:00 a.m., Noon, and 6:00 p.m. Those bells toll (*ring*) to remind us that all Catholics should pray The Angelus three times each day (at 6 a.m., Noon, and 6 p.m.).
- Although it certainly may be prayed individually at home, it is designed to be prayed by a group of people.
 - After the leader of the group reads the “V.” phrase, the rest of the group responds with the “R.” phrase.
 - The leader then recites the first half of the Hail Mary and the group joins in to recite the last half of the Hail Mary.
 - After the leader says, “Let us pray,” the entire group recites the ending prayer of The Angelus.
- Beginning and ending with a respectful Sign of the Cross, recite The Angelus:

V. The Angel of the Lord declared unto Mary.

R. And she conceived by the Holy Spirit.

Hail Mary, full of Grace, . . .

V. Behold the Handmaid of the Lord.

R. Be it done unto me according to Thy word.

Hail Mary, full of Grace, . . .

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, full of Grace, . . .

V. Pray for us, O Holy Mother of God.

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

Let us pray: Pour forth, we beseech Thee, O Lord, Thy Grace into our hearts that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may, by His Passion and Cross, be brought to the Glory of His Resurrection, through the same Christ our Lord. Amen.

- **Food for thought:** We often see videos of people in other faith denominations gathering to pray several times a day. How would our lives change if all Catholics gathered to pray as a group (with our entire family or with our entire faith community) three times a day?

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 season of 6-7 weeks when we offer prayer and **penance** *(we willingly choose to **sacrifice** (give up) things that we enjoy in order to spend more time in prayer (or serving others as Jesus did) 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 **Descent 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** while we are alive!
 - Hopefully, at the time of his/her funeral, the Poor Soul has already entered Heaven and become a **saint**—whether or not the general public knows or recognizes his/her name, but all of us are human and commit sins on a daily basis! Our suffering on earth (through illness, persecution, etc.) may help diminish the length of time our soul may have to spend in Purgatory, but we can't depend upon it. *(Although sins may be forgiven in the Sacrament of Confession, each sin leaves a "stain of sin" on our soul. Only the purest, most brilliantly cleansed souls will enter Heaven! We don't know how long it will take for God to purify a Poor Soul, making it pure and beautiful enough to enter Heaven! Remember: God does not wear a watch or follow a calendar! Remember, too, that 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 and Discuss the Seven Sacraments

- **Sacrament:** a sign, instituted (*introduced*) by Jesus Christ, which gives us God's **Grace** (*His life in our soul*)
- On **pages 6-7** of this make-up packet, you will find a chart which organizes the **Seven Sacraments** into three separate categories. Using those charts as a guide, introduce and briefly discuss the **Seven Sacraments** with your child. Although our 5th grade

students should remember details regarding Confession and Communion, they are probably not very familiar with the rest of the Sacraments.

Review/Learn The Angelus

On **pages 8-9** of this make-up packet, you will find a chart displaying phrases of **The Angelus**. Feel free to print and cut out these phrases so your child can use them as manipulatives, placing them in order as they recite the prayer several times. Mrs. Frances suggests that you occasionally mix them up to see if your child can put them back in the correct order.

Closing Prayer

Beginning and ending with a respectful **Sign of the Cross**, recite **The Angelus**.

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 10.

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

Reminders:

Review **Sacraments** using pages 6-7.

Learn/review **The Angelus** using pages 8-9.

(Parent's Explanation)

<h1 style="text-align: center; margin: 0;">The Seven Sacraments</h1> <p style="text-align: center; margin: 0;">can be divided into three categories of Sacraments:</p>		
<h3 style="text-align: center; margin: 0;">Sacraments of Initiation</h3> <p>(Initiate means “to welcome” someone into a special group. In many cases, the “initiation” involves a special ceremony.)</p>	<h3 style="text-align: center; margin: 0;">Sacraments of Healing</h3> <p>(Jesus gave us a Sacrament to heal our body and a Sacrament to heal our soul. Both of these Sacraments can be received as often as we need to receive them.)</p>	<h3 style="text-align: center; margin: 0;">Sacraments of Vocation</h3> <p>(The word “vocation” usually refers to a person’s life’s work. Examples: Teachers, doctors, and dentists have chosen those careers as their vocation. Reminder: God has a plan for each one of us. He has given each of us a certain degree of intelligence as well as specific talents and interests to help us fulfill His plan for us. Our lives will run much more smoothly when we trust God and use those gifts and talents to the very best of our ability!)</p>
<h4 style="margin: 0;">Baptism</h4> <p>Remember: We inherited Adam and Eve’s Original Sin when we were born. Baptism washes their Original Sin from our souls, giving us the ability to love God as He loves us. We are joined to Jesus and become members of the Body of Christ, the Church.</p>	<h4 style="margin: 0;">Anointing of the Sick</h4> <p>We can be “anointed” with holy oil by the priest after Mass or at home or in the hospital as often as necessary, but we don’t want to abuse it! <i>(NOTE to Parents: It is no longer called “The Last Rites” or “Extreme Unction.”)</i> This sacrament provides God’s healing strength when our body is sick or dying, or weak because of old age.</p>	<h4 style="margin: 0;">Matrimony</h4> <p>A baptized man and a baptized woman make a lifelong promise to love and respect each other as husband and wife. They promise to accept the gift of children from God.</p>
<h4 style="margin: 0;">Confirmation</h4> <p>The Holy Spirit strengthens us to live as children of God by giving us the Seven Gifts of the Holy Spirit.</p>	<h4 style="margin: 0;">Reconciliation (also called Confession or Penance)</h4> <p>Our soul is “healed” when we receive God’s gift of forgiveness and peace.</p>	<h4 style="margin: 0;">Holy Orders</h4> <p>A baptized man is ordained to serve the Church as a bishop, priest, or deacon.</p>
<h4 style="margin: 0;">Eucharist (also called Communion)</h4> <p>When we receive the Body and Blood of Jesus as nutrition for our soul, we also receive all of Jesus’ wonderful characteristics. Question: After we receive the Body of Christ at Mass, can other people see Jesus’ characteristics in us? (Do we speak and behave as Jesus would speak and behave?)</p>		

Students' Copy

The Seven Sacraments		
can be divided into three categories of Sacraments:		

The Angelus - Phrases

Work with a few phrases first:

The angel of the Lord declared unto Mary,

And she conceived by the Holy Spirit.

Behold the Handmaid of the Lord.

Be it done unto me according to your word.

The Word was made Flesh,

And dwelt among us.

Pray for us, O Holy Mother of God,

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

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

Work with the next few phrases:

Let us pray:

Pour forth, we beseech Thee, O Lord,

Thy Grace into our hearts

that we, to whom the Incarnation of Christ, Thy Son,

was made known by the message of an Angel,

may, by His Passion and Cross,

be brought to the Glory of His Resurrection,

through the same Christ our Lord. Amen.

Print, cut out, and “play” with the individual phrases above.

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 for Grade 5 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 5 (in December)**.

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date