

Make-Up Lesson Plans for Sunday Session 1-a for Grade 1

October

Opening Prayer

- With everyone assembled in the Big Classroom, Mrs. Frances typically greets the children and, with them, recites an opening prayer.
- Please **review/teach** your child how to “do” a proper, respectful **Sign of the Cross** (including words and gestures).
 - *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.)*
- 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** in the **Tabernacle**. *Holy Water is water that has been blessed by a priest or deacon. Blessing ourselves with Holy Water reminds us of our own **baptism**—the moment when we became adopted children of God! (NOTE: I hope I will remember to provide a small, sealed jar of Holy Water for each classroom. Practice first without using Holy Water, then allow each child to bless himself/herself using Holy Water.)*
- Practice making a proper **Genuflection** (right knee touches the floor while focusing on the **Blessed Sacrament** in the **Tabernacle**). *Before we enter our pew at church, we always kneel before Jesus, our Lord and Savior—our King who is present in the **Body of Christ**—the **Blessed Sacrament**—in the Tabernacle. (When we watch movies and videos, the people of a kingdom always kneel—or respectfully bow—in the presence of their king. Why shouldn’t we do the same?) When a genuflection is difficult because of age or health, a profound bow (at the waist) is acceptable. A simple bow (at the neck) is reserved for other moments during the liturgy of the Mass.)*

Walking “Tour” of Our Church Property

Please use these suggestions to bring your child for a “field trip” on our church property some day soon.

Walk into church:

- Quietly enter the church.
- Each person should **bless himself/herself** (pray the **Sign of the Cross** using **Holy Water**).
- Take a few steps forward and look around the church.

- **Genuflect** (*kneel on your right knee as you pay respect to the **King of the Universe***) before entering a pew to be seated.
- **Quick explanations:** Your child will probably not remember all of these details unless you remind him/her of them periodically, but we want to begin to introduce some of the common elements we see in every Catholic church (even though these elements may look different from church to church).
 - **Name of our church and church parish:** Our Lady of Lourdes Roman Catholic Church
 - **Name of our priest (pastor):** Fr. Sensat (*photo included at the end of this lesson plan*)
 - **Name of our deacons:** Dcn. Tim Marcantel and Dcn. Glynn Stutes (*photos included at the end of this lesson plan*)
 - **NOTE:** While priests attend classes in the **seminary** (*a school for men who are studying to become priests*) for approximately eight (8) years before being ordained, deacons (*and their wives if they are married when they enter the diaconate*), attend **diaconate** classes for approximately five (5) years in order to become ordained as a deacon in the Catholic Church! Although the deacons and their wives attend classes together, the diaconate candidates must read more books and study in order to pass written tests throughout the diaconate program before they can be ordained as a deacon. (*Their wives attend classes, but do not take tests.*)
 - **Nave:** the area of the church where the **Faithful Assembly** (*the people who attend Mass*) gathers in the pews
 - **Sanctuary:** the area of the church where the sacred altar is located; it is the center of liturgical (*public worship*) ceremony (*Mass*); in most Catholic churches, a raised floor makes a clear distinction between the sanctuary and the nave of the church
 - **Altar:** the sacred table on which the Sacrifice of the Mass is offered
 - **Crucifix:** a wooden or metal statue which reminds us that Jesus was born a man who willingly died on the cross so He could give our souls a chance to go to Heaven someday
 - Jesus is not “in” the crucifix! He is in the **Blessed Sacrament** (*also called the **Body of Christ** or the **Eucharist** or **consecrated Host***) in the **Tabernacle**.
 - We do not pray to the crucifix! It only serves as a reminder that Jesus died on the cross for us!
 - **Tabernacle:** the solid, locked, sacred cabinet which provides a “safe house” for the Real Presence of Jesus Christ in the Blessed Sacrament
 - **Blessed Sacrament:** the **Real Presence of Jesus Christ** in the consecrated host; also called “the Body of Christ”
 - **Stained glass:** was used to teach Scripture (*Bible stories*) in ancient days (*when children and adults didn’t have many opportunities to attend classes to learn about these things*); most of the stained glass windows in our church are geometric in design, but the stained glass on

the center doors reminds us of Our Lady's apparitions to Bernadette in Lourdes, France, in 1858.

- **Choir loft:** area where the choir, cantor, and musician(s) help lead the congregation in prayerful song throughout the **liturgy** (*public worship*) of the **Mass**
- **Will discuss more details in the future!**
- Exit your pew, genuflect, and QUIETLY walk towards one of the doors. Stop at the Holy Water Font where each person will, once again, bless himself/herself before exiting the church.

Walk to our Church Parish Hall (named Pope John Paul II Church Parish Hall):

- Please draw your child's attention to the **grotto** near the intersection of Broadway and LeBlanc Streets. Call attention to the statues of **Bernadette** (kneeling on the ground) and **Our Lady of Lourdes** in the grotto. This scene reminds us that the **Blessed Virgin Mary** appeared to Bernadette several times in Lourdes, France, in 1858). Each year in February, we celebrate the **Feast of Our Lady of Lourdes** and, in our February Sunday Session for Grade 1, will view an animated DVD of the story of Bernadette and Our Lady of Lourdes (the namesake of our church parish). (*If you and your child would like to see the interior of our parish hall, feel free to go in for **Coffee and Donuts** after the 8:00 a.m. Mass ends on Sunday mornings.*)
- Our Church Parish Hall features a large, open room. It is used for large parish gatherings (summer religion program for Grades 1-5, pot luck suppers, parent meetings, etc.).

Follow the sidewalk behind the grotto towards the parking lot of our Church Parish Office:

- **NOTE:** Our office hours are 8:30 a.m. – Noon, Monday – Thursday.
- If there is open space on our church office parking lot, stop for a minute. Unless you have business to attend to during office hours, you will not enter this building.
- Mention the following:
 - the Conference room (two front windows to left of the front door) has a huge table where our office staff and other church organizations are able to hold meetings for small groups of people
 - Mrs. Frances' office is now located in the front of the building (the first window to the right of the front doors). This is where First Communion Candidates in Grade 2 typically meet with her for Prayer Appointments.
 - Mention that the back half of the office building is now our **pastor's residence**. Parishioners and friends have generously donated money so it could be renovated to become a two-bedroom, two-bathroom home (in the same building as our church office), a cost-effective way of saving money on maintenance, repairs, and insurance to the former rectory.

Walk on the sidewalk between our church office and the edge of the cemetery.

- Discuss the need for respect and reverence to those who have died with your child. Their bodies will decay and “return to dust” in **tombs** or **mausoleum crypts**, but we believe that our **souls** live forever! The **souls** of deceased people are no longer part of their body! Hopefully their **souls** are already in Heaven with God! While walking on this sidewalk, orally recite **The Lord’s Prayer** for the repose of the **Poor Souls in Purgatory**.
*[Although children usually think of **Heaven**, **Hell**, and **Purgatory** as specific locations in the sky or in the ground, Catholic Christians believe they are really a state of being for our soul. Purgatory is “the place” (the state of being) where souls are purified by God, making them clean and pure enough to enter the gates of Heaven as **saints**, not **angels**! We are called to become saints because God has already created all of the angels He will ever need! He created **nine choirs** (categories) of angels and each category serves its own purpose!]*
- In case you and/or your child need to read it, here’s the text of **The Lord’s Prayer**:

*Our Father, who art in Heaven, hallowed (holy, sacred) 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.*

- **Further explanation regarding angels:** Catholics believe that, at our conception, God gave each of us a soul and a **Guardian Angel** (the lowest of the nine choirs of angels). None of us will ever “share” a guardian angel, so that means that no human being who has already died will ever have the same guardian angel as anyone who is currently alive or anyone who will be born in the future. None of us will ever share the same guardian angel! God has created billions of guardian angels. Upon our death, our guardian angel will return to the throne of God and worship and adore Him along with the Seraphim (the top category of angels).

When you approach the intersection of sidewalks near the back side of our office building (priest’s residence) and the cemetery, you will see our long, narrow CCD building (religious education classrooms).

- This is the building where our youngest students in Grades 1-5 gather for our Sunday Sessions. (We typically gather in Rooms 11-12-13 at the far end of the CCD building.) We also use some of these classrooms during our Summer Religion Program for Grades 1-5.
- Feel free to walk down the sidewalk near the doors of the classrooms to find Rooms 11-12-13. You’ll also notice that we have a Girls’ and Boys’ restroom at the far end of the building.
- While the “drop off/pick up” line for Sunday Sessions forms around the back side of the cemetery moving from LeBlanc Street towards Broadway St., the actual drop off/pick up “zone” is at the far end of the sidewalk.

Watch a YouTube video of a book: I Am Good at Being Me

- **Explain:**
 - **God the Father** created everything in the universe!

- **God the Son** was born so He could teach us how to love and respect God and His Creation—and to give us a chance to send our **soul** to live with God in Heaven after our bodies die.
- **God the Holy Spirit** was sent as a special friend to each one of us to help us make good (and holy) decisions every day.
- **Each one of us** serves a specific purpose in God's Creation. We may not yet realize what kinds of gifts and talents God has given us.
- [Click here](#) to hear the story (3:37 minutes) being read on YouTube.
- Follow up with brief discussion regarding each student's talents.
- **Explain:**
 - We should keep our hearts and minds open to **God's Will** for us.
 - He doesn't speak to us with a loud voice that we can hear with our ears. Instead, He whispers to our soul.
 - Sometimes, we notice and recognize His voice right away and choose to listen and follow His suggestions.
 - Sometimes, we we're too busy to notice or recognize His voice, so we become confused.
 - Sometimes, we choose to ignore Him and that usually makes our life complicated and difficult until we begin to search for Him and begin listening to Him again.

Closing Prayer

- **Prayers:** one of several ways to spend time with God and have a conversation with Him
 - **We use the gifts (time, talent, skills) that He has given us** to help us **memorize and recite sacred, traditional prayers** to Him. *Talking to Him in spontaneous prayer is OK, but in many cases, we use those prayers to tell God what He should do to make us happy rather than asking God to bring us to/through His divine plan. Reciting traditional, memorized prayers on occasion gives us opportunities to remove our personal desires from the prayer so we can simply offer praise, glory, and honor to God (or, perhaps, to ask the Blessed Virgin Mary, Jesus' Mother, to pray for us).*
 - **God loves us very much** (even when we are so busy that we ignore and forget about Him).
 - *He desires that we **spend time** in conversation (prayer) with Him every day.*
 - *We may not "hear" His voice when He speaks to us, but we usually "feel" what He says in our heart, mind, and soul.*
- **Heart:** the organ inside of my body that pumps blood and oxygen throughout my body (*it can be seen and touched if/when I ever have surgery in the hospital*)
- **Soul:** an invisible (*can't be seen*), intangible (*can't be touched*) gift from God that contains His **Grace** (*His life within us; received with each Sacrament*) in each of us.
 - *Like the Blessed Virgin Mary, **our soul is full of God's Grace** when we follow **His Divine Plan** for our life (to love/respect God and our neighbors).*
 - **We lose some of His Grace when we ignore God's plan.** *Our soul becomes sick or weak. If/When we choose not to allow more Grace to enter our soul, our soul continues to become sicker and weaker. God our Father loves us very much and always desires to share His Grace with us, but we must be willing to accept it and use it to give glory and honor to Him with every thought, word, and deed—every day of our lives! Most of our parents will agree that we should try to please God at all times!*

- Pray the “**Glory Be**” Prayer
 - Begin with a good, respectful **Sign of the Cross**. (If necessary, refer to the beginning of this lesson plan.)
 - Recite the text of the “**Glory Be**” Prayer:

*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.*

- End your Closing Prayer with a good, respectful **Sign of the Cross**.

Parents/Guardians:

Please read and sign the next page of this packet.

Return it to Mrs. Frances

(by USPS mail or scan or take a snapshot of it and text/email it)

at your earliest convenience.

Church Office mailing address: 700 S. Broadway; Erath

Mrs. Frances' email address: ftoups@gmail.com

REMINDER:

**The photos of our pastor and deacons
may be found at the end of this packet.**

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 1-a in October.

My child, _____ (currently in Grade ____) and I have read and discussed all of the information included in this make-up packet for **Sunday Session 1-a for Grade 1 (in October)**.

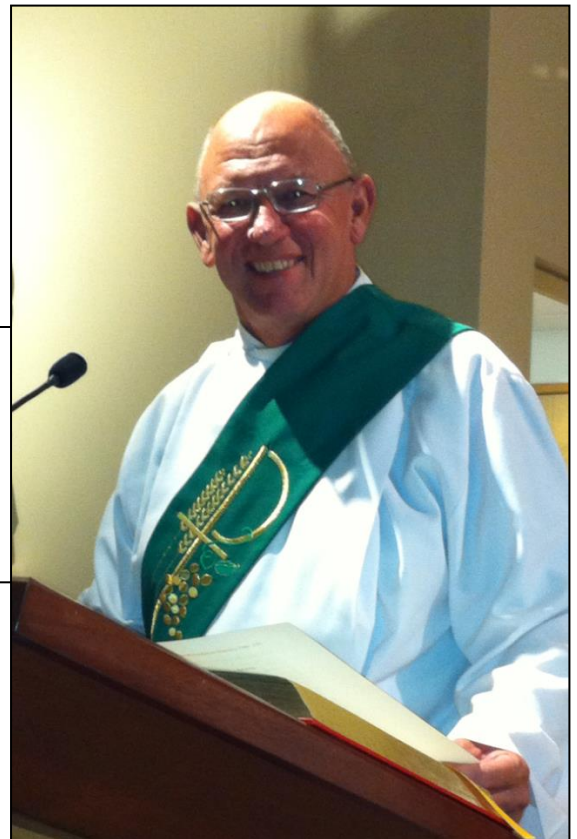
Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date



Fr. Sensat



Dcn. Tim
Marcantel



Dcn. Glynn
Stutes



Interesting Fact: You can always tell the difference between a priest and a deacon by the way they are dressed at Mass.

- **Priests** wear a **chasuble** (the sleeveless outer garment that depicts the color of the liturgical season, feast, or event that's being celebrated). The chasuble simply drapes over a priest's shoulders and arms.
- **Deacons** wear a **dalmatic**. It is usually similar in color, but it has wide sleeves and is open at the sides.