

Make-up Lesson for Sunday Session 3-b for Grade 3

February/March
Our Lady of Lourdes Roman Catholic Church
Erath, Louisiana

Large-Group Assembly for Grades 3-5

- After **Opening Prayer**, Mrs. Frances greeted the children and reminded them that the namesake of our church parish is **Our Lady of Lourdes**. Every year, we celebrate **The Feast of Our Lady of Lourdes** on February 11.
 - Mrs. Frances reminded the children that our church parish recently celebrated Our Lady's feast day by inviting everyone to participate in our church parish's **Annual Eucharistic Procession honoring Our Lady of Lourdes** through the town of Erath.
 - In the procession, Fr. Metrejean, Deacon Tim Marcantel, and Deacon Russell Hayes took turns carrying the **Blessed Sacrament (the Body of Christ)** in a **monstrance** through the streets of Erath praying and trusting that the presence of Christ would make our town holy. However, it's up to us to keep it holy!
- Mrs. Frances then quickly reviewed a couple of facts regarding the **liturgical calendar** (Seasons of Lent and Easter).
 - During **Lent**, we are reminded that Jesus spent **40 days in the desert** to prepare for His public ministry (*and eventual Passion, crucifixion, death, burial, and Resurrection*).
 - Liturgical colors of the Lenten Season:
 - The priest wears a **violet chasuble** (outer garment) on the First, Second, Third, and Fifth Sundays in Lent. The color violet is often used to indicate royalty of kings and queens. (*Jesus is our king!*) It's also a **somber** (*serious*), **repentant** (*apologetic*) season, so the violet color is appropriate! (*Violet is not usually described as a happy color.*)
 - Because the Fourth Sunday marks the half-way point through the season of Lent, he wears a **rose-color chasuble** on the Fourth Sunday of Lent. (*For one day, we are just a bit joyful that the glorious celebration of Jesus' Resurrection on Easter Sunday is rapidly approaching!*)
 - The **Season of Lent** begins on **Ash Wednesday** and ends just before Easter.
 - The **blessed ashes** are an example of **sacramentals** (*holy things or actions which the Church uses to obtain for us favors for our body and soul from God*). Sacramentals do not give us Sanctifying Grace, but they do make us ready to receive it. **Sacramentals**



prepare our souls to receive whatever Grace God wishes to give us.

▪ **Several examples of sacramentals:**

- any blessings given to us by priests and bishops
- the Sign of the Cross
- the Way of the Cross
- Holy Water
- candles used around the altar at Mass
- a crucifix and other sacred images
- incense
- sacred words (for example, the prayers and Mysteries in the Rosary),
- Bibles
- prayer books
- sacred places
- the liturgical seasons of the Church year

All of these holy things or actions prepare our souls to receive God's Grace!

- How/Where does the priest get the ashes? *Last year's palm branches are collected, burnt, and blessed by the priest for use at Ash Wednesday Masses. When necessary, a container of burnt palm branch ashes may be purchased through a reputable church supplies company, but those ashes must still be blessed by the priest before they can be distributed to the Faithful Assembly.*
- While putting the ashes on our foreheads, the priest, deacon, or Extraordinary Minister says something similar to **“Remember man that you are dust and to dust you shall return.”** *These words (and the ashes on our foreheads) remind us that God made the first man (Adam) from dust, and because we, like Adam, are made in God's image and likeness, we, too, are “made from dust,” and our bodies will return to dust when they decompose after our death. It's a good reminder that we can't take our bodies and our belongings to Heaven! Those things are not the important things in a Christian's life! Our goal is to live according to God's plan and His Commandments to get our **souls** into **Heaven** after we die—hopefully at a very old age!*
- During Lent, we offer a **penance** to help us admit that we are not perfect, but are still trying to be good and holy to please God. By denying ourselves something we enjoy (snacks between meals, favorite foods, TV time, etc.), we join—in a small way—with the suffering of Jesus Christ on the cross.
- During the entire Season of Lent, we refrain from saying/singing “Alleluia” during Mass because the entire season reminds us of the 40 days Jesus spent praying and fasting in the desert. The Church provides several options for Gospel acclamations during Lent, including, “Praise to you, Lord Jesus Christ, King of endless glory” and “Praise and honor to You, Lord Jesus Christ.”
- At this point, teachers called roll and walked with their students to their classrooms.

Introduction to the Rosary

- “The **Rosary** is the most loved of all the special prayers we pray to Mary, the Mother of God and our Mother. The Rosary was revealed to Saint Dominic by Mary herself and was spread as devotion by a Dominican preacher in the 15th century. Since then, many popes, holy people, and the Blessed Mother (*herself!*) have urged Christians to pray the Rosary.” (quoted from page 77 of *100 Activities on the Catechism of the Catholic Church*)
- The Rosary combines **vocal prayers** (memorized traditional prayers) with **mental prayers** (reflections on the **Mysteries of the Rosary**)
- The **prayer beads** on the Rosary help us keep track of what prayers must be recited.
 - At our next summer religion program in June, Grade 3 will strive to memorize the **Mysteries of the Rosary**. We won’t be able to discuss each Mystery in great detail today, but we do want to introduce the simple basics of all 20 Mysteries as quickly as possible. If your child would like to see [pictures of each Mystery](#) as you introduce them, click on this link.
 - The Mysteries center around events in the life of Jesus and Mary.
 - There are four groups of Mysteries:
 - **Joyful Mysteries** (prayed on Monday and Saturday)
These “happy” Mysteries lead us through the early part of Jesus’ life.
 - **The Annunciation** (*should be familiar; we learned about it in a previous summer program*). The Archangel Gabriel announces to Mary that God wants her to be the Mother of His Son. She says, “I am the handmaid of the Lord. Let it be done unto me as you have said.” (In other words, she said, “Yes.”)
 - **The Visitation**. Jesus hasn’t yet been born when Mary visits her cousin, Elizabeth. Elizabeth greets her by saying, “Hail Mary, full of Grace!” She also recognizes Mary as “the Mother of my Lord.” (*Joseph was the only person who knew that Mary’s son was God’s son! How did Elizabeth know those details? The Holy Spirit moved within her!*)
 - **The Nativity** (*the birth of Jesus Christ*). Jesus Christ, the newborn King, is born in a humble manger.
 - **The Presentation of Jesus in the Temple**. To follow Jewish custom, Mary and Joseph bring Jesus to the temple to present Him to the Lord. Although Simeon is blind, he recognizes Jesus as the Messiah sent by God!
 - **Finding of Jesus in the Temple** (*also learned about this at a previous summer program*). At age 12, Jesus, Mary, and Joseph travel (walk) with their friends and relatives to Jerusalem for the Feast of the Passover. On the journey back to Nazareth, a worried Mary and Joseph notice that Jesus is not in the caravan. They return to Jerusalem to look for Him and, after searching in the city for him for three days, finally find Him teaching the elders in the Temple!

▪ **Luminous Mysteries** (prayed on Thursday)

These “Mysteries of Light” shed “light” on who Jesus really is! He truly is the Light of the world! These mysteries help us to realize that Jesus truly is the Son of God.

- **The Baptism of Jesus.** Jesus is baptized by His cousin, John the Baptist. A dove comes down from the Heavens and a voice is heard: “This is my beloved Son with whom I am well pleased.”
- **The Wedding in Cana.** Although He was not yet ready to do so, in obedience to His Mother’s request, Jesus performs His first miracle by changing water into wine at a wedding in Cana.
- **The Proclamation of the Kingdom of God.** In one of His teachings, Jesus proclaims (*tells the crowd about*) the coming of the Kingdom of God.
- **The Transfiguration.** Jesus brought Peter, James, and John up the mountain with Him. In the presence of His surprised (and, probably, frightened) friends, Jesus was transfigured (*transformed*) into His Glorious Divine self. The event was recorded in Scripture: “His face did shine like the sun. His garments were white as snow.” (Matthew 17:2)
- **The Institution of the Eucharist** (*Jesus celebrated the First Mass at the Last Supper*). At the Last Supper with His disciples, Jesus gave Himself (“This is My Body; this is My Blood”) as spiritual food for their (and our) souls in the appearance of bread and wine for the very first time. He also said, “Do this in memory of me.”

▪ **Sorrowful Mysteries** (prayed on Tuesday and Friday) (*we review all of the Sorrowful Mysteries every year during our summer religion program!*)

The “sorrowful” Mysteries help us remember just how much Jesus loves us. He was willing to suffer and die to give our souls a chance to spend the rest of eternity in Heaven with God our Father.

- **The Agony in the Garden.** After the Last Supper, Jesus invites his disciples to join Him as He prays in the garden. His disciples fall asleep—three times! He will soon be arrested.
- **The Scourging at the Pillar.** Jesus chooses not to argue or correct those who have arrested Him. After interrogating (*questioning*) Jesus, Pontius Pilate understands that Jesus didn’t do anything wrong and doesn’t think that Jesus deserves to die, but the Jewish high priests keep insisting that Jesus must die because, he is teaching unusual lessons and performing miracles, but He “isn’t” God. In an effort to offer another type of punishment which will, hopefully satisfy the high priests, Pilate orders that Jesus be scourged (*whipped*).
- **The Crowning with Thorns.** The soldiers crown Jesus with a fake crown—a crown of thorns. Because they don’t know God, they don’t

realize that, as God's Son, Jesus really is a king—the King of the Universe!

- **The Carrying of the Cross.** After hours of pain and suffering, Jesus is forced to carry His Cross through the streets of Jerusalem. Crowds of people (who were excited to see Him enter the city a few days earlier) lined the narrow streets. Although some people were very sad to see Jesus suffer, the high priests have convinced most of the people that Jesus should die. Many people shouted unpleasant words as Jesus passed by. Some people along the route mocked Him and spit on Him.
- **The Crucifixion.** Jesus is crucified and dies on the Cross. Before He died, Jesus said, “Forgive them, Father, for they know not what they do.”
- **Glorious Mysteries** (prayed on Sunday and Wednesday) *(we review the first three of the Glorious Mysteries every summer!)*
These Mysteries remind us that Jesus' death was not the end of His story! God the Father sent Jesus (God the Son) to live as a man who would be willing to die for our sins so He could rise from the dead, ascend into Heaven, and send us a “helper”(God the Holy Spirit) who, even today, continues to help us prepare our souls to be worthy to be in His Holy presence in Heaven. In welcoming Jesus into Heaven, God also welcomes the good souls who deserve to spend eternity with Him (after their bodies die).
 - **The Resurrection.** To give our souls a chance to have eternal life with God in Heaven, Jesus conquers death by rising from the dead on the first Easter Sunday. This is *the most important* feast in the Catholic Church's liturgical calendar! It is the most important day of the year in the lives of those who follow Jesus Christ!
 - **The Ascension.** Forty days after He rose from the dead, in the presence of His disciples, Jesus ascended, body and soul, to His Father in Heaven.
 - **The Coming of the Holy Spirit.** At the Last Supper, Jesus promised to send an **Advocate** *(a helper)* to His disciples. On the 50th day after He rose from the dead, Jesus appeared to His disciples and Mary (His Mother) in a closed room and breathed His Holy Spirit upon them. We still celebrate this miraculous event every year! The annual celebration is known as **The Feast of Pentecost**, the “birthday of the Catholic Church.” It is the *second most-important* feast in our Church's liturgical calendar! *(Because everyone in the large crowd could understand what Peter explained to them—in a different languages—thousands of people were baptized on that day!)*
 - **The Assumption.** Mary (the Mother of Jesus) was born without sin and, throughout her life, always did and said things that pleased God.

She was rewarded with a happy departure from this life: Her body and soul were assumed into Heaven.

- **The Coronation.** Mary is crowned as Queen of Heaven and earth. She is the Queen of the angels and the saints—and us!
- **Chronological Order:** If your child hasn't yet noticed, the Mysteries lead us through the chronological order of events in Jesus' human and divine life!
 - If at all possible, print **pictures** of these Mysteries or, perhaps, just the **bold-faced text** of the descriptions of each Mystery and let your child put them in correct order. Begin with one set of Mysteries at a time and add more sets of Mysteries as he/she becomes more confident with the correct order. Mix up the pictures and let him/her put them in order again and again! Repetition is often a great teacher!

Please recite a Rosary with your child to end this make-up lesson!

All of the Grade 3 teachers and students gathered in the “big classroom” to recite a Rosary with Mrs. Frances at the end of Sunday Session 3-b. It takes approximately 20 minutes to pray the Rosary, but it's well worth the time to help your child develop this wonderful habit!

- In case you aren't comfortable leading your child through an entire Rosary, Mrs. Frances has included links to online videos (which include pictures and videos):
 - [The Joyful Mysteries of the Rosary](#) (*Monday*)
 - [The Luminous Mysteries of the Rosary](#) (*Thursday*)
 - [The Sorrowful Mysteries of the Rosary](#) (*Tuesday and Friday*)
 - [The Glorious Mysteries of the Rosary](#) (*Wednesday and Sunday*)

If you prefer to lead the Rosary yourself, the following **instructions** and **prayers** may prove to be useful. *Please note that some of the beads on a Rosary are grouped together (for the **Hail Mary** prayers). Other beads are separate from the groups (for the **Our Father** prayers). The **Glory Be** prayer is prayed in the “empty space” before an **Our Father** bead.*

*Use the crucifix to make a respectful **Sign of the Cross** to begin the Rosary:*

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Holding the crucifix in your fingers, recite **The Apostle's Creed**:*

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; the third day He rose 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.

*Moving from bead to bead, recite one Our Father, three Hail Marys (for the virtues of Faith, Hope and Charity) and one Glory Be: (**NOTE:** Some people choose to recite these five prayers for the intentions of the Pope.)*

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, 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 death. Amen.

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.

*Holding the next individual bead, proclaim the **First Mystery** and pray one Our Father. Recite ten Hail Mary prayers as you move through the group of ten beads. Recite the **Glory Be** in the “empty space” before the next individual bead.*

*Holding the next individual bead, proclaim the **Second Mystery** and recite one Our Father, ten Hail Mary prayers, and the Glory Be.*

*Then proclaim the **Third Mystery** and repeat the previous step.*

*Then recite the **Fourth Mystery** and repeat the previous step.*

*Then recite the **Fifth Mystery** and repeat the previous step.*

*Hold the **centerpiece** in your fingers while reciting the **Hail, Holy Queen** prayer:*

*(**Note:** When the Hail Holy Queen is recited with a group of people, the italicized words are recited by the leader alone.)*

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.

Use the crucifix to make a respectful Sign of the Cross to end the Rosary:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Parent/Guardian:

Please complete the next page

and return it to Mrs. Frances as soon as possible!

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 3-b in February/March.

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

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date