

SS. Peter and Paul Catholic Church
Faith Formation Program
Preschool through 12th Grade
Family Handbook and Calendar
Including Children's Catholic Prayers,
Blessings and the Rosary
2017-2018

**"Preach the Gospel at all times;
when necessary, use words."**

St. Francis of Assisi, 1181-1226

A Parent's Prayer

Loving God,
You are the giver of all we possess,
the source of all of our blessings.
We thank and praise you.

Thank you for the gift of our children.

Help us to set boundaries for them,
and yet encourage them to explore.
Give us the strength and courage to treat
each day as a fresh start.

May your Holy Spirit help them to grow
in faith, hope and love, so they may
know peace, truth and goodness.

May their ears hear your voice.
May their eyes see your presence in all things.
May their lips proclaim your word.
May their hearts be your dwelling place.
May their hands do works of charity.
May their feet walk in the way of Jesus Christ,
your Son and our Lord.

Amen.

Expectations of the families in our Faith Formation Program:

1. **We expect** that your family will attend Mass on the weekends and Holy Days of Obligation.
2. **We expect** that your child will attend Faith Formation sessions on a regular and consistent basis. If your child needs to be absent, we need to receive a phone call. The Parish Center phone number is 243-2144 and we are in the office at least 30 minutes before class time.
3. **Regular attendance** in the Faith Formation program for the year **prior to** and **year of** a sacrament is a **pre-requisite** for the celebration of the sacrament, unless the child/youth participates in a special sacramental process.
4. **We expect** that the basic prayers of the Church will be taught in the home—appropriate to the child's grade level; because, although each class takes time to start and end each session with prayer, we won't have the time to teach the prayers in class. Each child will participate in a "Prayer Check" in March.
5. **We expect** that your child will NOT bring a cell phone, iPod or any other electronic device into the classroom. The first time it's a problem, the item goes to the office until the end of class; the second time it happens a parent will be called to pick up the item.
6. If we need to cancel classes because of inclement weather, we will put that information on **KJAN (1220 AM)** and **KSOM (96.5 FM)** radio. If the Atlantic schools cancel classes on Wednesday because of snow or ice, we will automatically cancel class. **New this year:** we will also communicate with you via "Flock Notes", a one-way text messaging system. We'll use this as a reminder of meetings, parish events and sudden changes to the calendar due to weather or other unforeseen events.

If you ever have any questions about anything, please contact us.

Journeying Together in Faith,

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PK-12 Faith Formation
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Fr. Chinna Devaraj
Pastor
Office: 243-4721

Discipline Policy

The **first** time a student is discourteous or is creating a class disturbance, the catechist will make a special effort to correct the student in the classroom. If the student does not respond to the classroom correction, that student will be sent to the office.

The **second** time a student is involved in misconduct, that student will be asked to leave the classroom. The student will call the parent from the office and ask them to come to at the end of class to discuss the matter.

The **third** time a student is involved in misconduct, that student will be asked not to participate in Faith Formation classes until the source of the difficulty can be corrected.

Fees

A \$20 fee per child, with a \$50 maximum family charge is payable at the time of registration. However, no child will be turned away from our Faith Formation program because of inability to pay the fee. The registration fee is waived for the children of our catechists.

Special Activities

In addition to weekly class sessions for all the school age children in the parish, we also have other special activities planned throughout the year.

There will be a PK-5th grade Christmas Program in December, which will involve some music practices before class time on several Sundays the end of November as well as in December to prepare for the program. A note will go home to inform you about any time changes in our classes or schedules. In addition, we also have scheduled several large group activities and prayer services, such as a Living Rosary and burying the "Alleluia" before Lent. Occasional field trips are planned such as our annual sixth grade trip to Omaha to witness a Bar/Bat Mitzvah at Temple Israel and to drop off our year's collection of pop tabs at the Ronald McDonald House. Several opportunities for service may be offered to the older youth throughout the year, including fall yard work, and donations to the Food Pantry as well as other fund raisers, such as our "Pennies for Projects" held during Advent. There may also be opportunities for a retreat and socializing. Some of these dates are already on the calendar and others may come up as we get into the year. We will send notes home as well as communicate through email to keep you informed about any changes in the calendar or any new activity that may come up, so please watch for these. This same information will also be in the weekly bulletin.

We will also add some "Destination Unknown" activities for our high school youth. Information will be sent to the parents to let them know what's going on, but the destination will be a surprise to our youth, to add a little faith-filled fun into our year!! 😊

Sacramental Preparation

First Reconciliation and First Communion Families

Following the directive from the bishops and the National Directory for Catechesis, we will spend significant time with you throughout this school year to better help you prepare your child for the reception of these two sacraments. You will notice on the calendar two parent meetings, as well as two sessions for Learning Centers and two retreats for you and your child. Your child will learn more about these sacraments he or she will be receiving and the importance it has on his or her daily life by how that faith is lived in the home than by what we teach in the classroom. Our goal is to help all of our parish families develop into households of faith. All of these activities are a *required* part of the process and we *strongly encourage* both parents to attend, if at all possible. In addition, it is expected that your child will attend class regularly and your family will celebrate Mass each week.

We will also include these families as "Gift Bearers" on our Mass minister schedule during the school year. You will have a chance to sign up for your Mass preference at the first parent meeting. The schedule comes out every six weeks. New schedules are sent out as an insert in the bulletin, but you can also find them on the parish website: www.sspeterpaulandmary.org as well as on the bulletin board posted in the back of the church. Be sure to check it on a regular basis.

2017 First Reconciliation Calendar

Wednesday, October 4, 2017: Parent meeting (no children) at 7:00 p.m. in the church

Sunday, December 3: Learning Centers in the gym. 8:30-10:15. Donuts and juice served.

Wednesday, December 20: **FIRST RECONCILIATION** in the church, 6:30-8:15.

2018 First Communion Calendar

Wednesday, January 10: Parent meeting (no children) at 7:00 p.m. in the church.

Sunday, April 22: Learning Centers in the gym. 8:30-10:15. Donuts and juice served.

Thursday, March 29: Holy Thursday. Children will vest the altar during the offertory.

Saturday, May 5: Rehearsal in the church at 9:00 a.m.

Sunday, May 6: **FIRST COMMUNION** at 10:30 Mass.

Confirmation

At the October 26, 2010 meeting of the Presbyteral Council of the Diocese of Des Moines, the following resolution was unanimously adopted:

"The Diocese of Des Moines will change the age of receiving the Sacrament of Confirmation to the sophomore year of high school (generally 16 years of age) beginning in the Fall of 2012."

An excerpt from a December 29, 2010 letter sent to priests and catechetical leaders in the diocese from John Gaffney, Director, Department of Evangelization and Catechesis and Dr. Cheryl Fournier, Director of Evangelization and Adult Faith Formation explains this a bit further:

"Confirmation preparation should be seen as a 'significant moment' within the process of adolescent catechesis which takes place during the four years of high school and celebrated in the 10th, 11th or 12th grade. This process, as a whole, continues to support a vision of lifelong formation in faith."

This is the fifth year we have had high school Confirmation and we will continue to experience some growing pains as we learn how to best prepare our youth the reception of this sacrament which completes the sacraments of initiation. It is our expectation that the youth will continue to meet on Wednesday evenings with their high school peers for formation, service and social opportunities. However, the sophomores will also be required to attend an additional 12-15 sessions on Sunday evenings and Wednesdays for formation specific to the sacrament of Confirmation as well as a retreat and group service projects.

We will no longer keep track of "service hours", but rather service "opportunities" using the Corporal and Spiritual Works of Mercy as their guide. We ask that the youth complete two activities on their own, and also one service event with their sponsor. Service should not be looked at as a "hoop" to jump through for Confirmation, but rather a "springboard" to how they should be living their lives as Catholic Christians in the world today. This is also an excellent time to have the whole family work together to live out the Works of Mercy.

2017-2018 Confirmation Calendar

At this time, we are planning twelve to fifteen class sessions, which may be held in the triple room of the Parish Center on alternating Sunday and Wednesday evenings from 7:00-8:30 p.m. or off campus at a site to be determined. (A calendar with class sessions, group activities and project deadlines will be handed out at the Parent meeting.) Other activities:

Wednesday, September 27: Meeting with parents and youth at 7:00 p.m. in the church.

Sunday, October 22, 2017: Diocesan Catholic Youth Conference at Iowa Events Center (Hy-Vee Hall) in Des Moines. Celebrate your faith with Catholic youth from around the diocese!! 10 am-5pm

Sunday, November 12: Commissioning of the candidates with their sponsors, during 10:30 Mass, followed by lunch and faith sharing with their sponsors in the Parish Center.

Retreat: Required, but the date has not been set at this time.

Reconciliation Service: Wednesday, March 14.

Celebration of Confirmation: Sunday, April 15, 2018 at the 10:30 Mass.

Rehearsal for Confirmation will be 90 minutes before Mass time in the church.

"Do not be afraid! When we go to proclaim Christ, it is he himself who goes before us and guides us. When he sent his disciples on mission, he promised: 'I am with you always' (Mt 28:20). And this is also true for us! Jesus does not leave us alone, he never leaves you alone! He always accompanies you."

Pope Francis, World Youth Day, 2013

Web Sites

As Catholic parents, it's nice to be able to search the web, either for information or enrichment as we grow in our faith and that faith is tested by the children God has blessed us with! We've included some of the sites we like to use on a regular basis.

www.sspeterpaulandmary.org SS. Peter and Paul parish website. Look for calendars, the weekly bulletin, minister's schedule and other important information.

www.dmdiocese.org Des Moines Diocese website

www.stmcenter.com St. Thomas More Center for all Seasons and diocesan office of Youth Ministry. This is the home of Catholic Youth Camp every summer on Lake Panorama near Panora, Iowa.

www.usccb.org United States Conference of Catholic Bishops. Daily readings, and answers to anything "Catholic".

www.outsidedabox.com Wonderfully made short videos on many faith topics. Watch as a family and let it spark a conversation!!

www.findinggod.com Our new textbook series for 1-8th grade. Check out the link for Children and Parents for interactive review sessions and games.

www.loyolapress.com The parent company for our textbook series. There is a plethora of informative articles, activities and prayer experiences for you to explore! 😊

www.osvcurriculum.com Follow the link for Lifelong Catechesis for Questions of the Week pertaining to the Sunday's Gospel as well as activities to reinforce that message with your family.

www.pflaum.com Click onto the family pages, where after you fill out the free login, you will have access to wonderful at-home activities to share with your children ages preschool through 8th grade.

www.liguori.org Great site for finding Catholic books and other faith filled resources to purchase online.

www.americancatholic.org St. Anthony Messenger website. Outstanding resources. Saint of the day and so much more.

www.virtusonline.org "Protecting God's Children" program. Informative articles. Not required by the diocese after you've done the initial training, but still worth reading as a parent.

www.catholicicing.com Put the "icing" on your Catholic cake!! Crafts, activities and fun ways to share the love of your faith with your children. Lots of fun stuff for the whole year!

www.ignatianspirituality.com Prayer, spiritual direction, retreats and good decisions

www.other6.com An online community which asks the questions: *Where have you found God today?* and *Where do you need to find God today?* Helping you to find God the other six days of the week.

www.pbgrace.com Catholic family, sweet and simple. Resources for parents and children. You can also like them on Facebook!! Sign up for a weekly email of faith-filled family activities.

Youth Masses

The children and youth in grades 3-12 will be able to lead the Mass ministries at their class Youth Mass. The children in grades 3-5 will celebrate their Mass on a Sunday morning, while the middle school youth (grades 6-8) will celebrate their Youth Mass at the Saturday vigil liturgy. The high school youth will be in charge of the ministries at the evening Mass on Ash Wednesday while the seniors will lead the ministries at their special recognition Mass in May.

We will take class time to practice their 'part' as well as learning about the Mass. The youth will sit together as a class. A letter will go home at least one week before each Mass as a reminder, but please check the calendar so you are aware of it ahead of time. **As a show of respect and appreciation for all the blessings in their lives, as well as emphasizing the importance of what they are doing, we ask that the youth wear nice clothes for their Youth Mass; specifically NO jeans or shirts with words on them.**

Each class will also have the opportunity to participate in the Sacrament of Reconciliation sometime during the school year. See the calendar for exact dates.

We may also schedule a "Family Mass" occasionally during our Wednesday afternoon PK-5th grade class time. Families and other parishioners are always welcome to join us for these special celebrations. Watch the bulletin and notes to go home about the dates and times for these Masses.

As the "Domestic Church", each family is expected to teach their children the following prayers or aspects of our faith, according to their grade level, which the children then be "tested" over sometime in March:

Preschool	Sign of the Cross and Angel of God
Kindergarten	The prayers above, plus Glory Be
First Grade	All of the above, plus the Our Father and the Hail Mary
Second Grade	All of the above, plus the Act of Contrition
Third Grade	All of the above, plus the Apostles' Creed
Fourth Grade	All of the above, plus the Ten Commandments and the Great Commandments
Fifth Grade	All of the above, plus the Seven Sacraments
Sixth, Seventh and Eighth Grade	All of the above, plus being familiar with the Holy Days of Obligation, the Beatitudes, and the Corporal and Spiritual Works of Mercy.

The *prayer check* will consist of memorizing and reciting the first ten prayers or aspects of our faith that are listed, depending on grade level, to a parent volunteer. The middle school youth will participate in the same memorized recitation and will also take a fill-in-the-blank 'test' over the Works of Mercy, Beatitudes and the Holy Days. No one can fail and everyone gets a prize, but this is one way we can emphasize how important all of these things are to our common Catholic faith.

“Finding God” from Loyola Press is our 1-8 textbook series.

Finding God: Our Response to God's Gifts is a faith formation program that invites children and their parents into a new way of living in relationship with God, family, community, and the world. This comprehensive program provides **sound doctrine, Scripture, Tradition, and prayer** through experiential activities that make these essential lessons part of a lifelong practice of faith. By engaging the whole person—heart, mind, body and soul, *Finding God* develops devoted disciples of Jesus. Through active learning strategies, children participate in activities that serve many different learning styles and allow children to grow in their faith. Resources designed by parents, for parents offer practical suggestions on how to integrate faith into everyday life, calling families to “go in faith”. Online resources can be found at www.findinggod.com then click on “Children and Parents” where you can read the e-newsletters or play an interactive game. Click on your child’s grade and at the end of each unit is a game called “Fishers of Faith” where they can play solo or with up to three other people.

Preschool “God Made the World” Kindergarten “God Loves Us”

This program also comes to us from Loyola Press and is a comprehensive early childhood program designed to nurture and enrich the faith and spiritual lives of children ages 4-5. Online games for the kindergarten children can be found at www.loyolapress.com and under the Faith Formation tab, click on “Early Learning” then “God Loves Us” for some word search and puzzle fun. Please explore the Loyola Press website for many faith filled articles on a variety of topics.

Know Your Faith. Grow in Faith. Go in Faith.

Building Safety: For the safety for all the children and volunteers in our building on Wednesday afternoons, we will begin to lock our doors after the children have arrived for class at 4:00.

Parking Lot Safety for Parents of PK-5th grade children: On most Wednesdays, you can pick up your child by waiting in your vehicle in the alley or parish parking lots. An adult will be present to watch the children as they head to their appropriate vehicles. **HOWEVER,** after Daylight Savings Time ends in early November, it will be dark when you come to pick up your child at 5:15. For the safety of all the children in our care on Wednesday afternoons, we ask that you come into the Parish Center to pick up your child/ren from November 8 until February 7. You may park in any of the west lots, on Locust Street, on 5th Street or by the Library. The west doors will be open at 5:10 for your convenience.

Catechist Formation

In compliance with the Diocese of Des Moines and the Charter for Protection of Children and Young People, our parish requires a background check on every new catechist as well as participation in an online “Virtus—Protecting God’s Children” program. It is also our intention to have two adults in every classroom throughout the year.

Beginning several years ago, we will also be including more formation for our catechists in our calendar, so that our volunteers will be better prepared for this ministry of sharing their faith with your children. We will use a combination of a Diocesan approved program, “Echoes of Faith” as well as a book study or possibly even a gathering of catechists from area parishes for this formation.

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

(Using the right hand, touch the
forehead, chest, left shoulder,
then right shoulder.)

NEW! For Preschool
Grades K-8 should know.

Angel of God

Angel of God, my guardian dear;
to whom God's love commits me here.
Ever this day, be at my side; to light
and guard, to rule and guide. Amen.

NEW! For Preschool
Grades K-8 should know

Glory Be

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.

NEW! For Kindergarten.
Grades 1-8 should know.

The Lord's Prayer

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.

NEW! For First Grade
Grades 2-8 should know.

Hail Mary

Hail Mary, full of grace,
the Lord is with you!
Blessed are you among women,
and blessed is the fruit of
your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour
of our death. Amen.
NEW! For First Grade
Grades 2-8 should know.

Act of Contrition

O my God, I am sorry for my sins
with all my heart.
In choosing to do wrong and failing
to do good,
I have sinned against you whom
I should love above all things.
I firmly intend, with Your help, to do
penance, to sin no more, and to
avoid whatever leads me to sin. Amen.
NEW! For Second Grade
Grades 3-8 should know.

Apostles' 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.
On the third day he rose again from the
dead; he ascended into heaven and is
seated at the right hand of God the Father
Almighty; from there he will 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.*
NEW! For Third Grade
Grades 4-8 should know

The Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

NEW! For Fourth Grade
Grades 5-8 should know.

Great Commandments

1. You shall love the Lord, your God with your whole heart, with your whole soul and with all your mind.
2. You shall love your neighbor as yourself.

(Mark 12:30-31)

NEW! For Fourth Grade
Grades 5-8 should know.

Seven Sacraments

Baptism
Penance/Reconciliation
Eucharist/Holy Communion
Confirmation
Matrimony
Anointing of the Sick
Holy Orders

NEW! For Fifth Grade
Grades 6-8 should know.

Corporal Works of Mercy

(for the body)

Feed the hungry
Give drink to the thirsty
Clothe the naked
Shelter the homeless
Visit the sick
Visit the imprisoned
Bury the dead.

NEW! For Grades 6-8

Spiritual Works of Mercy

(for the spirit)

Counsel the doubtful
Instruct the ignorant
Admonish the sinner
Comfort the sorrowful
Forgive injuries
Bear wrongs patiently
Pray for the living and
the dead
NEW! For Grades 6-8

Holy Days of Obligation

Mary, Mother of God	January 1
Assumption of Mary into heaven	August 15
All Saints' Day	November 1
Immaculate Conception of Mary	December 8
Christmas	December 25
<i>Optional in some dioceses:</i>	
The Feast of the Ascension	40 days after Easter

(The Des Moines Diocese and the other three dioceses in Iowa, celebrate this feast on the Seventh Sunday of Easter—the Sunday following the 40th day. Only six dioceses in the United States keep it on Thursday. The closest one to us is Omaha. The others are Boston, Newark, New York, Hartford, CT and Philadelphia)

NEW! For Grades 6-8

Beatitudes (Matthew 5:3-10)

- 1. Blessed are the poor in spirit;
for theirs is the kingdom of heaven.**
- 2. Blessed are they who mourn;
for they will be comforted.**
- 3. Blessed are the meek;
for they will inherit the land.**
- 4. Blessed are they who hunger and thirst for
righteousness; for they will be satisfied.**
- 5. Blessed are the merciful;
for they will be shown mercy.**
- 6. Blessed are the clean of heart;
for they shall see God.**
- 7. Blessed are the peacemakers;
they shall be called children of God.**
- 8. Blessed are those persecuted for the sake of
righteousness; for theirs is the kingdom of heaven.**

NEW! For Grades 6-8

How to pray the rosary:

1. Make the Sign of the Cross and Pray the "Apostles' Creed".
2. Pray an "Our Father".
3. Pray three "Hail Marys" for an increase of faith, hope and charity.
4. Pray a "Glory Be".
5. Announce the First Mystery; then pray an "Our Father".
6. Pray ten "Hail Marys" while meditating on the Mystery.
7. Pray the "Glory Be".
8. Announce the Second Mystery; then pray an "Our Father". Repeat steps 6 and 7 and continue with the Third, Fourth and Fifth Mysteries in the same manner.
9. Pray the "Hail, Holy Queen".
10. Make the Sign of the Cross.

The Joyful Mysteries

1. **The Annunciation.** Mary learns that she will become the mother of God.
2. **The Visitation.** Mary visits Elizabeth and tell about God's wonders.
3. **The Nativity.** Jesus is born in a stable.
4. **The Presentation.** Mary and Joseph take the Infant Jesus to the Temple and they meet Simeon and Anna.
5. **The Finding of Jesus in the Temple.** Mary and Joseph lose Jesus, then find him teaching.

The Sorrowful Mysteries

1. **The Agony in the Garden.** Jesus prays about the suffering he will go through.
2. **The Scourging at the Pillar.** Soldiers whip Jesus.
3. **The Crowning of Thorns.** Soldiers mock Jesus.
4. **The Carrying of the Cross.** Jesus goes through the streets of Jerusalem to Calvary.
5. **The Crucifixion.** Jesus is crucified and dies on the cross.

The Glorious Mysteries

1. **The Resurrection.** God raises Jesus from death to life.
2. **The Ascension.** Jesus enters into divine glory.
3. **The Sending of the Holy Spirit.** The church is filled with God's courage and guidance.
4. **The Assumption of Mary.** She is the first to share in the resurrection of Jesus.
5. **The Coronation of Mary.** The Mother of God becomes Queen of heaven.

The Mysteries of Light (Luminous)

1. **The Baptism of Jesus in the Jordan River.** Jesus was baptized by his cousin, John and the sky opened up and the Holy Spirit came down on Him like a dove.
2. **The Wedding at Cana.** This first miracle of Jesus where he turned water into wine.
3. **The Proclamation of the Kingdom of God.** Jesus revealed that the reign of God has already begun within us and that we are called to conversion and forgiveness.
4. **The Transfiguration.** When Jesus revealed his glory to his disciples, his face was shining like the sun and a voice from heaven proclaimed, "This is my beloved Son. Listen to him."
5. **The Institution of the Eucharist.** On the night before Jesus died, he celebrated the Passover meal with His disciples, took bread and gave it to them saying, "Take and eat, this is my body."

Hail, Holy Queen

Hail, holy Queen, Mother of mercy,
Hail, our life, our sweetness and our hope.
To you we cry, the children of Eve;
To you we send up our sighs,
Mourning and weeping in this land of exile.
Turn, then, most gracious advocate,
Your eyes of mercy toward us;
Lead us home at last
And show us the blessed fruit
Of your womb, Jesus;
O clement, O loving, O sweet Virgin Mary.

Prayers and Blessings for Family Prayer Time

(The children will NOT be tested on these.)

St. Francis Prayer for Peace

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

Divine Master, grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive, it is in pardoning

that we are pardoned; and it is in dying

that we are born to eternal life.

Amen.

Blessings you can give your Children at bedtime or anytime.

(Trace a cross on their forehead, lay
your hands on their head or give a hug.)

May God bless you and keep.

May the Lord's face shine upon you.

May God give you peace. (Num. 6:24-26)

May you always walk with God.

Walk in the Light of Christ.

May the Holy Spirit guide your way.

Live as a Child of God.

Live in God's love.

May God bless you in all things.

God be with you and the angels

keep watch over you.

May God hold you in the palm of His hand.

May the Lord protect and defend

you and keep you from all harm.

**May the Lord bless you with peace, close
your eyes in restful sleep and wake you
with joy in the morning.**

Grace Before Meals

Bless us, O Lord and these your (thy)
Gifts which we are about to receive
From your (thy) bounty, through
Christ our Lord. Amen.

Gifts of the Spirit

Wisdom	Understanding
Right Judgment (Counsel)	Courage (Fortitude)
Knowledge	Reverence (Piety)
Wonder and Awe (Fear of the Lord)	

Fruits of the Spirit

Charity	Kindness	Faithfulness
Joy	Goodness	Modesty
Peace	Generosity	Self-Control
Patience	Gentleness	Chastity

Precepts of the Church

1. Take part in the Mass on Sundays and Holy Days.
Keep these days holy and avoid unnecessary work.
2. Celebrate the Sacrament of Reconciliation at least once a year if there is serious sin.
3. Receive Holy Communion at least once a year during the Easter Season
4. Fast and/or abstain on days of penance.
5. Give your time, talents and treasure to support the Church.

Marks of the Church

The Nicene Creed was written centuries ago to help Christians remember the important beliefs of the faith. In the Nicene Creed we identify the four marks of the Church. The four marks of the Church are not characteristics that the Church creates or develops or learns. They are qualities that Jesus Christ shares with his Church through the Holy Spirit. The four marks of the Church are that it is one, holy, catholic, and apostolic.

The Church Is One

Just as God is one in the Father, Son, and Holy Spirit, so also is the Church one. The founder of the Church is Jesus Christ, who brought us back to God and made us into the family of God. The Church is one in the Holy Spirit, who dwells in those who believe.

The Church Is Holy

The Church is holy because the Church lives in union with Jesus Christ, the source of holiness. Through the Holy Spirit the Church leads others to holiness. The holiness of the Church is seen in the love that the members of the Church have toward one another and the many sacrifices they make for the sake of the world.

The Church Is Catholic

Catholic means "universal." The Church is universal in two ways. First, the Church is catholic because all baptized people are part of the Church and the Church possesses the means of salvation. Second, the mission of the Church is universal because the Church has been sent to proclaim Christ to the entire human race.

The Church Is Apostolic

The Church traces its tradition directly from the apostles; therefore, the Church is considered apostolic. With the Holy Spirit the Church preserves and continues the teaching of the apostles. The pope and bishops are the successors of the apostles.

"Youth Ministry Access" for High School youth

"Youth Ministry Access", is a web-based diocesan approved curriculum through the Center of Ministry Development.

"All ministry with adolescents must be directed toward presenting young people with the Good News of Jesus Christ and inviting and challenging them to become his disciples. For this reason, catechesis is an essential component of youth ministry and one that needs renewed emphasis."

Renewing the Vision: A Framework for Catholic Youth Ministry

"...adolescent catechesis is most effective when situated within a comprehensive program of youth ministry that includes social, liturgical, and catechetical components as well as opportunities for service."

National Directory for Catechesis

It is our goal at SS. Peter and Paul, to form our youth into disciples who are willing to know, love and serve Christ in every aspect of their lives. In addition to our formation sessions, we will also have service opportunities, social nights and multiple experiences of prayer. As stated in the beginning of this handbook, it is our policy that regular attendance in the Faith Formation program is expected in the **year prior to** as well as the **year of** the reception of a sacrament. It is especially important that our freshmen and sophomore youth recognize this as we will now be celebrating Confirmation at the end of the sophomore year.

Family Service Opportunities

We tend to think of **service** as a "requirement" for Confirmation preparation; something just for the kids in that class and once they have the oil on their heads and have shaken hands with the Bishop, they "are done" with service. Because we have been Baptized and especially because we have been confirmed, we would like to encourage our Faith Formation families to find things they can do as a family to show their care for others. Whether it's donating to the Food Pantry on a monthly basis (let the kids pick out items to be donated the next time you are at the grocery store), spending a Saturday morning together raking leaves for our elderly parishioners, heading to the city to spend part of a day at a homeless shelter (or collecting supplies they may need—there is usually a list in the bulletin for items needed), or volunteering in the community, we encourage you to use the gifts you have been blessed with to benefit others. As a family, decide what service activity you will do this year to lessen the burdens of others and show Christ's love to those around 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.'"

Matthew 25:40