

Candidate's Name _____ Phone # _____

Catechist's Name _____ Room # _____

STAGE 1 (Grade 7) WORKBOOK CALLED TO WITNESS



LIVING THE SACRAMENTAL COMMITMENT

CONFIRMATION PREPARATION PROCESS 2020-2021

Office of Faith Formation
Church of Saint Aidan, Williston Park, New York

Unpublished Work 2019, Church of Saint Aidan, Williston Park, New York
Adapted with Permission from Unpublished Work 2000, revised 2008 St. Frances de Chantal Parish; Wantagh, New York
and from Unpublished Work 2007, St. Mary's Parish, Manhasset, New York

(revised 9/28/20)

Candidate Name _____

LIVING THE SACRAMENTAL COMMITMENT

STAGE 1 - GRADE 7

Dear Confirmation Candidates, Parents and Sponsors,

Welcome to **LIVING THE SACRAMENTAL COMMITMENT**, the Confirmation preparation process for the Church of Saint Aidan. The word ***process*** is defined as an action going forward. So perhaps in that spirit, we may substitute another word, ***journey***. The Catechism of the Catholic Church (1309) explains that preparation for Confirmation "should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit."

The concept of ***Process or Journey*** is a powerful one for people of faith because the act of process or journey in and of itself becomes our point of encounter with God. The process or journey offers us new experiences, gives us new information, opens us up to new insights, and introduces us to other people, who are fellow travelers on the journey with us. This journey brings us closer to God and His Church through the study and practice of the Catholic faith.

You are embarking on something bold! So before you begin, take the time to pray and reflect upon the journey that you are about to undertake. Ask the Holy Spirit to be your guide and strength throughout the process. You are encouraged to fully participate in the exercises in this workbook. You may be amazed at the wonderful things you discover! These workbooks will be your guide to understanding the life commitment you are about to make to Jesus and the Roman Catholic Church in the reception of the Sacrament of Confirmation. They will help you expand your knowledge and understanding of faith in God. They will also give you the opportunity to put into practice all that you are learning on your journey.

The pages of your workbook will be submitted to the Office of Faith Formation at specific times throughout the year. These workbooks should not be looked at as "tasks" to get done, but rather, as milestones on a Faith Journey that will lead you to the celebration of the Sacrament of Confirmation.

Know that the parish community of the Church of Saint Aidan will be praying for you during these preparation years of your faith journey. May the Holy Spirit enlighten your mind and open your heart.

Rev. Adrian McHugh
Pastor

Elaine Smith
Director of Faith Formation
and Special Needs

Candidate Name _____

THE SACRAMENT OF RECONCILIATION

The Sacrament of Reconciliation (Penance/Confession) is one of the few sacraments that we can receive more than once in our lifetime. It is a wonderful experience of God's mercy and love for each of us. Many young people who receive this sacrament say that it lifts the burdens from their hearts.

It is important for all Catholics to participate in this sacrament regularly. Jesus told his apostles, "Whose sins you shall forgive they are forgiven ..." This established the apostles, and today, priests, as the representatives within the Christian family invested with the power of forgiving sins in Jesus' name.

Our parish celebrates the Sacrament of Reconciliation (Penance/Confession) every Saturday afternoon from 12:30 - 1:30 pm and 4 - 5:00 pm in the church, or by appointment with one of the priests. Additional times for celebrating this sacrament are:

- during Advent and Lent
- the Monday of Holy Week
- additional times immediately before Christmas and Easter

Each Confirmation candidate is encouraged to celebrate this great sacrament of God's healing forgiveness and love in the course of his/her Journey of preparation. Advent and Lent are good times to seek God's forgiveness through the sacrament of Reconciliation/Penance.

THE EUCHARIST- SUNDAY MASS

Eucharist (Holy Communion) is another sacrament that we receive more than once in our lifetime. At the Last Supper Jesus changed the bread and wine into His own Body and Blood. He told the disciples to "Do this in remembrance of me." That is what we do when we come to church on Sunday to celebrate Mass. We are doing what Jesus asked us to do.

On Sundays, we gather together as the Body of Christ, believing in the true presence of Jesus who continues to teach and guide us through the Liturgy of the Word and enliven us through our reception of His Body and Blood during the Liturgy of the Eucharist. It is one of the precepts of the Catholic Church that all Catholics attend Mass on Sundays and other Holy Days of Obligation.

Due to the Covid Pandemic, Catholics have been dispensed from the Sunday Mass obligation. The Church recognizes that families must put the physical health and well-being of all family members foremost in their decision regarding live attendance at Mass. Confirmation candidates are expected to participate in Sunday Mass if not in person, then via television or online until such time as the pandemic situation improves and the Sunday Mass obligation is restored. St. Aidan's Church is compliant with all disinfection protocols.

Candidate Name _____

LIVING THE SACRAMENTAL COMMITMENT
STAGE 1 - GRADE 7

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1	Baptism, Called by Name	January 15, 2021
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	Mass Reflections	
	- # 1 to 3	January 15, 2021
	- # 4 to 6	April 15, 2021
	Catholic "Basics"	Studied throughout the school Year

This is the first of two Confirmation project workbook packets that all Confirmation candidates are expected to complete. Every Confirmation candidate must submit all the materials in the Stage 1 packet before receiving the Stage 2 packet in the beginning of the second year of this process.

You are also expected to submit your work on time to the Faith Formation Office by mail or you may use the Drop Box outside of the building. If there is a situation that may prevent you from submitting your work on time, please contact the Faith Formation Office as soon as possible. Be sure your name is on all of your papers!

**PLEASE REMEMBER TO MAKE A COPY OF YOUR COMPLETED
PROJECTS AND MASS REFLECTIONS BEFORE YOU SUBMIT THEM!**

Candidate Name _____

Due Date: Jan. 15, 2021

PROJECT #1: THE JOURNEY BEGINS
CALLED BY NAME - BAPTISM

*My dear children, the Christian community welcomes you with great joy.
In its name, I claim you for Christ our Savior by the Sign of the Cross.
I now trace the cross on your foreheads. - (Rite of Baptism)*

In the sacrament of Baptism, the Church welcomed you into the community of faith. In infant Baptism, the priest or deacon asked your parents, "What do you ask of God's church for your child?" The response to this is "faith," "baptism," "entrance into the community of faith."
The sacrament of Baptism was the first step of your faith journey.

"I have called you by name and you are mine." - Isaiah 43:1

Ask your parents to tell you about their hopes and dreams for you in the faith. (2 sentences)

Why did your parents choose the name they gave you? (1 sentence)

Why did your parents choose your godparents? Write at least 3 sentences that include your parents' reasons and what qualities you see in your baptismal godparents.

Candidate Name _____

Due Date: Jan. 15, 2021

PROJECT #2 – CONFIRMATION SPONSOR

Although you are in the beginning of the Confirmation process, it is not too early for you to think about selecting a sponsor.

In choosing a sponsor, the Church's law gives us some requirements that must be met:

- A sponsor must be at least sixteen years old.
- A sponsor must be a fully initiated Catholic (one who has celebrated Baptism, Confirmation and Eucharist) who "leads a life in harmony with the faith and the role to be undertaken."
- A sponsor must not be bound by any Church penalty (i.e. married outside the
- Church (a civil marriage), divorced and remarried without an annulment).
- A sponsor must not be a parent of the one to be confirmed.

It is also important to reflect on the following characteristics when choosing a sponsor:
Local residency, to ensure consistent involvement throughout the Confirmation process
A positive and comfortable relationship with the candidate.

A willingness and capacity to engage in the Confirmation process as a means of enhancing his or her own growth as a Catholic Christian adult.

The person you choose for your sponsor should be willing to communicate with you on a regular basis in the preparation for the sacrament. It is our hope that when you make a final choice about who your sponsor for Confirmation will be, you will select someone who will be a good listener, a guide and confidant; a person who is interested in not only your growth as a Christian, but willing to grow in faith along with you.

For now think about two or three people you would consider asking to be your sponsor. Who are they? What is special about them that is making you consider asking them to be your sponsor? On the next page, please write about your possible choices.

Candidate Name _____

Due Date: Jan.15, 2021

PROJECT #2 – CONFIRMATION SPONSOR
Whom Might You Choose As Your Sponsor?
(Complete at least 2 sections)

Name: _____ Relation: _____

Characteristics: _____

Why Would You Choose Them: _____

Name: _____ Relation: _____

Characteristics: _____

Why Would You Choose Them: _____

Name: _____ Relation: _____

Characteristics: _____

Why Would You Choose Them: _____

Candidate Name _____

Due Date: Apr 15, 2021

PROJECT 3 – SPIRIT NIGHT
Spirit Night Reflections

"Spirit Night" will be held in the Church of Saint Aidan for all 7th Grade and/or Stage 1 Confirmation candidates on Tuesday March 9 and Wednesday March 10. **Each candidate will be assigned a session and must be accompanied by a parent. If neither parent can attend, the candidate must be accompanied by a responsible adult.** This evening will give all participants an opportunity to join together in prayer and hopefully deepen their understanding of God's call to them.

Please provide your reflection on "Spirit Night" below. Please include not only your thoughts and impressions of the evening, but also what you particularly did like and did not like about the experience.

Spirit Night helped me to think about _____

What I liked best about Spirit Night was _____

How can I include and use what I learned during Spirit Night in my everyday life to be a better follower of Jesus? (3 sentences)

Candidate Name _____

Due Date: Apr. 15, 2021

PROJECT 4 – SERVICE MINISTRY
Ministering to the Community

The Sacrament of Confirmation is our call to serve the Church and community just as Jesus served the people around him. Jesus' whole life was an example of service to others. Jesus said, "I am among you as one who serves." (Luke 22:27) When we help others, we are following Jesus' example and are living out the sacramental commitment of our initiation into Jesus: Baptism, Confirmation, and Eucharist.

In preparation for the reception of the Sacrament of Confirmation each Stage 1 candidate is asked to participate in community service totaling at **least 10 hours**. Each candidate will decide how this project will be done. The 10 hours can come from a single project, or a combination of projects.

During the Covid Pandemic restrictions, candidates are invited to perform acts of service within their own families. As pandemic restrictions improve, candidates are encouraged to broaden their service experiences within the church and community. Parents may provide documentation of service within the family.

Complete the Ministry Project Reflection, which asks you to list your projects and hours of service. Then you should take some time to reflect on your experience(s) by responding to the question regarding **YOUR gifts, talents, and/or skills.**

Please be sure to get documentation of your service hours from the people who supervise you during the activities. Attach the documentation to your Reflection.

PROJECT 4 – SERVICE MINISTRY
Ministering to the Community

The following are just some suggestions for planning your service hours.: (This list is not all inclusive; there are numerous activities which could meet the requirements of community service)

Keep this sheet as a reference for the future as pandemic restrictions ease. For now, many of these suggestions are not possible. Thinking ahead, Confirmation calls us to serve others throughout our lives. You should consider some of these suggestions even after Confirmation. The Church and the Community need YOU.

- Liturgical Ministry
 - Be an altar server
 - Participate in a youth choir
 - Lector (read) at Mass
 - Assist at the Sunday 10:30am Family Mass

- Faith Formation
 - Be a catechist's aide in grade 1-6 program (Monday or Tuesday)
 - Provide service for the Class Masses & Receptions
 - Help with office work as needed
 - Other Parish Activities
 - Provide service at the Sunday 10:30am Family Mass
 - Parish Social Ministry
 - Peanut & Jelly Gang
 - Clothing, Food and other Special Drives
 - Blood Drives
 - Vacation Bible Camp

- Local Community
 - Boy / Girl Scouts
 - Are you involved in community projects connected with scouting?
 - School Clubs (Key, Leaders, Service)
 - Are there clubs you belong to through the school you are attending or in the local community that do service projects for the local community?
 - Neighbors who may need help
 - Do you know an elderly person who would be in need of assistance? You could help them by doing shopping, yard work, reading, writing, or spending time with them.

Candidate Name _____

Due Date: Apr. 15, 2020

PROJECT #4
COMMUNITY SERVICE/MINISTRY PROJECT REFLECTION

List your projects and number of hours at each project.

What gifts / talents and/or skills did you share with others? (A minimum of 4 sentences is expected.)

Remember to attach your documentation

Candidate Name _____

Mass Reflections

The Sunday Mass is the gathering of the faithful to pray and give praise to God. During the liturgy we hear the Word of God proclaimed; the Celebrant (priest) or deacon shares his thoughts on the Word of God so that we may take the Word with us as we leave the Church. One way for us to truly live out the Word of God is to spend time reflecting on what these words mean to us.

Each candidate, with the help of his/ her parent(s), must write a reflection on the Gospel and homily for 6 Sunday/Holy Day of Obligation Masses during the school year. While the Covid Pandemic restrictions are in place and the obligation to attend Sunday Mass is not binding, Confirmation candidates may view Sunday Mass via television or online until the family is able to attend Mass in person and/or the Sunday obligation is reinstated.

Stay connected to Sunday Mass on TV and/or Online:

Catholic Faith Network Optimum 29/137, FiOS TV 296, and Spectrum 162/471 or online CFNTV.org
St. Agnes Cathedral Sundays 11AM and 7PM
Sunday Mass from St. Patrick's Cathedral at 10:15AM saintpatrickscathedral.org/live
Live stream Masses from St. Aidan's staidanparish.org

There are designated pages for your reflection. It would be a good practice for you to discuss the readings with your parents.

DO NOT fill in the reflection page during the Mass.

Suggestions on how to complete these Mass Reflections: *(A sample has been provided)*

- Bring a pad of paper with you to church or before remote viewing to write down some thoughts or words you hear in the Gospel and homily.
- Write down the Scripture reference (e.g. Luke 5:1-5) of the Gospel so you can refer back to it when you are writing your reflection. If you miss the Scripture citation, you can find it online.
- Discuss what you heard and wrote down with your family on the way home from Mass or immediately after remote viewing.
- Ask yourself and your family what the Scripture and homily have to do with your life today.
- Write your reflection while it is fresh in your mind. Don't put it off!

Remember, what you write should be about what **you** feel the Scripture is saying to **YOU** at this moment in your life's journey. At different times in your life, you may respond differently because God works with us where we are at every moment of our lives. The only time we have is the present, so let God speak to your heart right here, right now in your life. Listen carefully! Pay attention! You may be surprised at what you experience!

**Mass Reflections are to be submitted in two groups:
#1 to #3 (January 15 2021) and #4 to #6 (April 15, 2021).
Please submit each group of 3 Mass Reflections,
stapled together, on or before the date due.**

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection - SAMPLE

Mass Date and Time: October 6 10:30

Liturgical Season: Ordinary Time Liturgical Color Green

Celebrant's (Priest's) Name: Fr. Solomon

The Gospel Reading is taken from the Gospel according to Saint Luke 17:5-10

What was the Gospel about? (at least 1 sentence)

The gospel was about the story of a Mustard Seed.

What was the Priest's Homily (talk) about? (at least 2 sentences)

Fr. Solomon spoke about the importance of faith. Faith also helps
us trust in God. The children demonstrated Faith in their parents,
by closing their eyes while being lead back to their seat by their
parent.

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Based on the Gospel, I learned that the tiniest bit of faith can grow.
It inspires me to go to Mass and pray more often. Then I will be
better able to share my faith with others.

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #1

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #2

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #3

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #4

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #5

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

Sunday / Holyday of Obligation Mass Reflection #6

Mass Date and Time: _____

Liturgical Season: _____ Liturgical Color _____

Celebrant's (Priest's) Name: _____

The Gospel Reading is taken from the Gospel according to Saint _____

What was the Gospel about? (at least 1 sentence)

What was the Priest's Homily (talk) about? (at least 2 sentences)

What does this Gospel and Homily (talk) mean to you? What have you learned? How does it challenge you? (at least 3 sentences)

Candidate Name _____

CATHOLIC "BASICS"

Each Candidate is required to memorize the prayers and learn the included material.
THE APOSTLES CREED MUST BE MEMORIZED.

POPE'S NAME: Pope Francis, Bishop of Rome

BISHOP'S NAME: Bishop John Barres

OUR PASTOR'S NAME: Father Adrian McHugh

SPIRITUAL & CORPORAL WORKS OF MERCY (Actions we are called to perform as followers of Christ)

SPIRITUAL

1. Share our knowledge with others
2. Give advice to those who need it
3. Comfort those who suffer
4. Be patient with others
5. Forgive those who hurt us
6. Give correction to those who need it
7. Pray for the living and the dead

CORPORAL

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Help the imprisoned
5. Shelter the homeless
6. Care for the sick
7. Bury the dead

THE BEATITUDES - Instructions from Jesus on how to lead a life as His follower,

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 will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

THE GREAT COMMANDMENT

You shall love the Lord your God with all your heart,
with all your soul and with all your strength;
you shall love your neighbor as yourself.

THE LITURGICAL SEASONS OF THE YEAR OF GRACE

Advent: The season begins four Sundays before December 25th and ends at Midnight Mass on Christmas Eve. The **seasonal color** of vestments is **purple or violet**, signifying a time of expectation. Symbols of the season are the Advent wreath and the Jesse Tree.

Christmas Season: The season begins at the Mass on Christmas Eve and ends on the feast of the Baptism of the Lord. The **seasonal color** of vestments is **white or gold**, signifying a time of joy at the presence of Christ. Symbols of the season are the Crèche and the 'Angel's' Star/Epiphany Star.

Lent: The season begins on Ash Wednesday, and ends on the Thursday of Holy Week. The **seasonal color** of vestments is **purple or violet** signifying a time of penance and reflection. Symbols of the season revolve around the sense of starkness and absence; a sense of the desert. The simplicity of church decoration, the absence of the Alleluia being sung, plus the focus on the celebration of the Sacrament of Reconciliation and most traditionally-ashes, all reflect this tone. The themes of Lent are Prayer, Fasting, and Almsgiving.

Triduum: These three days in which the Church remembers the Death and Resurrection of Jesus are the most important time of the Church's year. The Triduum begins on Holy Thursday with the Mass of the Lord's Supper, continues on Good Friday with the celebration of the Lord's Passion, reaches its high point on the evening of Holy Saturday at the Easter Vigil and end on the evening of Easter Sunday. The seasonal color of vestments is in sequence of the days: white, red, white or gold, signifying a time of joy, sorrow and sheer ecstasy in the victory of Christ. Symbols of the season are the return of the Alleluia, sprinkling with holy water, abundance of color and flowers, and most traditionally the celebration of Baptism and the reception of catechumens.

Easter Season: This season of fifty days, the Great Easter, begins on the Monday of Easter week and ends on the feast of Pentecost. The **seasonal color** of the vestments is **white or gold** signifying joy of the season. Celebrations in the season: Ascension Thursday, *forty days after Easter*, and Pentecost (the giving of the Holy Spirit, the Birthday of the Church), *fifty days after Easter*.

Ordinary Time: The season opens on the Monday after the celebration of the Baptism of Jesus, in January and closes the Tuesday before Ash Wednesday. It reopens on the Monday after Pentecost and ends on the day before the 1st Sunday of Advent. The **seasonal color** of vestments is **green**, signifying hope.

VIRTUES

(Good habits or powers that we are expected to demonstrate in our lives)

Theological Virtues (Having to do with our relationship with God)

1. Faith - power to believe in God, and all He has revealed to us, and all that the Catholic Church teaches us.
2. Hope - power to desire eternal life as our ultimate happiness.
3. Love - power to love God above all else, and neighbor as self for love of God.

Candidate Name _____

Holy Week / Easter Season

Palm Sunday	Jesus' triumphal entry into Jerusalem; people waved palm branches
Spy Wednesday	Judas Iscariot makes arrangements to betray Jesus for 30 pieces of silver
Holy Thursday	Jesus celebrates the "Last Supper" with the twelve Apostles; Jesus institutes the Mass; Jesus institutes the Sacrament of the Eucharist; Jesus institutes the Sacrament of Holy Orders
Good Friday	Jesus is tried and condemned to die upon the cross by the Roman Governor, Pontius Pilate, as a criminal. The letters "INRI" are placed over Jesus' head on the cross representing the charge against him, "Jesus of Nazareth, King of the Jews."
Holy Saturday	Jesus is in the tomb
Easter Sunday	Jesus rises from the dead. The most sacred feast day in the entire church year
Ascension Thursday	40 days after Easter, the day on which Jesus returned bodily (ascended) to his Father in heaven. (Holy Day of Obligation)
Pentecost Sunday	50 days after Easter, the Holy Spirit comes upon the Apostles as Jesus promised. The Holy Spirit empowers the Church to give witness to Jesus as Lord. The Birthday of the Church

MEANING OF THESE TERMS

Blessed Trinity – There are three persons in one God.

Incarnation – Jesus has two natures: Divine and Human.

Paschal Mystery – The Passion, Death, Resurrection and Ascension of Jesus.

Ascension – Jesus returns to the Father in Heaven 40 days after the Resurrection.

Pentecost – The Holy Spirit came upon the Apostles 50 days after the Resurrection.

Resurrection – Jesus rose from the Dead. The most important day of the Church Year.
Also known as Easter.

Candidate Name _____

Prayers:

- **Sign of the Cross**

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

- **Our Father**

Our Father, who are 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**

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 our death.
Amen.

- **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.

- **Act of Contrition**

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.
Our Savior Jesus Christ
Suffered and died for us.
In his name, my God, have mercy.
Amen.

- **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 live everlasting. Amen.

Candidate Name _____

The Bible

The Bible is like a "library" since it contains a total of 73 books : There are two sections of the Bible: Old Testament (OT) or Hebrew Scriptures made up of 46 books, and New Testament (NT) or Christian Scriptures made up of 27 books.

The Old Testament is the story of God's Covenant with his chosen people the Israelites of the Jewish people. The key event, which revealed God's love for his people is the EXODUS from their slavery in Egypt. In this story we find the Passover, the crossing of the Red Sea, the giving of the Ten Commandments, Moses and the promise of a Land flowing with milk and honey, which was to be their own - The Promised Land.

The Old Testament books are a collection of stories, (as in Genesis), poetry, psalms, historical books (as in Chronicles, Samuel or Kings), proverbs, prophetic books (as in Isaiah or Jeremiah) and apocalyptic books (as in Daniel)

The New Testament is the story of Jesus and the Early Church. The story of God dwelling on earth in the flesh as Jesus and the final act of God to reconcile humanity to Himself through Jesus' Life, Death and Resurrection (the Paschal Mystery). The New Testament books are a collection of Gospels (Matthew, Mark, Luke and John), Epistles (letters written by St. Paul and others to various early Christian communities), historical (Acts of the Apostles) and apocalyptic (Revelation) writings. The Four Evangelists (writers of the Gospels): Saints Matthew, Mark, Luke and John

SACRAMENTS

Seven visible, outward sacred signs given to us by Jesus Christ as a means of transmitting grace

Three Sacraments of Initiation -

- BAPTISM - through which we are welcomed into the Church; we become children of God, and through which Original Sin is washed off our soul
- EUCHARIST - through which we are spiritually nourished by the Body and Blood of Jesus Christ (Holy Communion)
- CONFIRMATION - through which we are sealed by the Holy Spirit, and the seven gifts

Two Sacraments of Healing -

- RECONCILIATION (Penance/Confession) through which we confess and receive forgiveness for sins committed since our Baptism.
- ANOINTING OF THE SICK- THROUGH WHICH WE ARE ANOINTED BY A PRIEST AND SPECIAL PRAYERS FOR SPIRITUAL AND PHYSICAL HEALING ARE RECITED FOR US.

Two Sacraments of Vocation or Service -

- HOLY ORDERS - through which a man is ordained a deacon, a priest or a bishop of the Church.
- MATRIMONY - through which a man and a woman are joined together in marriage

Candidate Name _____

Eucharist

A Greek word meaning thanksgiving, it is used as the proper word for the ritual action we more commonly call the Mass (which is itself a Latin word taken from the last action in the Eucharist - the blessing and dismissal - in Latin called mission. The Eucharist is the Christian Passover - life in and through the blood of Christ and His sacrifice upon the Cross.

THE FOUR MARKS OF THE CHURCH

The term describing four specific distinctive marks or distinguishing characteristics of the Catholic Church as found in the text of the Nicene Creed. The Four Marks are:

- **ONE** - The members of the Church are one People of God, professing one Lord, one faith, and one Baptism and forms one body under the leadership of the Holy Father, the Pope, the successor to Peter the Apostle.
- **HOLY** - The Church has her origin in the Holy Trinity, and that is the source of her holiness.
- **CATHOLIC** or **UNIVERSAL** - The Church lived and continues to live in a diversity of cultures and languages because she is led by the Spirit of Christ to bring the Gospel to all peoples.
- **APOSTOLIC** - The Church is built on the foundation of the Apostles, who were chosen by Christ Himself, and at whose head he placed Peter. Under the guidance of the Holy Spirit, the Church as a whole remains and will always remain faithful to the teachings of the Apostles.

THE TEN COMMANDMENTS:

1. I am the Lord your God, you shall have no other gods before me - No person, place or thing is given precedence over God - no superstitions
2. You shall not take the name of the Lord, your God in vain. - Honor God's name - keep your language clean
3. Remember to keep holy the Lord's Day. - Participate in Mass - rest, relax, enjoy family
4. Honor you mother and father. - Honor, respect and cooperate with those in legitimate authority over you (such as teachers, baby-sitters, police officers, etc.)
5. You shall not kill. - Do no harm to yourself or others; respect life.
6. You shall not commit adultery. - Be respectful in your actions toward yourself and others.
7. You shall not steal. - Honor the property of others whether material or intellectual - no cheating, no "borrowing" without permission, etc.
8. You shall not bear false witness against your neighbor. - Be truthful and honest with others
9. You shall not covet your neighbor's spouse. - Be respectful in your thoughts of self and others
10. You shall not covet your neighbor's goods. - Be satisfied with what you have, don't be envious of others

Candidate Name _____

THE ROSARY

A rosary has a cross, followed by one large bead and three small ones. Then there is a circle with five 'decades. " Each decade consists of one large bead 'followed by ten smaller beads. Begin the rosary with the Sign of the Cross. Recite the Apostle's Creed. Then pray one Our Father, three Hail Marys, and one Glory Be to the Father.

To recite each decade, say one Our Father on the large bead and ten Hail Marys on the ten smaller beads. After each decade, pray the Glory to the Father. As you pray each decade, think of the appropriate Joyful, Luminous, Sorrowful, or Glorious Mystery, or a special event in the life of Jesus and Mary. Pray the Hail, Holy Queen as the last prayer of the rosary finishing with the Sign of the Cross.

Joyful Mysteries

The Annunciation
The Visitation
The Nativity
The Presentation
The Finding in the Temple

Mysteries of Light

Baptism of Our Lord
Wedding at Cana
Proclamation of the Kingdom
Transfiguration
First Eucharist

Sorrowful Mysteries

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Dying on the Cross

Glorious Mysteries

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption of Mary
The Coronation of Mary

HAIL HOLY QUEEN

Hail, Holy Queen, Mother of Mercy; our life, our sweetness, and our hope.
To you do we cry; poor banished children of Eve;
to you do we send up our sighs, mourning and weeping in this valley of tears.
Turn, then, most gracious advocate, your eyes of mercy toward us;
and after this our exile show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

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GIFTS OF THE SPIRIT

Wisdom	Through wisdom the ups and downs of our lives take on deeper meaning and purpose.
Understanding	The gift of understanding is the ability to comprehend how we must live as followers of Jesus.
Right Judgement	The gift of right judgement is the ability to know the difference between right and wrong and then to choose what is good.
Courage	The gift of courage enables us to take risks and to overcome fear as we try to live out the Gospel of Jesus. The Spirit gives Christians the strength to confront and ultimately overcome the many challenges they face.
Knowledge	The gift of knowledge is the ability to comprehend the basic meaning and message of Jesus.
Reverence	Through the gift of reverence, we can come before God with the openness and trust of small children, totally dependent on the One who created us.
Wonder and Awe	Though we can approach God with the trust of little children, we are also often aware of God's total majesty, unlimited power, and desire for justice.