

## **Level 7 October 2, Assignments**

### **Homework:**

- Complete Mass Reflection
- Go to confession
- Pray each day before bed

1 Our Father, 1 Hail Mary, 1 Glory Be, 1 Prayer to your Guardian Angel

- Questions on page 66 and 67
- Read John 14:15-30. Practice Lectio Divina and write a short journal entry about what you heard from the reading

You are also required to complete 8 Mass Reflections for the year. One is to be completed monthly. If you can complete more, it will be accepted.

Parent handbooks were sent out to explain our classroom policies and procedures, please make sure to read it, sign it and return the last page.

Please remember the water is not accessible to us in the building, make sure to provide your child with a small bottle of water. Also, if you haven't already accepted your invitation to the remind app, this is the only means of communication with our director while your child is in our care.

Thank you for your patience and I look forward to seeing you at our next session Saturday, October 16th at 8:45am.

See you then!

Ms. DiStefano

## Level 7 September 25, Assignments

### **Homework:**

- Complete Mass Reflection
- Go to confession
- Pray each day before bed

1 Our Father, 1 Hail Mary, 1 Glory Be, 1 Prayer to your Guardian Angel

- Two ways we learn about scripture every week is by hearing the Word of God at Mass and hearing the Priests homily. A form of praying with the scripture is called **Lectio Divina**. For homework, practice praying Lectio Divina with your family. Write one paragraph on your experience (was it hard? Easy? Enjoyable? What was the message you heard from God?) follow the instructions on the handout from class if you forget! Don't forget to call the Holy Spirit before you start!

“Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, your beloved spouse.” Repeat 3x

\*Next class will be October 2<sup>nd</sup>. See you then!

-Ms. DiStefano

## **Steps for Lectio Divina**

1. Sit in a comfortable position
2. Close your eyes and pray to the Holy Spirit to help you hear God's message  
"Come Holy Spirit. Come by means of the powerful intercession, of the immaculate heart of Mary, your beloved spouse" Repeat 3x
3. Read the Bible verse out loud
4. Think about the reading and how it connects to your life. Imagine yourself as one of the characters or witnesses to the story. What part stuck out to you the most? What do you remember the most?
5. Read the verse again
6. What does this verse tell you about God? What does it tell you about yourself? Is there anything you think that God was trying to tell you through this scripture?
7. Pray and thank God for speaking to you. Ask for a deeper understanding of His message to you through this verse.

## Lectio Read

Read several times, be  
attentive to detail  
Note verses or phrases that  
stand out to you  
Work to understand  
meaning and background

### Journal Starters:

- In this passage...
- My favorite verse was...
- I noticed...

## Meditatio Meditate

Think about the reading and  
connect to your life  
Imagine being present to  
hear the passage or  
witness the story

### Journal Starters:

- This reminds me of...
- If I were there...
- I can connect this story  
to...

## Oratio Pray

Dialogue with God in prayer  
about the passage  
Thank God for His Word  
Ask Him to lead you into  
deeper understanding

### Journal Starters:

- Dear Jesus...
- Thank you God for...
- Please help me  
understand...

## Contemplatio Contemplate

Quiet expression of love  
between you and God  
Note what God is trying to  
teach you through the  
passage and time of  
prayer

### Journal Starters:

- I think Jesus is  
teaching me...
- Lord, I love you for...
- I believe...

## **Level 7 – September 11, 2021 Assignment**

Homework:

- Complete Mass Reflection
- Go to confession
- Pray each day before bed 1 Our Father, 1 Hail Mary, 1 Glory Be, 1 Prayer to your Guardian Angel
- Research Carlos Acutis and write 1 paragraph discussing your favorite facts about his life
- Answer questions on page 31

\*Next class will be September 25th See you then!

Sincerely,

-Ms. DiStefano