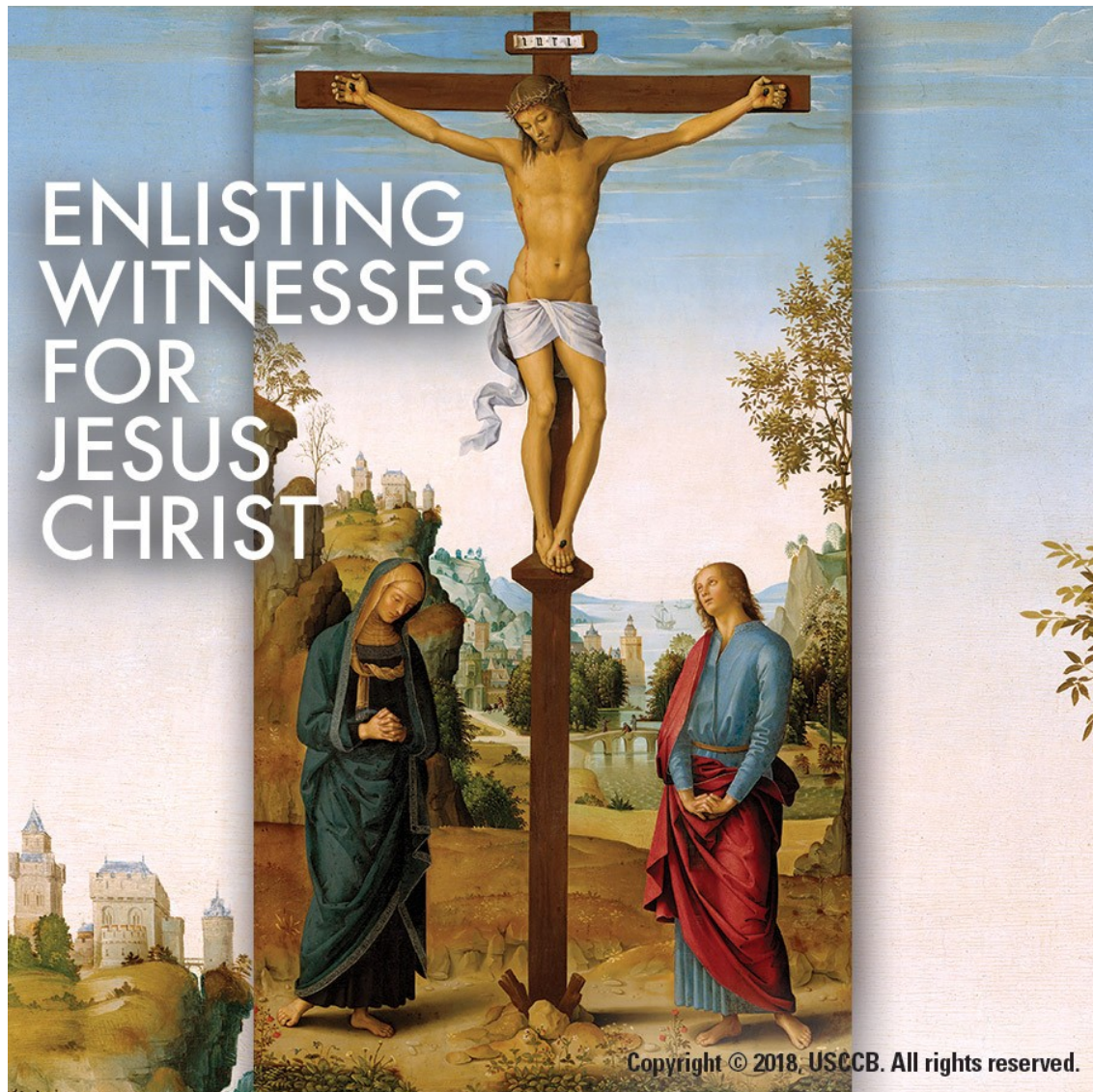


Community of Disciples Faith Formation Program



Family & Catechist Handbook 2018-2019

Updated August 2018

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Vision 2000

A Vision for the Church of the Archdiocese of Dubuque, in response to Pope John Paul II's call to prepare for the celebration of Christ's coming amongst us 2000 years ago.

We Believe... in the God whose saving love is revealed to us in the life, death, and resurrection of Jesus Christ and who sent the Holy Spirit to form us into the community of Christ's disciples, the Church.

We Affirm... that all of us are called to share fully in the Church's mission to teach, to serve, and sanctify.

We Envision... a Church in which the spirit of community and service is renewed, in which all have full access to the Word of God, in which faithful ministers are provided for all communities, and in which Christian family life is fully supported.

We Plan... with the help of God's grace, to fulfil the goals and carry out the strategies which will make this vision a reality.

Archdiocesan Mission Statement

We the Church of the Archdiocese of Dubuque, are God's people gathering together as a Eucharistic **community** to worship, sharing the **Word of God**, affirming traditional and emerging **leadership** roles and supporting **families** to model Catholic faith and morality for the next generation.

We commit ourselves to lifelong faith formation and to the service of humanity because we believe in the Risen Christ, in the wisdom and kindness of God, the Author of life and in the love the Holy Spirit bestows.

We Envision... *This faith and these principles inspired us to envision a Church in which we*

...are disciples of Christ empowered by the Holy Spirit to be a community "devoted to the apostles' instruction and the communal life, to the breaking of bread and prayers," zealous in caring for the needs of others. (Acts 1:8; 2:42; 4:34)

...are a people in whom the biblical Word of God finds rich soil, flourishes in the truth of Catholic teaching and produces a harvest of holiness and social justice. (Luke 8:8; 6:45)

... are ministered to by faith-filled and qualified persons in leadership who imitate the Good Shepherd and are "worthy of their hire." (1 Peter 5:1-4, Matthew 10:10)

...support families, in various forms, striving to be domestic churches which instil Catholic faith and morality in the hearts of the next generation. (Ephesians 5:21-6:4)

Mission Statement of the Educational Apostolate Archdiocese of Dubuque

The mission of the Educational Apostolate of the Archdiocese of Dubuque is to promote lifelong faith formation which challenges individuals to:

- + respond to God's continuous call for conversion to Jesus Christ
- + form and be formed in Christian community life
- + grow in knowledge of faith
- + participate in liturgical celebrations and prayer
- + collaborate in the Church's mission of evangelization

The Ten Areas of Catechesis

A well-planned catechetical program includes all ten areas of catechesis:

Adults A study of adult forms of learning is part of the planning for the adult formation programs. A variety of adult programs meets the needs of the all people.

Family A family-centered formation program provides an opportunity for the entire family to do quality sharing and eliminates pulling the family in different directions.

Young Adults Post high-school people often have difficult time finding their place in the Church. Programs of peer ministry, scripture study, spirituality, social and service programs are appropriate offerings.

Adolescents Working with adolescents involves both catechizing and formation e.g. social, recreational, community building and apostolic activities.

Children of Catechetical Age An organized catechetical program helps call children to a greater understanding of their faith. A budget that allows for materials to develop creative, interesting programs is a necessity.

Early Childhood A program to provide an environment where children will develop attitudes of love and respect for themselves and others through sharing, group experiences, awareness of feelings, use of creativity, and developing language skills. These activities call forth the child's deep sense of wonder.

Persons with Disabilities Programs designed to meet the needs of persons with disabilities and their families flow from a welcoming parish community. When possible, special needs persons are to be included in the parish catechetical and sacramental programs. Gatherings to meet the special needs are encouraged; such as retreats, renewals, "Faith and Light." Advocacy for special needs includes accessibility to buildings, availability of programs, mentors, and inclusion in parish life and activities.

Catholic Schools Catholic schools provide an atmosphere where the student's faith grows, and is integrated into all life experiences.

Marginalized Catechesis must address itself to those who are "the least of the brethren" (Matthew 25:40–45) such as immigrants, refugees, nomads, traveling people, the chronically ill, drug addicts, prisoners, and others whose spiritual needs must be nourished and cared for.

Elderly The growing number of people who are elderly represents a great pastoral challenge for the Church. Catechesis of the elderly must happen within the context of the community of believers who see the elderly as valuable gifts of God to the Church and society.

Program planning committees assess how best to address the needs of these groups. The CRE is constantly aware of this responsibility, evaluating what has been done and looking at new ways to meet the needs of the people involved.

Community of Disciples Faith Formation

Cluster Staff

Fr. Kevin Earleywine, Pastor	DBQ108AP@DBQarch.org
Deacon Rob Claypool	DBQ108d@DBQarch.org
Anais Hiedra, Pastoral Associate, Hispanic Ministry	DBQ097s@DbQarch.org
Brenda Koppes, St. Mark, Director of Faith Formation, Adult Faith Formation, Youth Ministry	DBQ108YM@DBQarch.org
Sr. Connie Howe, St Mary, Pastoral Associate, Director of Faith Formation, RCIA, Adult Faith Formation	DBQ073S@DBQarch.org
Rachel Mosher, St Mary, Coordinator of Faith Formation	DBQ073FF@DBQarch.org
Audrey DeVilder, St Mary, Youth Ministry	DBQ073YM@DBQarch.org

Community of Disciples Faith Formation Committee

St. Mary

Angie Cook
Marcia Frerichs
Marianne Gatton
Andrea Sparrow

St. Mark

Jill Fett
Lori Ostbloom
Jen Smith
Rachel Warrington

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Roles and Responsibilities of Faith Formation within the Community of Disciples Cluster Parishes 2018-2019

Parent/Guardian

You model your faith for your children daily. What your child will learn from religious education class depends on your support and reinforcement at home, attending Sunday Mass as a family, and family prayer. Your interest and encouragement let your child know you value what is being done in the religious education class. Learning prayers and the Catholic faith cannot be done only during class time. We expect you the parents to work with your child at home by using the family activity pages of the text and by dialoguing with your child about what is being learned in the classroom.

Catechist

The role of the catechist is to “echo the Good News.” The Good News is the message of Jesus and the Catholic Church, prayer and worship, community with each other and within the parish, and service to all peoples. Catechists help lead the children to grow in their faith and relationship with Christ in the Church.

Cluster Faith Formation Commission

The Cluster Faith Formation Commission (CFFC) is responsible for establishing goals, setting policies in collaboration with the Archdiocesan Faith Formation Commission, setting the budget, implementing programs, and evaluating the programs with the Coordinator of Religious Education. Members are elected from the parish. The pastor and Coordinator of Religious Education serve as ex-officio members.

Director of Faith Formation

The Director of Faith Formation is responsible for the general oversight and direction for all faith formation programs.

Coordinator of Youth Faith Formation/Religious Education/Youth Ministry

The Coordinator of Faith Formation (CFF) or Coordinator of Religious Education (CRE) are catechetical leaders and administrators who are responsible for overall direction of parish catechetical programs. This includes working with the pastor(s), other ministers, and appropriate committees, boards, or councils involved in setting policy and planning; supervising coordinators, designing catechetical programs; assisting in liturgical planning; conducting sacramental preparation sessions; and providing opportunities for catechist formation. This person is responsible for preparation and readiness of the facilities for religious education sessions as well as providing attendance record information, knowing and enforcing discipline procedures, and being a supportive presence to the catechists and students in the building.

Guidelines and Procedures

Calendar Changes

If the calendar is changed, you will receive written notice with your child and/or a notice will be placed in the Linkage Bulletin.

Inclement Weather

In the event of inclement weather, cancellation of classes for that day or night will be announced on radio stations KIFG and KDAO and on WHO TV Channel 13 and KCCI TV Channel 8. If there is no public school for the day or if there is a weather-related early dismissal, religious education classes are automatically canceled.

Arrival and Dismissal

- + **St. Mark** - Children will enter and be dismissed at the **East doors ONLY** in the education building. All other doors will be locked and not to be used to enter or exit, except for emergencies. Parents/guardians are asked to accompany children K-4 to the door. Encourage your children to walk (not run), be prepared, and arrive in their classroom on time. Parents/guardians are to pick up their children at the same door after class.
- + **St. Mary** - Families are asked to enter at the **South door** to the parish hall as we will gather together at the start of each parent meeting. All other doors will be locked and not to be used to enter or exit, except for emergencies. Please arrive on time.

Attendance

- + Attendance at programs and classes is essential to develop a sense of belonging to the Parish/Cluster Community, for growth in your child's relationship to God, and for an ongoing understanding of our Catholic faith.
- + Notification of absence should be made prior to the absence.
- + Unexcused absences will be followed up by phone call, particularly with safety of children in mind. If attendance continues to be a problem, a meeting with the parents, student, and Director of Faith Formation will be arranged.
- + In special circumstances, i.e. long term illness, a serious accident, or personal family situation, communication with the Director of Faith Formation is required to maintain contact and relationship with the student.

Special Needs

- + Parents are requested to list any health concerns of a student on the registration form. This information will be communicated to the appropriate catechists only.
- + Parents are requested to list any special needs of a student with learning disabilities on the registration form. This information will be communicated to the appropriate catechists only.

Communications

There will be written communications to families during the year. Updated newsletters will be emailed out regularly. For parents/guardians without email, notes will be sent home with the students or mailed to the family residence. Ongoing communication between catechists and parents/guardians is highly recommended. Parents/guardians are encouraged to contact the Director of Faith Formation/Religious Education if a problem or concern develops.

Property

Respect for a person's property and parish property is expected in every area of the premises. Youth are required to walk in halls and classrooms for their safety. Food and gum are not allowed in any classroom or building unless it is part of the class program and under the authority of the catechists.

Proper Dress

Appropriate attire in the Faith Formation Program is necessary. Dress reflects attitude towards persons and the activity.

Cell Phones

Cell phones are to be left at home or turned off completely and not to be used during class time. If cell phones are brought to class, they are to be placed in designated areas. Students with cell phones will have them taken and put in the office for the remainder of class. If this becomes a repeatable offense with an individual, parents/guardians will be contacted and the phone will not be allowed to return to the building.

Emergency Calls

Phone calls by a child may be made from the Parish Office. Only necessary calls will be made, with permission and assistance from the Director of Faith Formation /Religious Education or Site Coordinator.

Lost Articles

Lost and found articles are kept in the Parish Office.

Field Trips

If a field trip is planned, parents are required to give written permission for a youth to participate. Permission forms need to be signed by the parents/guardians before departure. Families are encouraged to assist in transportation and/or as chaperones.

Prayers, Beliefs and Practices

Prayer is an integral part of every lesson at all age levels. Parents/guardians are to help their children learn their prayers. Please see the listing of Prayers, Beliefs and Practices and the grade levels at which they are to be taught.

Sacramental Preparation

Youth, who will receive the Sacraments of First Reconciliation, First Eucharist, and Confirmation, along with their parents/guardians, are expected to attend Sacramental Preparation Sessions or events as scheduled. There is a \$30 sacramental fee for students in 2nd and 10th grades that must be paid at the time of registration.

Parish Sacramental Preparation Policy

Families in the faith formation program must be registered members of St. Mark or St. Mary Parish. The religious education and formation of each child is a responsibility shared by the parent/guardian and the parish faith formation program.

A person must be a baptized member of the Catholic faith and a member of St. Mark or St. Mary Parish to be in a preparation phase for the Sacraments of Reconciliation, Eucharist, or Confirmation. Persons not baptized in the Catholic tradition must be involved in a catechumenate process to prepare for the sacraments.

The program preparing children for the Sacraments of Baptism, Reconciliation, Eucharist and Confirmation involve parents/guardians. Family education is aimed in assisting parents/guardians in fulfilling their roles as primary educators. Parents/guardians are expected to attend sessions for sacramental preparation if a child is to participate in the sacramental celebrations. Parish faith formation is meant to enhance and assist the parents.

Baptism

- Parents of infants and children under the age of seven who wish to have their child baptized must attend a Pre-Baptismal class.
- Classes are offered on an as needed basis.
- Baptisms are scheduled during weekend Masses or privately with good reason but at the discretion of the pastor.

Reconciliation

A child is expected to have been in a religious education program at least one year prior to preparing for the Sacrament of Reconciliation.

- Formal catechesis for the Sacrament of Reconciliation will take place before catechesis for First Eucharist.
- Preparation for the Sacrament of Reconciliation is primarily the responsibility of the parents/guardians.
- The minimum age for a person preparing for the sacrament is seven years old.
- If the person preparing for the sacrament is of grade school age, a parent/guardian is expected to attend the preparation session(s).

Eucharist

A child is expected to have been in a religious education program for at least one year prior to preparing for the Sacrament of Eucharist.

Catechesis for the Sacrament of Eucharist takes place after the catechesis for the Sacrament of Reconciliation.

- Preparation for the Sacrament of Eucharist is primarily the responsibility of the parents/guardians.
- The minimum age for a person preparing for the sacrament is seven years old.

Community of Disciples Sacramental Guidelines for First Reconciliation, First Eucharist, and Confirmation

The sacraments of First Reconciliation, First Eucharist, and Confirmation are to be celebrated in the parish/cluster where the child's parents/guardians are registered. Registration in more than one parish is not practiced in the Archdiocese of Dubuque.

Basic preparation for the sacraments of First Reconciliation, First Eucharist, and Confirmation will take place in the parish/cluster faith formation program and in the child's family setting. Each parish/cluster will develop a program/process of immediate sacramental preparation, which will include sessions for parents as well as for parents/guardians and children.

These sacramental guidelines will be communicated to parents/guardians of children preparing for the sacraments of First Reconciliation, First Eucharist, and Confirmation through parent/guardian sessions, parish bulletin and website, and through other means of communication within the parish/cluster.

ARCHDIOCESE OF DUBUQUE STATEMENT ABOUT THE SACRAMENT OF CONFIRMATION The Sacrament of Confirmation...

- Brings an increase and deepening of baptismal grace
- Roots us more deeply as children of the Father
- Unites us more firmly to Christ
- Increases the gifts of the Holy Spirit within us
- Renders our bond with the Church more perfect
- Gives a special strength of the Holy Spirit

...In order to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly and never be ashamed of the Cross.

(See CCC 1303)

The sacrament of Confirmation celebrates the completion of Baptism and a new outpouring of the Holy Spirit, given through anointing with Sacred Chrism, accompanied by the laying on of hands and prayer, which strengthens the faithful as members of the Church to spread and defend the Catholic Faith by word and deed.

To be confirmed, the Church requires a candidate to meet the following criteria:

- They must be baptized and not yet be confirmed.
- They must have reached the age of reason (about 7 years old or older).
- They must have a sponsor.
- They must be suitably instructed.
- They must be in the state of grace and have the intention of receiving the sacrament of confirmation -- properly disposed.
- They must be able to renew their baptismal promises (see below).

Discipline Policy

The respect and dignity of all persons is valued. Discipline helps all youth as it contributes to a climate of learning, loving, and living. It helps each youth as it provides an environment to guide youth to become a self-disciplined person.

Each catechist in the classroom will clarify and set up goals for learning and establish classroom guidelines. These guidelines will be posted and shared with the Director of Faith Formation. Goal-setting and positive consequences encourage students to choose appropriate behavior. Normal discipline problems are to be handled by the classroom catechist.

If there are recurrent or serious problems, the catechist discusses the situation with the Director of Faith Formation. The youth will be dismissed from class, following this procedure:

- The youth will meet with the Director of Faith Formation.
- The youth will fill out a discipline form. The youth and the Director of Faith Formation agree on an appropriate behavior.
- The youth and the DFF will sign the discipline form. The youth returns to class. After class, the DFF will give the form to the catechist to sign and the youth will take it home to obtain the parent/guardian signature.
- If the DFF was not present, the Site Coordinator will relay all pertinent information in detail to the DFF.
- The Director of Faith Formation will notify the parent/guardian of the disciplinary action.
- Discipline forms will be filed in the Parish Office for the year. When a youth has two forms on file, a conference will be held with the parent/guardian, the youth, the catechist, and the DFF.
- A mutual agreement with the parties involved may mean a two-week assigned work at home.
- If, after returning to the classroom, the youth is again dismissed from class, the youth will not be allowed to attend class for the remainder of the year. An appropriate family faith formation plan will be designed at home and monitored by the Director of Faith Formation.

Discipline Form

Name _____ Date _____

1. Why was I asked to leave the room?

2. What behavior on my part contributed to this?

3. I will do the following so that my time in religious education class will be more profitable:

Agreement:

Student

Catechist

Parent/Guardian

Director of Faith Formation

Introduction to Prayer, Beliefs and Practices

The following Prayers, Beliefs and Practices are found in the *Compendium - Catechism of the Catholic Church* ©2006 and the *United States Catholic Catechism for Adults* ©2006. Prayers are organized from the most foundational to more complex; Belief and Practices are alphabetized. The Prayers, Beliefs and Practices have been subdivided into the grades in which it is recommended that they are to be taught. While there is no definitive statement which assigns the Prayers, Beliefs and Practices to the various grade levels, the Prayers, Beliefs and Practices coincide with suggestions and recommendations as presented in “*By Their Fruits You Shall Know Them. . .*” (NCEA) and *Sowing the Seeds of Faith* (NCCL) which reflect developmentally appropriate levels. This entire listing is also consistent with the following publications of the Archdiocese of Dubuque: the Catholic school religion standards/grade level expectations developed by the Office of Catholic Schools and the Basic Elements of Catholic Faith from the Office of Catechetical Services. While other prayers of cultural/liturgical significance may be recommended and used as designated by the local site, students are expected to have an understanding of the Prayers, Beliefs and Practices contained herein, and they will be part of prayer in the school and religious education programs. The sections are available in both English and Spanish and include:

- Prayers
- Beliefs and Practices
- Prayers, Beliefs and Practices by Grade Levels

Prayers

Sign of the Cross

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

Our Father/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.

Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed are 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.

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.

Grace Before a Meal

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.

Grace After a Meal

We give thee thanks, for all thy benefits, Almighty God, who live and reign forever. Amen.

Morning Prayer (younger children)

God, my Father, I give you today all that I think and do and say. I'll work and study, have fun and pray. Jesus be with me all through the day. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. 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. Amen.

Jesus Prayer

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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; the third day He rose again from the dead; He ascended into heaven, is seated 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.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

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 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 our Lord.

Memorare

Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Angelus

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary . . .

V. Behold the handmaid of the Lord.

R. Be it done to me according to thy word. Hail, Mary . . .

V. And the Word was made flesh,

R. And dwelt among us. Hail, Mary . . .

V. Pray for us, O holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

Mary's Prayer (Magnificat)

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Come, Holy Spirit (Prayer to the Holy Spirit)

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you shall renew the face of the earth.

Let us pray: O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation.

We ask this through Christ, Our Lord. Amen.

Prayer of 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.

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.

Psalm 23

The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side. With your rod and staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come.

The Rosary

How to Pray the Rosary:

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an Our Father.
4. Say three Hail Marys on each of the next three beads. Say the Glory Be.
5. Go to the main part of the rosary. For each of the five decades, announce the Mystery, then say the Our Father. While fingering each of the ten beads of the decade, say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.
6. Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group or decades is said.
7. After saying the five decades, say the Hail, Holy Queen.

Mysteries of the Rosary

Joyful Mysteries *(recited Monday and Saturday)*

The Annunciation
The Visitation
The Nativity (birth of Jesus)
The Presentation
The Finding in the Temple

Mysteries of Light or Luminous *(recited Thursday)*

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom, with the call to Conversion
The Transfiguration
The Institution of the Eucharist

Sorrowful Mysteries *(recited Tuesday and Friday)*

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

Glorious Mysteries *(recited Wednesday and Sunday)*

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Crowning of Mary Queen of Heaven and Earth

Additional Prayers

Vocation Prayer *(Archdiocese of Dubuque)*

Lord Jesus, life is Your gift to us.

Through **Baptism** You invite us to share the gift of our lives in service to others.

Give us the courage and generosity to respond to Your call.

Through the **Eucharist** You fill us with Your life-giving presence and strengthen us in holiness.

Give us the grace to make our efforts in Your service fruitful in Your kingdom.

Through **Confirmation** You seal us with the gifts of the Holy Spirit and send us forth.

Give us the strength to proclaim Your Word and make known Your Will to all the world.

Open our hearts to Your service and move the hearts of men and women to follow You as

Priests, Deacons, Sisters and Brothers.

Help parents, grandparents and teachers to share their Catholic faith and to encourage our young people to explore religious vocations.

Guide all people, Lord, in Your ways of compassion, truth, and peace, that we may find joy in fulfilling our vocation. Amen.

Prayer of Discernment

Lord, God, we know that by baptism and the gift of the Holy Spirit, you reign in our lives, and you call us to holiness and truth. Renew us that we might be all that you want us to be, so that we live in accord with your desires. We strive to be attentive to your promptings. Help us do what is right. Grant us the gift of knowledge, to be informed; the gift of wisdom, to use our experience; the gift of understanding, to learn from one another; the gift of right judgment, to make good decisions; the gift of courage, to enact what we decide; the gift of faith, to trust You. We ask this in the power of your Spirit, and in the name of Jesus, our Lord. Amen.

Beliefs and Practices

Formulas of Catholic Doctrine

Beatitudes (Matthew 5:3-12)

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the land.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart (or pure of heart), for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are they who are persecuted for the sake of righteousness (or righteousness' sake), for theirs is the kingdom of heaven.
- Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

Communion Regulations

- As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently.
- In order to be properly disposed to receive Communion, participants should be conscious of no grave sin and normally should have fasted for one hour.
- A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (CIC, can. 916).
- A frequent reception of the Sacrament of Penance is encouraged for all.

Communion Fast

- We are expected to fast from food or drink for at least one hour prior to the reception of Holy Communion.

Four Gospels

- Matthew, Mark, Luke, and John

Holy Days of Obligation - On these days, there is an obligation to attend Mass and to refrain from servile work as much as possible.

- Mary Mother of God - January 1
- Ascension of the Lord - 40 days after Easter or the following Sunday (celebrated on the 7th Sunday of Easter in the Archdiocese of Dubuque)
- The Assumption of Mary - August 15
- All Saints Day - November 1
- The Immaculate Conception of Mary - December 8
- Nativity of our Lord or Christmas - December 25

Liturgical Year

- Advent-Christmas Season (Christmas day until Sunday after Epiphany)
- Ordinary Time
- Lent (Ash Wednesday until Holy Saturday)
- Easter Season (Easter Sunday until Pentecost, 50 days after Easter)
- Ordinary Time

Parts of the Mass

Introductory Rites

- Gathering Song
- Greeting
- Penitential Rite (or blessing and sprinkling with holy water)
- Glory to God
- Opening Prayer

Liturgy of the Word

- First Reading (usually from the Old Testament)
- Responsorial Psalm
- Second Reading (usually from one of the letters of the New Testament)
- Gospel Acclamation
- Gospel
- Homily (an explanation of the readings)
- Profession of Faith (Creed)
- General Intercessions (Prayers of the Faithful)

Liturgy of the Eucharist

- Preparation and presentation of the gifts
- Prayer over gifts
- Preface
- Holy, Holy, Holy Lord
- Eucharistic Prayer (during this prayer the bread and wine become the Body and Blood of Jesus)
- The Great Amen
- Communion Rite
- The Lord's Prayer
- Sign of Peace
- Breaking of the Bread
- Lamb of God
- Reception of Communion
- Prayer after Communion

Concluding Rite

- Blessing
- Dismissal

Regulations for Fast and Abstinence

+ Fasting is refraining from food or drink to some degree.

+ Abstinence is refraining from eating meat.

+ In the United States, Ash Wednesday and Good Friday are days of fast and abstinence, and all Fridays of Lent are days of abstinence.

+ The obligation to abstain from meat binds all Catholics 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of a day, binds Catholics from the ages of 21 to 59.

Seven Sacraments

- Sacraments of Initiation: Baptism, Confirmation, Eucharist
- Sacraments of Healing: Penance and Reconciliation; Anointing of the Sick
- Sacraments at the Service of Communion: Holy Orders and Matrimony (Marriage)

The Four Cardinal Virtues

1. Prudence
2. Justice
3. Fortitude
4. Temperance

The Four Last Things

1. Death
2. Judgment
3. Hell
4. Heaven

The Golden Rule (cf. Mt 7:12)

Do unto others as you would have them do to you.

The Five Precepts of the Church

1. You shall attend Mass on Sundays and holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The Fruits of the Holy Spirit

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

The Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel (Right Judgment)
4. Fortitude (Courage)
5. Knowledge
6. Piety (Reverence)
7. Wonder and Awe in God's Presence

The Seven Corporal Works of Mercy

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

The Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The Seven Capital Sins

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

The Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

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 neighbor's goods.

The Three Theological Virtues

1. Faith
2. Hope
3. Charity

The Two Commandments of Love

1. You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself. (Matthew 22:37-39)

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Kindergarten/Ages 4, 5, 6

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

God's special book is the Bible.

God is Creator and a loving parent.

God made each person special and unique.

Jesus, friend and teacher, tells about God the Father, especially in the Lord's Prayer.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

The Holy Family is Jesus, Mary, and Joseph.

Mary is the Mother of Jesus.

The Church is God's family.

The Church Year celebrates the life of Jesus. It also includes special days to honor Mary and other holy people.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and not harming animals and plants that are part of God's creation.

One first learns about God and God's creation from one's family.

The five senses help one to appreciate and experience a sense of joy and wonder of God's creation.

All God's children need to be respected and loved.

There is a difference between right and wrong.

Prayer is a special way to talk to God.

Playing, singing, working, and quiet time are ways that can lead to prayer.

God's gift of being created as a boy or a girl is special and good.

It is important to take good care of one's body.

It is good to reflect on the greatness and wonders of God's creation.

Some ways to deepen one's relationship with God include prayer from one's heart and the following gestures and prayers:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

First Grade/Ages 5, 6, 7

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible, God's holy book, tells about God's love for everyone.

God created humans in his image and likeness.

God desires that everyone know, love and serve him and be happy forever in heaven.

God is Father, Son and Holy Spirit.

Jesus is God's Son and our brother and friend.

Jesus sent the Holy Spirit to tell of God's love.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus and our mother, too.

Saints are holy people who love God very much and are with God in heaven.

Angels are God's special guardians.

The Church is a community of God's people.

The Church is also a special house in which God's family can pray and worship.

The Church Year celebrates the life, death and resurrection of Jesus. The Church Year also has special feast days that honor Mary and the saints.

In Church folded hands, making the Sign of the Cross, bowing and genuflection are some of the ways to show love of and honor to God.

In the Sacrament of Baptism, one is given a share in God's life and becomes a member of the Church family.

Holy water is a reminder of one's baptism.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and respecting all of God's creation. It means respecting and loving all members of God's family of all races, languages and abilities.

The first school of prayer is one's family.

Spontaneous prayer is using one's own words from one's heart to pray to God.

One needs to accept and love others who are different from oneself.

There are appropriate ways to show and receive love and affection.

It is important to reflect on what it means to be a child of God.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Angel of God

New Prayers, Beliefs and Practices introduced at this level are:

- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Second Grade/Ages 6, 7, 8

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible is made up of two parts: the Old Testament and the New Testament.

God's creation is filled with signs of God's goodness and loving care.

The Son of God became human so that everyone could know God the Father's love.

Jesus lived and died for the sins of everyone.

Jesus uses parables to tell about God and how to live.

The Holy Spirit was sent by Jesus to teach his followers how to live and pray.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus, Mother of the Church, and the greatest of all saints.

The Church is the people of God and the Body of Christ.

The Church celebrates the life, death, and resurrection of Jesus throughout the Church Year and at every Mass.

Sunday is a special day of worship together at Mass for those who believe in Jesus.

The Church honors Mary and the saints throughout the Church Year.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means using one's talents and gifts to serve God and others.

One learns about God's great love and forgiveness in a Christian home.

Sin is a word, thought, or deed that harms or weakens one's relationship with God and others.

A conscience is God's gift of an inner voice that guides one to know right and wrong.

The Ten Commandments are God's laws that tell how to love God and neighbor.

God forgives sin through Baptism, the Sacrament of Reconciliation or Penance and the Eucharist.

The two main parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

Jesus is truly present in the sacred bread and wine in the Eucharist. The bread and wine become Jesus' Body and Blood.

There are appropriate ways to receive Jesus' Body and Blood in the Eucharist.

Family relationships and friendships need to include listening, sharing, forgiveness and trust.

Following good health and safety rules helps provide for wellness of the body and spirit.

It is important to reflect on God's forgiveness and the need for spiritual nourishment.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God

New Prayers, Beliefs and Practices introduced at this level are:

- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Reconciliation or Penance

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God gives people the freedom to make choices.

The Holy Spirit helps one make right choices.

If there is sorrow, God will always forgive one for making wrong choices.

The gift of forgiveness of sins has its origin when Jesus appeared to the apostles after the resurrection.

The sacrament of reconciliation is a sign of God's mercy and love and is a celebration of God's love and forgiveness.

Reconciliation frees one from sin and gives grace, God's own life.

WE BELONG

The sacrament of healing in which sins are forgiven is called penance, reconciliation or confession.

The sacrament of reconciliation is the ordinary means of sacramental forgiveness.

The sacrament of reconciliation welcomes one back to close friendship with God and the community.

The priest has the authority to forgive sins in the sacrament of reconciliation.

The seal of confession requires the priest to not reveal sins confessed in the sacrament.

Reconciliation is necessary for the forgiveness of mortal sin and helpful for the forgiveness of venial sin and the strengthening of virtue.

WE RESPOND

Sin damages (venial) or breaks (mortal) one's relationship with God, self, and others.

An examination of conscience helps one prepare for the sacrament of reconciliation.

The Ten Commandments are God's laws and are good guides for making an examination of conscience.

The steps in the Rite of Reconciliation are: confessing sins, accepting a penance, praying an Act of Contrition, receiving absolution and doing the penance given.

Regular confession is a way to grow in faith.

Penance is a way to make up for one's sins.

Show one's understanding of reconciliation and forgiveness by being able to retell the Scripture stories:

Prodigal Son/Loving Father

Lost Sheep

Good Shepherd

Zacchaeus

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Act of Contrition

Show one's knowledge of the sacrament of reconciliation by being familiar with the following terms:

absolution

confess

conscience

contrition

examination of conscience

forgiveness

grace

sin (mortal sin, venial sin)

penance

reconciliation

sorrow

temptation

virtue

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Eucharist

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

Jesus blessed food before he gave it to people.

At the Last Supper, Jesus changed bread and wine into His body and blood.

Jesus is truly present in the Blessed Sacrament.

Jesus is the Bread of Life.

The sacrament of the body and blood of Jesus is called the Eucharist.

WE BELONG

The Eucharist is both a meal and sacrifice.

The two great parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

The Mass commemorates Jesus' sacrifice.

The bread and wine of the Eucharist are consecrated by the priest; through the power of the Holy Spirit, the gifts

of bread and wine truly become the Body and Blood of Jesus.

The priest repeats Jesus' words and actions in the Eucharistic prayer.

WE RESPOND

Jesus gives himself as food at every Mass.

The Mass is the most important prayer of the Catholic Church.

Sunday is to be honored as a holy day as it celebrates the resurrection of Jesus.

At Mass, the Last Supper is remembered; one shares the Body and Blood of Jesus in Holy Communion.

In the Liturgy of the Eucharist, the community gives thanks for Jesus' death and resurrection.

Show one's understanding of Eucharist by being able to retell the Scripture stories:

Multiplication of loaves and fishes

Last Supper

Emmaus story

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Responses of the Mass

Show one's understanding of the sacrament of Eucharist by being familiar with the following terms:

altar

Blessed Sacrament

body and blood of Christ

bread

chalice

ciborium

communion

consecrate

Eucharist

fasting

grace

host

last supper

Liturgy of the Word

Liturgy of the Eucharist

Mass

paten

Sacrament of Eucharist

sacrifice

tabernacle

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Third Grade/Ages 7, 8, 9

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE (*in God the Father, Son and Holy Spirit*).

The Holy Trinity—God the Father, God the Son and God the Holy Spirit—is three persons in one God. Some ways to express one's belief in the Holy Trinity are with the Sign of the Cross and the Apostles' Creed.

Jesus is fully human and fully divine.

Jesus sent the Holy Spirit on Pentecost.

The gifts of the Holy Spirit are wisdom, understanding, right judgment, courage, knowledge, piety and wonder and awe of the Lord.

WE BELONG (*to one, holy, catholic and apostolic Church and the communion of saints*).

The people of the Americas honor Our Lady of Guadalupe as their patroness.

The first Christians were disciples (followers of Jesus) and formed the earliest Christian communities—the Church.

The Church is one, holy, catholic and apostolic.

The Lord's Day is honored as a celebration of the Resurrection and a holy day of obligation.

The Church has certain holy days of obligation on which to worship together as a community.

The Church Year consists of Advent, Christmas, Lent, Easter and Ordinary Time. It also includes special feasts in honor of Mary and saints.

The Church is a communion of saints made up of those living and those who have died.

The pope is the pastor of the whole Church. Bishops, priests and deacons help lead the Church, God's people.

A parish is specific gathering place for a community of believers in Jesus to worship together under the leadership of a pastor.

The human family is the domestic church through whom one learns how to live faith in community.

WE RESPOND (*as disciples of Christ helping to build the kingdom of God*).

Being a good steward means sharing one's time, talents and treasures with the Church.

Grace is God's life; it is a participation in the life of the Holy Trinity.

Sacraments are visible signs of God's life.

Through Baptism everyone is called to serve God and others through the married, ordained, vowed religious or single life.

Bishops, priests and deacons are members of the ordained ministry.

Jesus summed up the Ten Commandments with his Great Commandments: love God and love one's neighbor.

There are prayers of praise and blessing, petition, thanksgiving and contrition (sorrow).

The psalms are special prayers written long ago and intended to be sung.

Boys and girls are equal partners in God's plan for creation.

From the beginning of life to death, humans grow and develop in a given sequence but the rates and patterns differ for each individual.

It is important to reflect on what it means to be a member of the Catholic Church.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God

- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

New Prayers, Beliefs and Practices introduced at this level are:

- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fourth Grade/Ages 8, 9, 10

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE (*in God the Father, Son and Holy Spirit*).

God's everlasting love is revealed in the Old and New Testaments.

God gave humans the special gift of free will.

God responded to the sin of the first humans with mercy and forgiveness.

God made a covenant of love with Noah, Abraham, Moses and to all people.

Jesus, Son of God, taught the Beatitudes and modeled how to live them.

The Holy Spirit was sent by Jesus to be helper, guide and inspiration.

WE BELONG (*to one, holy, catholic and apostolic Church and the communion of saints*).

Mary is the greatest model of holiness.

The Catholic Church is a particular community of God's people who profess certain beliefs and have certain responsibilities.

The Church Year celebrates Jesus as Savior of the world. It also gives honor to Mary and all the saints, living and dead.

The Church is a visible sign of the kingdom of God.

The Church community has the responsibility to bring the light of Christ to everyone and to be a servant to the world.

The work of the Church is to show love, peace and justice in the world.

WE RESPOND (*as disciples of Christ helping to build the kingdom*).

Being a good steward is to respect all forms of life, particularly human life, from birth to death.

One learns how to live a moral life from one's Christian human family and the parish community.

The Ten Commandments, the Great Commandment, the Beatitudes and the teachings of the Church help guide and form one's conscience.

Sin, personal and social, weakens (venial) or destroys (mortal) relationships with God and others.

The Church has been given the power to forgive sin through the priest in the Sacrament of Reconciliation.

The Church has precepts (laws) that help its members strengthen their relationship with God and the Church community.

Sunday is a holy day of obligation—a day on which to worship God in community and to refrain from work that would keep one from observing the day of the Lord's Resurrection.

The spiritual and corporal works of mercy are ways to show love for others.

The theological virtues are faith, hope, and charity; the cardinal virtues are prudence, justice, fortitude and temperance.

Respect and care must be shown for the biological processes/changes of one's own body and that of others.

God's gift of life needs to be protected and nurtured from conception to death.

It is important to reflect on what it means to live in relationship with God and to live a moral life.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations

- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

New Prayers, Beliefs and Practices introduced at this level are:

- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fifth Grade/Ages 9, 10, 11

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE (*in God the Father, Son and Holy Spirit*).

The Holy Trinity is a communion of persons.

God as Father, Son and Holy Spirit is Creator, Redeemer and Sanctifier.

Jesus incarnate is the greatest sacrament, or sign, of God's love.

The Paschal mystery, the suffering, death, resurrection and ascension of Jesus, offers Christians eternal hope.

The Holy Spirit gives life and inspiration to the Church and to its members.

Some of the symbols of the Holy Spirit are wind, breath and fire.

WE BELONG (*to one, holy, catholic and apostolic church and the communion of saints*).

Christians express their belief in the Holy Trinity in the Apostles' Creed and the Nicene Creed.

Two important beliefs and feasts about Mary are the Immaculate Conception and the Assumption.

The liturgical year of the Church celebrates the life, death, resurrection and ascension of Jesus.

The sanctoral year of the Church celebrates Mary and the saints.

The Church has designated sacred signs, such as holy water, medals, and especially blessings as sacramentals.

A good Christian family is the domestic Church as it is a sign of God's grace.

WE RESPOND (*as disciples of Christ helping to build the kingdom of God*).

Stewardship is showing respect for and enjoyment of God's creation.

Sacraments are visible signs of God's life and means of God's grace.

The Catholic Church has seven sacraments in which it celebrates God's presence and grace.

The Sacraments of Initiation are Baptism, Confirmation and Eucharist.

The Sacraments of Healing are Reconciliation and Anointing of the Sick.

The Sacraments at the Service of Communion are Holy Orders and Matrimony.

Forming one's conscience is a lifelong responsibility.

The Paschal mystery is celebrated in the sacraments, particularly in the Eucharist, the source and summit of Christian life. It can also be celebrated in the daily happenings of one's life.

There are different liturgical and ministerial roles in which baptized members of the Church participate.

One shows quiet reflection and reverence in the presence of the Blessed Sacrament.

One needs to develop integrity of body, mind and spirit in order to recognize objects/situations that can cause harm to a person.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love

- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

New Prayers, Beliefs and Practices introduced at this level are:

- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sixth Grade/Ages 10, 11, 12

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE (*in God the Father, Son and Holy Spirit*).

Scripture and Tradition together form one source of God's revelation.

God's infinite love, providence, justice and goodness for all people is expressed through the covenant, a binding, holy commitment between God and his people.

Jesus, the Anointed One (Messiah), established a new covenant.

Jesus proclaimed the kingdom of God as one of peace, justice and love.

Jesus will come again at the end of time to judge the living and the dead.

The 46 books of the Old Testament (Hebrew Scriptures) and the 27 books of the New Testament (Christian Scriptures) were written by human authors inspired by the Holy Spirit.

The Holy Spirit continues to inspire and guide God's people.

WE BELONG (*to one, holy, catholic and apostolic church and the communion of saints*).

Abraham is the father and model of faith.

Prophets are called to speak of God's everlasting covenant and to call people back into covenant with God.

Christianity has its roots in the Jewish religious faith of Jesus and the cultural/historical world of Jesus.

With her saying yes to being the Mother of Jesus, Mary is the perfect model of faith.

The four evangelists, or writers, of the Gospels were Mark, Matthew, Luke and John.

The Gospels have a special place of honor because they tell about the person and message of Jesus Christ.

The Acts of the Apostles tells of the coming of the Holy Spirit and how Christians lived in the years after Jesus' Resurrection and Ascension.

The Letters, many of which were written by Paul, tell about the first Christian communities and what they believed.

The Church Year celebrates God's story of salvation as fulfilled in the life, death, resurrection and ascension of Jesus. It also honors Mary and the saints with special feast days.

The Sunday celebration of the Lord's Day/Christ's resurrection is at the heart of the life of the Church.

WE RESPOND (*as disciples of Christ helping to build the kingdom of God*).

Good stewardship means showing respect for the dignity of the human person and responsible use of resources.

As temples of the Holy Spirit, all the baptized are called to be saints.

All baptized persons belong to the priesthood of Christ and are called to be priests, prophets and kings.

There are various ways people can actively participate in a parish community of faith.

In the Beatitudes Jesus tells people how to attain happiness and eternal life with God the Father in heaven.

Being a disciple of Christ calls one to serve family, community and Church.

Social justice is a responsibility of all followers of Christ.

Each person goes through various stages of life; each stage brings new changes and challenges for the individual on his/her journey to mature adulthood.

God's gift of sexuality includes/affects one's physical, intellectual, emotional, social and spiritual development.

It is important to reflect on what it means to be on the journey to the promised land.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations

- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hop
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen

- The Five Precepts of the Church
- Parts of the Mass

New Prayers, Beliefs and Practices introduced at this level are:

- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Seventh Grade/Ages 11, 12, 13

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

In every human heart, there is a hunger for God.

One can know God through creation, human reason and divine revelation.

God the Father established a relationship of intimacy with his people through his Son, Jesus.

Through Jesus one is led to the love of the Father in the Spirit.

Jesus' life, teachings and miracles reveal God's compassion and love.

Jesus Christ is Son of God and King of heaven and earth.

The writings of the New Testament (Christian Scriptures) reveal the fulfillment of God's covenant in Jesus Christ.

Another title for the Holy Spirit is Paraclete which means advocate and consoler.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus and the Mother of God. God's grace was with Mary from the moment of her conception.

Belief in the resurrection of Jesus is what gives Christians hope for eternal life.

At the particular judgment at the time of death, one enters heaven, hell or purgatory.

The last judgment will happen when Christ returns in glory.

The Church throughout the year unfolds the whole mystery of Christ—incarnation, resurrection, ascension, Pentecost and the awaiting of his second coming at the end of time.

The Church year also includes feast days in honor of Mary and the saints.

The Church is the Body of Christ and temple of the Holy Spirit.

All baptized Christians are called to discipleship and evangelization—to carry on the mission and ministry of Jesus.

Sunday celebrates Jesus' resurrection. It is a holy day of obligation—a day of worship and rest from unnecessary work.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is being a disciple of Christ who shares time, talent and treasures with family, community, and Church.

Through the sacrament of baptism, Catholics are committed to the common good which fosters dignity, prosperity and peace for all.

God calls people to the married, ordained, consecrated religious or single vocation.

One shares in God's life through the sacraments which have their foundation in Jesus.

There are various ministries in the Church to which the Holy Spirit calls members to participate.

The teachings of Jesus and the Church help one to make good moral decisions.

Through meditative and centering prayer one is able to reflect and be in the presence of the Lord.

One form of prayer to God is a litany in which one seeks the intercession of Mary and the saints.

One's dignity and sexuality and that of others are gifts from God to be honored and respected.

Chastity is the virtue that helps one see and put into practice God's plan for the body, person and sexuality.

Respect in thought, word and action needs to be shown for the various aspects/issues of sexuality.

Personal integrity, discipline, and control need to be exercised in order to make good decisions regarding sexual intimacy and relationships.

Sexually transmitted diseases and substance and sexual abuses harm one's body and spirit.

It is important to reflect on the meaning of discipleship.

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Seventh Grade/Ages 11, 12, 13

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule

New Prayers, Beliefs and Practices introduced at this level are:

- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Eighth Grade/Ages 12, 13, 14

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

Humans were created in a state of original holiness and justice and enjoyed friendship with God.

The fall from the state of original holiness and justice is called original sin.

Humans are subject to ignorance, suffering, death and the inclination to sin due to original sin.

God's love and goodness will triumph over all evil and pain.

God's plan is for all people to be freed from the bondage of sin and evil through the redemptive suffering of his Son, Jesus.

The Holy Spirit was sent by Jesus to be with the Apostles in the early Church and continues to be with the Church today.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is mother of the universal Church.

Christianity has its roots in Judaism.

The Church is the sacrament of salvation.

The Church is Trinitarian: that is, was planned by the Father, founded by Jesus Christ and manifested by the Holy Spirit.

The Church as one, holy, catholic and apostolic is both a human and divine institution.

Eastern and Western (Latin) Churches that are in communion with Rome are part of the Catholic Church.

The Church is called to ecumenism—to dialogue and strive for the unity of all Christians.

The magisterium is the teaching office of the Church that guides God's people in the truth.

The Church is infallible when the pope and the bishops in communion with the pope proclaim a doctrine of faith and morals for the belief of the faithful.

The Church year consists of feasts and seasons in honor of Jesus (liturgical cycle) and Mary and the saints (sanctoral cycle).

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is using time, talent and treasure as means for personal and social justice.

The parish and Church are partners in stewardship.

The family is called the domestic church as parents have the first responsibility to teach their children faith, hope, charity, prayer, and virtues.

The kingdom of God comes in its fullness only in heaven, but it is furthered through the works of Christians on earth.

The seven sacraments are signs of grace through which each person can participate in God's life.

Charity is the greatest virtue that calls one to love God and neighbor.

The precepts of the Church help guide its members in their responsibilities and obligations.

A way of living as a disciple of Jesus is to perform the corporal and spiritual works of mercy.

Contemplative prayer is a silent attentiveness and love of God.

The Liturgy of the Hours is the public daily prayer of the Church; this prayer gives praise to God and is an extension of the celebration of the Eucharist.

Novenas and pilgrimages are prayerful devotions in which one prays to God through the intercession of Mary and the saints.

Sexual attraction and sexual feelings are normal and natural but need to be controlled with self-discipline and the grace of God.

Sexual activity and sexual intercourse have meaning and purpose only within a marriage covenant.

Stereotyping and other forms of discrimination devalue a person's God-given dignity.

It is important to reflect on what it means to be a part of salvation history and a member of the Catholic Church.

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Eighth Grade/Ages 12, 13, 14

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE RESPOND (as disciples of Christ helping to build the kingdom of God).

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Our Father/The Lord's Prayer
- Hail Mary
- Grace Before/After a Meal
- Glory Be
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
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- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
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- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule
- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues

New Prayers, Beliefs and Practices introduced at this level are:

- Prayer of St. Francis
- Mary's Prayer (Magnificat)
- Psalm 23
- Confiteor
- The Seven Capital Sins
- The Four Last Things

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

High School/Ages 13–18

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

The Basic Elements of Catholic Faith Formation as previously posted are now grouped under the six core course themes as contained in the document Doctrinal Elements of a Curriculum Framework for the Development of Catechetical Materials for Young People of High School Age. The framework was developed by the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB).

REVELATION OF JESUS CHRIST IN SCRIPTURE

God the Father, loving Creator, is intimately involved in the lives of human beings. Grace is the gift of God's life, love and friendship.

God the Father, Son, and Holy Spirit continually call human beings to conversion of heart and mind.

God created human beings with a heart that hungers for the infinite. From the very beginning of time, humanity has given expression to this hunger through various religious beliefs and behaviors.

The Bible is the inspired Word of God.

The written Scriptures and the apostolic Tradition have their common source in God's revelation.

The fullness of God's revelation is received in Jesus, Son of God.

Some of the major biblical themes in the 46 books of the Old Testament (Hebrew Scriptures) include creation, sin, covenant, Exodus, law, prophets, and kingdom.

The Old Testament contains the Pentateuch, the Historical books, the Wisdom books and the Prophetic books.

Some of the major biblical themes in the 27 books of the New Testament (Christian Scriptures) include the mission and ministry of Jesus, parables, miracles, kingdom of God, beatitudes, Paschal mystery, and eternal life and hope.

The New Testament contains the Gospels, the Acts of the Apostles, the Epistles or Letters, and the Book of Revelation.

Gospels occupy a central place in Scripture.

Scripture is a basis for personal and communal prayer: psalms, Our Father, Lectio Divina, Liturgy of the Hours.

WHO IS JESUS CHRIST?

The Trinity, a community of three persons in one God, is the central mystery of Christian faith.

Jesus, God incarnated, is fully human and fully divine.

Jesus is truly present in the sacred bread and wine in the Eucharist—the doctrine of transubstantiation.

The Holy Spirit was sent by Jesus to be Paraclete, Advocate, Counselor.

Jesus Christ calls all persons to a life of holiness.

God created the human person in his image and likeness. This is what gives all persons dignity and worth.

All baptized persons are called to chastity—to have a wholesomeness and integrity of body and spirit which means to respect and show responsibility for one's body and spirit and that of others.

Jesus teaches us how to live in union with the Father and Holy Spirit through prayer.

Mary, Mother of God and mother of the Church, is the perfect model of Christian living and faith.

The Immaculate Conception and Assumption of Mary are two important doctrines of faith.

All believers, both living and dead, form one body in Christ called the communion of saints.

The sanctoral calendar of the Church celebrates the lives of Mary and other saints.

Jesus taught that the purpose and goal in this life is a preparation for eternal life.

The last things at the end of life on earth are: death, particular and final judgment, heaven, hell.

THE MISSION OF JESUS CHRIST (THE PASCHAL MYSTERY) (10th grade)

One is born with original sin, the choice of the first human beings to disobey God. With the loss of the state of original holiness and justice, human beings are subject to suffering and death.

God promised a Messiah to redeem the world and bring salvation to all.

With the Annunciation came Mary's yes to be the mother of the Messiah and Savior, Jesus.

Christ's whole life was a mystery of redemption.

Jesus' life, suffering, death, resurrection and ascension is the Paschal mystery.

The central theme of Jesus' mission on earth was proclaiming the kingdom (reign) of God as related through the parables and miracles found in the New Testament.

The liturgical calendar of the Church celebrates the life, death, resurrection, ascension of Jesus and the coming of the Holy Spirit on Pentecost.

Life is a constant process of dyings and risings—a daily living of the Paschal mystery of Jesus.

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Developing a relationship with Jesus Christ through prayer is an essential aspect in the life of a believer or disciple.

The forms of prayer to help deepen one's relationship with God include blessing, intercession, thanksgiving, adoration and praise.

Meditation is a prayerful reflection which engages thought, imagination, emotion and desire in one's relationship with God. Contemplation is a silent attentiveness of union with God.

It is important that people of different cultures be able to express their Catholic faith in a variety of ways through music, art, language and celebration in order to experience God in their own place and way of life.

JESUS CHRIST'S MISSION CONTINUES IN THE CHURCH

God's power and grace is in the life of the Church through the Holy Spirit.

All baptized persons are called to discipleship and the vocation to love and serve God and others.

The Church is one, holy, catholic and apostolic Church.

The Church as the people gathered by God into one community was founded by Jesus and is guided by the Pope, who is the head of the College of Bishops and the successor of St. Peter, and by the bishops who are the successors of the apostles.

The magisterium made up of the bishops and the successor of Peter, the Bishop of Rome, is the Church's teaching office on matters of faith and morals.

Infallibility is given to the pope and to the bishops in union with the pope for proclamation of certain doctrines of faith or morals for the faithful.

Some important historical developments in the Church through the centuries include: Pentecost and the beginnings of the Church, formation of Scripture, era of persecution and Christianity as the accepted religion, the reformation and devotional life in the Church, monasticism, missionary movements, eras of enlightenment and social teachings, Vatican II and ecumenism.

A study of the various non-Christian and Christian religions can lead to better ecumenical and interfaith dialogue, understanding and evangelization.

All the baptized share in Christ's priesthood and therefore are a priestly, prophetic, and royal people of God.

As members of the Catholic Church which is missionary in nature, Catholics through their baptism have a responsibility to evangelize, to share the good news of Jesus with others.

The domestic church is one's family from whom one first learns about God.

Belonging to a parish community provides the opportunity for Catholics to worship God in community and to serve others through community.

All Christians are called to lead lives of service to those in need.

SACRAMENTS AS PRIVILEGED ENCOUNTERS WITH JESUS CHRIST

Through baptism one is called to carry out the mission and ministry of Jesus in one's daily life.

Persons are called to live out their baptism through the vocation of the single, religious, married, or ordained life.

The Sacraments of Initiation lay the foundations of every Christian life, are signs of grace and encounters with Christ, and are celebrated in community.

The faithful are born anew (Baptism), strengthened (Confirmation) and receive the food of eternal life (Eucharist).

In the Eastern Churches, the baptism of infants is followed immediately by Confirmation and Eucharist.

The catechumenate is the process of initiating people into the Catholic Church. Full initiation takes place through the Sacraments of Initiation—baptism, confirmation, and Eucharist.

The Liturgy of the Word and Liturgy of the Eucharist are the two main parts of the Mass; the Eucharist as the Jesus' memorial meal and sacrifice is the source and summit of the Christian life. Jesus is present in the Word, sacrament, and community.

Sundays and other holy days of obligation are days to celebrate the Eucharist together as a community and to refrain from those activities that would inhibit one from keeping the day as holy.

The Sacraments of Healing through the power of the Holy Spirit, bring God's work of healing and salvation to those who are weakened by sickness and sin.

The faithful obtain God's mercy and are reconciled with the Church (Reconciliation) and receive God's special grace in times of grave illness or old age (Anointing of the Sick).

The Sacraments at the Service of Communion are directed towards the salvation of others and in service to building up the people of God.

The mission entrusted by Christ to his apostles continues to be exercised to men in the Church (Holy Orders) and a man and a woman establish themselves in partnership with God for the well-being and salvation of the spouses and the procreation and education of offspring (Matrimony).

The sacramentals of the Catholic Church are objects (i.e. medals, holy water), actions (processions), and blessings (of persons, meals, objects, places) that help one grow in holiness.

LIFE IN JESUS CHRIST

Good stewardship is to graciously give thanks to a bountiful God by sharing the gifts one has been given; it is using one's time, talent, and treasure to foster God's kingdom (reign) of peace, justice and love.

Catholic moral principles are based on the Ten Commandments, the two great commandments (You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and you shall love your neighbor as yourself), the beatitudes and the precepts and other teachings of the Church.

The theological virtues of faith, hope and charity and the moral virtues of prudence, justice, fortitude and temperance help one to lead a moral life in discipleship of Jesus.

The seven gifts of Holy Spirit—wisdom, understanding, counsel, fortitude, knowledge, piety (reverence), and fear (awe) of the Lord—help sustain the moral life of Christians.

There are special graces, or charisms, that help the faithful in tasks and offices for the building up of the Church and the needs of the world.

The foundations for living the moral life in the Catholic Church are God's grace, the moral law/principles, and an informed conscience based on reason, prayer, study, Scripture, and teachings of the Church.

Sin is the weakening (venial) or destroying (mortal) of one's relationship with God, self, and others. There are both personal and social aspects of sin. The Catholic Church's social justice teachings include the seven principles of: life and dignity of the human person; call to family; community participation; rights and responsibilities; option for the poor and vulnerable; dignity of work and rights of workers; solidarity; care for God's creation.

Some of the main social justice/life issues include abortion, capital punishment, war and peace, euthanasia, poverty, discrimination, homophobia, bullying, racism, ageism, sexism.

One's sexuality, being created as male or female, is an awesome gift from God. For this reason there is to be respect for the equality and mutuality of the sexes.

Modesty is being respectful of one's body and spirit in thoughts, words and actions.

Heterosexuality is the sexual attraction toward person of the opposite sex; homosexuality is the sexual attraction toward persons of the same sex. All persons are creations of God and are to be accepted with respect, compassion and sensitivity regardless of their sexual orientation.

The purposes of marriage is both unitive and procreative.

The proper place for genital sexual intimacy is within the context of marriage

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

High School/Ages 13–18

Some ways to deepen one's relationship with God include spontaneous prayer and the following formal prayers:

- Sign of the Cross
- Our Father/The Lord's Prayer
- Hail Mary
- Grace Before/After a Meal
- Glory Be
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule
- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues
- Prayer of St. Francis
- Mary's Prayer (Magnificat)
- Psalm 23
- Confiteor
- The Seven Capital Sins
- The Four Last Things

New Prayers, Beliefs and Practices introduced at this level are:

- Prayer of Discernment
- Prayer Based on the Beatitudes
- Vocation Prayer

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Confirmation

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God's initiative of salvation is never-ending.

The Holy Spirit is the third person of the Blessed Trinity sent by the Father and Son to live within and guide each person and to unite God's people in faith.

The Holy Spirit strengthens one's relationship with Jesus and empowers one to proclaim the person and the mission and ministry of Jesus to the world.

The Holy Spirit enlightens one's choices so that one will come to recognize the will of God in one's life.

The seven gifts of the Holy Spirit help sustain the moral life of Christians.

WE BELONG

In baptism one is called to holiness and becomes a member of the Church and parish community.

The seven sacraments touch all stages and important moments in the lives of Catholics.

Confirmation, as one of the three sacraments of initiation, completes the sacrament of baptism, and with the help of the Holy Spirit, helps one to continue on one's lifelong faith journey.

Like baptism, the sacrament of confirmation is celebrated only once.

In the Western Church, through the sacrament of confirmation one's baptism is confirmed and one is strengthened in baptismal grace.

In the Eastern Churches, Confirmation is called Chrismation and is administered immediately after Baptism and followed by Eucharist.

The liturgical gesture of the imposition of hands symbolizes the confirming of the divine power of the Holy Spirit.

The anointing with oil symbolizes the strength given to a chosen one of God.

Being marked with the sign of the cross is a reminder that one shares in the life, death and resurrection of Christ. In the Latin rite, the ordinary minister of confirmation is the bishop.

Godparents and sponsors represent the Christian community and are to be models of faith.

The parish faith community has a responsibility to witness to and foster the faith of its members.

WE RESPOND

The grace of baptism is deepened in the sacrament of confirmation.

Each confirmed person is empowered with the gifts of the Holy Spirit so that he or she may be better able to participate in the mission and ministry of Jesus by sharing his or her faith with others.

One's faith journey is a lifelong process.

The "Amen" response is the candidate's renewal of one's baptismal promises and personal affirmation of his or her desire to be a witness of Christ to the world and to participation in the life of the Church.

The theological virtues of faith, hope and love are gifts from God that dispose one to live in close relationship with the Holy Trinity.

The practice of good habits, or virtues, leads one to good relationships with God, self and others.

The four cardinal virtues—prudence, justice, fortitude and temperance—guide one's conduct along with reason and faith.

When one is open to the workings of the Holy Spirit, one is enriched with the fruits of the Holy Spirit.

Through the sacrament of confirmation one makes a deeper personal commitment to become more involved in the life of the Church.

One will be able to tell the following Scripture story and its meaning: Pentecost

One will be familiar and know the meaning of the following words:

Amen

fruits of the Holy Spirit

gifts of the Holy Spirit

holiness

lifelong faith journey

mission and ministry of Jesus

Pentecost

sacraments of initiation

sponsor

virtue

Instruction

Education in Human Sexuality (Most recent review: September 1, 2016)

Policy adopted: October 9, 1982

Revised: December 3, 1988; July 1, 2003 (Archdiocesan Board of Education); September 1, 2016 (Archdiocesan Catholic School Board)

Reviewed: August 25, 2012 (Archdiocesan Faith Formation Commission & Catholic School Board)

Education in human sexuality is mandated in Catholic schools and is understood within the context of the dimensions below.

Local boards have a responsibility to appoint a resource committee to study comprehensive programs for education in human sexuality. These programs are to be in accord with the guidelines of the National

Conference of Catholic Bishops. The Catholic School curriculum must also comply with the Code of Iowa § 279.50.

That is, education in human sexuality:

- is developed and applied in the individual's environments — home, church, school and community;
- meets the changing needs of the growing, developing person from early childhood to advanced age;
- embraces the entire person — moral, spiritual, psychological, emotional, and physical;
- includes all the important biological and scientific information regarding human sexuality, and moves beyond that into the fields of values and moral formation;
- includes parents/guardians in the education process;
- presents a positive view of human sexuality which builds upon mutual respect, and provides youth with an understanding of the elements of a safe environment which fosters respect.

Rationale:

“As children and young people advance in years, they should be given positive and prudent sexual education.” Vatican II, *Declaration on Christian Education*, N. 1 (1965)

“We continue to regard this education in human sexuality as an important priority in Christian education, met in part through diocesan-approved Family Life education in Catholic schools and other instructional programs.” U.S. Bishops, *To Teach as Jesus Did*, N. 56 (1971)

“Parents have a most solemn obligation to educate their offspring, including matters of sexuality. They are assisted in this task by educators working in schools, parishes, and dioceses. It is vital that educators involve parents in the planning, programming, and implementation of formal human-sexuality education programs. Educators work not only with children but also with other adults, who continue to grow in their understanding of sexuality.” *Human Sexuality, a Catholic Perspective for Education and Lifelong Learning*, USCCB, (1991) p.86

“Each school board shall provide instruction in human growth and development including instruction regarding human sexuality, self-esteem, stress management, interpersonal relationships, and acquired immune deficiency syndrome as required in Iowa Code § 256.11, in grades one through twelve. Each school board shall annually provide to a parent or guardian of any pupil enrolled in the school district, information about the human growth and development curriculum used in the pupil's grade level and the procedure for inspecting the instructional materials prior to their use in the classroom. A pupil shall not be required to take instruction in human growth and development if the pupil's parent or guardian files with the appropriate principal a written request that the pupil be excused from the instruction.” Iowa Code § 279.50

Guidelines

Regulation approved: June 4, 1983

Revised: December 3, 1988 (Archdiocesan Board of Education)

These guidelines are given to provide immediate direction to local boards in the implementation of ACSB Policy 6141.11 and Iowa Code § 279.50.

Guidelines

Establish a parish* resource committee made up of representatives of parents/guardians, teachers, school administrators, directors of religious education, students, health care professionals, priests, and members of the parish community. Use the Office of Catholic Schools as a resource when appropriate.

Tasks of the Committee:

1. Study the AFFC & ACSB Policy 6141.11 and Iowa Code § 279.50.
2. Study pertinent church documents, including the *Policy for Protection of Minors, Archdiocese of Dubuque (2015)*.
3. Develop the program in the light of the policies and guidelines.
4. Inform all parents/guardians and parishioners at each step of the program and receive input.
5. Provide for excused students as required in church documents and Iowa Code § 279.50.
6. Inservice teachers/catechists in the teaching of the human sexuality program.
7. Follow ACSB Policy 1312 in cases of complaints.

Components of the Program:

1. Objectives of the program;
2. Participants in the program;
3. Manner of involving parish, parents, school, and faith formation program;
4. Materials that will be used;
5. Preparation of instructors and continued inservice;
6. Timeline of implementation.

Exclusion from participation

It is recognized that opinions differ concerning the appropriateness of courses of instruction. Occasionally parent/guardians may find a topic in the Human Growth and Development Curriculum Guide in conflict with their religious/personal views. In these circumstances the student may be excused from participation in the instructional program by notifying the principal in writing.

* If an interparish school, representation from the parishes should be included

General Principles of Human Sexuality

Incorporate these general principles as presented in *Human Sexuality: A Catholic Perspective for Education and Lifelong Learning* ©1991 in a catechetical/human sexuality program with an age appropriate approach.

Precious Gift

1. Human sexuality is a divine gift, a blend of spirit and body that shares in God's creative love and life.
2. We approach human sexuality with a deep and abiding sense of appreciation, wonder, and respect.
3. The divine becoming human adds greater dignity to our being embodied, sexual beings. Through Jesus' birth, life, death, resurrection, and promised return, we can become our best selves, able with God's help to overcome temptation of any kind.

Body

1. The human body is good. We are enfleshed sexual beings, male and female.
2. In our efforts to love, we make real and incarnate God's goodness, love, and vitality.
3. Respect for the human body is reflected in how we care for ourselves physically, emotionally, and spiritually.

Love

1. Created in God's likeness, we are called to a life of loving and being loved. Love is the basic vocation we all share. We begin with love, continue in love, and reach our fulfillment of love through, with, and in God when we die.
2. The desire to be loved and to love, to be united with one another, is a deep-seated and natural yearning.
3. Love involves personal decision characterized by commitment, self-sacrifice and perseverance.
4. Our sexuality, as distinct from sexual activity, is an innate force that can draw us out of ourselves into loving relationships.

Sin

1. While we are called to incarnate the image of God in the way we live and love, the gift of human sexuality also can be abused, sometimes intentionally, sometimes through immaturity or ignorance.
2. Temptations to subvert our human desires, including sexual ones, into purely selfish aims or to manipulate others in human relationships have been experienced in our hearts and in human history.

Forgiveness

1. We are aware of our own frailty and sin as well as God's abiding presence and promise of forgiveness.
2. As members of the Church, we draw strength, comfort, and renewed challenge from the Word of God, the Eucharist, and the healing and strengthening power of the sacrament of reconciliation.

Call to Holiness

1. There is a universal calling in every human heart to be personally whole and spiritually holy.
2. Dealing creatively with one's own sexuality—gender, sexual feelings, desires—is a fundamental challenge in every person's quest for maturity and holiness.
3. Spirituality, rightly understood, implies a lifelong process of conversion. In both, we look at our lives in the light of God's love, try to live out the death-resurrection-present reign of Jesus in everyday circumstances, and change those things that isolate and alienate us from God, self, and one another.

Formation/Information

Blending moral and values-based formation with clear and factual information is the best approach to sexuality education, whether done in the family setting or in more formal programs or in some combination of the two.

Education/Conscience

1. Educators in human sexuality must both teach and listen. They need to be able to convey the Church's teachings with authority, candor, sound reasoning, fidelity, and a sensitivity to the age and maturity level of their audience. They must also take time to listen to questions, concerns and insights; to respect learner's integrity and sincerity; and to facilitate their ongoing conscience formation.
2. Each person has an obligation to form a correct conscience. It is the responsibility of Catholic educators to assist them in the process by articulating church teaching in its entirety and in its integrity.

Moral Decision Making

1. The Church believes there are objectively right and wrong answers to moral dilemmas. The process of moving from absolute values to general norms to specific case judgments requires the virtue of prudence, the ability to exercise sound judgment in practical matters.
2. Discernment of moral choices involves the formation of a correct conscience by a process of using one's reasoning ability, the source of divine revelation (Scripture and tradition), the Church's teaching and guidance, the wise counsel of others, and one's own individual and communal experience of prayer and grace.

Roles and Responsibilities

1. Parents and the family comprise the first and most important context for sharing faith, forming attitudes, fostering values, and sharing information. Children have a right to life, education, bodily integrity, and the means for holistic human development.
2. The role of the Church in human sexuality education is one of both teacher and healer.
3. Professional educators assist parents in fulfilling their educational responsibilities. They represent the wider Church and society. The profession of educating in human sexuality is a call to model and articulate what it means to be a mature sexual person.
4. Education in human sexuality is a cooperative venture among parents, schools, Church, and the wider society.

Personal Responsibility

1. Each of us is entrusted by God with the awesome responsibility to guide and direct our gift of sexuality wisely and lovingly.
2. At best, our sexuality calls us to personal maturity and interpersonal commitments.

Sexuality and Sex

1. Sexuality refers to a fundamental component of personality in and through which we, as male or female, experience our relatedness to self, others, the world, and even God.
2. Sex refers either to the biological aspects of being male or female (i.e., synonym for one's gender) or to the expressions of sexuality, which have physical, emotional, social, and spiritual dimensions.

Sexual Beings

1. We are sexual beings from conception to death.

Equality of Male and Female

1. Both man and woman are persons—equal yet distinct.
2. Man and woman share a basic mutuality.

Chastity

1. Every person is a sexual being, called to be chaste, that is, to do what is sexually responsible for one's state in life.
2. Chastity consists in guiding the sexual instinct to the service of love and of integrating it in the development of the person.

Genital Sexual Intimacy

1. The gift of the body in sexual intercourse is a real symbol of the giving of the whole person.
2. The Church's teaching on genital sex is rooted in a profound respect for the dignity and uniqueness of human persons.
3. Genital sexual union has its true meaning and moral integrity only in the context of marriage.
4. Outside the context of marriage, genital sexual intimacy, however well intended, is not an expression of total self-giving. Objectively speaking, it is morally wrong.

Marriage

1. Marriage is both a unitive and procreative communion of love, bound by an unbreakable pledge of fidelity, a covenant that is deeper than any civil contract.
2. Christian marriage is a sacrament by which man and woman profess to each other solemn vows of love and fidelity, which serve as the outward sign of an interior reality.
3. Marriage is a lifelong sacrament. The ongoing growth in understanding and living the sacrament of marriage begins with remote and immediate preparation for marriage and continues with support throughout the years of married life.

Single Life

1. The single way of life represents a wide variety of life-styles in our culture; temporarily or permanently single, divorces, separated, and widowed.
2. Mature single persons, seek a careful balance between a healthy independence, with a reasonable degree of privacy and freedom, and the need for love, including genuine intimacy and community belonging.

Celibacy

1. Celibacy accepted for the sake of the reign of God serves as a complement to the vocation of marriage.
2. Celibates choose not to give their life to any one person and are challenged to share it generously with many people.
3. Sexuality is a dynamic element in the life of ordained, vowed, and promised celibates.

Safe Environment Training for Children Guidelines

Under the *Charter for the Protection of Children and Young People*, all dioceses in the United States have agreed to establish age-appropriate safe environment training for children. Key components are to include information about quality relationships, proper forms of touch, actions to take in uncomfortable situations, and reporting possible abuse. Note: This training is not the same as education in human sexuality.

It is recommended that the training be offered at grade 1, grade 3, grade 5 or 6, grade 8, grade 9 or 10, and grade 11 or 12. All children of the designated grade level are to be offered the training.

Parents/guardians will be provided the required notification letter concerning the timeline when the training will be offered; the content/curriculum of the training; information outlining the opportunity to review the content/curriculum materials; and a copy of the *Parent/Guardian Safe Environment Training Refusal Form*.

Catechists presenting the material will review the guidelines concerning their role in providing this training. Cross referencing between grade level catechetical outcomes and the outcomes of the Safe Environment Training will be encouraged for possible integration with existing curriculum.

Safe Environment Training Outcomes include:

- I am God's child.
- I must receive and give respect in the ways I talk and act and in the ways others treat me.
- I learn the difference between true friendship and false friendship
- My body is private and must be respected.
- I learn the difference between good play and bad play.
- I learn the difference between good touch and bad touch.
- Secrets are not good when they separate us from others and harm us.
- People make good choices and bad choices and I learn how to tell the difference.
- When someone does something wrong, I must tell someone I trust.
- I name people to whom I will go for help.