

# K-12 Faith Formation Program



## **Parent/Guardian Handbook**

2015-2016



## **Table of Contents**

Introduction

Mission Statement

Goals and Philosophy

Ten Areas of Catechesis

Sacramental Guidelines from Church Documents

Parish Sacramental Preparation Policies

Parish Staff

Roles of Parent/Guardian, Catechist, Parish Board of Education, DRE and CRE

Parent/Guardian Covenant

Guidelines and Procedures

Discipline Policy and Procedure

Kindergarten to Grade 12 Program

- Calendar
- Catechists/Aides/Substitutes
- Overview
- Curriculum

Prayers, Beliefs and Practices

Archdiocesan Human Sexuality Policies

Human Sexuality Principles

Safe Environment Curriculum Guidelines

## **Introduction**

This handbook is designed to serve as a guide for parents/guardians, students, and catechists involved in the Faith Formation Program of St. Thomas Aquinas/St. Mary's Parish Cluster. The philosophy, goals, policies, guidelines, and schedule serve to communicate the content of our religious education program.

The catechetical formation of each child is a responsibility shared both by the parent and the parish cluster Religious Education Program. The goal of religious education is threefold: to present information in the content of our Catholic Christian faith, to enable formation in the values and attitudes needed to live a Catholic Christian faith, which leads to the end-goal of transformation and conversion in Christ Jesus.

The policies in this handbook have been adopted by the Archdiocese of Dubuque Board of Education and apply to the Religious Education Program of the St. Thomas Aquinas/St. Mary's Parish Cluster. These policies give the Director of Religious Education, parents/guardians, students, and catechists a direction in responding to the religious and spiritual needs of parish families.

Rules and regulations are made to help inform the student of the rights and needs of others, as well as to help serve as a guide for his/her own acceptable behavior. Rules and regulations create and maintain an environment wherein quality religious education and the safety of every child are considered to be of the utmost importance.

Parents and catechists are requested to acquaint themselves as well as the children with the contents of this handbook. Knowledge of the policies and guidelines will help achieve the goals of our religious education program.

## **Faith Formation Programs**

St. Thomas Aquinas/St. Mary's Parish Cluster Faith Formation Programs include:

- Children's Liturgy of the Word
- Faith Formation Classes for students in grades K-12
- Youth Ministry (Middle School and High School)
- Adult Faith Formation

A description of each program and a calendar for the year is included in the handbook.

## **Handbook/Newsletter Notation**

### **HELP FOR VICTIMS OF SEXUAL ABUSE**

The Archdiocese of Dubuque has established a program of pastoral assistance to people who believe they or those in their care have been sexually abused as minors by clergy or other Church personnel. This assistance will include help in informing civil and Church authorities. Victim Assistance Coordinators are trained to facilitate access to appropriate professional mental health services, social service agencies, support groups and/or individuals who can provide spiritual care. Any individual desiring help from this program is invited to call toll free (563) 556-1225 or 866-319-4636 to report an allegation or receive assistance. This program is part of the Policy for the Protection of Minors."

## 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 fulfill 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 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 instill Catholic faith and morality in the hearts of the next generation.  
(Ephesians 5:21-6:4)

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:

**1. 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.

**2. 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.

**3. 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.

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

**5. 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.

**6. 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.

**7. 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.

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

**9. 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.

**10. 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 DRE is constantly aware of this responsibility, evaluating what has been done and looking at new ways to meet the needs of the people involved.

## **Sacramental Guidelines from Church Documents**

### **Sacraments**

The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions (Catechism of the Catholic Church, #1131).

The purpose of the sacraments is to sanctify, to build up the Body of Christ and, finally, to give worship to God. Because they are signs they also instruct. They not only presuppose faith, but by words and objects they also nourish, strengthen, and express it. That is why they are called sacraments of faith (Catechism of the Catholic Church, #1123).

### **Sacraments of Initiation**

The sacraments of initiation, Baptism, Confirmation, and the Eucharist, lay the foundations of every Christian life. Baptism is the beginning of new life, Confirmation strengthens the life born in Christ; and Eucharist nourishes the disciple with the Body and Blood of Christ (Catechism of the Catholic Church, #1212, 1275).

### **Baptism**

Baptism is the basis of the whole Christian life, the way to life in the Spirit and the door which gives access to the other sacraments.

## **Catechesis for Baptism**

From the time of the apostles, becoming a Christian has been accomplished by a journey and initiation in several stages. This journey can be covered rapidly or slowly, but certain essential elements will always have to be present: proclamation of the Word, acceptance of the Gospel entailing conversion, profession of faith, Baptism itself, the outpouring of the Holy Spirit, and admission to Eucharistic communion (Catechism of the Catholic Church, #1229).

Where infant Baptism is celebrated, it has become a single act of abridging the preparatory stages of Christian initiation. An opportunity for catechesis is to be given to parents in preparation for the celebration of the sacrament.

Children of catechetical age should follow the adult Christian initiation model; that is, catechumenal formation and celebrating the three sacraments of initiation at the Easter Vigil (Canon 852). The Archdiocese of Dubuque encourages the reception of all three sacraments at the Easter Vigil. Even though the person of catechetical age receives all three sacraments at the Easter Vigil, it is assumed they participate in the preparation program offered in their teen years. If, however, parents, in consultation with the pastor on the options available and the rationale, wish to delay their child's reception of the sacrament of Confirmation until after age 15, they need to make that request of the archbishop. The dispensation would be granted on an individual basis (Handbook, Archdiocese of Dubuque, #2115).

The Christian initiation for adults, and adapted for older children, begins with their entry into the catechumenate and culminates in a single celebration of the three sacraments of initiation: Baptism, Confirmation, and the Eucharist. The rites for these stages are to be found in the Rite of Christian Initiation for Adults (1972, 1988). The catechumenate, or formation of catechumens, is to bring conversion and faith to maturity. The formation in the Christian life initiates the catechumen into the mystery of salvation and the practice of the evangelical virtues, as well as the life of faith, liturgy, and charity (Catechism of the Catholic Church, #1248).

## **Confirmation**

Confirmation, as a sacrament, deepens baptismal grace in us by uniting us more firmly to Christ, increasing the gifts of the Holy Spirit in us, bonding us more fully with the Church, and strengthens us by the Holy Spirit to live the faith by word and action.

Like Baptism which it completes, Confirmation is given only once.

## **Catechesis for Confirmation**

Catechetical preparation is to lead the Christian toward a more intimate union with Christ and bonding with the Holy Spirit in order to assume the apostolic responsibilities of Christian life. Catechesis is to awaken a sense of belonging to the Church as well as the parish community. The parish/system community has the special responsibility for the preparation of confirmands.

The Confirmation process has three phases: preparation, celebration, and mystagogy. Program planning should approach these distinct phases as an integrated whole.

To receive the sacrament of Confirmation, the ordinary norm is the minimum age of 15 in the Archdiocese of Dubuque.

Candidates for Confirmation are to have a sponsor. To emphasize the unity of Baptism and Confirmation as initiation sacraments, it is appropriate that this be one of the baptismal godparents. Sponsors must be at least 16 years old, already confirmed, and a practicing Catholic. The role of the sponsor is to assist in the catechetical and liturgical preparation for the sacrament, witness the celebration of the sacrament, support the candidate to fulfill the baptismal promises (Handbook, Archdiocese of Dubuque, #2150).

### **Holy Eucharist**

The Holy Eucharist completes Christian initiation. The Eucharist is the efficacious sign and sublime cause of communion in the divine life and the unity of the People of God as Church. It is the culmination of the act of God sanctifying the world in Christ and of the worship offered to Christ and through him to the Father in the Holy Spirit (Catechism of the Catholic Church, #1322,1325).

Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having receiving absolution in the sacrament of Reconciliation (Catechism of the Catholic Church, #1415).

### **Catechesis for Holy Eucharist**

Children must have sufficient knowledge and careful preparation to receive the sacrament of Holy Eucharist. They are to understand the mystery of Christ according to their capacity, and receive the Body of the Lord with faith and devotion. Children must be able to distinguish the Body of Christ from ordinary food and to receive communion reverently (Canon 913).

It is the responsibility of parents/guardians as well as the pastor to see that children who have reached the use of reason are correctly prepared and are nourished by the divine food as early as possible, preceded by sacramental confession (Canon 914).

## **Sacrament of Healing**

### **Reconciliation**

In the sacrament of Reconciliation, also referred to as the sacrament of conversion, confession and penance, sins committed after Baptism are forgiven. The penitent reconciles with God in grace, reconciles with the Church, receives a penance for their sins, receives an inner peace and spiritual strength to live the Christian life (Catechism of the Catholic Church, #1496).

The penitent asks forgiveness, confesses sins to the priest, and makes the intention to do reparation (Catechism of the Catholic Church, #1491).

### **Catechesis for Reconciliation**

The decision as to when the child will receive the sacrament of Reconciliation is to be made by the child and his or her parents/guardians, in consultation with the priest who knows the child and the catechist who has helped prepare the child. In all cases the rights of the child must be respected.

Catechesis for the sacrament of Reconciliation is to be separated from catechesis for the sacrament of Eucharist so that the child will come to understand Reconciliation as a distinct sacrament.

A child is to receive instruction on the sacrament of Reconciliation before his or her first Communion.

It is the uniform practice in the Archdiocese of Dubuque that sacramental confession precede the reception of first Holy Communion. In those parishes where this is not the case, the practice should be brought into conformity with the Church's law as quickly as prudently possible (Handbook, Archdiocese of Dubuque, #2219).

### **Parental Involvement In Sacramental Preparation**

Parents/guardians are to be involved in the preparation of their children for the celebration of the sacraments. Therefore, parishes/systems are to plan and implement programs following the directives of the archdiocese for the reception of the sacraments. These directives are designed to prepare and involve parents/guardians, sponsors, and the parish community in the preparation for sacraments, in particular with regard to Baptism, First Reconciliation, First Eucharist, and Confirmation. Parent meetings/parish involvement should jointly involve individuals from all programs offered (ABE Policy #6150.4).

### **Parish Sacramental Preparation Policy**

Families in the religious education program must be registered members of the St. Thomas Aquinas/St. Mary's Parish Cluster. The religious education and formation of each child is a responsibility shared by the parent/guardian and the parish religious education program.

A person must be a baptized member of the Catholic faith and a member of the St. Thomas Aquinas/St. Mary's Parish Cluster 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. Parent education is aimed in assisting parents in fulfilling their roles as primary educators. It is required for parent/guardian to attend meetings for sacramental preparation if a child is to participate in the sacramental celebrations. Parish religious education 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 four times a year.

- Baptisms are normally scheduled for the fourth Sunday of the month or by pastoral appointment.

### **Reconciliation**

- A child must 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.
- 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 is expected to attend the preparation meeting(s).

### **Eucharist**

- A child must 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.
- The minimum age for a person preparing for the sacrament is seven years old.

### **Parish Staff Contacts**

St. Thomas Aquinas Parish Office	515-832-1190
Fax	515-832-3757
St. Mary Parish Office	515-854-2241
Pastor	515-606-4069
Fr. Stephen Meyer (email – <a href="mailto:dbq218@arch.pvt.k12.ia.us">dbq218@arch.pvt.k12.ia.us</a> )	
St. Thomas Aquinas/St. Mary’s Secretary and Bookkeeper	515-832-1190
Rachel Pahl (email - <a href="mailto:dbq218sec@arch.pvt.k12.ia.us">dbq218sec@arch.pvt.k12.ia.us</a> )	
Director of Religious Education	515-832-1190
Dan Hurt (email - <a href="mailto:dbq218re@arch.pvt.k12.ia.us">dbq218re@arch.pvt.k12.ia.us</a> )	
Director of Liturgy and Music	515-832-1190
Marty Doerning (email - <a href="mailto:dbq218s@arch.pvt.k12.ia.us">dbq218s@arch.pvt.k12.ia.us</a> )	
School Principal	515-832-1346
Sister Marilou Irons (email - <a href="mailto:dbqe55@arch.pvt.k12.ia.us">dbqe55@arch.pvt.k12.ia.us</a> )	
School Secretary	515-832-1346
Sharon Smith (email – <a href="mailto:ssmith@st-thomas.pvt.k12.ia.us">ssmith@st-thomas.pvt.k12.ia.us</a> )	

## **Roles and Responsibilities**

### **Parent/Guardian**

You model your faith for your children daily. What your child will learn from faith formation 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 faith formation 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.

### **Faith Formation Commission**

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

### **Director of Religious Education**

The Director of Religious Education (DRE) is a catechetical leader and administrator who is 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 workshops; and providing opportunities for catechist formation.

## **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 Parish Bulletin.

### **Inclement Weather**

In the event of inclement weather, cancellation of classes for that day or night will be announced on radio station 95.7. If there is no public school for the day, religious education classes are automatically cancelled.

### **Arrival and Dismissal**

Classes for K-12 are from 6:30 - 7:30 p.m. Children will enter and be dismissed at the Parish Office doors. Parents/guardians are asked to accompany children K-4 to the door. Encourage your children to walk as they enter the building. Parents/guardians are to pick up their children at the same door after class.

Students will not be allowed in any classroom before the catechist arrives. After the catechist admits the student to the room, the catechist is responsible for supervising the students. Students are expected to conduct themselves in a respectful and courteous manner.

### **Attendance**

Attendance at programs and classes is essential to develop a sense of belonging to Parish 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 to the Director of Religious Education prior to the absence, no later than 6:00 p.m. the night of class.

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 Religious Education will be arranged.

In special circumstances, i.e. long term illness, a serious accident, or personal family situation, communication with the Director of Religious Education 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.

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.

**Communications**

There will be written communications to parents during the year. Children will be responsible to deliver notes to parents from catechists or the Director of Religious Education. Ongoing communication between catechists and parents is highly recommended. Parents are encouraged to contact the catechists or the Director of Religious Education if a problem develops.

**Property**

Respect for a person's property and for school and parish property is expected in every area of the school. Children are required to walk in school corridors 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 Religious Education Program is necessary. Dress reflects attitude towards persons and the activity.

**Emergency Calls**

Phone calls by a child will be made from the Religious Education Office. Only necessary calls will be made, with permission and assistance from the Director of Religious Education.

**Lost Articles**

Lost and found articles are kept in the Religious Education Office.

**Field Trips**

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

**Prayers, Beliefs and Practices**

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

**Music**

Music is an important component of religious education and is scheduled into classrooms at various times.

**Sacramental Preparation**

Children, who will receive the Sacraments of First Reconciliation and First Eucharist, and their parents are expected to attend Sacramental Preparation Meetings or events as scheduled.

## Discipline Policy

The respect and dignity of all persons is valued. Discipline helps all students as it contributes to a climate of learning, loving, and living. It helps each student as it provides an environment to guide students 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 Religious Education. 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 Religious Education. The student will be dismissed from class, following this procedure:

1. The student will meet with the Director of Religious Education.
2. The student will fill out a discipline form. The student and the Director of Religious Education agree on an appropriate behavior.
3. The student and the Director of Religious Education will sign the discipline form. The student returns to class. After class, the Director of Religious Education will give the form to the catechist to sign and the student will take it home to obtain the parent/guardian signature.
4. The Director of Religious Education will notify the parent/guardian of the disciplinary action.
5. Discipline forms will be filed in the Religious Education Office for the year. When a student has three forms on file, a conference will be held with the parent/guardian, the student, the catechist, and the Director of Religious Education.
6. A mutual agreement with the parties involved may mean a two-week assigned work at home.
7. If, after returning to the classroom, the student is again dismissed from class, the student will not be allowed to attend class for the remainder of the year. An appropriate family religious education plan will be designed at home and monitored by the Director of Religious Education.

**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 faith formation class will be more profitable:

Agreement: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student

\_\_\_\_\_  
Catechist

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Director of Religious Education

# Faith Formation and Family Enrichment

## Nights and activities 2015/2016

September 30 – Faith Formation/Family Enrichment Registration with cookies and punch

October 7 – **Family Enrichment (6:00-8:00)**

October 14 – Youth Faith Formation (6:30-7:30)

October 21 – Youth Faith Formation (6:30-7:30)

October 28 – High School to Southfield and Crestview/Youth Faith Formation (6:30-7:30)

November 4 – Youth Faith Formation (6:30-7:30)

November 11 – Youth Faith Formation (6:30-7:30)

November 18 – 7-8 Grade to Southfield and 4-6 Grade to Crestview/Youth  
Faith Formation (6:30-7:30)

November 25 – **No Faith Formation (Thanksgiving Break)**

December 2 – **Family Enrichment (6:00-8:00)**

December 9 – Youth Faith Formation (6:30-7:30)

December 16 – K-6 and Confirmation students Caroling to Southfield and Crestview/Youth  
Faith Formation (6:30-7:30)

December 23 – **No Faith Formation (Christmas Break)**

December 30 – **No Faith Formation (Christmas Break)**

January 6 – Youth Faith Formation (6:30-7:30)

January 13 – Youth Faith Formation (6:30-7:30)

January 20 – Youth Faith Formation (6:30-7:30)

January 27 – High School to Southfield and Crestview/Youth Faith Formation (6:30-7:30)

February 3 – **Family Enrichment (6:00-8:00)**

February 10 – Ash Wednesday/Faith Formation meets before Mass and  
attends together (6:30-8:00)

February 17 – Youth Faith Formation (6:30-7:30)

February 24 – 4-6 Grade to Southfield and 7-8 Grade Crestview/Youth  
Faith Formation (6:30-7:30)

March 2 – Youth Faith Formation (6:30-7:30)

March 9 – Youth Faith Formation (6:30-7:30)

March 16 – **No Faith Formation (Spring Break)**

March 23 – **No Faith Formation (Holy Week)**

March 30 – Youth Faith Formation (6:30-7:30)

April 6 – **Family Enrichment (6:00-8:00)**

April 13 – Youth Faith Formation (6:30-7:30)

April 20 – Youth Faith Formation (6:30-7:30)

April 27 – Youth Faith Formation (6:30-7:30)

May 4 – Last GOF/RE – Picnic and Games at Twin Parks (6:00-8:00)

In addition to these RE activities, each teacher will create a bible based activity for their class during each month they are not scheduled for a nursing home visit.

## **Kindergarten – Grade 12 Curriculum**

*The Gospels Weekly*, published by Pflaum and *Call to Faith*, published by OSV will be used in grades kindergarten through eight. Grades 7-8 will also learn more about their faith through a program titled *Theology of the Body for Teens: Middle School Edition*. The middle school will also use *Mark Hart's Encounter* program. High School students will use a variety of sources to enrich their faith: *Spirit Online*, *You Cat*, *The Catholic Faith Handbook*, and *Decision Point*. All grades will concentrate on Sunday's Liturgy of the Word each Wednesday. Not only will this give them a deeper understanding of the Catholic Church, it will also allow them to see how the Word is alive in each of their lives. This year, all students will also get opportunities to grow in prayer. Prayer is essential to forming an intimate relationship with Christ, so all grades will focus on developing a deeper prayer life.

Prayers, Beliefs and Practices is a document which lists the prayers, beliefs and practices introduced and reviewed at each level. The Basic Elements of Faith Formation further detail the doctrinal points covered at the various ages. Both listings can be found in this handbook.

Children in Grade Two prepare for the celebration of the Sacraments of Reconciliation and Eucharist for the first time. *Reconciliation: Together in Jesus* (Pflaum) is used to develop themes of making choices, showing we are sorry, and the joy of forgiveness, as well as exploring the Individual and Communal Rite of Reconciliation. An Act of Contrition is taught. The companion book, *Eucharist: Together in Jesus* (Pflaum) is used in preparation for First Communion. It is designed to help children understand the Sacrament of the Eucharist within the context of the celebration of the Mass. *The Gospels Weekly* is used to supplement sacramental preparation for First Reconciliation and First Eucharist.

### **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 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. (Traditional wording)

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. (Found in the Liturgy of the Hours)

### 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 for ever. 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen. (Alternate version from the Rite of Penance)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen. (Traditional version)

### Jesus Prayer

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

### Confiteor (before November 26)

I confess to almighty God and to you, my brothers and sisters that I have sinned through my own fault, in my thoughts and in my words, in what I have done and what I have failed to do. And 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. May almighty God have mercy on us, forgive us our sins and bring us to life everlasting. Amen.

### Confiteor (after November 26)

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 (before November 26)

I believe in God the Father Almighty, Creator of heaven and earth. And in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God the Father Almighty, from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

### Apostles Creed (after November 26)

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### 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, 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 is 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.

### The Rosary

How to Pray the Rosary:

Make the Sign of the Cross.

Holding the Crucifix, say the Apostles' Creed.

On the first bead, say an Our Father.

Say three Hail Marys on each of the next three beads. Say the Glory Be.

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. Announce the second Mystery and continue in the same way until each of the five Mysteries of the selected group or decades is said.

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

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

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.

## 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.

## **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

- Prudence
- Justice
- Fortitude
- Temperance

## The Four Last Things

- Death
- Judgment
- Hell
- Heaven

## 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

- Wisdom
- Understanding
- Counsel (Right Judgment)
- Fortitude (Courage)
- Knowledge
- Piety (Reverence)
- Fear of the Lord (Wonder and Awe in God's Presence)

### The Golden Rule (cf. Mt 7:12)

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

### The Five Precepts of the Church

- 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.
- You shall confess your sins at least once a year.
- You shall receive the sacrament of the Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence established by the Church.
- You shall help to provide for the needs of the Church.

### The Seven Capital Sins

- Pride
- Covetousness
- Lust
- Anger
- Gluttony
- Envy
- 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

- Faith
- Hope

- Charity

#### The Two Commandments of Love

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

#### Works of Mercy

##### The Seven Corporal Works of Mercy

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

##### The Seven Spiritual Works of Mercy

- Counsel the doubtful.
- Instruct the ignorant.
- Admonish sinners.
- Comfort the afflicted.
- Forgive offenses.
- Bear wrongs patiently.
- Pray for the living and the dead.

## **Prayers, Beliefs and Practices** **Suggested/Recommended at Developmentally Appropriate Grade Levels**

### **Kindergarten**

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

### **Grade 1**

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

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

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

### **Grade 2**

- 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

### **Grade 3**

- 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

**Grade 4**

- 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

**Grade 5**

- 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

**Grade 6**

- 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

**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
- The Golden Rule
- Holy Days of Obligation

**Grade 7**

- 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

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

- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus

**Grade 8**

- 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

**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

## Education in Human Sexuality

### Instruction

6141.11

Education In Human Sexuality (Most recent review: March 6, 2004)

Policy adopted: October 9, 1982

Revised: December 3, 1988; July 1, 2003

Archdiocesan Board of Education

Education in human sexuality is mandated in Catholic schools and in catechetical programs and is understood within the context of the dimensions below. Local boards of education 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;
- present 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, USCC, (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 section 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.” School Laws of Iowa, §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 of education in the implementation of Policy 6141.11 and the State of 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, members of the parish community. Use the Office of Educational Services as a resource when appropriate.

Tasks of the Committee:

1. Study the Archdiocesan Policy 6141.11 and Iowa Code § 279.50.
2. Study pertinent church documents, including the Policy for Protection of Minors, Archdiocese of Dubuque (2003).
3. Develop the parish 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 in the teaching of the human sexuality program.
7. Follow ABE 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/guardians, school, catechetical 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.

In a catechetical class outside of the school program, parents/guardians may request a similar exclusion.

In notifying the principal or C/DRE, the parents/guardian, the notice shall be in writing.

## **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**

1. 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 community 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 sacramentality 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, divorced, 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.

