



# **Student Handbook for Religious Education**

ENCOUNTERING THE LIVING CHRIST

**Student's Name:**

# ST. BERNADETTE AND ST. JOHN XXIII FIRST RECONCILIATION DISCERNMENT

Dear Parents,

As you brought your child to the church to have them Baptized, you promised God to help them walk as a “Child of the Light” keeping their candle burning brightly. To represent this you lit their baptismal candle from the Pascal candle and were asked to carry it for them protecting the gift of the life of Christ that had just been given to them. In addition you were also commissioned with helping them to keep their “white garment” - the outward sign of their newly cleansed soul - which had been liberated from original sin and had put on Christ, free from stain. These physical signs spoke of your commitment to God and your child of your own commitment to live out your own Baptismal promises and to be by word and example a holy, faithful family.

**So how have you been doing in keeping these promises to God and your child?**

Do you attend Mass weekly?

Do you regularly go to Confession?

Do you speak of God in the home with your children?

Do you pray together with your children?

Do your children know that Christ is the center of your lives?

**If you have not been doing these, today is a new day and you can begin again. God’s mercy awaits all who desire to come and receive it.** (If you have anything holding you from fulling practicing the faith please contact us and let us help you to see how we can help.)

**Discerning our child’s readiness;**

In discerning if your child should be presented for a Sacrament and as their true educators in the faith you are the ones who will know best if they are ready for the Sacrament of Confession (Reconciliation).

Young children understand right and wrong at an early age but they

may not understand what sin is. They must be able to understand that their actions in choosing to do wrong not only hurt other people but also damage their relationship with God. In addition they need to take responsibility for their actions and have true sorrow for them. With true sorrow for our sins then we experience the immense joy of God's mercy in His forgiveness.

**In order to help you discern your child's readiness for the Sacrament of First Confession (Reconciliation) please take some time to pray and observe your child's behavior while thinking about the following questions.**

**My child's relationship with God:**

Does my child desire to pray?

How does my child pray?

When does my child pray? Do they only pray at meals or when told to? Do I see them going off to pray alone?

Does he or she speak about a God who loves them?

Does my child speak freely of his/her love for God?

Does he or she recognize the gifts that God has given him/her? The family, life, health, etc..

**My child's relationship with his or her neighbor:**

Can my child distinguish actions which are right and wrong, and which are accidents?

Can he or she express the difference between right and wrong in his or her own words?

Does he or she show true sorrow for their failure to love and for sin?

Does my child understand the interrelationship among love of God, neighbor and self?

Do they assume personal responsibility for their acts of omissions?

Do they know that sin hurts their relationship with God?

Do they understand that the Sacrament of Confession (reconciliation) is the gift of God's forgiveness?

Does my child understand he or she must desire to change unloving behavior?

# QUESTIONS ABOUT MASS

## Mass Attendance

Every family needs to attend mass every Sunday or Holy day of Obligation. The dates are included in this booklet. The appropriate date must be signed by the priest or deacon at the end of every Mass.

### **What if I go to a different church sometimes?**

If you attend another church on a Sunday, please ask the priest or deacon to initial your booklet for that date.

### **Why can I go to mass on Saturday?**

Masses after at or after 4pm on Saturdays or Days before Holy Days of Obligation are called Vigil Masses. These count as Sunday masses. This comes from the old tradition that the next day starts when the sun sets, and we have kept this tradition to this day.

### **Can I go to Mass any day of the week then?**

You can attend Mass any day of the week, but in keeping with the Lord's command to "keep holy the Sabbath" we must go to Mass on Sunday (or Saturday night) each week.

Weekdays cannot substitute for a Sunday.

### **Holy days of Obligation**

Holy days of Obligation are feast days that the Church has seen so important that they have said that a person must treat them like a Sunday.

### **Holidays this school year are...**

*Friday November 1st – All Saints Day*

*Wednesday December 25th – Christmas*

*January 1st – Mary the Mother of God*

## PRAYERS AND TEACHINGS

*The prayers and teachings that have a “\*” next to them must be known in order for a person to receive their sacraments*



## PRAYERS

### \*THE SIGN OF THE CROSS

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

### \*OUR FATHER

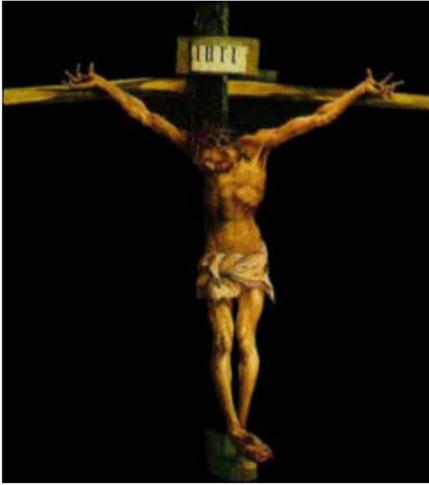
**Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

### \*HAIL MARY

**Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

## **\*GLORY BE**

**Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.**



## **\*ACT OF CONTRITION**

**O my God, I am heartily sorry for having offended thee, and I detest all my sins because of Thy just punishment, but most of all because I have offended Thee my God, Who is 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.**

## **\*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 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 APOSTLE'S 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 arose 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 the life everlasting. Amen.

### Hail Holy Queen

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

## FATIMA PRAYER

**O my Jesus, forgive us our sins. Save us from the fire of Hell. Lead all souls to heaven especially those in most need of thy mercy.**

## ANIMA CHRISTI (SOUL OF CHRIST)

**Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O Good Jesus, hear me. Within your wounds hide me. Permit me not to be separated from you. From the wicked foe, defend me. At the hour of my death, call me and bid me come to you that with your saints I may praise you For ever and ever. 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, We fly unto thee, O Virgin of virgins my Mother; to thee do we come, before thee we stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer them. Amen.**



## THE ANGELUS

V- The Angel of the Lord declared unto Mary. R- And she conceived by the Holy Spirit. (Hail Mary....) V- Behold the handmaid of the Lord. R- Be it done unto 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.

## SAINT MICHAEL PRAYER

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

## FATIMA PRAYER

O my Jesus, forgive us our sins. Save us from the fire of Hell. Lead all souls to Heaven, especially those in most need of thy mercy.

## MORNING OFFERING

Dear Lord, I do not know what will happen to me today. I only know that nothing will happen that was not foreseen

by You, and directed to my greater good from all eternity. I adore Your holy and unfathomable plans, and submit to them with all my heart for love of You, the Pope, and the Immaculate Heart of Mary. Amen.

#### GUARDIAN ANGEL PRAYER

Angel of God, my Guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

#### GRACE BEFORE MEALS

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

#### \*TEN COMMANDMENTS

Love the lord your God with all your heart all your mind  
and all your strength.

Love your neighbor as yourself.

1. I am the Lord your God: You shall not have strange Gods before 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 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 your neighbor's goods.

## **CORPORAL WORKS OF MERCY**

**To feed the hungry; To give drink to the thirsty; To clothe the naked; To harbor the harborless; To visit the sick; To ransom the captive; To bury the dead**

## **\*GIFTS OF THE HOLY SPIRIT.**

**Wisdom. Understanding. Counsel. Fortitude. Knowledge. Piety. Fear of the Lord.**

## **\*PRECEPTS OF THE CHURCH**

- 1. You shall attend Mass on Sundays and on holy days of obligation.**
- 2. You shall confess your sins at least once a year.**
- 3. You shall receive the sacrament of the Eucharist at least once 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.**

**“OUR LORD IN THE MOST  
BLESSED SACRAMENT  
HAS HIS HANDS  
FULL OF GRACES,  
AND HE IS READY TO  
BESTOW THEM ON ANYONE  
WHO ASKS FOR THEM.”**

**~ ST. PETER OF ALCANTARA**



## 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 one Hail Mary on each of the next three beads.**
5. **Say the Glory Be.**
6. **For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.**
7. **While fingering each of the ten beads of the decade, next say ten Hail Mary's while meditating on the Mystery. Then say a Glory Be.**
8. **After finishing each decade, some say the Fatima Prayer**
9. **After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:**

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

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

**Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the**

**rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen**

**JOYFUL MYSTERIES - (Mondays, Saturdays)**

**The Annunciation The Visitation**

**The Nativity**

**The Presentation in the Temple**

**The Finding in the Temple**

**SORROWFUL MYSTERIES - (Tuesdays, Fridays)**

**The Agony in the Garden**

**The Scourging at the Pillar**

**The Crowning with Thorns**

**The Carrying of the Cross**

**The Crucifixion and Death**

**GLORIOUS MYSTERIES - (Wednesdays, Sundays)**

**The Resurrection**

**The Ascension**

**The Descent of the Holy Spirit**

**The Assumption**

**The Coronation of Mary”**

**LUMINOUS MYSTERIES - (Thursdays )**

**The Baptism of Christ in the Jordan**

**The Wedding Feast at Cana**

**Proclamation of the Coming of the Kingdom of God**

**The Transfiguration**

**The Institution of the Eucharist”**

## BASIC QUESTIONS & ANSWERS

**Below you will find all of the questions and answers that you will be covering throughout the year.**

**The questions with a “\*” next to them must be known and answered correctly in order to receive your sacraments.**

### RECONCILIATION

Reconciliation (Year 1) students must know only questions 1-64.

### CONFIRMATION/FIRST COMMUNION QUIZ

Confirmation (year 2) students must know the questions for year 1 and year 2, that is, all of the questions listed.

**1. \*Who made you?**

God made you

**2. \*Who is God?**

God is the all-perfect Being, Creator of Heaven and earth.

**3. Where is God?**

God is in Heaven, in the church, on earth, and everywhere.

**4. Does God know everything?**

Yes God knows everything even our thoughts.

**5. \*Is there only one God?**

Yes, there is only one God.

**6. \*How many persons are there in God?**

In God, there are three persons: the Father, the Son, and the Holy Spirit.