



Level 3 Sacramental Preparation

Areas of Focus:	Completed:
1) Do I participate in every Sunday Mass and Holy Day of Obligation?	<input type="checkbox"/>
2) Do I pray every day? How do I live my relationship with Jesus on a daily basis?	<input type="checkbox"/>
3) Do I know how to use an adult Bible?	<input type="checkbox"/>
4) Have I <u>reread</u> The New Saint Joseph First Communion Catechism? Did I learn anything new? What questions do I still have?	<input type="checkbox"/>
5) Have I <u>reread</u> the Catholic Children's book Receiving Holy Communion by Rev. Lawrence G. Lovasik? Did I learn anything new? What questions do I still have?	<input type="checkbox"/>
6) How do I prepare to receive Jesus in the Eucharist?	<input type="checkbox"/>
7) Do I know how to receive Jesus in Holy Communion?	<input type="checkbox"/>
8) What do I tell Jesus after I receive Him in Holy Communion?	<input type="checkbox"/>
9) When should I not receive Jesus in the Eucharist?	<input type="checkbox"/>
10) Do I desire to receive Jesus in the Eucharist?	<input type="checkbox"/>
11) Why do we say a prayer of thanksgiving after Mass?	<input type="checkbox"/>
12) Have I read the Catholic Children's book <i>The Holy Spirit</i> by Rev. Lawrence G. Lovasik? What did I learn? What questions do I have?	<input type="checkbox"/>
13) What is the Sacrament of Confirmation?	<input type="checkbox"/>
14) What are the 7 Gifts of the Holy Spirit?	<input type="checkbox"/>
15) What are the Fruits of the Holy Spirit?	<input type="checkbox"/>
16) Do I desire to be sealed with the gift of the Holy Spirit?	<input type="checkbox"/>
17) Have I chosen a Confirmation name?	<input type="checkbox"/>
18) Have I read the Catholic Children's book <i>The Holy Rosary</i> by Rev. Lawrence G. Lovasik? Do I understand what the mysteries of the Rosary are? Can I explain what they are about?	<input type="checkbox"/>
19) Am I able to use the <i>Pray the Rosary Daily</i> pamphlet (or Holy Rosary book) to pray the Rosary by myself?	<input type="checkbox"/>
20) What is the Divine Mercy Chaplet? Have you prayed this chaplet together as a family?	<input type="checkbox"/>
21) Have I read the Catholic Children's book <i>The Eight Beatitudes</i> by Rev. Lawrence G. Lovasik? What did I learn? What questions do I have?	<input type="checkbox"/>
22) Why do we say the Church is One?	<input type="checkbox"/>
23) Why do we say the Church is Holy?	<input type="checkbox"/>
24) Why do we say the Church is Catholic?	<input type="checkbox"/>
25) Why do we say the Church is Apostolic?	<input type="checkbox"/>
26) As a family, have we read through & discussed the 5 precepts of the Church (the 5 necessary practices for all Catholics?)	<input type="checkbox"/>
27) Have I gone to Confession at least 2 times?	<input type="checkbox"/>
28) Have I attended the Parent/Child Retreat on Confirmation and the Eucharist?	<input type="checkbox"/>
29) Have I completed an Exit Interview with Fr. Michael or Fr. Nursey?	<input type="checkbox"/>

Family Name: _____

Child Name: _____

Mentor Name: _____

Mentor Signature: _____

Date Completed: _____

Please turn sheet into
the Parish Office
upon completion.



All Saints Catholic Community

St. Ann – St. Edward
St. Stephen and St. Theresa

Sacramental Preparation Bonus Activities

(not required)

	Task:	Complete:
1	Memorize the “Our Father,” “Hail Mary” and “Glory Be” in Latin.	<input type="checkbox"/>
2	Pray the Stations of the Cross on Fridays during Lent.	<input type="checkbox"/>
3	Participate at week day Masses.	<input type="checkbox"/>
4	Make short visits to the Blessed Sacrament.	<input type="checkbox"/>
5	Participate at Adoration, even if just for 10 to 20 minutes.	<input type="checkbox"/>
6	Go on pilgrimage to any shrine or church: i.e. St. Joseph Retreat Center in McBain, Cross In The Woods (Indian River) both are great places to pray outdoor Stations of the Cross; Our Lady of the Woods Shrine (Mio), which is a great place to learn more about some of Mary apparitions; Bishop Baraga sites (e.g. Holy Cross on Beaver Island, St. Ignatius in Good Hart). It would be good to read about Bishop Baraga online before going.	<input type="checkbox"/>
7	Learn and practice the Spiritual and Corporal Works of Mercy.	<input type="checkbox"/>
8	Prepare to altar serve by learning the names and purposes of the items used for Mass and by shadowing the other altar servers.	<input type="checkbox"/>

Level 3 Questions & Answers

1) Do I participate in every Sunday Mass and Holy Day of Obligation?

This is a simple yes or no question. It is repeated from Level 1 and 2 because it needs to become something we cannot live without. It is extremely important we put into practice the third commandment to “Keep Holy the Sabbath” and Jesus’ command at the Last Supper to “Do this in memory of me.” On the Sabbath (Seventh Day) the Israelites were asked to rest from work in order to acknowledge their relationship with God as being the priority. It was a day of thanksgiving to God for all of His blessings.

Since Jesus Christ is the fullness of blessings given to all of us, the day of His resurrection (Lord’s Day or Sunday) becomes the privileged day to remember and to celebrate our covenant with God. We rest from work to make God the priority and we fulfill Jesus’ words “Do this in memory of me” by renewing our covenant with Him in the celebration of the Eucharist. In the Eucharist we give thanks for Jesus sacrificed for us and represented to us on the Altar. We come together as the Family of God, united by His Word and by His Body and Blood.

The importance of making it to Sunday Mass cannot be emphasized enough! It is a personal and family covenantal moment the Church defines as the “source and summit of the Christian life”. (CCC 1324) It is such an important encounter wanted by Jesus, that to miss it without good reason constitutes sinfully grave matter. Jesus gives Himself to us and we give ourselves to Him. With Jesus on the Altar we are asking the Father to look upon His only Begotten Son and pour down grace upon all of us.

We recommend completing the Mass Journal with your child after every Mass. The Mass Journal is an awesome tool to help you and your child discuss what he/she heard in Mass.

2) Do I pray every day? How do I live my relationship with Jesus on a daily basis?

This is repeated from level one and two because it needs to become something we cannot live without. Below is the explanation from level one.

We cannot have a relationship with Jesus without prayer. Prayer is anytime we give our hearts and minds to God. It can be a simple conversation with God in which we listen and speak to Him as His children and as His friends. It is being mindful of His loving presence, in which we thank Him, love Him, petition His help and offer to Him all our actions.

With this question we are trying to make sure children are able to spontaneously talk with Jesus and through this dialog to open themselves up to His presence. As Jesus becomes their best friend, they will begin to see all the ways He takes care of them and that they can trust Him. Their love for Him will grow and they will naturally desire to meet Him more fully in the Sacraments.

Spontaneous prayer should also extend as a conversation to the angels and saints, above all to Mary as our Heavenly Mother wanting to help us love her Divine Son.

Spontaneous Prayer should always be present, from our waking to our sleeping. Children should be taught to say “good-morning” and “good-night” to Jesus, to tell Him “thank you” and “I love you” throughout the day, to ask for help before beginning difficult tasks, before beginning to drive in the car, when they see someone in need, when they hear the siren of an ambulance, before meals, when passing a Catholic Church or cemetery, etc. Prayers need not be long, only from the heart.

3) Do I know how to use an adult Bible?

Children should start to become familiar with the structure of an adult Bible. The Catholic Children's Bible is organized much the same way as an adult Bible.

The first thing to explain is the division between the Old Testament (covenant stipulated with Moses) and the New Testament (covenant stipulated with Jesus). The New Testament or New Covenant begins with the birth of Jesus.

Within this division, the Bible is divided into books. In fact, the word "Bible" comes from Greek and means "books." The Catechism of the Catholic Church (nn. 106-108) explains how we should consider these "sacred books."

God inspired the human authors of the sacred books. "To compose the sacred books, God chose certain men who, all the while he employed them in this task, made full use of their own faculties and powers so that, though he acted in them and by them, it was as true authors that they consigned to writing whatever he wanted written, and no more."

The inspired books teach the truth. "Since therefore all that the inspired authors or sacred writers affirm should be regarded as affirmed by the Holy Spirit, we must acknowledge that the books of Scripture firmly, faithfully, and without error teach that truth which God, for the sake of our salvation, wished to see confided to the Sacred Scriptures."

Still, the Christian faith is not a "religion of the book." Christianity is the religion of the "Word" of God, a word which is "not a written and mute word, but the Word is incarnate and living." If the Scriptures are not to remain a dead letter, Christ, the eternal Word of the living God, must, through the Holy Spirit, "open [our] minds to understand the Scriptures."

Each book is then divided into chapters and each chapter is further divided into verses. A child should at least know how to find a specific book by using the index and then find the specific chapter and verse. The following scripture passages are commonly known and would be great for practice. Exodus 20:3-17; Joshua 24:15; 1 Samuel 15:22; Psalm 23:1-6; Matthew 6:9-13; John 14:6; Acts 17:28; Philippians 4:13; Revelation 3:20.

4) Have I reread *The New Saint Joseph First Communion Catechism*? Did I learn anything new? What questions do I still have?

This is a yes or no question. While reading this Catechism is listed in Level 1 and 2, we believe it is worth reading again. This Catechism is written for children and explains *Catholic doctrine with the aid of many exclusive features, including pictures to help children understand each lesson. Extensive use of Sacred Scripture demonstrates the basis of Catholic doctrine and brings it to life. This book combines a contemporary viewpoint and language with a solid time-tested exposition of Catholic Church teachings.*

We recommend reading this book numerous times with your child while he/she is preparing to receive the Sacraments. Additionally, at the end of each lesson there is a list of questions. It would be good if your child is able to answer these.

**5) Have I reread the Catholic Children’s book *Receiving Holy Communion* by Rev. Lawrence G. Lovasik?
Did I learn anything new? What questions do I still have?**

This is a yes or no question. The follow-up questions are designed to help the child enter into a conversation about the Eucharist.

In this book, Rev. Lawrence G. Lovasik helps children understand the meaning of receiving Communion within the broader tradition of the Faith.

It may be necessary to read this book more than once.

6) How do I prepare to receive Jesus in the Eucharist?

We prepare ourselves interiorly and exteriorly for Holy Mass by thinking about who we are going to meet. We get cleaned up and if possible we put on nice clothes. We fast for an hour before the reception of Holy Communion. On a Sunday this means we need to stop eating or drinking anything but water 30 to 40 minutes prior to Mass. On a weekday we need to give ourselves more like 45 to 50 minutes before Mass because the Mass is shorter. We may need to go to Confession if we have committed a grave sin or have not had Confession in a while. It is also a great practice to read over the scripture readings beforehand. There are some wonderful apps for this: “myParish”; “Ibreviary”; “Laudate”.

It is enough for children to explain how they get ready: praying, fasting, and getting dressed.

7) Do I know how to receive Jesus in Holy Communion?

The child should be able to explain how to get in line, how to make a little reverence with their head when in front of the Eucharist, how to receive Jesus either on their tongue or hands, and how to say “Amen” after the words “The Body/Blood of Christ”.

Please have them practice the reverence, reception and saying “Amen”.

8) What do I tell Jesus after I receive Him in Holy Communion?

Receiving Jesus in the Eucharist is such a gift and so our focus needs to be on Him within us. Once we are back to our places it may be helpful to kneel and close our eyes in order to give Jesus our full attention. We should then peacefully enjoy being so close to our God and friend. Jesus speaks to us above all by saying “He is with us” and that “He loves us”; it is important to listen to Him by simply being aware of His loving presence.

We can tell Him whatever we like. The following phrases are some simple examples: “I love you Jesus”; “I trust you Jesus”; “Thank you Jesus for...”; “Take my heart and fill it with your love”; etc...

It is enough for the child to know how precious this moment is and share some appropriate things they would say to Jesus.

9) When should I not receive Jesus in the Eucharist?

We should not receive the Eucharist if we have committed a grave sin; if we have not gone to confession in at least a year; if we have not fasted long enough before Communion; and if we have already received Communion twice in the same day.

10) Do I desire to receive Jesus in the Eucharist?

Even though this is a yes or no question, the child should be able to say why they desire to receive Jesus in the Eucharist. The following are some possible answers: “I want to love Jesus”; “I want God to dwell within me”; “I want to receive Jesus in my body and heart”; “I want Jesus in the Eucharist to nourish my relationship with Him”; etc...

11) Why do we say a prayer of thanksgiving after Mass?

This prayer of thanksgiving is spending a moment to thank God for the gift of everything we receive in Mass, both from the readings and from the Eucharist. It could be very brief or it could be for a long time. It is a wonderful and beneficial practice to kneel down for a moment after Mass to say a special “thank you” for all the graces we have received. It is also important to thank the Lord throughout the day and during the week for the gift of receiving Him in Mass.

The child should be able to explain that we thank God for the gift of Himself in the Eucharist. It is such a precious gift that we should be grateful and remember to love God within us whenever we can.

12) Have I read the Catholic Children’s book *The Holy Spirit* by Rev. Lawrence G. Lovasik? What did I learn? What questions do I have?

This is a yes or no question. The follow-up questions are designed to help the child enter into a conversation about the Sacraments.

In this book, Rev. Lawrence G. Lovasik introduces Catholic children to the Holy Spirit. Included is an explanation of the Holy Trinity, the Third Person in the Blessed Trinity, descriptions of the role of the Holy Spirit in the sacraments of Baptism and Confirmation, short introductions to the events in which Jesus spoke of the Holy Spirit, an explanation of Pentecost and the subsequent teachings of Saint Peter and Saint Paul on the Holy Spirit, explanations of sanctifying graces and actual graces provided by the Holy Spirit, and a prayer for the seven gifts of the Holy Spirit (wisdom, understanding, counsel, fortitude, knowledge, piety, and holy fear).

It may be necessary to read this book more than once.

13) What is the Sacrament of Confirmation? (see also Lesson 8 in the *First Communion Catechism*)

The Sacrament of Confirmation “confirms” or “strengthens” the grace of Baptism. With this Sacrament we ask to be “sealed with the gift of the Holy Spirit” which means we ask to be filled with the love of God. As our relationship with Jesus grows we desire to be animated with His Spirit, with the love of God which is the Holy Spirit in us. The outpouring of this love in our hearts allows us to “know” Jesus (experientially), to understand Him and to feel close to Him. It strengthens us, setting our hearts on fire, so that we desire to share God’s love with others.

During the Sacrament, the Bishop anoints our forehead with the Oil of Chrism. Holy Oil represents the outpouring of the Holy Spirit which renders us Christians. To be a Christian literally means to be “anointed” from the Greek. Christ is The Anointed One of the Father and when we receive the gift of the Holy Spirit we become anointed too. We are anointed by the outpouring of His life into our hearts by the Holy Spirit living and working in us.

(Question 13 continued)

It is enough for the child to understand that the Holy Spirit wants to live within us, filling us with God's presence and love. He helps us to understand and feel close to Jesus. The best moment to talk about this gift is in preparation for the Solemnity of Pentecost, fifty days after Easter, when there was the outpouring of the Holy Spirit on the Apostles in the upper room. Other great moments are whenever the child might experience fear or a desire to know Jesus better. These are wonderful opportunities to explain that God lives within us, so we are never alone, and that the Holy Spirit desires to help us know Jesus better.

14) What are the 7 Gifts of the Holy Spirit? (see also pages 30 & 31 in *The Holy Spirit book*)

"The Seven Gifts of the Holy Spirit are Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. They are taken from Isaiah 11:2-4.

They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations." (CCC, 1831)

During the Confirmation retreat we will explore the Gifts of the Holy Spirit and their meanings. The best time to discuss them with the child is in preparation for Pentecost, when these gifts were poured into the hearts of the disciples in the Upper Room. (Acts 2)

15) What are the Fruits of the Holy Spirit?

The 9 Fruits of the Holy Spirit listed in Galatians 5:22 are "Love, joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness and Self-control." The Catechism says: "The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory." The Catechism also adds 3 more fruits to the list: "goodness, modesty and chastity", for a total of twelve.

It is enough for the child to list the 9 Fruits from Galatians 5:22 and to understand that the presence of the Holy Spirit in our hearts fills us with these fruits. It may be helpful to use the analogy of a fruit tree; when the tree receives light from the sun and the water from rain, it produces lots of fruit. The sunlight is analogous to us receiving Jesus' light through His Word and the Sacraments, and the rain is analogous to us receiving the Holy Spirit through prayer.

A good time to explain the Fruits of the Holy Spirit are whenever we see the need for more "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control." Since we need all of these on a daily basis, it is so important that we learn to pray and remain connected with God.

16) Do I desire to be sealed with the gift of the Holy Spirit?

When we ask to be "sealed" with the Holy Spirit we are asking to be "confirmed." We want our relationship/friendship with Jesus to be confirmed (strengthen) by the outpouring of the Holy Spirit in our lives. Because we have such a love for Jesus we desire to be animated by His Spirit. Truly the Holy Spirit configures us to Jesus and puts Jesus' sentiments in our heart. (Phil. 2:5) This is such a supernatural gift that it is beyond words! It is the experiential love of God in our lives, the feeling of being truly in love with Him and wanting Him to lead us always.

Although, we ask for this gift at Confirmation, some people do not really open this gift of God's presence and love until a later time. Ideally, we should desire the out pouring of God's presence and love so much that we unwrap the gift and treasure it as soon as possible.

(Question 16 continued)

It is enough for the child to express their desire to have the Holy Spirit in order to have their hearts on fire with the love of God, to be able to love Jesus with all their heart and to be more like Him.

A good teaching moment for this would be in the months prior to receiving Confirmation, however every time the child asks how they can know Jesus better and love Him more fully would be a wonderful time to explain our need for the Holy Spirit. It would be good to say a little prayer to the Holy Spirit like the following: "Come, Holy Spirit, fill our hearts with the fire of your love so we can love Jesus and always be guided by you."

17) Have I chosen a Confirmation name?

Through the process of canonization, a person may be declared a saint by the Church. When this is done, the Church is declaring that this person lived a life of heroic virtue. 'The Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors' (CCC 828)

Saints are good people for us to look up to within our Church. Just like we sometimes admire famous actors, musicians, or athletes for their talents and skills, we can aspire to live our lives like the saints. Talk about great role models!

Additionally, it is important to remember we are never alone. St. Paul said, 'We are surrounded by so great a cloud of witnesses' ([Hebrews 12:1](#)). These witnesses are the saints who continually intercede for us (CCC 956). When we choose a confirmation saint, we are choosing a special friend to intercede for us in heaven.

We prayerfully choose a confirmation name to help us in our relationship with God. For example Saul of Tarsus choose to be called Paul, which means small or little. He choose a new name in order to remember that Christ gave him new life and to strive to be always a humble (small) servant of Jesus. Simon was given the name Peter by Jesus to emphasize that he was to be the rock upon which Christ wanted to build His Church. This reminded St. Peter to always cling to Jesus, the Cornerstone, in order to be the rock Jesus could use to hold His Church together.

Our confirmation name can be of a saint that inspires us and we feel close to or it can be chosen for its meaning, reminding us of what we want to be for Jesus. This is a good opportunity to spend some time looking at the lives of individual saints, so we can identify saintly people and traits we'd like to imitate.

The child should be able to say the name they chose and why they chose it.

18) Have I read the Catholic Children's book The Holy Rosary by Rev. Lawrence G. Lovasik? Do I understand what the mysteries of the Rosary are? Can I explain what they are about?

This is a yes or no question. The follow-up questions are designed to help the child enter into a conversation about the Rosary.

After reading the book a few times, the child should be able to recite the four main Rosary mysteries and when given the title of each decade mystery be able to discuss what it is about.

To aid discussion with your child and/or with your child's mentor the mysteries are also listed on the next pages (in chronological order.)

The Five Joyful Mysteries summarize the joyful moments at the beginning of Jesus' life. They are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. **The Annunciation:** We reflect on the Archangel Gabriel coming to Mary and joyfully announcing the birth of Jesus. We are grateful that Mary said "yes" to God for us.
2. **The Visitation:** We reflect on Mary, pregnant with Jesus, going to visit her cousin Elizabeth, pregnant with John the Baptist, in order to help her and to celebrate with her the wonders of God.
3. **The Nativity:** We reflect on the humble birth of Jesus, joyfully giving thanks that He desires to be born in the poverty of our hearts and lives.
4. **The Presentation in the Temple:** We reflect on the true sacrifice being brought into the temple and on the humility of Jesus who is entrusted back to the Father through the hands of Mary and Joseph.
5. **The Finding in the Temple:** We reflect on Jesus doing the will of His Father, and Mary and Joseph's joy at finding Jesus. May we pray for everyone to find Jesus.

The Five Sorrowful Mysteries summarize the passion of Jesus. They are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

1. **The Agony in the Garden:** We reflect on Jesus who embraces the consequences of our sin in the Garden of Gethsemane and sweats blood. We rejected God in a garden, and in a garden He chooses to die for us.
2. **The Scourging at the Pillar:** We reflect on Jesus who is disfigured because sin has disfigured us.
3. **The Crowning with Thorns:** We reflect on Jesus being humiliated because sin has made us proud.
4. **The Carrying of the Cross:** We reflect on Jesus obediently carrying the cross because we wanted to be free to do whatever we want.
5. **The Crucifixion and Death:** We reflect on Jesus dying for us because without His love and grace we would be eternally separated from Him.

The **Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. **The Baptism of Christ in the Jordan:** We reflect on Jesus taking our sins upon Himself and making water a sign of our covenant with God.
2. **The Wedding Feast at Cana:** We reflect on Jesus' first miracle changing water into wine, signifying the abundance of life He desires to give us.
3. **Jesus' Proclamation of the Coming of the Kingdom of God:** We reflect on Jesus' light coming to us through all His words and deeds.
4. **The Transfiguration:** We reflect on Jesus as the Light of the World and as the Glorious Son of God. If we listen to His voice we will become like Him.
5. **The Institution of the Eucharist:** We reflect on Jesus' presence in the Eucharist and His desire to live within us.

The **Five Glorious Mysteries** are traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

1. **The Resurrection:** We reflect on Jesus being the Life and Light of the World. In Him there is no death.
2. **The Ascension:** We reflect on Jesus taking our humanity up to Heaven; He draws us upwards and promises that where He the Head has gone, we the Body will follow.
3. **The Descent of the Holy Spirit:** We reflect on Jesus interceding for us and sending the Holy Spirit to dwell within us.
4. **The Assumption:** We reflect on Jesus loving Mary so much that He not only preserved her from all stain of sin, but consequently He preserves her body from corruption.
5. **The Coronation of Mary:** We reflect on Jesus crowning Mary as Queen of Heaven and Earth because she is our Mother and intercedes for us.

19) Am I able to use the Pray the Rosary Daily pamphlet (or The Holy Rosary Book) to pray the Rosary by myself?

This is basically a yes and no question. A child should be able to hold a rosary up and indicate the meaning of each bead and demonstrate how to use the pamphlet/book to pray the Rosary.

The word “rosary” comes from latin “rosarium”, meaning “rose garden”. When we pray the Rosary we are offering our prayers and hearts as roses to Jesus through the loving hands of Mary Our Mother.

The Month of October is dedicated to Our Lady of the Rosary, with the 7th being the actual Feast Day. Good teaching moments are simply each time we pray the Rosary together, especially during the Month of October. Often people will pray their Rosary while traveling. It usually takes about 20 to 25 minutes. The fruits of praying the Rosary cannot be underestimated. Holy Mother Church, through the Popes has most highly recommended this prayer and even Our Blessed Mother herself in her apparitions has asked us to pray it daily.

For more information, please refer to the Vatican website & read Rosarium Virginis Mariae by John Paul II.

20) What is the Divine Mercy Chaplet? Have you prayed this chaplet together as a family?

The message of the Divine Mercy is that God loves us and wants us to recognize that his mercy is greater than our sins. We can always call upon God with trust, receive his mercy, and then let it flow through us to others. The Chaplet of Divine Mercy helps remind us of this great message that is based on the writings of St. Faustina Kowalska.

We ask that you pray this chaplet together as a family. In doing so, your child may learn which prayers correspond to which beads.

On the 5 “bigger” beads: “Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.”

On the 10 Small Beads: “For the sake of His sorrowful Passion, have mercy on us and on the whole world.”

At the very end: “Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.” (3x)

21) Have I read the Catholic Children's book *The Eight Beatitudes* by Rev. Lawrence G. Lovasik?

What did I learn? What questions do I have?

This is a yes or no question. The follow-up questions are designed to help the child enter into a conversation about the Beatitudes.

In this book, Rev. Lawrence G. Lovasik, introduces Catholic children to the eight Beatitudes as explained by Jesus Christ in His Sermon on the Mount and provides prayers to help us live according to the Beatitudes.

After reading the book a few times, the child should be able to give real life examples of how we can live out each beatitude (or at the very least, build upon the examples given in the book.)

22) Why do we say the Church is One?

We say that the Church is one because through Jesus we all have "one" and the same Father in Heaven. "The Church is one because of her founder: for "the Word made flesh, the prince of peace, reconciled all men to God by the cross." (CCC 813) Through our relationship with Jesus we enter the one family of God.

Although Jesus founded only one Church under the care of St. Peter and the Apostles we acknowledge that "all who have been justified by faith in Baptism are incorporated into Christ; they therefore have a right to be called Christians, and with good reason are accepted as brothers in the Lord by the children of the Catholic Church." (CCC 818) We need to pray that the wounds of misunderstanding and sin may be healed so we may all be "one" and partake of "the fullness of grace and truth that Christ has entrusted to the Catholic Church." (CCC 819)

It is enough for the child to know and answer that God only has one family. By being baptized and living faithfully our friendship with Jesus we belong to the one family of God.

23) Why do we say the Church is Holy?

The Church is holy because Christ is holy; The Church is the body of Christ, endowed with the gift of the Holy Spirit. (CCC 823) "United with Christ, the Church is sanctified by him." (CCC 824) "The Church on earth is endowed already with a sanctity that is real though imperfect." (CCC 825)

It is enough for the child to know that the Church is holy because it belongs to Jesus. It is also good for the child to know that we are a living part of the Church (of Jesus) in as much as we become "church," housing the presence of God who wants to live within us.

24) Why do we say the Church is Catholic?

The word "catholic" comes from Greek and is usually translated "universal". It literally means "about the whole." The Church is catholic in two senses. Firstly, because Christ is wholly present to her. St. Ignatius of Antioch says: "Where there is Christ Jesus, there is the Catholic Church." (CCC 830) "Secondly, the Church is catholic because she has been sent out by Christ on a mission to the whole of the human race." (CCC 831)

It is important to know that "even though incorporated into the Church, one who does not however persevere in charity is not saved. He remains indeed in the bosom of the Church, but 'in body' not 'in heart.'" (CCC 837)

It is enough for the child to know that "catholic" means "universal" and that the Church is for everyone in the whole world.

25) Why do we say the Church is Apostolic?

We say the Church is Apostolic:

- 1) Since she was founded upon the Apostles;
- 2) Since she “keeps and hands on the teaching... she has heard from the apostles;
- 3) Since “she continues to be taught, sanctified, and guided by the apostles until Christ’s return, through their successors in pastoral office: the college of bishops, assisted by priests, in union with the successor of Peter, the Church’s supreme pastor.” (CCC 857)

The word “apostle” means “to be sent”. Jesus said to His Apostles: “As the Father has sent me, even so I send you.” (Jn. 20:21) The gift of Faith in Jesus is too precious to keep for ourselves so it impels us to “go out” and share it.

The child should know that the Church is Apostolic because Jesus founded her upon His Apostles, that the successors of the Apostles are the bishops, and that we are all “sent” out by Jesus to share the Gospel.

26) As a family, have we read through and discussed the 5 precepts of the Church (the 5 necessary practices for all Catholics?)

It is important for each family to know these precepts since the Church requires these as “the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.” (CCC 2041) In other words, the Church is very concerned about our spiritual welfare if we do not keep at least these precepts.

- 1) Attend Mass on Sundays and holy days of obligation.
- 2) Confess our sins at least once a year.
- 3) Receive the Eucharist at least once a year during the Easter Season.
- 4) Observe the days of fasting and abstinence established by the Church.
- 5) Provide for the material needs of the Church, according to one’s abilities.

Please see CCC 2041-2043 for a more in-depth explanation.

We humbly suggest, that in reading these, if you find a precept your family isn’t meeting to make the necessary changes.

27) Have I gone to Confession at least two times?

This is a simple yes or no question. During this third level it is fitting for the child to form the habit of going to Confession when they recognize that their words or actions did not please Jesus.

28) Have I attended the Parent/Child Retreat on Confirmation and the Eucharist?

Children and parents are required to attend the following retreats:

Reconciliation, Confirmation/Eucharist.

Each of these retreats is offered once per year.

The retreats may be attended more than once; however, the following retreats are required:

Level 2: Reconciliation

- Prior to the child receiving the Sacrament of Reconciliation, the Reconciliation retreat must have been attended.

Level 3: Confirmation/Eucharist

- Prior to receiving the Sacraments of Confirmation and Eucharist the Confirmation/Eucharist Retreat must have been attended.

29) Have I completed the Exit Interview with Fr. Michael or Fr. Nursey?

The Sacraments are amazing free gifts from our heavenly Father. Like all gifts, the better we understand them, the more we can appreciate and use them. Your church family wants you and your child to fully receive the graces God provides us through the Sacraments. The Exit Interviews are designed to help our priests assess your child's understanding of the Sacraments he/she is preparing to receive, clear up any misconceptions, and allow your child to ask any lingering questions he/she may have. These will be scheduled each spring with the expectation that your child has completed the final packet with his/her mentor prior to the interview.

Please check the Sacramental Preparation Schedule for the date of these interviews and add it to your calendar well in advance.