

All Saints
Catholic Community



Level One: Reconciliation

A NOTE ABOUT SACRAMENTS IN THE DIOCESE OF GAYLORD and ALL SAINTS CATHOLIC COMMUNITY

In the Diocese of Gaylord, young Catholics receive the Sacraments of Initiation (Baptism, Confirmation, and Holy Eucharist) according to Restored Order. This means that Confirmation is “restored” to its place before First Communion. Preparation for these Sacraments, as well as for Reconciliation, takes place following the age of reason, which varies, but usually takes place around 7 years of age.

Sacramental Preparation within the All Saints Catholic Community is readiness based. The preparation program is designed as a three-year program, however, we recognize some youth and families may progress through the program in as little as two years and others may take a little longer. The readiness model helps all families become proficient with Catholic themes and prayers at their own pace and greater mastery is gained as the family progresses through the materials.

This student workbook was designed to assist our youth and families as they discuss and learn the sacramental preparation material. It may also be used to help guide discussions with your family’s mentor.

A special thank you to St. Mary Cathedral and Fr. Matthew Wigton for permission to adapt their materials and Hannah Allen for allowing us to use her art work.

LEVEL ONE QUESTIONS AND ANSWERS

☐ 1. Do I participate in every Sunday Mass and Holy Day of Obligation?	3
☐ 2. Do I pray every day? How do I live my relationship with Jesus on a daily basis?	4
☐ 3. Have I memorized the “Our Father,” “Hail Mary”, “Glory Be”, “Bless us O’ Lord”? . . .	6
☐ 4. Who are the three persons of the Holy Trinity?	9
☐ 5. Who is the Father, the Son, and the Holy Spirit?	10
☐ 6. Why is the Sign of the Cross important?	13
☐ 7. Do I know how and why I genuflect?	14
☐ 8. Can I describe heaven, hell, and purgatory?*	14
☐ 9. Why did Jesus die on the Cross?*	16
☐ 10. What is grace?*	17
☐ 11. What is a sacrament? *	18
☐ 12. What is the Body of Christ? *	18
☐ 13. How do we enter God’s family/The Church?*	19
☐ 14. What is Baptism?* When was I baptized?	19
☐ 15. What is sin?* What is the difference between a mortal and venial sin?*	21
☐ 16. Have I read the Catholic Children’s book, <i>Going to Confession</i> ?*	22
☐ 17. Am I familiar with the 10 Commandments? *	22
☐ 18. What is the Sacrament of Reconciliation? * Does it have other names? *	23
☐ 19. Do I know how to go to Confession? *	23
☐ 20. Where is the confessional in the church? *	24
☐ 21. Am I sorry for my sins and have I asked Jesus to forgive me? *	24
☐ 22. Have I memorized the “Act of Contrition” or do I know how to make one up? * . . .	26
☐ 23. Have I read the <i>New Saint Joseph First Communion Catechism</i> ? *	27
☐ 24. Have I attended the parent/child retreat on Reconciliation? *	27
☐ 25. Who is the priest and what does he do for us?	28
☐ 26. What are the seasons of the Church? Do I know their colors?	29
☐ 27. Have I begun to read the 125 featured stories in the Catholic Children’s Bible? . . .	31
☐ 28. What do we use Holy Water for? Do I have Holy Water in my home?	31
☐ 29. Do I have a crucifix in my home?	32
☐ 30. Has my family attended the monthly Family Faith Formation nights?	33

***Question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.**



Do I participate in every Sunday Mass and Holy Day of Obligation? (Unless there is a serious reason, such as illness?)

It is extremely important that we put into practice the third commandment to “Keep Holy the Sabbath” and Jesus’ command at the Last Supper; “Do this in memory of me”.

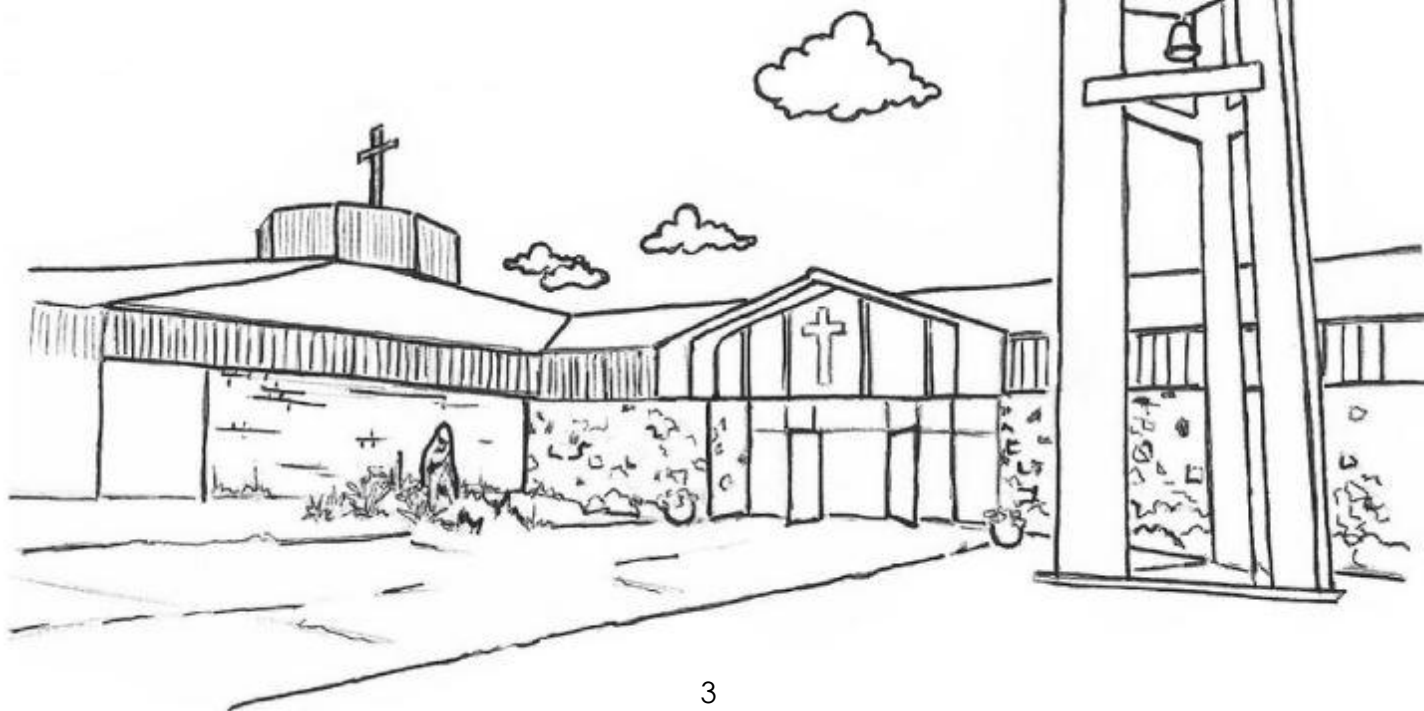
On the Sabbath (Seventh Day) the Israelites were asked to rest from work in order to acknowledge their relationship with God as being the priority. It was a day of thanksgiving to God for all His blessings.

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 special day to remember and to celebrate our covenant with God. We rest from work to make God the priority and we fulfill Jesus’ word “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 re-presented to us on the Altar. We come together as the Family of God, united by His Word and by His Body and Blood.



Note to Parents:

The importance of making it to Sunday Mass cannot be emphasized enough! It is a personal and family covenantal moment that the Church defines as the “source and summit of the Christian life.” (CCC 1324) It is such an important encounter, desired 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 ask the Father to look upon His only Begotten Son and pour down grace upon all of us. For a more in-depth explanation please read the CCC 2168-2195 and Dies Domini (keeping the Lord’s Day) by John Paul II.



Write down ways you and your family might enjoy “keeping holy the Lord’s Day.” What would an ideal Sunday look like for you and your family keeping this commandment in mind? Make a list below.

1. _____
2. _____
3. _____
4. _____
5. _____



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

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.**

Both children and adults should develop this habit of spontaneous prayer so that it becomes always present, from our waking to our sleeping. The prayers need not be long, only from the heart.

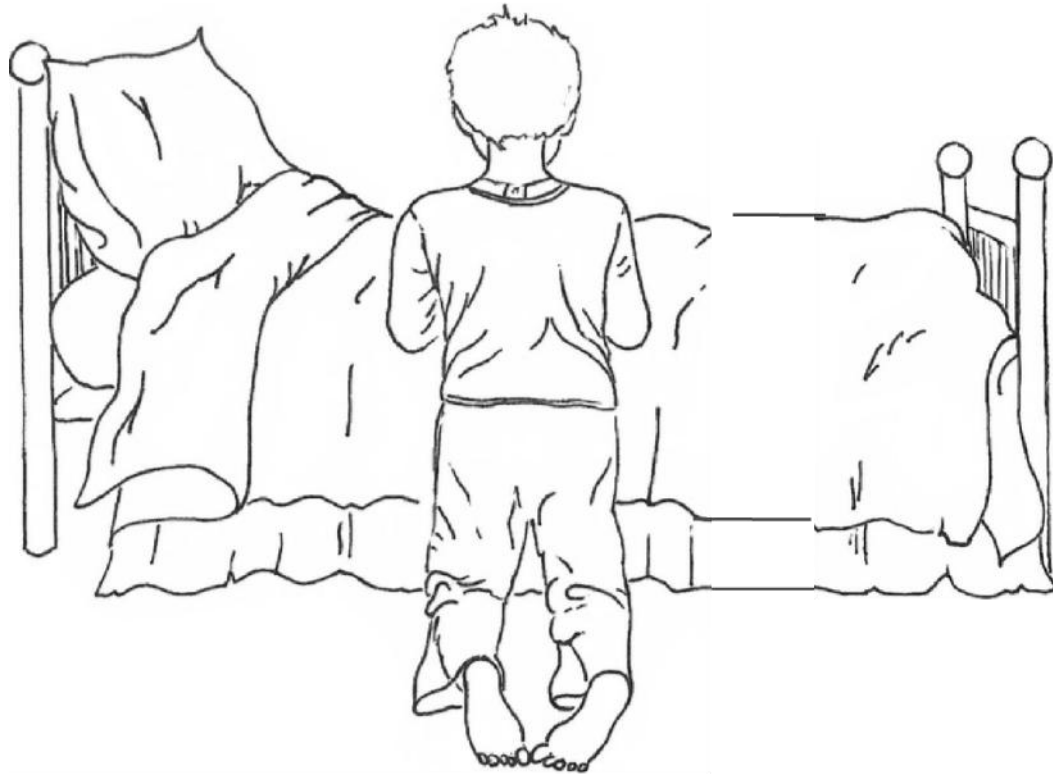
Spontaneous prayer should also extend to conversation to the angels and saints, above all to Mary as our Heavenly Mother wanting to help us love her Divine Son.



Note to Parents:

With this question we are trying to ensure your child is 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.

On the following page are some examples of spontaneous prayer; feel free to practice them now.



- Say “Good Morning Jesus,” and “Good night Jesus.”
- Say “Thank you Jesus for...” throughout the day.
- Ask for help with difficult tasks; “Please help me to...”
- Before beginning to drive in the car; “Please keep us safe on our trip.”
- When we see someone in need; “Jesus please help that person with...”
- When we hear the siren of an ambulance; “Jesus and Mary please bless whoever is in trouble.”
- Before and after meals; “Thank you Jesus for our food.”
- When passing a Catholic Church; “Hello, I love you Jesus in the Blessed Sacrament.”
- When passing a cemetery; “May the souls of all the Faithful Departed, rest in peace.”

Use the spaces below to write down ideas for your own spontaneous prayers.

1. _____
2. _____
3. _____



Have I memorized the “Our Father”, “Hail Mary”, “Glory Be”, and
“Bless Us O’ Lord” prayers?

☐ Yes

☐ No



If you do not know these prayers, make a plan
below for when and how you will learn them.



Note to Parents:

Memorizing prayers teaches children how to pray and offers essential support to the life of prayer. Memorized prayers help us connect in prayer together as a family. They also help us as we come together as one body during public liturgies.

Feel free to use the lines on the following pages to practice the prayers.

THE OUR FATHER

(Can be learned at Mass or by praying the Rosary)

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.

THE HAIL MARY

(Can be learned while praying the Rosary or the Angelus)

Hail Mary, Full of Grace, the Lord is with thee. Blessed art 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.

THE GLORY BE

(Can be learned while praying the Rosary)

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.

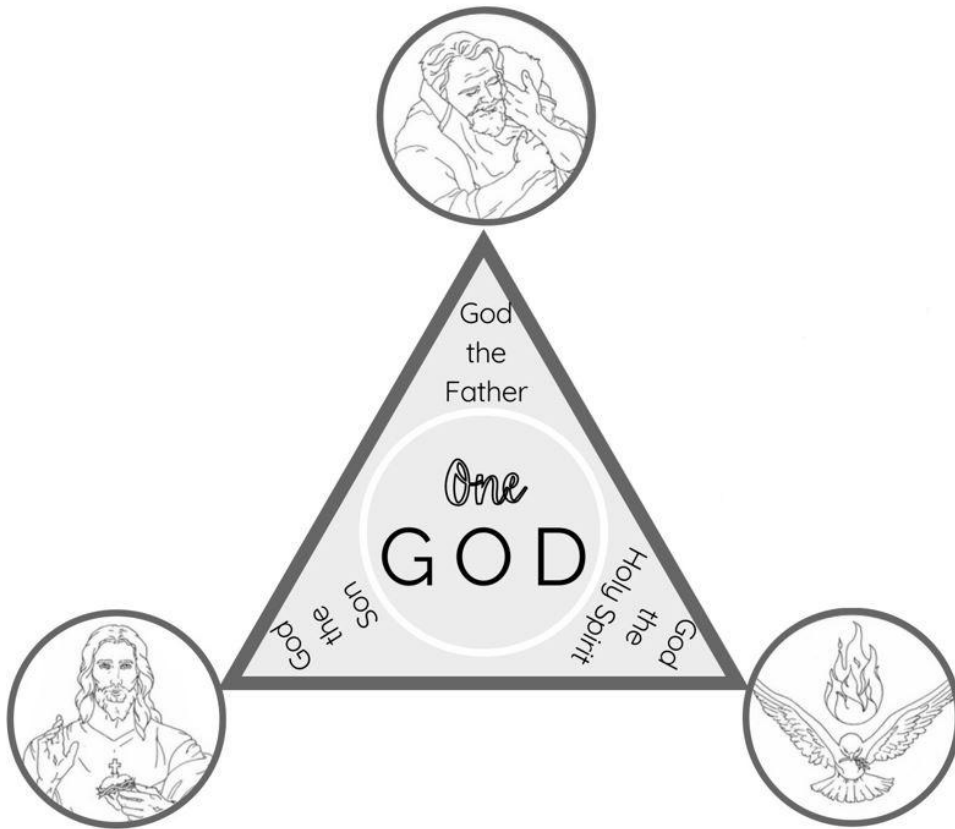
PRAYER BEFORE MEALS

(Can be learned through praying together before each meal)

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



Who are the three persons of the Holy Trinity?



We should know that there is only one God. **This one God is three persons: Father, Son, and Holy Spirit.**

God is omnipotent: meaning He is all powerful. **He is all-knowing**, even of our thoughts and feelings. **He is all-present**, both in Heaven and on Earth and therefore He is always close to us. He created everything and created each one of us. He made everything to be good.



Note to parents:

This is a great point to be explained every time a child asks a question about God and how close He is to us.

God the _____.



God the _____.

God the _____.





Who is the Father, the Son, and the Holy Spirit?

God, The Father

It is enough for us to know that the Father is the First Person of the Most Holy Trinity and that we can see His paternity everywhere. All of creation is a gift from God and reveals His loving care. His Fatherhood is seen above all in Jesus, whom He sent to bring us back to Him. If we let Jesus enter our lives and hearts, we become sons and daughters of the Father.

The Father is the one who eternally begets the Son, with the Son He generates the Holy Spirit, and with the Son and the Holy Spirit He creates the world. The Father may be likened to an architect; He is the origin of creation.

We should often discuss the good things the Father has given to us and all the ways He takes care of us. As we marvel at creation and the gift of the Son and the Holy Spirit, we cannot help become more thankful and trusting in the Fatherhood of God. His providential care for us is also call Divine Providence.



What are some of the gifts God, the Father, has given our family? What are the ways He takes care of us?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

God, the Son



It is enough for us to know that the Son is the Second Person of the Most Holy Trinity and that when He assumed our humanity on earth He took the name Jesus, which means “he who saves”. Jesus is fully God and also fully man. He is eternally begotten of the Father, with the Father He generates the Holy Spirit, and by assuming our human nature He redeems us.



Note to parents:

It's important to teach your child that the Son, Jesus, loves us so much that He suffered and died for us. He then rose from the dead to show us He is Life and that we will live with Him forever.

God, the Holy Spirit



It is enough for us to know that the Holy Spirit is the Third person of the Most Holy Trinity and that He is sent to dwell in us, connecting us to Jesus, teaching us about Jesus' love and helping us pray.

The Holy Spirit is the love between the Father and the Son; He is eternally generated from them. Thus we can truly say that "God is love". (1 John 4:8) He is the love of God within us; He sanctifies us and conforms us to Christ.



Note to parents:

Help your child learn to pray: "Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen."



Why is the Sign of the Cross important?

The Sign of the Cross is important because with it we remember how much Jesus loves us and that we entrust ourselves totally to Him.

To sign ourselves means to mark ourselves with the sign of our redemption. We are sealed and purchased by the Blood of the Lamb of God. We mark ourselves as belonging to Christ. We often do this with Holy Water to remember our baptism, which was the special moment we officially gave ourselves (or were given) to God. It is the physical gesture by which we say to God (Father, Son, and Holy Spirit) that we belong to Him through the saving love of Jesus on the cross. Every time we make the sign of the cross, with or without Holy Water, we are giving ourselves to God by renewing our covenant with Him.



Note to parents:

Your child should be able to explain that the Sign of the Cross is important because it signifies that we belong to Jesus. It can be learned every time we begin a prayer or bless ourselves with Holy Water.

Roughly how many times a day do we make the sign of the cross?





Do I know how and why I genuflect?



In the Latin Rite of the Catholic Church **we show our love and devotion to Jesus present in the Most Holy Sacrament of the Eucharist (also called Communion) by touching our right knee to the ground and making the Sign of the Cross.**

For example, we genuflect to Jesus present in the Tabernacle or during Adoration when He is present on the Altar in the monstrance.

The genuflection can be learned every time we enter a Catholic Church and search out the Tabernacle and show reverence to Jesus present there.



Can I describe heaven, hell, and purgatory? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

Heaven

Heaven is our goal. We desire to be with Jesus, Mary, and all the saints.

Heaven is the endless moment of love. It is a perfect communion of life and love with the Trinity, the Virgin Mary, the angels, and all the saints. (CCC 1023-1029)

Our souls have been longing to be with God since our creation. When we arrive in heaven we will never again be separated from God and our souls will be filled with the love and happiness we desire.

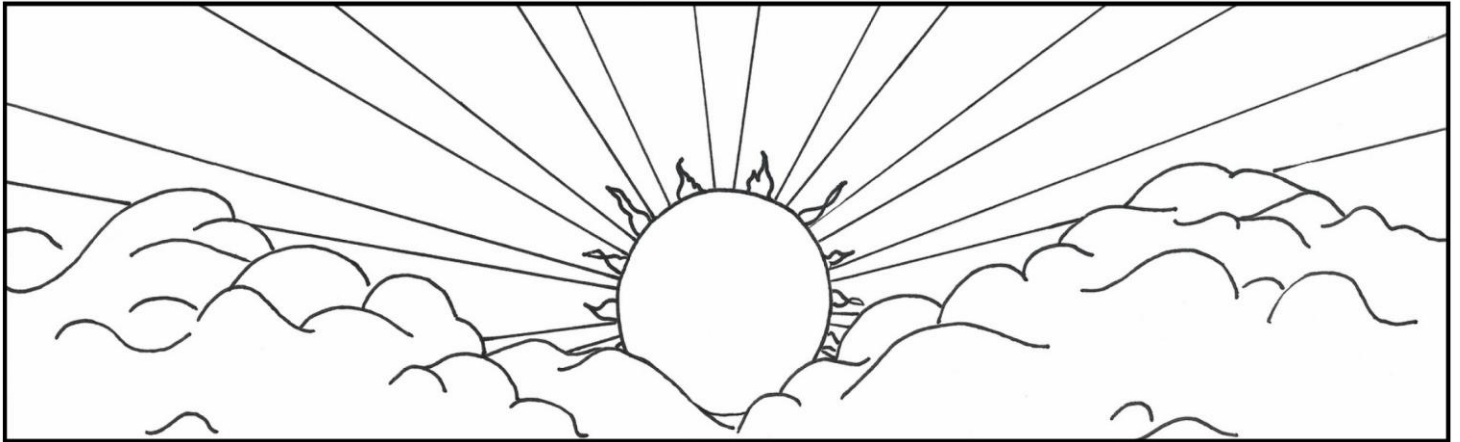
To be happy with God in heaven we must know Him, love Him, and serve Him in this world.

I want to _____ God.

I want to _____ God.

I want to _____ God.

I want to be with God in _____.



Hell

Hell is the condition of being separated from God forever. It is the absence of love. This condition occurs when someone refuses to accept God's love and mercy, most especially when someone dies without asking for forgiveness.

Purgatory

It is enough for us to know that **when someone dies in God's grace, but still needs purification before he can see God face to face, he is in purgatory.** This cleansing fire helps us achieve the holiness needed to enter into the joy of heaven. The Church recommends we pray for, give alms for, and do works of penance on behalf of those in purgatory.



Note to parents:

Teach and remind your child to pray the prayer of St. Gertrude for those in purgatory.

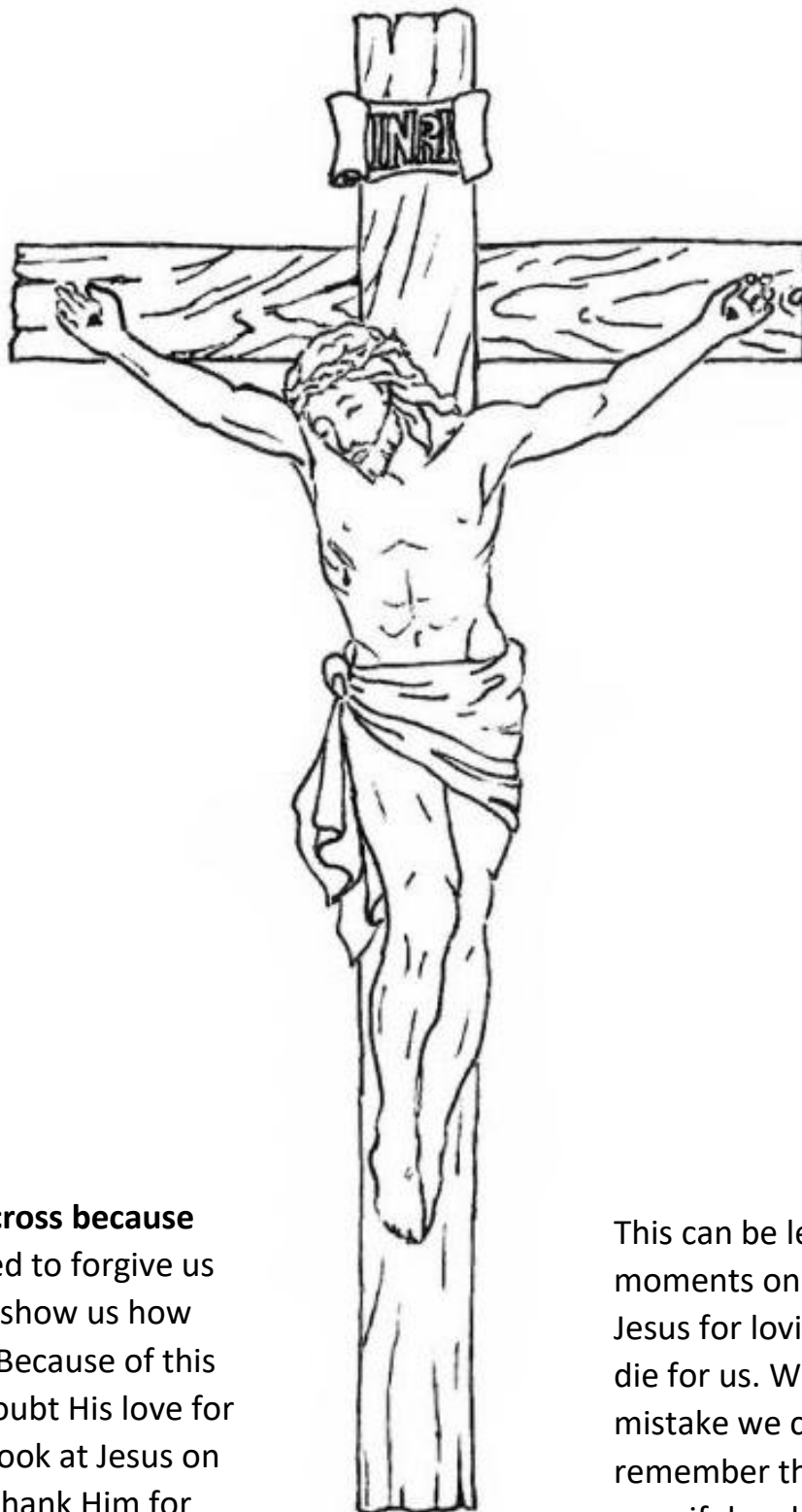
The Prayer of St. Gertrude

Eternal Father, I offer
Thee the Most Precious
Blood of Thy Divine Son,
Jesus, in union with the
masses said throughout the
world today, for all the
holy souls in purgatory, for
sinners everywhere, for
sinners in the universal
church, those in my own
home and within my
family.
Amen.



Why did Jesus die on the Cross? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.



Jesus died on the cross because He loves us! He died to forgive us for all our sins and show us how much He loves us. Because of this we should never doubt His love for us. Every time we look at Jesus on a cross we should thank Him for loving us so much.

This can be learned during moments on prayer, thanking Jesus for loving us enough to die for us. When we make a mistake we can also remember that Jesus is merciful and forgives us all our sins.



What is grace? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.



Grace is a gift from God. It is "the free and undeserved help that God gives us to respond to his call to become" His children. (CCC 1996) "Grace is a participation in the life of God." (CCC 1997) To be in the State of Grace means to be in communion with God, to be good friends with Jesus. When we commit a mortal sin we sever our relationship with God until we repent and ask His forgiveness in the Sacrament of Reconciliation.

We can talk about grace every time we receive a gift from God. There is no better time to talk about grace than at Christmas, Easter, Pentecost, and Corpus Domini (Body of the Lord). At Christmas we receive the greatest gift (grace) of all: Jesus. He comes to save us and to be our friend. At Easter Jesus gives us His life (grace), all of His love. At Pentecost we receive the grace of the Holy Spirit, who is the Love of God wanting to live in our hearts. At Corpus Domini we celebrate the gift (grace) of Jesus in His Precious Body and Blood.





What is a sacrament? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

The sacraments are places we encounter God and receive His grace. Jesus Himself instituted the sacraments to continually give Himself to each one of us.

This can be talked about and reiterated every time we receive a sacrament. We can explain which gift we will receive from Jesus in each sacrament (i.e. mercy, His Body and Blood) and how we need to prepare for each one (i.e. contrition, prayer, hour fast, etc...)



What is the Body of Christ? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

The Body of Christ is the entire family of God. We become members through baptism. Jesus is the Head of the Body; the more we belong to Jesus, the more we are a part of His Body and a part of His family. (CCC 781-795)

Many people love God and belong to His family. God wants each of us to be His child and to love one another.



(art work credit: <https://www.catechist.com/celebrate-domestic-church-coloring-sheet/>)



How do we enter God's family/ the Church? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

We enter God's family, the Church, through baptism.

There are three types of baptism: baptism by water, baptism by desire, and baptism by blood. (CCC 1257-1261)

This can be explained every time we witness a baptism and every time we talk about getting to Heaven by living our baptism, or in other words, by continuing to give ourselves to Jesus.



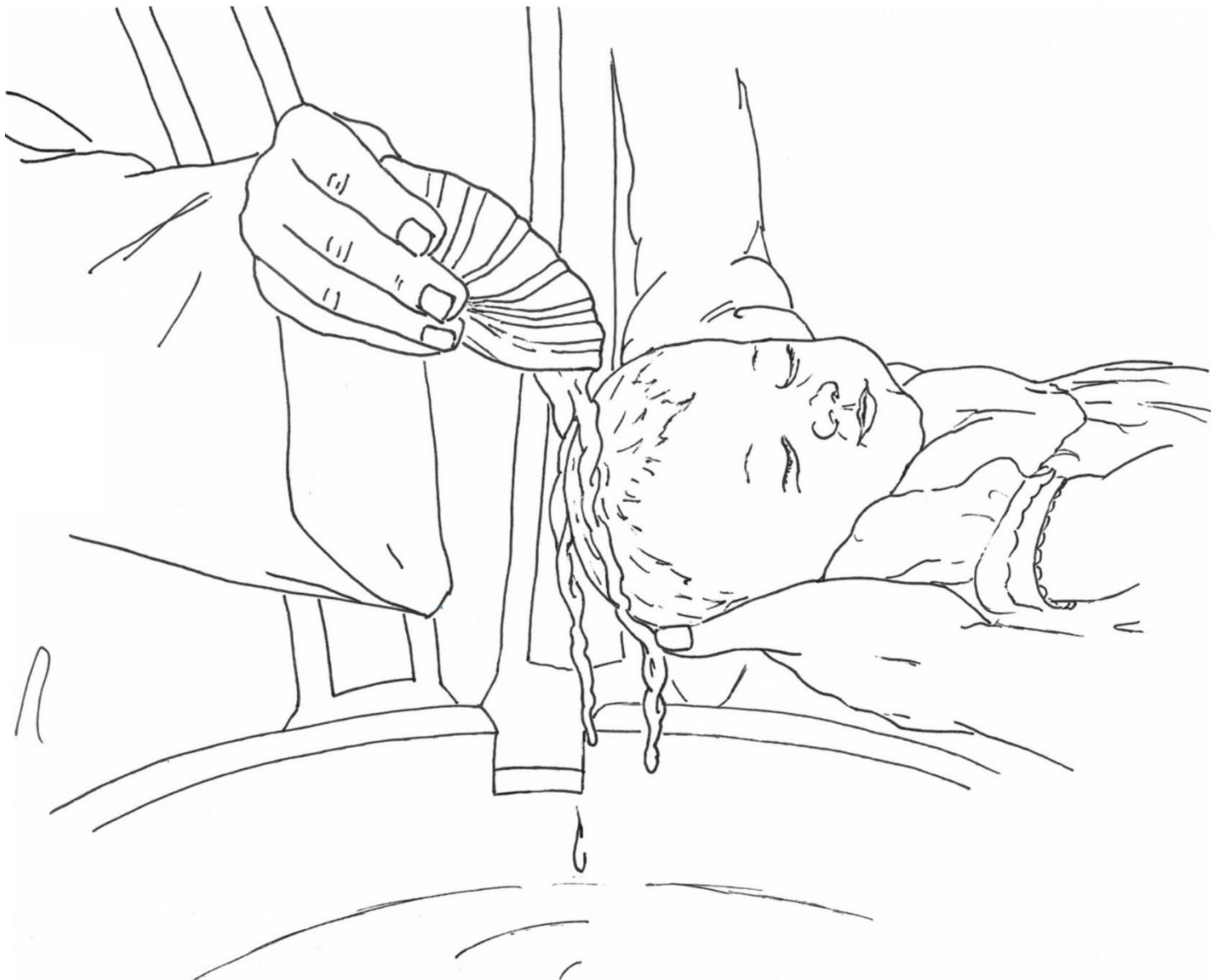
What is Baptism? * When was I baptized?

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

It is enough for us to know that baptism was the moment we were given (entrusted) to God. We promised (through our parents) to be good friends with Jesus. We also should know the date of our baptism and learn to celebrate it like a birthday. It was the day Jesus fully entered our hearts and we entered the family of God.

Baptism is the way we make our covenant with God. Jesus gave Himself to us through baptism (immersion). He immersed Himself in our reality by becoming man, by embracing our sinfulness in the Jordan River and by immersing Himself in His blood on the Cross. We give ourselves to God (Father, Son and Holy Spirit) through baptism, immersing ourselves in water. The immersion in water is symbolic of 1) the drowning of our sins, 2) the washing of our sins, and 3) the new life given to us in Jesus Christ.

There are so many moments we can talk about our baptismal covenant with God since we are constantly renewing our friendship with Him. For example, it can be discussed in preparation to celebrate our baptismal day. It can also be talked about on the Solemnity of the Baptism of our Lord (the date changes, but is in the beginning of January), when He entered the Jordan River and promised to redeem us. By entering the water, He gave the waters of baptism the power to cleanse us of all sin.



Write down the date of your baptism below.
If you need help, it can be found on your baptismal certificate or
by asking your parents to call the office of the parish where you
were baptized.

___/___/___



What is sin? *

What is the difference between a mortal and venial sin? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

"Sin is an offense against God." (CCC 1850) It is enough that we are able to express that sin is something that hurts our relationship with God. Sin is when we do not love God, our neighbor, ourselves, or creation as we should. "Sin is an offense against reason, truth, and right conscience; it is failure in genuine love for God and neighbor..." (CCC 1849)

We should be able to explain the difference between **mortal** and **venial** sin.

"Mortal sin destroys charity in the heart." (CCC 1855) Three conditions are necessary: 1) grave matter; 2) full knowledge; 3) complete consent. (CCC 1858-1860)

Venial sin **wounds** our relationship with God and others, "it offends and wounds charity". (CCC 1855)



Note to Parents:

Sin is something a child does that hurts their relationship with Jesus, hurts themselves or others. The Season of Lent is a very appropriate time to explain sin to children because it is a time for getting rid of actions and things that prevent us from belonging to God. Getting rid of sin is like breaking the chains that hold us back from God and others.

Though avoiding sin is important, clinging to Jesus and His grace is even more important. The more Jesus' love fills our hearts the more sin is simply pushed out. We become the person God desires, beautiful and happy; and sin loses our interest as Love fulfills our hearts.





Have I read the Catholic Children's book, *Going to Confession*? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

Three things I learned:

1. _____
2. _____
3. _____

Questions I still have:



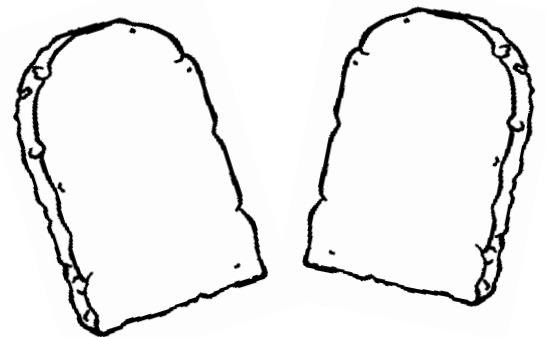
Am I familiar with the 10 Commandments? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

The Ten Commandments can be seen as road signs from God warning us about the dangers of not staying on the road to Heaven. Following the Ten Commandments helps us to lead happy lives.

The Ten Commandments

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath 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 your neighbor's goods.





What is the Sacrament of Reconciliation? *

Does it have other names? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

The Sacrament of Reconciliation is when we go to a Catholic Priest to receive Jesus' forgiveness for our sins. It is comprised of 4 parts: contrition, confession, penance and absolution. Reconciliation changes us and helps us become better friends of Jesus.

The Sacrament of Reconciliation is often called the Sacrament of Confession or the Sacrament of Penance. Each name underlines a different aspect of the Sacrament.



Note to parents:

This note applies to you and your child. Advent and Lent are perfect occasions for an in-depth preparation for the Sacrament of Reconciliation. Both constitute good teaching moments. Keep in mind, Confession is a beneficial Sacrament and every Catholic should take advantage of it often.



Do I know how to go to Confession? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

☐ Yes

☐ No



Note to parents:

Resources to help your child feel ready for this amazing sacrament include the Going to Confession book, and the Reconciliation Retreat.

A Basic "How-to" Guide for Confession

1. Pray. Ask God to help you prepare to make a good confession
2. Think. How have you hurt your relationship with yourself, others, and God? This is called an Examination of Conscience.
3. Confess. Tell your sins to Jesus through the priest.
 - a. Sign of Cross; Bless me, Father...
 - b. Share your sins with the priest
4. Receive. The priest will give you a penance and help you turn towards God.
5. Contrition. Show your desire to change with a prayer of sorrow for your sins.
6. Absolution. Through the priest, Jesus forgives your sins.



Where is the confessional in the church? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

The confession is a dignified place in the Church where the priest hears confessions and celebrates the Sacrament of Reconciliation. Although a dignified place is preferred for the Sacrament, a priest may hear confessions in other places as well.

At my church the confessional is



Note to parents:

The best way to teach your child about the Sacrament of Reconciliation is by bringing them with you to Confession. This way, they begin to witness first hand its importance. Invite them to pray in the pew during the Sacrament. Afterwards, use the moment to explain the Sacrament and the confessional.



Am I sorry for my sins and have I asked Jesus to forgive me? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

It is important for us to learn to ask Jesus for forgiveness whenever we do something bad. Are we sorry for the moments we may not have been a good friend to Jesus and to others (our parents, siblings, classmates, teammates, etc...)? Have we asked for Jesus and others to forgive us for our mistakes?

Contrition is "sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again." (CCC 1451)

Contrition is called "perfect" (contrition of charity) when it arises from a love by which God is loved above all else. (CCC 1452)



Note to Parents:

Teaching your child to ask forgiveness for their sins helps them get ready for the Sacrament of Reconciliation. As the child gets ready for bed, he or she can thank the Lord for all the blessings of the day and ask forgiveness for any wrongs they may have committed.

The contrition called "**imperfect**" (or "attrition") is also a gift of God, a prompting of the Holy Spirit. It is born of the consideration of sin's ugliness or the fear of eternal damnation and other penalties threatening the sinner (contrition of fear). (CCC 1453)

Use the space below to draw a picture of yourself receiving forgiveness in the Sacrament of Confession.





Have I memorized the “Act of Contrition”
or do I know how to make one up? *

*This question must be completed and reviewed with your mentor prior to receiving the
Sacrament of Reconciliation.*

The Act of Contrition expresses sorrow for sins and requests God’s forgiveness and His help to avoid sin. We say this prayer, or a similar prayer, during the Sacrament of Reconciliation.

Use the lines below to help you memorize the Act of Contrition or to write one of your own.

Act of Contrition

(Can be learned by praying it before bed each evening)

*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.*



Have I read the New Saint Joseph First Communion Catechism? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

Five things I learned:

1. _____
2. _____
3. _____
4. _____
5. _____

Questions I still have:



Have I attended the parent/child retreat on Reconciliation? *

This question must be completed and reviewed with your mentor prior to receiving the Sacrament of Reconciliation.

Each fall we host a retreat for children preparing to receive the Sacrament of Reconciliation and their parent/s. Our priests help us gain a better understanding of this gift from God. Children will have an opportunity to participate in a mock confession.

Five things I learned during the retreat:

1. _____
2. _____
3. _____
4. _____
5. _____



Who is the priest and what does he do for us?

Priests are people Jesus calls on to provide us the Sacraments. For example, Jesus empowers the priest to give us His forgiveness in the Sacrament of Reconciliation and His Most Precious Body and Blood in the Mass.

Priests try to help people meet Jesus and lead them to Heaven. They represent Jesus, yet they are humans so they make mistakes and have to go to Confession just like everyone else.



Picture used with
permission from D.S.art

Our priests are:

1. _____

2. _____

Our priests are helping me get to heaven by:

One way I can help our priests is by praying for them.

Mary, Mother of Jesus, throw your mantle of purity over our priests. Protect them, guide them, and keep them in your heart. Be a Mother to them, especially in times of discouragement and loneliness. Love them and keep them belonging completely to Jesus. Amen



What are the seasons of the Church? Do I know their colors?

The Liturgical Calendar revolves around the life of Jesus. Since we are members of Jesus' family we need to unite ourselves around the life of Jesus. The Holy Spirit leads us as the Body of Christ to celebrate the principle mysteries of Jesus' life. He works through the events we celebrate to conform us ever more fully to Jesus. The more we study and live the Liturgical Calendar, the more we open ourselves up to the many graces God wants to give us.

St. Paul indicates this mystery when he writes: "If we have died with him we shall also live with him; if we persevere we shall also reign with him." (2 Tim. 2:11-12)

The Liturgical Seasons

The Liturgical Seasons are: Advent (violet); **Christmas** (white); **Lent** (violet); **Easter** (white); **Ordinary Time** (green).

The **Triduum** (literally "three days") refers to the evening of Holy Thursday, Good Friday, Holy Saturday and Easter Sunday. **Pentecost** celebrates the person of the Holy Spirit coming upon the Apostles, Mary, and the first followers of Jesus.

Violet: Symbolizes penance, preparation and sacrifice.

White: Symbolizes purity, joy, light and glory.

Green: Symbolizes hope, life and anticipation.

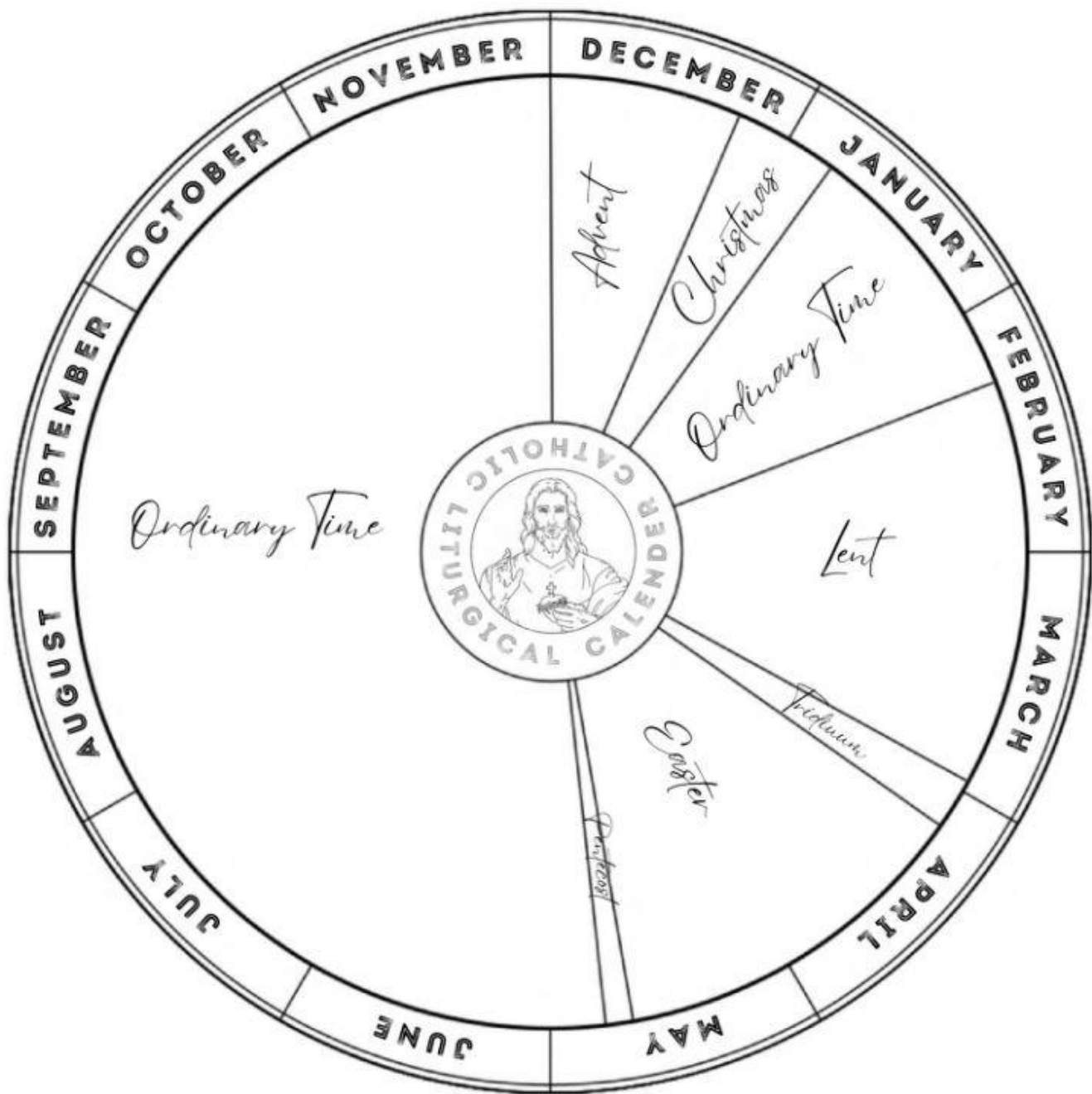
Rose: Symbolizes rejoicing and anticipation (used on Gaudete and Laetare Sunday).

Red: Symbolizes blood, fire and passion.



Note to parents:

"The Catholic All Year Compendium" by Kendra Tierney is an excellent resource for you. Each family received a copy in their Sacramental Preparation kit. It is a great tool to help make our Faith livable and fun. If this is followed, then assimilating the Faith will come naturally.



Use the above diagram to color your own Liturgical Calendar.

Green - Ordinary Time

Violet - Lent and Advent

White - Christmas and Easter

Red - The Triduum (Good Friday is red) and Pentecost



Have I begun to read the 125 featured stories in the Catholic Children's Bible?

The story of salvation should be known and understood by all Christians. The Catholic Children's Bible highlights 125 stories (see pages 7-11), breaking them down into short understandable summaries. These stories provide us with a good framework of biblical history, instill in us a vision of faith, and help us to love the Word of God. Families begin reading these stories in Level 1 and complete them in Level 2.

I have read _____ of the 125 stories.

My favorite story is _____,
because _____



What do we use Holy Water for? Do I have Holy Water in my home?

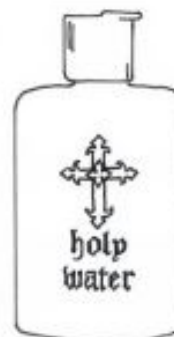
We should know that Holy Water was used for our baptism and so we use it to renew our baptismal promises to belong to God, to love Him and to live for Him. When we bless ourselves with Holy Water we are re-entrusting ourselves to God. When we bless our homes or other objects that belong to us with Holy Water we are entrusting them to God and asking that they might be used for His Glory.



Note to Parents:

It's been a long-standing tradition for parents to use Holy Water (sometimes with blessed salt) to pray over and bless their children before putting them to bed. You can do this too. Sprinkle your child or wet their thumb/finger with Holy Water and then trace the Sign of the Cross on their forehead. With this prayer and gesture, parents entrust their children to God and ask His protection from evil.

We encourage families to have Holy Water in their homes, and to know where to find it in the church.

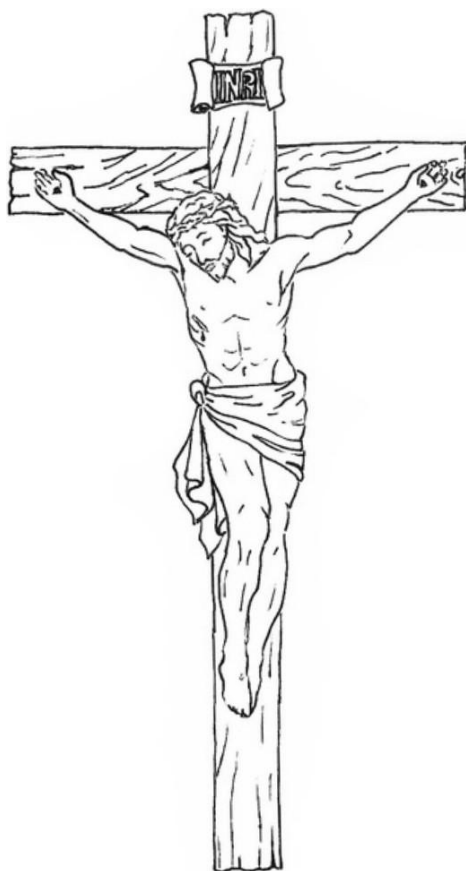


Do I have a crucifix in my home?

When we love someone we want a picture of them and objects that remind us of them. We also treasure moments and things they may have given us. On the Cross Jesus gave us all His love, so the crucifix reminds us how much He loves us. It also reminds us that we need to love Him with all our heart, mind and actions. The crucifix is therefore a concrete sign that our lives and our homes belong to God.

A nice moment to put up a crucifix is during the blessing of the home. As the priest blesses the home (and the crucifix), the crucifix is hung on the wall as a concrete sign that the home has been entrusted to Jesus.

If your home has not been blessed, please contact the parish office to schedule a house blessing with a priest.



List the place(s) in your home where you currently have a crucifix or where you plan to place one.

1. _____
2. _____
3. _____
4. _____
5. _____



Has my family attended the monthly Family Faith Formation nights?

☐ Yes

☐ No

My favorite night was on _____

Three things I learned are:

1. _____

2. _____

3. _____



Note to parents:

*Mark your calendars: Faith formation students and students preparing to receive the Sacraments of Reconciliation, Confirmation, and First Eucharist and their families **are required** to attend Family Faith Formation nights. This allows families to meet the Diocesan requirement of families progressing “through sacramental preparation as one community through the entirety of the process.” (Diocesan Policy 12)*

Catechesis on these evenings reinforces information found in the leveled packets and helps students and families grow in knowledge and understanding of our Catholic faith. These nights, in conjunction with the Sacramental Preparation retreats, also meet the required parent/child shared catechesis hours. (Diocesan Policy 6)



LEVEL ONE BONUS ACTIVITIES – Set 1 **(not required, but highly encouraged)**

- ☐ 1. Watch on FORMED.org the **Signs of Grace – You are Forgiven** series (episodes 1-6)
- ☐ 2. Pray the Stations of the Cross on Fridays during Lent
- ☐ 3. Participate in Eucharistic Adoration, even if just for 10 to 20 minutes

LEVEL ONE BONUS ACTIVITIES – Set 2 **(not required, but awesome suggestions)**

- ☐ 1. Memorize the “Glory Be” in Latin
- ☐ 2. Participate in a weekday Mass
- ☐ 3. Go on pilgrimage to any shrine or church: i.e. St. Joseph Retreat Center in McBain or 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 the Marian 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.
- ☐ 4. Learn and practice the Spiritual and Corporal Works of Mercy
- ☐ 5. Prepare to be an altar server by learning the names and purposes of the items used for Mass.



The 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.