



Level 1 Sacramental Preparation

Areas of Focus:	Complete:
1) Do I participate in every Sunday Mass and Holy Days 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) Have I memorized the "Our Father," "Hail Mary", "Glory Be", "Bless us O' Lord", "St. Michael Prayer", and "Angel of God"?	<input type="checkbox"/>
4) Who is the Trinity?	<input type="checkbox"/>
5) Why did Jesus die on the Cross?	<input type="checkbox"/>
6) Why is the Sign of the Cross important?	<input type="checkbox"/>
7) Do I know how and why I genuflect?	<input type="checkbox"/>
8) What is the Body of Christ?	<input type="checkbox"/>
9) What is Heaven?	<input type="checkbox"/>
10) What is Hell?	<input type="checkbox"/>
11) What is Purgatory?	<input type="checkbox"/>
12) How do we enter God's family / The Church?	<input type="checkbox"/>
13) What is Baptism? When was I baptized?	<input type="checkbox"/>
14) What is a sacrament?	<input type="checkbox"/>
15) What are the three sacraments I am preparing for in this preparation program? What do I know about them?	<input type="checkbox"/>
16) What is grace?	<input type="checkbox"/>
17) What is sin?	<input type="checkbox"/>
18) Am I sorry for my sins and have I asked Jesus to forgive me?	<input type="checkbox"/>
19) Why should I pray to Mary the Mother of Jesus?	<input type="checkbox"/>
20) Have I read The New Saint Joseph First Communion Catechism? What did I learn? What questions do I have?	<input type="checkbox"/>
21) Do I have a rosary?	<input type="checkbox"/>
22) Do I have a crucifix in my home (living room or bedroom)?	<input type="checkbox"/>
23) Do I have Holy Water in my home?	<input type="checkbox"/>
24) Do I know what Holy Water is for?	<input type="checkbox"/>
25) What are the seasons of the Church? Do I know their colors?	<input type="checkbox"/>
26) Have I begun to read some of the 125 featured stories in The Catholic Children's Bible by St. Mary's Press?	<input type="checkbox"/>
27) Has my love for Jesus and Mary grown?	<input type="checkbox"/>
28) Has my family attended the monthly Family Faith Formation nights?	<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 in 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 1 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 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 a 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 to Jesus, who 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.

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.

For a more in-depth explanation please read the CCC 2168-2195 and *Dies Domini (Keeping the Lord’s Day)* by John Paul II.

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 to 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?

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.

Here, we are trying to inspire the child 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... The prayers need not be long, only from the heart.

3) Have I memorized the “Our Father”, “Hail Mary”, “Glory Be”, “Bless Us O’ Lord”, “St. Michael Prayer” and “Angel of God”?

Again, a simple yes or no question. The child should be able to pray these prayers with you and their mentor.

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.

Glory Be

(Can be learned by 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.

St. Michael Prayer

*(Can be prayed each night, whenever you need courage,
protection, or strength etc.)*

St. Michael the Archangel, defend us in battle.
Be our safeguard against the wickedness and snares of
the Devil. May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts,
by the power of God, thrust into hell Satan,
and all the evil spirits, who prowl about the world
seeking the ruin of souls. Amen.

Hail Mary

(Can be learned by praying the Rosary)

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.

Bless Us O’ Lord

(Can be learned by praying before meals)

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

Angel of God

*(Can be prayed before driving, when in need of help,
when we hear a siren, before a sports activity, before
falling asleep, etc)*

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.

4) Who is the Trinity? (see also Lesson 3 in the First Communion Catechism)

Our purpose is to help the child understand there is only one God, but he exists in three persons: Father, Son, and Holy Spirit.

God is omnipotent: meaning He is all powerful. He is all-knowing, even in 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.

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

The image of the sun is sometimes used as an example to explain this mystery: the Father is like the gases burning, the Son is like the light, and the Holy Spirit being like the heat. Fuel, light and heat all make up the Sun. They cannot be separated, yet they are each different.

The image of the family is also used as an example to explain this mystery: just as the Holy Spirit is eternally generated from the love of the Father and Son, so too, children are born from the love of mom and dad.

5) Why did Jesus die on the Cross? (See also Lesson 7 in the First Communion Catechism)

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 by the child during moments of prayer when we thank Jesus for loving us enough to die for us. When the child makes a mistake we can also explain that Jesus is merciful and forgives us for all our sins.

6) 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 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.

The 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.

7) 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.

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

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

8) What is the Body of Christ?

The child should be able to explain that 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)

We need to explain to the child that many people love God and belong to His family. God wants each of us to be His child and to love one another.

9) What is 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.

As we read on page 10 in the First Communion Catechism, "To be happy with God in heaven [we] must know Him, love Him, and serve Him in this world.

10) What is 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.

11) What is Purgatory?

It is enough for the child to know that when someone dies in God's grace, but still needs purification before he can see God face to face, he/she 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.

12) How do we enter God's family/The Church?

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.

13) What is Baptism? When was I baptized? (See also Lesson 8 in the First Communion Catechism)

It is enough for the child to know that baptism was the moment they were given (entrusted) to God. It was the day Jesus fully entered their hearts and they entered the family of God. On that day, they promised (through their parents) to be good friends with Jesus. We suggest children know the date of their baptism and learn to celebrate it like a birthday.

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.

14) What is a sacrament? (also see pg 36 in the First Communion Catechism)

A sacrament is a place we encounter God and receive His grace. Jesus Himself instituted the sacraments to continually give Himself to each one of us.

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

15) What are the (three) sacraments I am preparing for? What do I already know about them?

1. Sacrament of Reconciliation also known as the Sacrament of Penance and the Sacrament of Confession. This sacrament is a sacrament of healing. Through it we are freed from sin. God alone forgive our sins, but Jesus has given our priests the authority to forgive in His place. (See John 20:23). Children will learn more about the Sacrament of Reconciliation in Level 2.
2. The Sacrament of Confirmation completes the Sacrament of Baptism in that the Holy Spirit is bestowed upon us more fully. We receive the strength to be witnesses of God's love and mercy. Children will learn more the Sacrament of Confirmation in Level 3.
3. Sacrament of the Eucharist is the source and summit of our Catholic faith. In the Eucharist Jesus gives us his Body and Blood so that we, too, might give ourselves to Him and be united with Him and the Body of Christ. Children will learn more about the Sacrament of the Eucharist in Levels 2 & 3.

16) What is grace? (see also pg 36 in the First Communion Catechism)

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 to the child 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. 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 (Body of the Lord), we celebrate the gift (grace) of Jesus in His Precious Body and Blood.

17) What is sin? (See also Lessons 4 & 5 in the First Communion Catechism)

"Sin is an offense against God." (CCC 1850) It is enough that the child can express that sin is something that hurts our relationship with God. It is when we do not love God, our neighbor, ourselves, or creation as we should. They should also be able to explain the difference between mortal and venial sin.

"Sin is an offense against reason, truth, and right conscience; it is failure in genuine love for God and neighbor..." (CCC 1849)

(Question 17 continued)

"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)

Sin can be explained to the child every time they do something hurtful to Jesus, to themselves and to others. The Season of Lent is a very appropriate time to explain sin to children because it is a time for letting go of the tendencies which prevent us from belonging to God. Getting rid of sin can be likened to 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; sin loses our interest as Love fulfills our hearts.

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

It is essential for the child to learn to ask Jesus for forgiveness whenever they do something bad. Is the child sorry for the moments they may not have been a good friend to Jesus and to others (parents, siblings, classmates, teammates, etc...)? Have they asked for forgiveness, in their own words, of Jesus and others?

"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)

"Contrition is 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)

A nice moment to teach the child to ask forgiveness for their sins is when they get ready for bed. They can thank the Lord for all the blessings of the day and ask forgiveness for any wrong they may have committed.

19) Why should I pray to Mary the Mother of Jesus?

It is enough that the child understands Mary to be the Mother of Jesus, that she never sinned, that she loves Jesus more than anyone and that she wants to help us love her Son. When we pray to Mary we are asking her to pray for us. She is always willing to pray (intercede) for us. Jesus gave her to each one of us while He was on the Cross so that she might help us to receive His love and forgiveness.

We are blessed to have a number of beautiful feast days dedicated to Our Blessed Mother. Each feast day offers us an element of reflection and celebration regarding Mary. The months of May and October are dedicated to Mary. It would be good to teach the child prayers to Mary during these months.

**20) Have I read The New Saint Joseph First Communion Catechism? 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 what they have read.

This book, written for children, 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 several times with your child while he/she is preparing to receive the Sacraments. Many of the questions in the Leveled Packets reference this book. 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.

21) Do I have a rosary?

This is a yes or no question, but it would be helpful for children to know which beads represent the "Our Father" and which ones represent the "Hail Mary."

The Month of October is dedicated to Our Lady of the Rosary (Her specific Feast Day is Oct. 7th). It's a great time to obtain a Rosary and learn how to use it. Often people will recite a family Rosary together in the evenings or while driving. Sometimes people like to just hold their Rosary, as a sign of holding Our Blessed Mother's hand and asking her to guide and protect them. The month of May is dedicated to The Blessed Virgin Mary. This would be another great time to pray the Rosary.

22) Do I have a crucifix in my home (living room or bedroom)?

This is a yes or no question, but it's important for the child to know why it's necessary to have a crucifix in the 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 of 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 a crucifix up is during the blessing of the home. As the priest blesses the home and the crucifix, the crucifix should be hung on the wall as a concrete sign that their home has been entrusted to Jesus.

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

23) Do I have Holy Water in my home?

This is a yes or no question, though it would be useful if the child knows where to find Holy Water in the Church and where it is kept in your home.

We have Holy Water bottles available at the Ann's Angels Gift Shop. Children can then go with their families to the baptismal font to fill it up.

24) Do I know what Holy Water is for?

The child should know that Holy Water was used for 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.

Throughout the ages, some parents use Holy Water to pray and bless their children before putting them to bed. They wet their thumb or finger with Holy Water and then trace the Sign of the Cross on the child's forehead. With this prayer and gesture the parents entrust their children to God and ask His protection from evil.

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

The child should be able to talk with you about the colors they see at Mass and with adult assistance connect them to the various seasons of the Church.

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.

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.

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 commit us more fully to Jesus. The more we study and live the Liturgical Calendar, the more we open ourselves up to the many graces God gives us. The Liturgical year begins with Advent.

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)

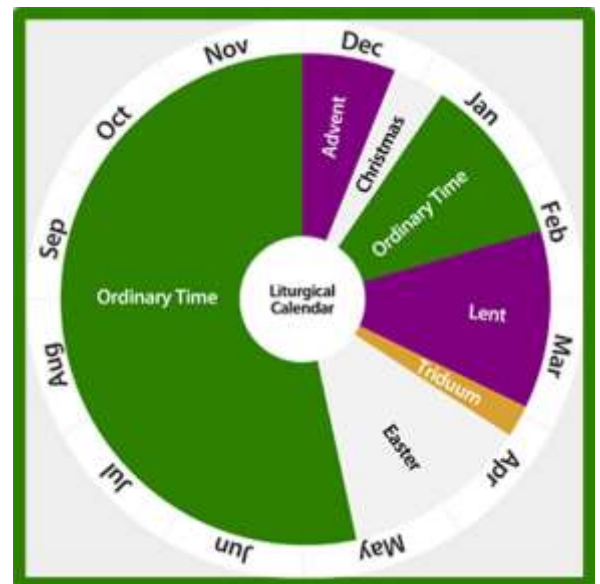


Figure 1: The Liturgical Calendar changes slightly each year. This is only a sample.

The Catholic All Year Compendium by Kendra Tierney will be distributed to parents at registration. It is a great resource to help make our Faith livable and fun, and is meant to be a supplemental tool. If this is followed, then assimilating the Faith will come naturally.

26) Have I begun to read some of the featured stories in the Catholic Children's Bible?

This is a yes or no question. We want your child to develop a solid framework of biblical history and fall in love with the Word of God. The Catholic Children's Bible highlights 125 stories. These stories may be a good starting point for your child as he/she gains familiarity with reading the Bible. We know that this may seem like a daunting task, but we believe the Story of Salvation should be known and understood by all, and therefore encourage each child to read the Bible provided to him/her (This would be a great family activity to do together!) The completion of reading of these 125 stories can be found in Level 2 as well.

27) Has my love for Jesus and Mary grown?

This is a simple yes or no question. Love needs to be what motivates us and what our Faith is all about.

As humans we need to see, to hear, to touch, to taste and to smell. Jesus is God made visible to us; He is the concrete presence of God that touches our humanity. Because of this, it is most beneficial for our own growth in the love of God to love the God we can see, hear, and touch: Jesus.

Mary is the greatest help we have to receive Christ and to draw near to Him. She continually gives Him to us and as our Mother and Sister she intercedes for us and leads the way. Mary can never be loved "too much" because Jesus wants us to love her as He does.

28) Has my family attended the monthly Family Faith Formation nights?

Faith formation students and students preparing to receive the Sacraments of Reconciliation, Confirmation, and First Eucharist and their families are expected to attend Family Faith Formation nights. Catechesis on these evenings reinforces information that is in the leveled packets and helps students and families grow in knowledge and understanding of our Catholic faith.