

# *Religion Guidelines*

## **Archdiocese of Philadelphia**

These Religion Guidelines are those published in 2000 reformatted into trimesters. Each Grade contains the following:

- The **core content** with references to scripture

To help teachers in their presentations, the outline is referenced to scripture which suggests certain passages that complement a specific topic in the outline. Teachers are encouraged to use the scripture passages for personal prayer as well as for reflection and for sharing with students. This could help the children become increasingly more familiar and comfortable with scripture and its importance in the lives of both the Church and of those who are followers of Jesus Christ. The numbers on the right side of the page in parentheses correspond to the **paragraph numbers** in the Catechism of the Catholic Church which treat of a specific subject or concept. This to help the teachers in their own background reading. It is not intended that students be taught directly from the Catechism.

- The **Liturgical Year** (Ordinary Time; Advent; Christmas Season; Lent; Holy Week; Triduum; Easter Season; Saints, Feasts and Special People) is developed according to its appropriate placement in each trimester. The importance of *Sunday* is stressed.
- Summaries of the feasts of **Mary** and lives of the **Saints**
- **Praying with Children**

Each Grade is required to learn certain of our Traditional Catholic Prayers. The versions we should teach can be found in either the United States Catholic Catechism for Adults (United States Conference of Catholic Bishops), Appendix B: Traditional Catholic Prayers *or* the Compendium: Catechism of the Catholic Church, Appendix A: Common Prayers (English and Latin).

Hopefully, using these guidelines as the basis of teaching the subject of Religion will contribute to developing a strong religious foundation in the Catholic Faith for each student, and invite the student into the mission of the Church which is the mission of Jesus Christ. It is our hope that each student will come to a deeper understanding of the Catholic Faith and be able to articulate this faith. The **faith believed** is the **faith celebrated** in one's full, conscious and active participation in the sacramental life of the Church. The **faith believed** is the **faith lived** in a moral life that demonstrates the social consequences of living according to the demands of the Gospel. It is a life that serves the needs of others with care and compassion. The **faith believed** is the **faith prayed** in attitudes of adoration, praise, thanksgiving, and awe for the glory of God.

## GRADE 2

### First Trimester

#### I. BLESSED TRINITY

- A. CENTRAL MYSTERY OF OUR FAITH (232, 234, 257, 261, 266, 1061-65, 2157)
1. Sign of the Cross
  2. Glory be to the Father
- B. ONE GOD IN THREE PERSONS (233, 252-55)
1. God the Father – the First Person of the Trinity (238-40)
    - a. Creator of all (299)
      - 1) Story of Creation Gen. 1:1-13
      - 2) Creation of man and woman Gen. 2:4-24
    - b. God reveals Himself to us – Revelation. Heb. 1:1-4, (50, 52)
    - c. Father of Jesus - Jn. 1:18, Jn. 17 25-26  
Jesus reveals what God is like. (242, 458)
    - d. Father of us all – all life comes from God
  2. God the Son – the Second Person of the Trinity (262, 663)
    - a. Incarnation – Son of God and Son of Mary (525-26, 563)
      - 1) The Nativity Lk. 2: 1-20
      - 2) Presentation in the Temple Lk. 2: 22-32
      - 3) Finding in the Temple - Lk. 2: 41-52  
Child Jesus’ obedience to Mary  
And Joseph
    - b. Teaches us to love and forgive
      - 1) The Good Samaritan Lk. 10: 25-26
      - 2) The Prodigal Son Lk. 15: 11-24
      - 3) The Good Shepherd Jn. 10: 1-21
    - c. Promises to remain with us always
      - 1) Jesus’ Presence in the Eucharist 1 Cor. 11: 23-27
      - 2) Jesus is with us always Mt. 28: 20

3. God the Holy Spirit – the Third Person of the Trinity (243-246, 263, 685-86)
  - a. Helper
    - 1) The Holy Spirit guides us. Jn. 14: 26-27
    - 2) The Holy Spirit helps us to be holy. Jn. 14: 14-21
  - b. Dwells within us
    - 1) Ascension accounts Mt. 28: 16-20,  
Mk. 16: 19-20  
Lk. 24: 50-53,  
Acts 1: 6-12
    - 2) Pentecost / Descent of the Holy Spirit Acts 2: 1-41
    - 3) The Spirit of God makes his home in us Rom. 8: 14-17
    - 4) Temple of the Holy Spirit 1 Cor. 6: 19-20

## II. SACRAMENTS

- A. INSTITUTED BY CHRIST (1115-16, 1210)
- B. THERE ARE SEVEN SACRAMENTS
  1. Sacraments of Christian Initiation
    - a. Baptism (1212-16, 1226-28, 1253, 1257, 1275)
      - 1) Bible References to Baptism
        - a) Jesus is baptized Mt. 3: 13-17, Mk. 1: 9-11  
Lk. 3: 1-10
        - b) Mission to the world Mt. 28: 16-19
        - c) Disciples baptized by the Holy Spirit Acts 1:5, Acts 11:11-18
      - 2) Effects of Baptism (1213)
        - a) Forgives original sin and all sin (977, 1262-63)
        - b) We are born again as children of God (1265)
        - c) We become temples of the Holy Spirit (1265)
      - 3) Indelible *spiritual mark* (character) (1272)
      - 4) Initiation into the Church (1229-33, 1271)
      - 5) Gives grace (1996-97, 2003)
      - 6) Celebrating the Sacrament
        - a) Parts of the Rite

(1) Profession of Faith – Baptismal Promises	
(2) Words of the minister	(1240)
“Name, I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.”	
(2) Symbols	
Water	(1238)
Oils	(695, 1237)
(Oil of Catechumens and Chrism)	
Sign of the Cross	
White Garment	(1243)
Candle	(697)
b) Ministers	(1256)
(1) Ordinary Minister – Bishop, priest, deacon	
(2) Case of necessity – Any person who has the right Intention	
 b. Confirmation	 Acts 2: 1-4, (1285-96)
1) Effect of Confirmation is the full outpouring of the Holy Spirit	(1302)
2) Indelible <i>spiritual mark</i> (character)	(1304-05)
3) Signs	
a) Anointing	(1293-94)
b) Chrism	(1297-99)
4) Ordinary Minister – Bishop	(1312)
 c. Eucharist	 (1113, 1210-11, 1322-24, 1395)
1) Names	(1328-32)
a) Holy Eucharist – Thanksgiving	
b) Holy Communion - Body and Blood of Christ	(1331)
c) Blessed Sacrament	(1330)
d) The Mass	(1332)
e) The Lord’s Supper	(1329)
2) Stories of the Last Supper - the First Eucharist	 Mt. 26: 25-29, Mk. 14:22-25 Lk. 22: 14-20, Jn.6: 32-58; 13: 1-16 Acts 2: 42-47, 1 Cor. 10:16-18;11:23-27

- 3) Celebrating the Sacrament
  - a) Mass – a share in Jesus’ Last Supper
  - b) Consecration of bread and wine (1353)
    - at Mass – the Holy Spirit,
    - through the action of the priest,
    - changes bread and wine into the
    - Body and Blood of Christ.
- 4) Real Presence of Jesus in the Eucharist (1379-80)
  - a) The Blessed Sacrament which is not consumed at Mass is reserved in the tabernacle.
    - (1) Sanctuary Lamp
    - (2) Genuflection
  - b) Adoration (1378)
    - (1) Monstrance
    - (2) Incense
  - c) Benediction – highlights presence of Christ in the Eucharist (Holy Communion and the Worship of the Eucharist Outside of Mass)
    - (1) Readings from the word of God
    - (2) Hymns
    - (3) Prayers
    - (4) Time for silent adoration
    - (5) Blessing of the people with the sacred host

2. Sacraments of Healing (1420-21)

a. Penance and Reconciliation

- 1) Names (1423-24)
  - a) Penance
  - b) Reconciliation
  - b) Confession
- 2) Bible Stories of Forgiveness
  - a) Peter Jn. 21: 15-19
  - b) The Good Thief Lk. 33: 39-43
  - c) Zacchaeus Lk. 19: 1-9
  - d) Pardon of the Sinful Woman Lk. 7: 36-50
  - e) Refer to stories on *p.1 #2b*
- 3) Sin and Forgiveness
  - a) Forgiveness of sin
    - (1) Sin (1440, 1472, 1849-51, 1865-69)
    - (a) Mortal sin (1855-61)

- (b) Venial sin (1855, 1862-64)
- (2) Mercy and sin (1422, 1846-48)
- (3) Only God can forgive sin (1441-42)
- (4) Reconciliation (1443-45, 1473)
- b) Contrition for sin (1451-52, 1493)
- b. Anointing of the Sick (1503, 1511)
  - 1) Anointing with oil of someone who is very sick or in danger of dying. The Church prays for healing and strength for this person.
  - 2) A person can receive this sacrament more than one time.
- 3. Sacraments at the Service of Communion (1533-35)
  - a. Matrimony (1601, 1604, 1625-27)
    - 1) A man and woman promise each other before God and the Church to love and honor each other for the rest of their lives.
    - 2) In this sacrament God gives the man and the woman the grace to make lifelong promises.
  - b. Holy Orders (1536, 1582)
    - 1) In this sacrament a bishop ordains a man as a deacon or a priest.
    - 2) This sacrament, like Baptism and Confirmation, confers an indelible *spiritual mark* (character)

### III. PRAYERS

#### A. TRADITIONAL

- 1. Sign of the Cross (2157)
- 2. Our Father Mt. 6: 7-15, (2759,2773)
- 3. Hail Mary Lk. 1: 26-38
- 4. Doxology (Glory be...)
- 5. Act of Sorrow (Act of Contrition)

- 6. Grace before Meals (2698)
- 7. Grace after Meals (2698)
- 8. Morning Offering (2698)
- 9. Acts of Faith, Hope and Love
- 10. Rosary
- 11. Angel of God

**B. SPONTANEOUS**

Encourage students to be familiar and comfortable with these types of prayer: (2643-44)

- 1. Prayer of Petition (2629, 2647)
- 2. Prayer of thanks (2637-38, 2648)
- 3. Prayer asking for forgiveness (2631)
- 4. Prayer of praise (2639, 2649)
- 5. Aspirations
  - a) Short prayer invoking the name or title of a saint
  - b) Common reponse: pray for us
  - c) Example: St. Joseph the Worker, pray for us.

**IV. MARY (954, 971, 1172)**

**A. TITLES OF MARY**

- 1. Mother of God Lk. 1: 26-28
- 2. Our Mother and Model Lk. 1: 46-56

**B. DAYS IN HONOR OF OUR LADY**

- |           |    |                                    |
|-----------|----|------------------------------------|
| September | 8  | Feast of the Birth of Mary         |
| October   | 7  | Memorial of Our Lady of the Rosary |
| November  | 19 | Our Lady of Divine Providence      |

**C. THE ROSARY (516, 2708)**

- 1. Prayer to Our Lady
- 2. How to pray the Rosary

**V. LITURGICAL YEAR (1168-73)**

**A. SUNDAY (2177)**

The Lord's day is the day on which we celebrate Jesus'

Resurrection. We go to Mass on this special day. It is  
The heart of the Church's life.

B. ORDINARY TIME: liturgical color is green: hope, growth, life

C. ADVENT (524, 1095)

1. Liturgical color is purple: preparation, sorrow for sin
2. Period of four weeks of preparation for the birth of Jesus, Christmas
3. Advent symbols
  - a. Jesse Tree – recalls how people since Adam and Eve have awaited the birth of Jesus
  - b. Advent Wreath
    - 1) The circle of greens reminds us that God has no beginning and has no end.
    - 2) There are four candles – three purple and one pink
    - 3) One candle is lit each week.

**D. SAINTS, FEASTS, AND SPECIAL PEOPLE**

Special days to honor saints are ranked and celebrated in different degrees.

Solemnity:	liturgies celebrating events, beliefs, and personages of principal importance and universal significance in salvation history
Feast:	liturgies of major importance
Memorial:	liturgies celebrating minor events in the life of the Blessed Virgin Mary and of saints significant to a local country, church or religious community

September	27	Memorial of St. Vincent de Paul, Priest
September	29	Feast of Saints Michael, Gabriel, Raphael: Archangels
October	1	Memorial of St. Theresa of the Child Jesus (St. Therese, the Little Flower)
October	4	Memorial of St. Francis of Assisi
October	18	Feast of St. Luke, Evangelist
November	1	Solemnity of All Saints
November	2	All Souls Day
November	3	St. Martin de Porres, Religious
November	13	Memorial of St. Francis Xavier Cabrini,

Virgin

**VI. SACRAMENTALS**

(1667-79)

- A. HOLY ACTIONS
  - 1. Blessings
  - 2. Sign of the Cross (2157)
  - 3. Genuflection

- B. HOLY OBJECTS
  - 1. Blessed Candles
  - 2. Crucifixes
  - 3. Holy Water
  - 4. Holy Oils (Oil of Catechumens and Chrism)
  - 5. Rosary
  - 6. Blessed Medals
  - 7. Blessed Pictures / Icons (Religious images)

## VII. SOCIAL JUSTICE

*“The commitment to human life and dignity, to human rights and solidarity, is a calling all Catholic educators must share with their students. It is not a vocation for a few religion teachers, but a challenge for every Catholic educator and catechist.”*

*Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p.7*

### **Major Themes:**

**The Life and Dignity of the Human Person  
Call to Family, and Community Participation  
Rights and Responsibilities of the Human Person  
Option for the Poor and Vulnerable**

- A. MISSION AWARENESS: generosity to those less fortunate
  - 1. Participate in parish and/or school collections:  
Food, clothing, toys, etc.
  - 2. Connect with Archdiocesan Social Services Agencies
  
- B. FORGIVENESS: importance of asking for forgiveness of those we have hurt
  - 1. Encourage students to ask for forgiveness
  - 2. Encourage students to forgive others

For further ideas see From the Ground Up Teaching Catholic Social Principles in Elementary Schools, NCEA, 1999.

## Second Trimester

### I. THE MASS: LITURGY OF THE WORD

(1346, 1349)

Every Mass is an action of Jesus Christ in which he gives us himself. Jesus Christ presides at every Mass through the bishop/priest who represents him.

#### A. INTRODUCTORY RITES (Refer to a Sacramentary or Missalette)

1. Entrance Procession (1348)
  - a. Hymn (1156-58, 1191)
  - b. Antiphon
2. Sign of the Cross
3. Greeting

*Priest:* The Lord be with you.  
*Response:* And also with you.
4. Penitential Rite: Options
  - a. Form A – Confiteor (I confess...)
  - b. Form B

*Priest:* Lord, have mercy    *Response:* Lord, have mercy  
*Priest:* Christ, have mercy    *Response:* Christ, have mercy  
*Priest:* Lord, have mercy    *Response:* Lord, have mercy
5. Gloria
6. Opening Prayer

#### B. LITURGY OF THE WORD

(1349)

Is. 40: 8, Mt. 7: 24-27,  
Mt. 13:4-23; Jn 5:24  
Jn. 6: 68, Jn. 8: 47,  
Acts 2: 42-47

1. First Reading – Old Testament (except in the Easter Season)

*Lector:* The Word of the Lord  
*Response:* Thanks be to God
2. Responsorial Psalm
3. Second Reading – New Testament / Epistles
4. Gospel Acclamation (“Alleluia” except during Lent)

5. Gospel  
*Priest / Deacon:* The Gospel of the Lord  
*Response:* Praise to you, Lord Jesus Christ

- 6. Homily
- 7. Profession of Faith
- 8. General Intercessions  
(An example)

*Lector:* ...Let us pray to the Lord  
*Response:* Lord, hear our prayer

**II. THE MASS: LITURGY OF THE EUCHARIST** (1341-43)

A. PREPARATION OF THE ALTAR and PRESENTATION OF THE GIFTS (1350, 1357)  
Mt. 2: 24, Mk. 11: 25  
Lk. 11: 9-13, Acts 2: 42-47

B. EUCHARISTIC PRAYER RESPONSES (1352-54)  
1. Holy, Holy  
2. Memorial Acclamation  
3. Great Amen  
4. Lamb of God

C. COMMUNION RITE (1355)  
1. The Lord's Prayer  
2. Sign of Peace

*Priest:* Peace be with you.  
*Response:* And also with you.  
*Priest:* Let us offer each other some sign of peace.

3. Reception of Communion (1244, 1387-88)  
Those receiving Communion are to observe "the time of the Eucharistic fast," that is, they are to fast from solid food and Drink for one hour, with the exception of water.

*Minister:* **Body of Christ** *Response:* **Amen.**  
*Minister:* **Blood of Christ** *Response:* **Amen.**

D. CONCLUDING RITE

1. Prayer after Communion  
2. Blessing and Dismissal  
*Priest:* The Mass is ended. Go in peace to love and serve the Lord.

*Response:* Thanks be to God.

### III. MARY

#### A. TITLES OF MARY

1. Mother of God Lk. 1: 26-38, 46-56
2. Our Mother and Model Lk. 1: 46-56

#### B. DAYS IN HONOR OF MARY

- |          |    |  |
|----------|----|--|
| December | 8  | Solemnity of the Immaculate Conception |
| December | 12 | Feast of Our Lady of Guadalupe         |
| January  | 1  | Solemnity of Mary, the Mother of God   |
| February | 11 | Memorial of Our Lady of Lourdes        |
| March    | 25 | Solemnity of the Annunciation          |

### IV. LITURGICAL YEAR

(1171)

#### A. CHRISTMAS

(525-30, 563)

1. Liturgical color is white: joy, glory, innocence
2. Story of Jesus' Birth Mt. 1: 18 -2: 23

#### B. ORDINARY TIME: liturgical color is green for hope, growth, life

#### C. LENT

(1095)

1. Time of preparation for Easter
2. From Ash Wednesday to the Mass of the Lord's Supper on Holy Thursday
3. Liturgical color is purple for sorrow, repentance

#### D. HOLY WEEK

1. Palm Sunday: liturgical color is red for blood, zeal, and the Holy Spirit Jn. 12: 12-19

2. Triduum

- a. Holy Thursday: Memorial of the Last Supper Mt. 26: 26-35, Mk. 14: 22-31, Lk. 22: 14-23

- b. Good Friday:

Celebration of the Lord's Passion Mt. 27, Mk. 15, Lk. 23

- c. Holy Saturday: Easter Vigil

- d. Easter: Sunset of Holy Saturday to sunset of Easter Sunday

E. SAINTS, FEASTS, AND SPECIAL PEOPLE

December	6	St. Nicholas, Bishop
December	13	Memorial of St. Lucy, Virgin and Martyr
January	4	Memorial of St. Elizabeth Ann Seton, Religious
January	5	Feast of St. John Neumann, Bishop
March	3	Memorial of St. Katharine Drexel, Virgin
March	19	Solemnity of St. Joseph, Husband of Mary

V. PRAYER

- A. TYPES OF PRAYER (2643-44)
1. Prayer of petition (2629, 2647)
  2. Prayer of thanks (2637-38, 2648)
  3. Prayer asking for forgiveness (2631)
  4. Prayer of praise (2639, 2649)
- B. TRADITIONAL
1. Prayer of the Mass
  2. The Stations of the Cross
- C. SPONTANEOUS
1. Praying in common (choral speech)
  2. Song and gesture
  3. Shared prayer

VI. SACRAMENTALS (1677)

- A. HOLY ACTIONS
1. BLESSING OF THROATS
- B. HOLY OBJECTS
1. BLESSED ASHES
  2. BLESSED CANDLES / PASCHAL CANDLE
  3. BLESSED CROSS / CRUCIFIX
  4. HOLY WATER / BAPTISMAL FONT / HOLY WATER FONT
  5. INCENSE
  6. BLESSED MEDALS
  7. HOLY OILS
  8. BLESSED PALMS

VII. SOCIAL JUSTICE

*“The Church’s social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society... In this time of widespread violence and diminished respect for human life and dignity in our country*

*and around the world, the Gospel of Life and the biblical call to justice need to be proclaimed and shared with new clarity, urgency, and energy.”*

Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p. 4

**Major Themes:**

**Dignity of Work and the Rights of Workers**  
**Solidarity of the Human Family**  
**Care for God’s Creation**

- A. AWARENESS OF THOSE WHO SUFFER IN THE WORLD
  - 1. Participate in Operation Rice Bowl, the Bishop’s Relief Fund and / or the Holy Childhood Association (HCA).
  - 2. Encourage children to be careful and not waste food.
  
- B. AWARENESS OF THE GOSPEL CALL TO BE PEACEMAKERS
  - 1. At home
  - 2. In school
  - 3. In the community

*Catholic tradition insists that we show our respect for the Creator by our stewardship of creation. We are called to protect people and the planet, living our faith in relationship with all of God’s creation.*

Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p. 6

## *Third Trimester*

### **I. TOPICS RELATED TO MASS**

- A. ALL CATHOLICS ATTEND MASS (2180, 1389)  
ON SUNDAYS AND HOLYDAYS OF  
OBLIGATION  
(See *Appendix on Saints, Feasts, and Special People*)
- B. PEOPLES' ROLES AT MASS (1142)
1. Priest as Celebrant
  2. Lector / Reader
  3. Special Ministers of the Eucharist
  4. Altar Servers
  5. Cantor
  6. Assembly
  7. Ministers of Hospitality / Greeters / Ushers
- C. VESTMENTS FOR MASS
1. Alb - a long, loose-fitting white garment
  2. Stole - a narrow strip of cloth of a liturgical color worn by priest and/or deacon at sacramental celebrations
  3. Cincture - a cord used to belt the alb
  4. Chasuble - the outer garment of a liturgical color worn by the (main) celebrant of the Eucharistic liturgy
- D. SACRED VESSELS USED AT MASS
1. Chalice - a consecrated cup that holds the wine
  2. Paten - a flat plate for the host of the same material as the chalice
  3. Ciborium - container for hosts distributed in communion
- E. OTHER OBJECTS RELATED TO THE MASS
1. Altar - a symbol of Christ; a table of solid or suitable material for the meal of sacrifice, the Eucharist
  2. Ambo (pulpit) - place to proclaim the Scriptures
  3. Tabernacle - secure place to reserve the Blessed Sacrament
  4. Pyx - container for carrying the consecrated host to the sick
  5. Lectionary - the book containing the collection of Scripture readings
  6. Sacramentary - the celebrant's book containing the Mass prayers
  7. Cruets - water and wine containers
  8. Altar Candles
  9. Linens

- a) Altar Cloth - usually a white linen to cover the altar
- b) Corporal - a square of linen cloth placed upon the altar and upon which the chalice and paten are placed
- c) Purificator - a piece of linen used to cleanse the chalice
- d) Finger towel - a piece of cloth the priest uses to dry his hands before the Eucharistic Prayer

10. Cross

11. Sanctuary Lamp - lit candle indicating the presence of Jesus Christ in the Tabernacle

## II. MASS AND EUCHARIST

- A. AS A MEMORIAL (1356-58)
- B. AS AN ACT OF THANKS AND PRAISE (1359-61)
- C. AS A SACRIFICE (1362-68)
- D. AS A SOURCE OF GRACE (1996-97, 2003)
- E. AS A SOURCE AND SIGN OF UNITY Jn. 17: 20-21

## III. MARY (964, 971, 1172)

- A. TITLES OF MARY
  - 1. Mother of God Lk. 1: 26-38, 46-56
  - 2. Our Mother (966, 968-69)

- B. DAYS IN HONOR OF MARY
  - May (variable) Immaculate Heart of Mary (Saturday following the Second Sunday after Pentecost)
  - August 15 Solemnity of the Assumption

## IV. MAY DEVOTIONS

- 1. Entire month of May in the Church is dedicated to Mary. Traditional color is light blue
- 2. Special activities
  - a. Make a shrine in the classroom and/or at home
    - 1) Statue or picture / icon of Mary
    - 2) Rosary
    - 3) Flowers
  - b. Pray the Rosary
  - c. Encourage the family Rosary

**V. LITURGICAL YEAR** (1171)

**A. EASTER SEASON** (1168-69)

Sunset of Easter Sunday to sunset of the Solemnity of Pentecost

1. Easter Sunday: liturgical color is white for joy, glory innocence
2. Pentecost: liturgical color is red for the Holy Spirit

**B. ORDINARY TIME**  
Liturgical color is green for hope, growth, life

- C. OTHER CELEBRATIONS**
1. Trinity Sunday: Sunday after Pentecost
  2. Corpus Christi: Sunday after Trinity Sunday

**D. SAINTS, FEASTS, AND SPECIAL PEOPLE**

April	7	Memorial of St. John Baptist de la Salle, Priest
May	14	Feast of St. Matthias, Apostle

**VI. PRAYER**

- A. TRADITIONAL**
1. The Angelus
- B. SPONTANEOUS**
1. The “Jesus Prayer”
  2. Meditation
  3. Guided Meditation

**VII. SACRAMENTALS**

- A. HOLY ACTIONS**
- LAYING ON OF HANDS
- B. HOLY OBJECTS**

ROSARY

SCAPULAR (a devotional article of two small double squares of suspended on strings that can be worn by anyone)

## VIII. SOCIAL JUSTICE

*“The call to work for social justice is imbedded in the Gospel message of Jesus Christ, who came “to bring good tidings to the poor / liberty to captives / and recovery of sight to the blind.” That call has been further specified by the official teachings of the Church. The Church’s social teaching comprises a body of doctrine, but it is not merely a series of documents. Rather, it is a living tradition of thought and action.”*

*Lk. 4 :18, National Directory for Catechesis, USCCB, 2005, pp. 170-171*

### *Major Themes*

**The Life and Dignity of the Human Person  
Call to Family, and Community Participation  
Rights and Responsibilities of the Human Person  
Option for the Poor and Vulnerable**

- A. MISSION AWARENESS: generosity to those less fortunate
  - 1. Participate in parish and / or school collections:  
Food, clothing, toys, etc.
  - 2. Connect with Archdiocesan Social Service Agencies
  - 3. Support Parish Outreach Projects
  
- B. FORGIVENESS: importance of asking for forgiveness of those we hurt
  - 1. Encourage students to ask for forgiveness
  - 2. Encourage students to forgive others
  - 3. Reverence for one another

*“For the Church, charity is not a kind of welfare activity which could equally well be left to others, but is a part of her nature, an indispensable expression of her very being. The Church is God’s family in the world. In this family no one ought to go without the necessities of life. Yet at the same time **caritas-agape** extends beyond the frontiers of the Church. The parable of the Good Samaritan remains as a standard which imposes universal love towards the needy whom we encounter “by chance” (cf. Lk. 10:31), whoever they may be. Without in any way detracting from this commandment of universal love, the Church also has a specific responsibility: within the ecclesial family no member should suffer through being in need. The teaching of the Letter to the Galatians is emphatic: “So then, as we have opportunity, let us do good to all, and especially to those who are of the household of faith” (6:10)  
Holy Father Benedict XVI, encyclical Deus Caritas, 2006*

# *Saints, Feasts, and Special People*

## *Saints, Feasts, and Special People*

The following in  
BROWN ROA Publishing Media, 1990, p. 302.

### **HOLIDAYS AND ANNIVERSARIES**

#### **In the course of the year, the church:**

1. Celebrates the mystery of the risen Christ,
2. Honors Mary, and
3. Venerates saints as examples for the living.

### **HOLYDAYS OF OBLIGATION**

#### **In the United States, there are six holydays:**

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1. Mary, Mother of God, January 1 | 4. All Saints, November 1            |
| 2. Ascension Thursday             | 5. Immaculate Conception, December 8 |
| 3. Assumption, August 15          | 6. Christmas, December 25            |

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<b>September</b>	<b>8</b>	<b><i>Feast of the Birth of Mary</i></b>
<b>September</b>	<b>27</b>	<b><i>Memorial of St. Vincent de Paul, Priest</i></b>

Vincent was born in France in 1580. He spent his whole life finding ways to end human misery and suffering. He founded the Vincentian Order of priests and the Sisters of Charity to help the poor and the sick. He gathered funds to buy freedom for more than 1200 galley slaves from North Africa. He died September 27, 1660 and was canonized in 1737.



Francis founded the Missionary Sisters of the Sacred Heart and, with seven other women, cared for poor children in schools and hospitals. Pope Leo XIII asked her to go to New York City to work with Italian immigrants. Although dreadfully afraid of water, she traveled to New York and in the next thirty years continued to travel, founding more than fifty schools, hospitals, and orphanages in England, France, Spain, and North and South America. She was canonized in 1946 and was the first citizen of the United States so recognized.

**November**                      **19**                      ***Our Lady of Divine Providence***

On November 19, 1969 Pope Paul VI declared Our Lady Mother of Divine Providence principal patroness of the island of Puerto Rico, since November 19 was the date that the island was discovered. The image of Our Lady that is so special to the people of Puerto Rico shows the Divine Child sleeping peacefully in the Virgin Mary's arms. However, the name and worship of Our Lady of the Divine Providence originated in Italy in the 12<sup>th</sup> century, then spread to Spain and then to Puerto Rico.

**December**                      **6**                      ***St. Nicholas***

**December**                      **8**                      ***Solemnity of the Immaculate Conception***

Under the title of the Immaculate Conception, Mary is revered as the patroness of the United States and of the Archdiocese of Philadelphia. In 1854, Pope Pius IX declared: "From the first moment of her conception, the Most Blessed Virgin Mary, by a unique grace and privilege of God and in view of the merits of Jesus Christ, the Savior of the human race, was preserved from all stain of Original sin." (CCC #490-91)

**December**                      **12**                      ***Feast of Our Lady of Guadalupe***

**December**                      **13**                      ***Memorial of St. Lucy, Virgin and Martyr***

St. Lucy came from a wealthy family in Sicily about the year 300 A.D. She was miraculously saved by God from much torture while in prison for being a Christian. She was martyred by the sword in the year 304.

**December**                      **25**                      ***Solemnity of Christmas***

This solemnity celebrates that Mary conceived and gave birth to Jesus Christ. The Most Blessed Virgin Mary was a virgin before and after the birth of Jesus. We call this the Virgin Birth. (CCC #499)

***Feast of the Holy Family***  
**(Sunday in the Octave of Christmas)**

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|----------------|----------|--|
| <b>January</b> | <b>1</b> | <b><i>Solemnity of Mary, the Mother of God</i></b>           |
| <b>January</b> | <b>4</b> | <b><i>Memorial of St. Elizabeth Ann Seton, Religious</i></b> |
| <b>January</b> | <b>5</b> | <b><i>Feast of St. John Neumann, Bishop</i></b>              |

Born in Bohemia in 1811, John dedicated his life to missionary work in the United States. As a priest and later as a bishop, he worked tirelessly to educate the members of the Church, increasing the parochial school system in Philadelphia, instituting Forty Hours devotion, and constructing a cathedral. He died in 1860 and was canonized by Pope Paul VI in 1977.

- |                |          |   |
|----------------|----------|---|
| <b>January</b> | <b>6</b> | <b><i>Solemnity of the Epiphany</i></b><br><b>(or the Sunday between January 2 and January 8)</b> |
|----------------|----------|---|

***Feast of the Baptism of the Lord***  
**(Sunday after January 6)**

- |                 |           |   |
|-----------------|-----------|---|
| <b>February</b> | <b>2</b>  | <b><i>Feast of the Presentation of the Lord</i></b> |
| <b>February</b> | <b>11</b> | <b><i>Memorial of Our Lady of Lourdes</i></b>       |
| <b>March</b>    | <b>3</b>  | <b><i>Feast of St. Katharine Drexel, Virgin</i></b> |

Saint Katharine Drexel was born in Philadelphia on November 26, 1858. Her mother died when she was a baby. Her step-mother was a wonderful woman. Katharine's family was very wealthy, but she was taught to be especially concerned about the poor. When Katharine grew up, she was very generous with her time and money. She turned her energies and her fortune to the poor and forgotten. She worked with the African-American and Native-American people. In 1891, she began the Sisters of the Blessed Sacrament. She became known as Mother Katharine. The sisters center their life around Jesus in the Eucharist. The community of sisters started schools, convents, and missionary churches. In 1925, they established Xavier University in New Orleans. Mother Katharine Drexel died on March 3, 1955 at the age of ninety-seven. She was declared *blessed* by Pope John Paul II on November 20, 1988. Pope John Paul II proclaimed her a *saint* on October 1, 2000. (Saints for Young Readers for Every Day, Volume I)

<b>March</b>	<b>19</b>	<i>Solemnity of St. Joseph, Husband of Mary</i>	
<b>March</b>	<b>25</b>	<i>Solemnity of The Annunciation</i>	<b>Lk. 1:26-38</b>
<b>April</b>	<b>7</b>	<i>Memorial of St. John Baptist de la Salle, Priest</i>	

John was born in France in 1651. He became a priest and took on the teaching of poor boys. He founded the Brothers of the Christian School (The Christian Brothers). He started classroom teaching and assigning of grade levels, instead of continuing the model of individual tutoring. He died on Good Friday in 1719 at age sixty-eight. He was canonized in 1900.

<b>May</b>	<b>14</b>	<i>Feast of St. Matthias, Apostle</i>
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Because he had been a witness to the Lord's resurrection, Saint Matthias was chosen by the other apostles to take the place of Judas. The Acts of the Apostles (1: 15-26) tells of how he was numbered among the Twelve. (Christian Prayer, 1976, p. 1148)

<b>August</b>	<b>15</b>	<i>Solemnity of the Assumption</i>
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Pope Pius XII, on November 1, 1950, infallibly defined what Catholics always believed: Mary was assumed body and soul into heaven. (CCC #966)

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# *Prayer*

## **The Jesus Prayer**

The **Jesus Prayer** is used as a “prayer word” simply by uttering the word “Jesus” or the phrase “Lord, Jesus, have mercy on me” in harmony with one’s breathing. This technique is a help to become “centered” or still within one’s being.

All the various activities in a child’s life can distract her/him from the important task of building a relationship with the all-holy, transcendent God. This *prayer form* is especially helpful if the classroom mood is restless or emotionally charged. It allows you and the children to become still, to become more aware of the Presence of God and to rest in that Presence.

### **Technique:**

Address the children in words similar to these:

1. Let’s settle down and become very quiet so that we can experience God’s Presence here in this room, within us. God is as close to us as our own breath. Now close your eyes and take in a deep breath.  
**DO THIS WITH THE CHILDREN** at this point.  
Then, let it out very, very slowly.

2. Now let us breathe and pray all together.

Breath in. **PAUSE.** Breath out. **PAUSE.**  
Breathe in and pray, “Jesus” or “Lord Jesus.”  
Breathe out and pray, “have mercy on me.”

Repeat this as you continue to breathe.

Continue this exercise until you feel the room quiet. Then join the children entrusted to your care in prayer to the God who has loved them - and you - into being.

3. Time: Primary grades: 3 - 4 minutes

Intermediate:	4 - 5 minutes
Upper:	5 - 8 minutes

4. Other Prayer Words that could be used as a substitute:

“Lord Jesus - I love you.”

“Spirit of God - fill me with love.”

Feel free to use your favorite phrases.

## Choral Speech (Praying in Common)

This *prayer form* invites all to pray as one voice in response to another through the use of selected religious readings or Scripture. The **Psalms** lend themselves to this type of reading.

To develop an understanding of praying in unison, or as reply to another, it is necessary to communicate a sense of rhythm by reading, singing within parts, speaking in different voices. Examples: “O” antiphons, Canticles (Magnificat, Benedictus), psalms, hymns, prayers, litanies, novena, etc.

### Technique:

1. Make copies of the *choral reading* for each of the students.
2. Divide the children into groups and assign the parts to be read in unison rhythmically by each group.
3. Decide if any parts are to be read individually and assign those parts.

## Song and Gesture

Singing is particularly popular with young children, but can be used when praying with children of all ages. Gesture helps the children to express their feelings through the use of body language. Combining song and gesture makes for a very expressive prayer form.

**Technique:**

- 1 Explain that gesture and song are acceptable *prayer forms*. Prayer is not just rote-recited prayers.
  2. Choose a song with gestures with which you are familiar. Listen to the song and teach the gestures to the class.
  3. Explain to the children that they are now going to create gestures of their own for a given song.
  4. Upon choosing an appropriate hymn for the liturgical season, divide the children into groups. Assign each group a verse of the hymn. Instruct the group to create their own gestures for the assigned verse or chorus.
  5. Have each group present their gestures to be learned by the entire class. This song can now be used during a prayer service.

## Journal Keeping

This *prayer form* (tool) enables a student to reflect on the goals and directions of his/her life, and to appreciate and deepen a personal relationship with a loving Father. It provides a method to assess these experiences.

**Technique:** Grades 1 - 3

Journal Keeping could be adapted to the level of the student. Responses could be in written or picture form. Springboards to follow a religion lesson could be:

- How would you feel if you had been at the Last Supper?
- How do you think Jesus felt when His friends, the apostles, all walked away from Him?
- If you were blind, how would you feel if Jesus helped you to see? What would you say to Him?

### Grades 4 - 8

1. Present the value of journal-keeping as a means of writing personal thoughts and feelings.
2. Differentiate “diary” from “journal.” A diary records personal thoughts and feelings; a journal records personal feelings and thoughts addressed to God as Father, Jesus as Brother, Friend.
3. There is no one particular format. Journaling may be in the form of an informal letter (Dear Father, from Your son/daughter), (Dear Jesus, from Your pal), or a poem, etc.
4. A copybook should be set aside for this special purpose. This helps to make it a special book for conversations with God.

Discuss the idea of a spiritual journey with students: one in which they will discover things about themselves and God. Ask them to think of pictures, symbols, and words that help them to think about God and the things He has created.

Decorate the cover with pictures and / or words which represent aspects of the student's self.

Discuss titles that would express the above discussion. Allow each student to design artistically a title page.

5. Establish a quiet atmosphere in the classroom for this special time. As a class, journal several times a week. However, students should feel free to use the journal at any time to express their thoughts and feelings to God.
6. Students need to be assured that no one will read their journals without permission. Periodic evaluation with students can take place to determine effectiveness of journaling.
7. Journaling is a student's personal response from a springboard initiated by the teacher. Such springboards can come from:
  - the Religion lesson (Is there enough evidence to convict you of being a Christian? What are some signs in your life?)
  - a particular Scripture passage

- inspirational quotes, such as found on calendars, etc.
- reflections on personal talents, gifts or on those shared with us by others (In your life who reminds you of God and makes you feel special?)
- problems encountered by the age group or within your class, e.g., How does it feel to be left out of a group, to be ignored?

## **Meditation**

Meditation is a form of mental prayer in which one thinks reflectively about God, the Blessed Mother, the saints, or the mysteries of faith.

### **Technique:**

1. Select a Scripture passage. Choose one that is suggested in the Religion textbook.
2. Establish quiet time for approximately two or three minutes before the reading of the passage.
3. Read the passage slowly, aloud or softly. Repeat a word or phrase to capture the attention of the listener.
4. Allow about three or four minutes of quiet time to awaken feelings.
5. Respond with or without words. Remind students of different types of prayer, praise, love, thanksgiving, and petition.

### **Suggestions for Levels**

#### Primary:

Stress that mental prayer or meditation is listening and talking quietly to God. Encourage students to listen to a selected Scripture story or view a slide presentation or audio-visual

reflection. Children should be directed to think about what God is saying to them in this story. Encourage a short response such as the following:

Thank you, God.  
I love you, God.  
I am sorry, God, etc.

One acclamation should be selected by the child and repeated silently. Allow approximately three minutes for this prayer. Some may choose to share their response with others, to draw a picture of themselves in the Scripture story, or print their short response in their prayer notebook.

#### Intermediate:

Repeat all or any of the above.

Children may write their own prayer. They may volunteer to read their prayer. In order to keep the spirit of prayer, no more than one child's prayer should be read at a given time.

#### Junior High:

Use any of the above suggestions.

Follow - up activity: Write a modern day story which parallels the Scripture story.

Teacher would ask questions after the meditation such as: Whom would you like to be in the story? Why? What struck you about the story? Why?, etc.

## **Guided Meditation**

Guided Meditation allows the children to consider a Bible verse. It encourages the children to consider their feelings and their relationship with God.

#### **Technique:**

- 1) Call the children to prayer, invite them to be still.
- 2) When they are still and quiet, invite the children to close their eyes. Remind them

to listen very carefully and to try to keep their minds really focused on what you are going to read to them.

- 3) When they are quiet, read them the story of Jesus blessing the children (Matthew 19: 13 - 15). You may want to read it again after a short pause.

- 4) Allow a few minutes to pass. Then suggest the children imagine themselves as one of the children whom Jesus blessed. Encourage them to see themselves with Jesus, to imagine where they are. Suggest that they think about how it felt to be near Jesus, how it felt to be sent away from Jesus, and how it felt to be blessed by Jesus. Any ideas of your own would be great!
- 5) Allow a few minutes for children to consider this. Encourage the children to remember a time when they felt loved and blessed. Who was there? When did this happen? Where did his happen?
- 6) Older children may be more comfortable seated in a circle facing away from the center.
- 7) Many other gospel stories lend themselves to guided meditation. For example: The Ten Lepers, Jesus on the Road to Emmaus, or the parable of the Good Samaritan.

**Follow Up:**

Primary: Draw what you imagined. Write a prayer thanking Jesus for his blessing.

Intermediate: Discuss the blessings they have received. Write a prayer thanking God for these blessings.

Junior High: Journal their feelings during this meditation. Discuss times when you have not felt loved or blessed. Discuss how to help others feel loved and blessed.

## **Shared Prayer**

This *prayer form* helps the students to become more aware and sensitive to God's presence in their lives and in the world around them and to aid them in responding to that presence by sharing prayer with others. This prayer may be spontaneous by having them respond to a few questions relating to a passage read from scripture, or it may take on a more structured format such as creating a litany or the format of the *Prayer of the Faithful* in the Eucharistic Liturgy.

**Technique:**

1. Take the time to create a prayerful environment; if possible darken the room, have a lit candle. In some way, make a conscious effort to change the area from what the students ordinarily experience. Prepare the students by setting a tone of quiet reverence.
2. For **Intermediate** or **Junior High** levels select one of the students to do the reading of the Scripture passage. Give him/her the selection ahead of time and have him/her carefully prepare, read slowly, etc. For **Primary** levels, it may be best to do the reading yourself. You may want to use a children's Bible for easier understanding.
3. During the Lenten Season, we take on a new awareness of Jesus' life in the light of His passion, death, and His new life in glory. Select a passage from one of the Gospels on the passion of Jesus.
4. Allow for a period of silent reflection following the reading.
5. For **Primary** levels, prepare beforehand materials needed for drawing: paper, crayons, markers, etc. Have the children draw a picture of the story and then describe what they drew. You may aid them by asking a few questions, e.g. How do you think Jesus felt when the crowd mocked him and his close friends deserted him? Have they ever felt that no one cared?
6. For the **Intermediate** and **Junior High** levels, prior to the prayer experience, it will be necessary to prepare the students by familiarizing them with the formula used for the *General Intercessions* at Mass.
7. Help them to move from the time of Jesus to our own time. In the reflection on the passion of Jesus we are able to see that we are not alone in our suffering. When we condemn others because of race, color, or religion we are repeating the action of Pilate. Mary's sorrow today is shared by the families of sons and daughters of all the war-torn nations of the world. Reflected in Jesus' innocence is the innocent children in famine-afflicted countries, etc.
8. Invite them to write a prayer about one of the many concerns of our world today. These can be put together to be used as a *Prayer of the Faithful*.