

To The Parents

This badge program can be a part of the eternal spiritual gift you already are giving your child. It provides you with more opportunities to help and guide them by doing together the activities here to earn these badges and medals. They cannot be successful without your help.

There are many good sources that contain the necessary information for completing their badges. Many of the answers can be found in the Bible. (After each question, the book, chapter and verse in the Bible will be given that contains the answer). Much of the information or answers can be found in The Catechism of the Catholic Church, (the number of the paragraph that contains the appropriate answer will be given at the end of each question). These Catechisms of the Catholic Church can be borrowed from the Church's library (at St. Therese in Phillips). Sometimes the internet can be used as a source of information, but there is a great danger that its contents may not be the correct and true teachings of the Catholic Church. The internet is usually safe for information about the lives of the Saints. There are also many other great resource DVDs and books in the Church's library; stop in and look around.

The Purpose

The purpose of this program is the formation of young people into knowledgeable and committed Catholic adults: To strengthen the depth and richness of their understanding of spiritual, Sacramental, doctrinal and historical Catholicism---so that they can truly appreciate the heart and soul of Catholicism: to show them an appreciation of exactly how Catholicism has faithfully preserved the exact Sacraments and teachings that truly began with our Lord Christ Jesus and His Apostles 2000 years ago.

One of the goals of the Vatican II Council is to have all Catholics truly understand and practice the full meaning of Catholicism and not just the empty memorization of it.

The badges, pins and medals not only provide public recognition for each student's effort, but each time the student looks upon them, they reinforce the learning the student has achieved. The badges, pins and medals also become a treasured spiritual and family keepsake to accompany them into adulthood.

What is the Catholic Studies Recognition Program?

This program awards badges, pins and medals to students who demonstrate their proficiency in certain Catholic studies and activities. To accomplish this, they must fulfill the requirements listed in their Catholic Studies Recognition Manual.

Badge Subjects

Some of the subjects offered are:

- *The Sacraments*
- *Sacramentals*
- *Scriptures*
 - *As a source of God's Laws*
 - *As a source of the Life of Jesus*
- *The History of the Catholic Church*
- *Early Church Fathers*
- *Doctors of the Church*
- *The Crusades*
- *The Reformation*
- *Different Forms of Service to Others – the poor, elderly, helpless*
- *The Sanctity of Life – Protecting the Unborn*
- *Serving at the Altar During Mass*
- *Understanding and Practicing the Different Types of Prayer*

Religious Education teachers are welcomed to add new ideas and projects for badges by writing down the questions and/or requirements for that badge and submitting them to the parish priest for approval, before adding them to the manual. Parents and students are also welcomed to share their ideas and projects for badges.

A few badges may be earned each year by an entire class if the religious education teacher is willing to direct and help them earn it. Most of the badges, pins and medals are earned by the students outside their religious education classes with the help and guidance of their parents and/or other family members.

This is an opportunity for the parents and their children to explore the many interesting facets of Catholicism together.

Each year the Parish's Education Department teachers will collect the students' work done on their badges and record which badges, pins and medals were earned by each student. For some badge requirements, the parents will need to certify the student fulfilled the activity by filling out and submitting the appropriate form located in this manual.

There is no limit to how many pins, badges, and medals each student may earn each year.

Presentation Ceremony

Once each year, during a springtime Mass, the priest of each parish will present each student with all their badges, pins and medals earned during the year. The priest will also present their parents with lapel pins recognizing their spiritual commitment to their children.

Miscellaneous

The students may proudly wear their sashes to Mass, to their religious education classes and other parish activities.

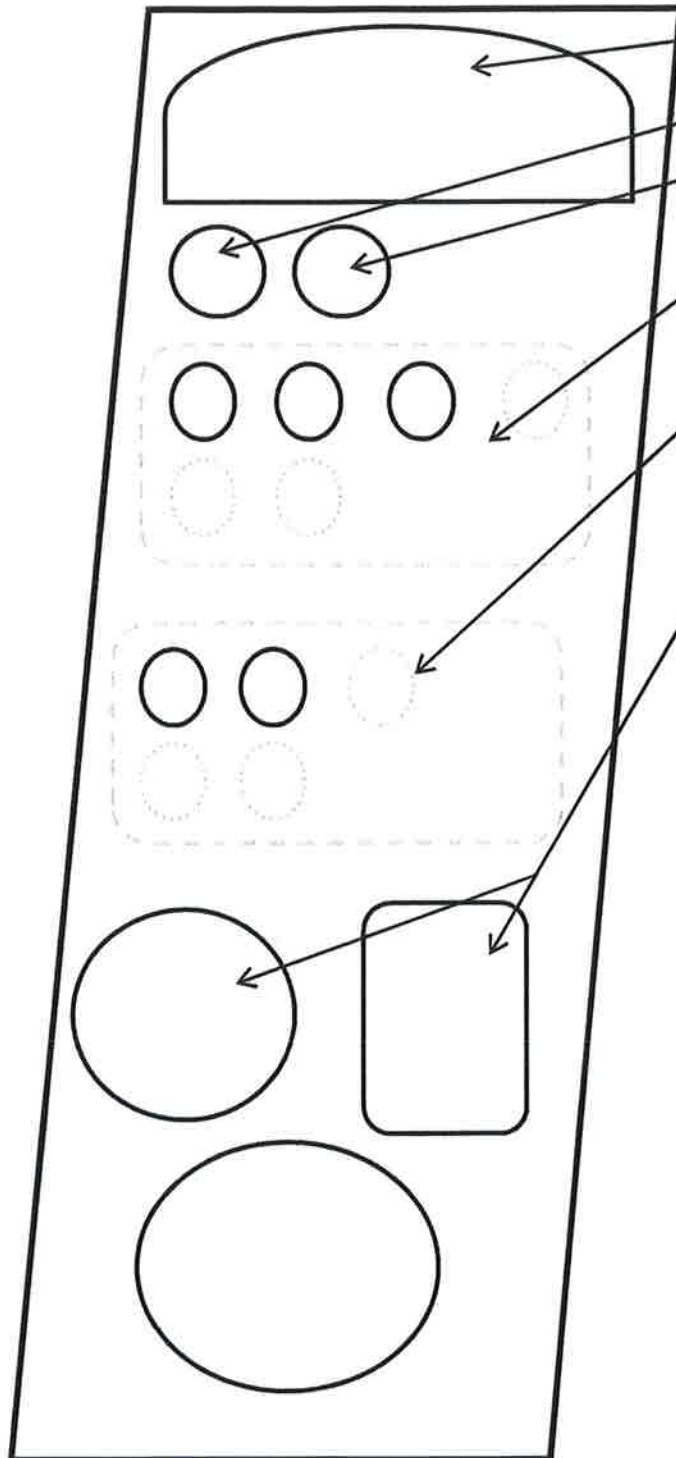
The pilot program began at St Paul the Apostle Catholic Church in Catawba, Wisconsin; the Superior Diocese for grades 3-6. The full program will be open to grades 3-12.

The badges, pins, medals and sashes were paid for by donations from bake sales and other fundraisers by students, parents and the parish women's council.

About Your Recognition Disciple Sash

← 6 inches →

The sash is worn over the left shoulder.



Parish, Diocese Identification

1st Communion Pin

Confirmation Pin

Serving at the Altar Pins

(One of each year served)

Medals of a Saint

(One for each saint's life studied)

Badges can be arranged as the student wishes

Most of the badges come with an adhesive backing. It may be wise to hand stitch each badge in place.

Cleaning

Should the sash become soiled, do not wash it in a washing machine. Dry cleaning is advised.

New badges, pins and medals will be added each year at a recognition ceremony during a Mass the student and parents attend.

The sash may be worn to every Mass, to all religious education classes and to any and all parish functions.

Badge Completion Form

A Badge Completion Form must be turned in along with each badge's work. Students may staple badge work information together to be turned in, or put into a folder. Stapling or handing in the information in a folder may eliminate material being lost. Badge work will be returned to the student.

A Badge Completion form and the work should be turned in to your religious education teacher.

Badge Completion Forms can be found at the end of every badge description.

Name of Student Completing Badge: _____

Date: _____

Name of Badge: _____

Current Grade in School: _____

Current Religious Education Teacher: _____

Parish Name/City of Parish: _____

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In Grateful Appreciation

To those who worked with me to bring this idea to fruition: To Father Gerald Hagen, Pastor of Sts. Paul the Apostle, John the Baptist and Therese of Lisieux parishes, who proof read and corrected all of my manuscript for doctrinal integrity: To Father Ed Anderson of Spooner, Wisconsin, who initiated the idea of earning religious badges in his "Rosary Patch Program" through the National Catholic Committee on Scouting: To Mrs. Sylvia Kerner of Phillips, Wisconsin, who typed, formatted and enhanced my manuscript into this manual: To Mrs. Jeanie Heizler of Phillips, Wisconsin, who designed and embroidered some of the prototypes and final badges the students earned: And to all those who contributed to our bake sales to finance the beginning first years of this project.

Thank you and God bless you.

Mary and Sherman Zimmerman

3rd and 4th Grade Catechists

St. Paul the Apostle Parish, Catawba, Wisconsin

Dedicated to Our Lady, Mary on February 2nd, 2016

The Feast day of Our Lady of Good Success (Quito, Ecuador, 1610)



The Server Pin

A server assists the priest throughout the Holy Mass.

The Holy Mass is the most sacred, most serious, most spiritually helpful act any human being can do on earth; because it is the living sacrament and the living sacrifice of our Lord Jesus Christ. The Holy Mass is the only place a person of God can truly unite all of themselves with all of Jesus, and to be able to acceptably offer themselves to our God – our Heavenly Father. This is the only place our offerings of love, adoration, thankfulness and sacrifice are clean enough to be offered to God because only here, Jesus has added His purity in His sacrifice to our offerings.

All of Heaven is really there at each and every Mass. God, the Heavenly Father is there; so is the Holy Spirit, and our Lord Christ Jesus, His Mother Our Lady Mary and each and every Prophet, Apostle and Saint who overcame their own weaknesses and evil through Christ Jesus' help while they were on earth. God's angels are there, as well as the Holy Souls suffering in Purgatory. All of our relatives, loved ones and friends who overcame their own weaknesses and evil through Christ Jesus' help when they were on earth are there, too. At Mass, we are in their presence. They all see us, whether or not we can see them. Some Saints have described seeing them during Mass. Therefore, there is nothing as important as sincerely praying with our whole heart at each mass, with the priest.

Each Mass benefits all of God's creation. The priest needs the server in order to perform the Holy Mass. Therefore, the position of server is a very solemn, very important and very sacred, special act.

Requirements to be a Server

1. Have proof of having received the Sacrament of Baptism or receive the Sacrament of Baptism.
2. Have proof of having received the Sacrament of Reconciliation (Confession-Penance), or receive the Sacrament of Reconciliation.
3. Have proof of having received the Sacrament of Holy Communion, or receive the Sacrament of Holy Communion.
4. Student must be in 3rd grade or higher.

If you are under 18 years of age, you need your parent's permission to serve. Usually each person gets to serve at mass for the four Saturdays or Sundays of a month, once or twice a year, depending on how many servers volunteer.

Tell your priest, religious education teacher or the head of your parish's religious education department you are interested in serving at the Holy Mass.

Badges and Medals for The Study of the Lives of Saints

See the following pages which list the badges for the American Saints and the medals for the other Saints that can be earned.

Learning about the saints can explain things that are happening in our lives. The more we learn about all the Saints, the better chance we have of finding out which saints are helping us personally from Heaven. They often pick us out because of something about us or our life that reminds them of their life on earth. The Saints do intervene for us, leading, guiding us, praying for us, getting Jesus', Mary's, or our Heavenly Father's extra help for us; sometimes doing miracles for us. This is the Communion of (or with) the Saints. The Saints truly are some of our best friends.

Report on a Saint

Try to answer the following questions in your report:

1. What is the Saint's name? When were they born?
2. What country did they live in? How did their life start out? What were they doing **before** special things started happening to them?
3. What special things started happening in their life? Did God, Jesus, Mary or another Saint tell them something? What? Were there miracles happening? What were they?
4. What did the Saint do in their life for God or Jesus? Or the Holy Spirit?? What special things did the Saint do that made them special to God, Jesus or Mary?
5. Did the Saint suffer or give up something they wanted? What happened? How did the Saint suffer because they were doing work for God or Jesus? Did the Saint think they were suffering?
6. How did the Saint die? What happened? Were there miracles connected with the Saint after they died? When is this Saint's Feast day each year?
7. Draw a picture of something that happened in this Saint's life that was special or include a picture of this Saint with your report.
8. How is your life like this Saint's life? What could you do in your life to be more like this Saint?

You can do as many reports on Saints as you wish.

Badges - Footsteps of American Saints



The Footsteps of American Saints is a religious activity that encourages youth to learn about several individuals that have shaped the landscape of Catholicism in America. This religious activity honors those men and women who led heroic lives of faith. Their words, their deeds and their devotion to prayer and to the sacraments, inspire all American Catholics. Most of these men and women worked in North America in what is now the United States. Some others never set foot in America; however, they had a huge impact on the Catholic American landscape. All of them sought to follow Jesus.

The goal of this activity is to share the lives of several Saints so that the youth might relate to what these people have done and maybe look to these individuals as role models.

St. Elizabeth Ann
Seton

St. Francis Xavier
Cabrini

Blessed Damien of
Molokai

Ven. Fr. Michael
McGivney

St. Isaac Jogues

Blessed André
Bessette

St. Isadore (the
Farmer)

St. George

St. John Neumann

Blessed Mother
Marianne Cope

Blessed Junípero
Serra

St. Juan Diego

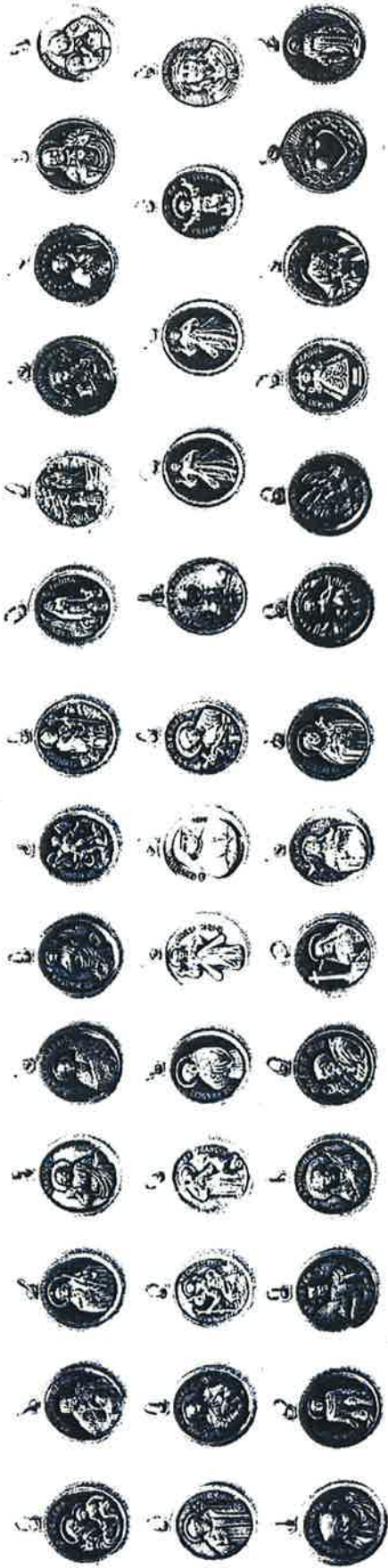
Blessed Kateri
Tekakwitha

St. Katherine Drexel

Blessed Carlos
Rodriguez

St. Peter Claver

Saint Medals



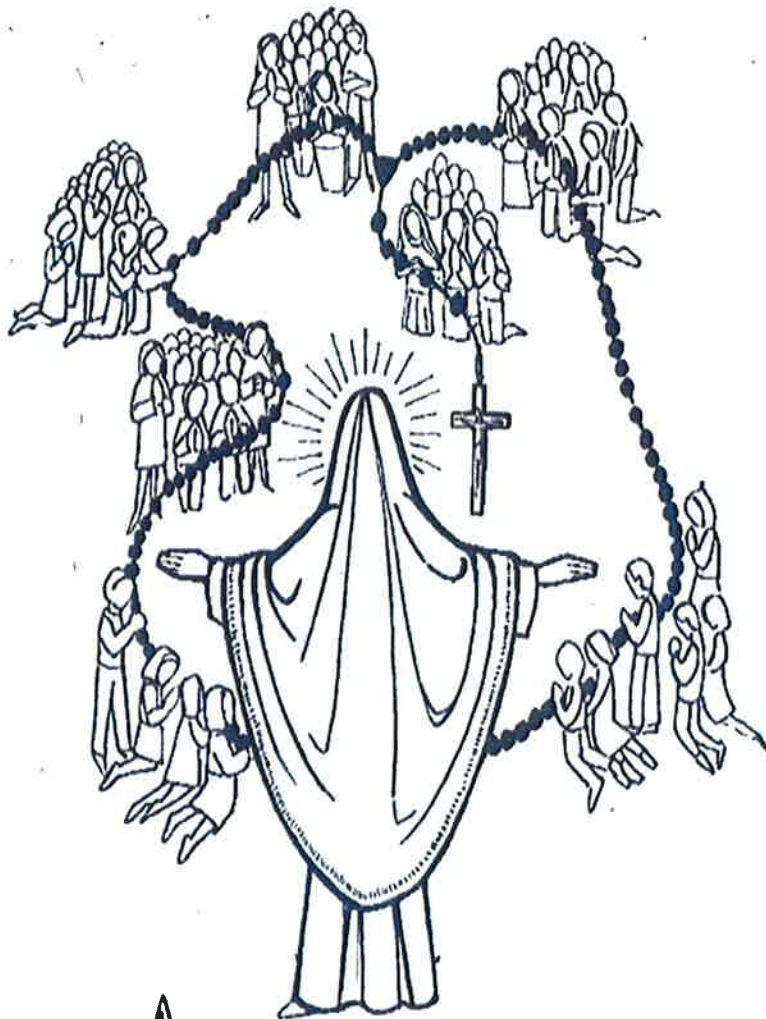
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|-----------------------------|-------------------------------|--|---|
| St. Agnes | St. Francis of Assisi | OL Loretto | St. Peregrine |
| St. Andrew (Apostle) | St. Gabriel (Archangel) | OL Lourdes – St. Bernadette | OL Perpetual Help |
| St. Anne | St. Gerard | St. Lucy | St. Peter (Apostle – 1 st Pope) |
| (Mother of OL Mary) | OL Guadalupe – St. Juan Diego | St. Luke | St. Philomena |
| St. Anthony | Guardian Angel | St. Margaret | Pope Benedict XVI |
| St. Barbara | Holy Family | St. Maria Goretti | Pope Francis |
| St. Benedict | Holy Spirit | St. Mark | St. Pope John Paul II |
| St. Catherine | St. Ignatius | St. Martha (Disciple) | St. Raphael (Archangel) |
| St. Cecilia | Immaculate Heart of Mary | St. Mary Undoer of Knots | St. Rita |
| St. Charles Borromeo | Infant of Prague | St. Matthew (Apostle) | St. Rose of Lima |
| St. Christopher | St. James (Apostle) | St. Michael (Archangel) | OL Rosary – St. Dominic |
| St. Clare | St. Joan of Arc | Miraculous Medal – St. Catherine Laboure | St. Sebastian |
| OL Czestochowa | St. John Baptist | OL Mt Carmel - St. Simon Stock | Mother Teresa of Calcutta |
| Divine Mercy – St. Faustina | St. John Vianney | St. Padre Pio | St. Teresa of Avila |
| St. Dymphna | St. Joseph | St. Patrick | St. Therese of Lisieux |
| OL Fatima – Sr. Lucia | St. Jude (Apostle) | St. Paul (Disciple) | St. Thomas More |
| St. Florian | OL Knock | | (OL = Our Lady of.....find out the story and miracles when Our Lady Mary appeared.) |

Badges for Study and Practice of the Rosary

For all the Rosary badges there are different requirements for different age groups.

The Rosary Patch teaches about the Rosary in general. Except for a note from a parent verifying praying the Rosary at home, the rest of the requirements – memorizing or saying the parts of the Rosary’s prayers must be done with your religious education teacher. Tell them when you are ready to do this.

The other four Rosary badges are about the Mysteries. Each badge is for a different set of Mysteries. Write out the answers to the questions for the badge and hand in the note from your parents that you prayed the particular Rosary for the badge.



AVE MARIA...

Rosary Patch Requirements

The Rosary patch series has focused on the different Mysteries of the Holy Rosary and Pray the Rosary. This is an opportunity for youth and adults alike to learn more about their faith.

Requirements for 3rd – 5th Grade

1. Say the Apostles Creed prayer
2. Memorize the Our Father prayer
3. Memorize the Hail Mary prayer
4. Memorize the Glory Be to the Father prayer
5. Say the Hail, Holy Queen prayer
6. Say Fatima prayers
7. Say St. Michael prayer
8. Pray the Rosary by doing one of the following at home with your family (note from Mom/Dad)
 - 5-Decade Joyful Mysteries
 - 5-Decade Sorrowful Mysteries
 - 5-Decade Glorious Mysteries
 - 5-Decade Luminous Mysteries

Requirements for 6th – 12th Grade

1. Memorize the Apostles Creed prayer
2. Memorize the Our Father prayer
3. Memorize the Hail Mary prayer
4. Memorize the Glory be to the Father prayer
5. Memorize the Hail, Holy Queen prayer
6. Memorize Fatima prayers and St. Michael prayer
7. Memorize each of the Mysteries
8. Pray the full 20-decade Rosary (note from Mom/Dad)



Sorrowful Mysteries



Requirements for Grades 3 – 5 <i>Answer at least 5 of 10 questions.</i>	Requirements for Grades 6 – 12 <i>Answer at least 5 of 10 questions.</i>
<ol style="list-style-type: none"> 1. How did Jesus die? 2. Who betrayed Jesus and how did he do it? (Luke 22:47-49) 3. Why did Pilate ask Jesus who he was? 4. What did Jesus answer? 5. What is a Crown of Thorns and why was it placed on Jesus' head? 6. What did the crowd of people keep shouting? 7. When he carried the cross, how many times did He fall? 8. How many thieves were crucified with Jesus? 9. What did the sign on Jesus' cross say? (Luke 23:38) 10. Where was he buried? 	<ol style="list-style-type: none"> 1. Who betrayed Jesus? 2. What sign did he give to the soldiers? (Matthew 26:47-49) 3. How much was he paid to betray Jesus? 4. Why did the soldiers beat Jesus? 5. What is a crown of thorns? 6. How many times did Peter deny Jesus? 7. Who was forced to help carry the cross? (Luke 23:26) 8. What did one of the thieves ask of Jesus? (Luke 23:40-42) 9. What did Jesus respond? 10. What were Jesus' last words? (Luke 23:46)

1. Write out the answers to at least 5 of the 10 questions.
2. Draw a picture of each Sorrowful Mystery and put the title of the Mystery on it.
3. Pray the 5 decades of this Mystery with your family. Have your parent write a note you did this

Glorious Mysteries



Requirements for Grades 3 – 5 <i>Answer at least 5 of 10 questions.</i>	Requirements for Grades 6 – 12 <i>Answer at least 5 of 10 questions.</i>
<ol style="list-style-type: none"> 1. When do we celebrate the Resurrection? 2. Who discovered the tomb was empty? (John 20) 3. What was she told to do? (Matthew 28:5) 4. Who rolled back the stone from the tomb? (Matthew 28) 5. Before the Ascension, what did Jesus tell the disciples? (Matthew 28) 6. What did He promise the disciples? (Matthew 28:20) 7. Where is Jesus seated in Heaven? 8. Who is the Immaculate Conception? 9. When do we celebrate the Immaculate Conception? 10. What is Mary's title in Heaven? 	<ol style="list-style-type: none"> 1. To whom did Jesus first appear after He had risen? (Mark 16:9) 2. What did He say to her? (John 20) 3. What did the disciples see when they looked into the tomb? (John 20) 4. On what road did Jesus first meet the disciples? (Luke 24) 5. How did the Holy Spirit appear to the disciples? (Acts 2) 6. What Sacrament confers the gifts of the Holy Spirit? 7. What symbol represents the Holy Spirit? 8. Why do we refer to Mary as our Blessed Mother? 9. What is the Assumption? 10. How was Mary assumed into Heaven?

1. Write out the answers to at least 5 of the 10 questions.
2. Draw a picture of each Glorious Mystery and put the title of the Mystery on it.
3. Pray the 5 decades of this Mystery with your family. Have your parent write a note you did this.

Luminous Mysteries



Requirements for Grades 3 – 5 <i>Answer at least 5 of 10 questions.</i>	Requirements for Grades 6 – 12 <i>Answer at least 5 of 10 questions.</i>
<ol style="list-style-type: none"> 1. Who baptized Jesus? 2. What was the name of the river where Jesus was baptized? (Matthew 3) 3. What did God say when Jesus was baptized? 4. What was Jesus' first miracle? (John 2) 5. Where did it happen? 6. How many disciples went up on the Mountain with Jesus? (Luke 9) 7. Who appeared on the mountain with Jesus? (Luke 9) 8. What can you do every day to make God happy? 9. What did Jesus say about the bread? (Luke 22) 10. What did Jesus say about the wine? 	<ol style="list-style-type: none"> 1. Where was Jesus baptized? 2. What did John the Baptist say about Jesus? 3. What happened at the Wedding at Cana? 4. What did Jesus say to his Mother? (John 2) 5. What did his Mother say to the servants? 6. What did Jesus say about the Kingdom of God? 7. What must we do to enter Heaven? 8. Name the three disciples who accompanied Jesus up on the mountain? 9. Why were they going to set up three tents? 10. What was the significance of the bread and wine at the Last Supper?

1. Write out the answers to at least 5 of the 10 questions.
2. Draw a picture of each Luminous Mystery and put the title of the Mystery on it.
3. Pray the 5 decades of this Mystery with your family. Have your parent write a note you did this.

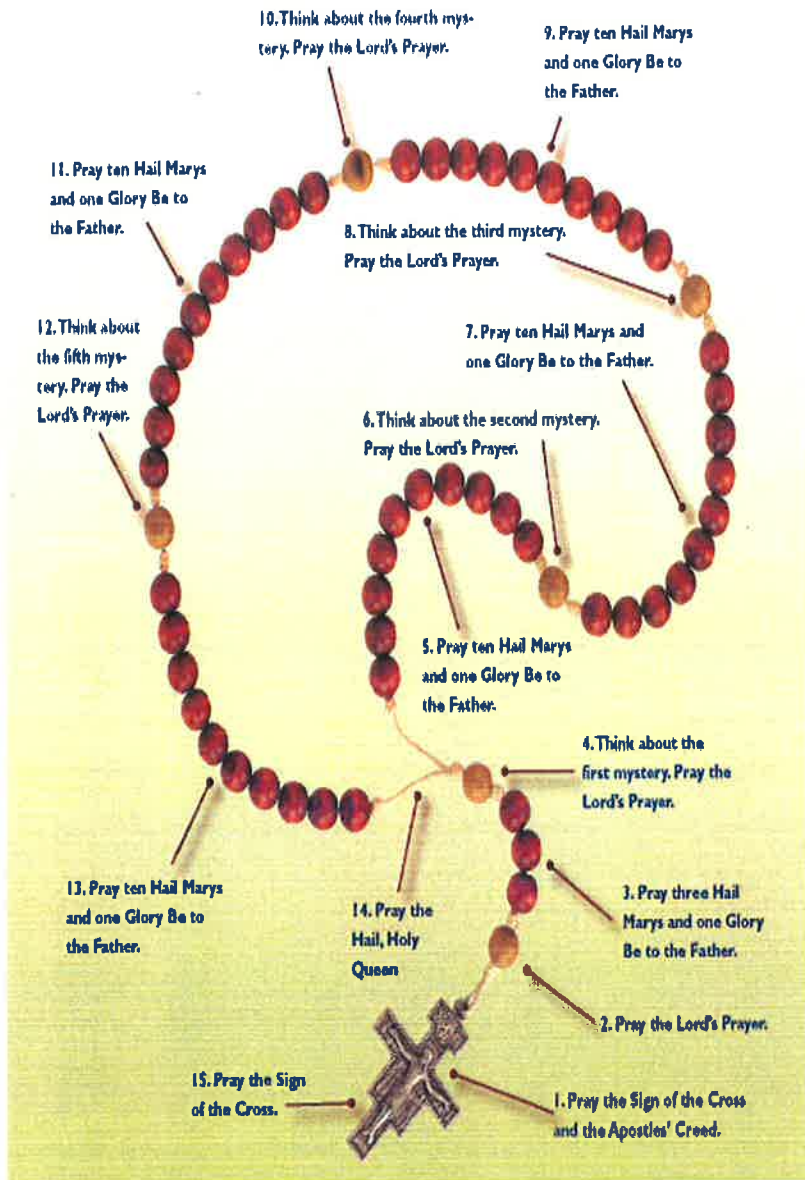
Joyful Mysteries

Requirements for Grades 3 – 5 <i>Answer at least 5 of 10 questions.</i>	Requirements for Grades 6 – 12 <i>Answer at least 5 of 10 questions.</i>
<ol style="list-style-type: none"> 1. To whom did the Angel Gabriel appear? 2. What did the angel tell Mary she must name her son? (Luke 1) 3. What was the name of Mary's husband? 4. Whom did Mary go to visit? (Luke 1) 5. What did Mary and Joseph use for a crib? 6. Where was Jesus born? 7. What gifts did the 3 Kings take to the Baby Jesus? (Matthew 2) 8. When do we celebrate Jesus' birthday? 9. What was the name of the town where Jesus, Mary and Joseph lived? (Luke 2) 10. What sign did God give to the 3 Kings so they could find the Baby Jesus? (Matthew 2) 	<ol style="list-style-type: none"> 1. What does the word annunciation mean? 2. What was Mary's answer to the Angel Gabriel? 3. When Mary visited Elizabeth what did Elizabeth first say to her? (Luke 1) 4. Why were Mary and Joseph going to Bethlehem when Jesus was born? 5. Why was Jesus born in a stable? 6. Why will all generations of people call Mary blessed? 7. After Jesus was born, why was He taken to the Temple? (Luke 2) 8. What was God's promise to Simeon? (Luke 2) 9. What did Simeon say when he first held the Baby Jesus? 10. When Jesus was 12, why did He stay behind in the Temple?



1. Write out the answers to at least 5 of the 10 questions.
2. Draw a picture of each Joyful Mystery and put the title of the Mystery on it.
3. Pray the 5 decades of this Mystery with your family. Have your parent write a note you did this.

Praying the Rosary



Apostle's Creed

I believe in one God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Our Father

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

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art Thou 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.

Glory Be (The Doxology)

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.

Hail, Holy Queen

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

V. Pray for us, O Holy Mother of God

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

Concluding Rosary Prayer

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



1st Joyful Mystery
Annunciation



2nd Joyful Mystery
Visitation



3rd Joyful Mystery
Birth of Jesus



4th Joyful Mystery
Presentation in the Temple



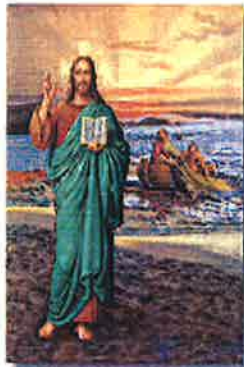
5th Joyful Mystery
Finding the Child Jesus



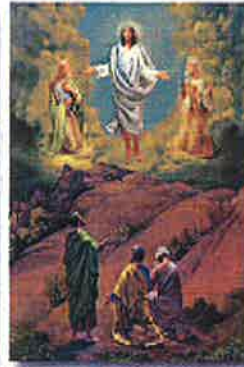
1st Mystery of Light
Christ's Baptism in the Jordan



2nd Mystery of Light
Wedding at Cana



3rd Mystery of Light
Proclamation of the Kingdom



4th Mystery of Light
Transfiguration



5th Mystery of Light
Institution of the Eucharist



1st Sorrowful Mystery
Agony in the Garden



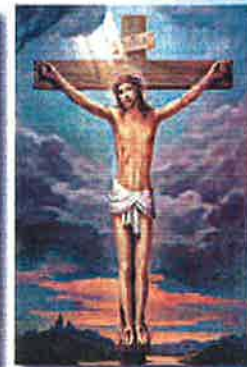
2nd Sorrowful Mystery
Scouring at the Pillar



3rd Sorrowful Mystery
Crowning with Thorns



4th Sorrowful Mystery
Carrying of the Cross



5th Sorrowful Mystery
Crucifixion



1st Glorious Mystery
Resurrection



2nd Glorious Mystery
Ascension into Heaven



3rd Glorious Mystery
Descent of the Holy Spirit



4th Glorious Mystery
Assumption



5th Glorious Mystery
Crowning of Our Blessed Lady

Take up Jesus' Cross for Lent

From Ash Wednesday to Holy Saturday

Saint Padre Pio

“Yes, I love the cross, the cross alone, because I always see it behind Jesus’ shoulders.”



Our Lord

“Whoever wishes to be My follower must deny his very self, take up his cross each day, and follow in My steps.”

--Luke 9:23

Saint Peter Chrysologus

“Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others, you open God’s ear to yourself.”

Saint Ambrose

“Let you believe, and believe firmly, that if these days you have made a thorough confession of your sins, and done penance as we have told you, you shall receive from Our Most Merciful Lord the pardon of your offenses;



Pope Benedict XIV on Lent

“Lent is like a long “retreat” during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual “combat” which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance, In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism.”

Do these sacrifices because of how much you love Jesus – because how much He loves you. You will receive much more than a badge from Jesus Himself.



Fast and Abstinence

The regulations on Lenten fast and abstinence are:

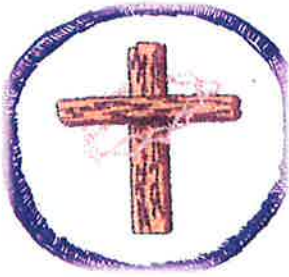
FASTING: On Ash Wednesday and Good Friday, those who are 18 but not yet 60 are allowed only one full meal. Two smaller meals are allowed as needed, but eating solid foods between meals is not permitted.

ABSTINENCE FROM MEAT: those who are 14 years of age or older are to abstain from meat on Ash Wednesday and all the Fridays of Lent.

Work in the Lenten journals at least 5 days a week, writing in journals, reading the Bible verses, doing acts of penance daily.

PENANCE: *Interior* penance: a conversion of heart toward God and away from sin, which implies the intention to change one’s life because of hope in divine mercy (1431). *External* acts of penance include fasting, prayer, and almsgiving (1434).

Turn in the journals after Easter. The journals will be returned to you.



Lenten Badge

A Lenten Badge can be earned each year the student fulfills these requirements. Therefore, don't fill in this page, but make a copy of it each time, then fill it in.

The student will turn in a completed copy of this page, along with their Lenten Journal (if they choose to do the Lenten Journal part). Parents must fill out this form and sign it.

This completed form and Lenten Journal must be turned in within two weeks after Easter Sunday.

Tally # of Days, Times Completed

- _____ Did one decade of the Rosary
- _____ Abstinence from meat on Fridays (up to 6 possible)
- _____ Did something kind, comforting, or visited the sick
- _____ Gave up something I wanted
- _____ Wrote in my Lenten Journal
- _____ Went to Confession/Reconciliation
- _____ Read the Bible for at least 20 minutes
- _____ Prayed for others
- _____ Helped someone else
- _____ Forgave someone (showed mercy)
- _____ Did the Stations of the Cross

Student's Name _____

This student has done any combination of the above things that would all add up to 20 during the 40 days of Lent, they qualify for the Lenten Badge. Fill out this form and return it to your Religious Education teacher at class.

My child fulfilled the above requirements for their Lenten Badge.

Parent's Signature _____



Catholic Doctrines

Beliefs

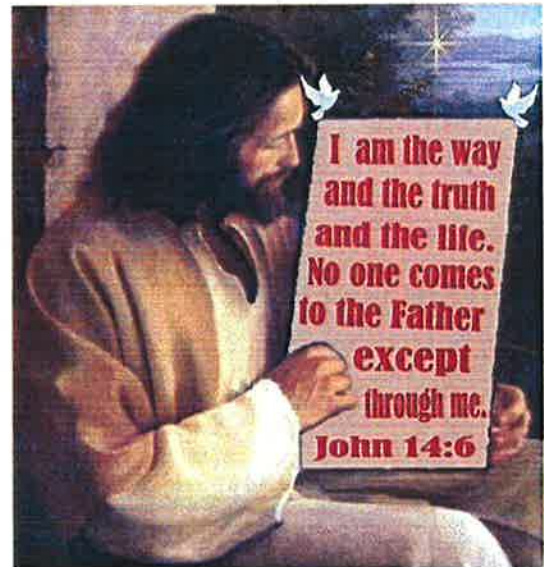
What people believe in determines to which religion they belong. For example, people who believe in Buddha are Buddhists. People who believe in the Old Testament gods and goddesses of Baal, Ashteroth, Chemosh, Molech, Venus or Zeus are Pagans. People who believe in re-incarnation that teaches we are reborn on earth again after we die, are either Hindus or Buddhists. People who believe in foretelling the future with Tarot cards or astrology, and who believe in talking to people who have passed on to find out information are Pagans. People who believe in Jesus Christ, but they don't believe the bread and wine really becomes Jesus' Body and Blood are Christians, but they are not Catholics. They are Protestants like Lutherans, Methodists, Baptists, Presbyterians and others.

Beliefs – Doctrines – Dogmas

As Catholics, we have our own set of beliefs that are the teachings of Jesus Christ exactly as He taught them to His Apostles. These Catholic beliefs are also called “Catholic Doctrines” or “Catholic Dogmas”. (See chart: “Types of Catholic Doctrines”)

De fide Doctrines

The most important doctrines are the “De fide” doctrines. “De fide” is a Latin word meaning “the Faith” and is also called “the Sacred Deposit” (aka the “depositum fides) or “The Word of God”. The Scriptures/Bible is also called “The Word of God”, and Jesus is called “The Word of God” in John 1:1-15.



The De fide doctrines **must** be believed by every Catholic (with Divine Faith). De fide doctrines can **never** be changed or altered because they are the “Word” (truth) of God”. The Bible tells us the teachings or truths of God and Jesus can **never** change because God and Jesus “are the same yesterday, today and forever” in Hebrews 13:8. Many early Catholics before 300 A.D. and Catholics today have been punished, tortured and killed (martyred) because they stood up and defended the Catholic doctrines.

Most of the De fide doctrines are listed in Dr. Ludwig Ott's Fundamentals of Catholic Dogma, a textbook for Catholic priests. The following examples of Catholic doctrines **are** De fide doctrines:

1. The Son of God became man in order to redeem men". De fide (p. 175-Ott)
2. Mary was conceived without stain of original sin. De fide (p. 199-Ott)

The following examples of Catholic beliefs or opinions **are not** De fide doctrines:

1. Our Blessed Virgin Mother, Mary appeared at Medjugori.
2. God told Joan of arc to lead the French army to drive out the English from France.

Why Are All These Details About Dogmas and Doctrines So Important?

If we really love Jesus and want to be His disciples, we must know exactly what He taught or else how can we teach His truths right? How can we defend His teachings against evil people who want to lead Jesus' people away from Him?

Here is an important thing to remember: usually evil tricks people into doing bad things by leading them away from Jesus in a very small way at first. Evil and evil people twist Jesus' teachings just a little bit at a time. We have to be able to catch that and correct it right away. Jesus expects us to do that (1 Timothy 4:16). The Scripture tells us that the time will come when people won't want Jesus' doctrines but will follow wrong ways and that we must be there to correctly teach them. (II Timothy 4:3-5).

Types of Catholic Doctrines

(1) De fide Dogma		(2) Fides Catholica Doctrines	(3) Theological Opinions	(4) Private Revelations
From the Scripture – Bible	From the Tradition	From the infallible teaching authority of the Church	From the opinions of theologians	Example: Non-approved Marian
The written Word of God by the prophets and apostles	The handed down Word of God; the exact teachings of Jesus and His apostles not written in the Bible	The infallible Doctrines from the Church include: - What the Pope says “Ex Catheda” (de fide definate) - What a General Council (like Vatican I says is infallible doctrine (de fide definate) - Ordinary and general teachings of the Church (aka Magisterium) Example: The Catechism	The free views, opinions about doctrines not definitely from scripture, Tradition or from the teaching authority of the Church If a Pope pronounces a Judgement on a long disputed point, even if only by an Encyclical, then that point is no longer open for discussion by theologians D3013 Example: Pope Pius XII, Encyclical “Humani generis” (1950) – (p.9 – Fundamentals of Catholic Dogma – Dr. Ludwig Ott: Tan Books 4 th Edition 1960	Apparitions (like Medjugorji) or personal experiences – can choose to believe it or not
Divine revelation from God (ended with the last of the 12 Apostles)	Divine revelation from God (ended with the last 12 Apostles)	- The decisions from the Roman Congregations like the Holy Office or the Bible Commission - Popes’ Encyclicals (or) Bulls		
Cannot be changed	Cannot be changed	Cannot be changed		
This is infallible Catholic doctrine from I Vatican Council – Dogmatic Constitution Concerning the Faith – Session III – April 24, 1870 (CL VII 248 b. ff; ASS 5 (1869) 462 ff. C.F. EB n. 61 ff.) Chapter 4 – Faith and Reason. (Paragraph #1800 – Sources of Catholic Dogma – by Henry Denzinger)	Cannot be changed This is infallible Catholic doctrine from I Vatican Council – Dogmatic Constitution Concerning the Faith – Session III – April 24, 1870 (CL VII 248 b. ff; ASS 5 (1869) 462 ff. C.F. EB n. 61 ff.) Chapter 4 – Faith and Reason. (Paragraph #1800 – Sources of Catholic Dogma – by Henry Denzinger)			
Must be believed with Divine faith	Must be believed with Divine faith	Must be believed with Catholic faith (aka religious assent)	Can choose to believe it or not believe it. If believe it – Theological Assent	Can choose to believe it or not believe it or not

Exceptions:

When NOT to believe a proposed doctrine: And also have the duty as a faithful Christian to point out, and teach against and forbid the following wrong doctrines (as cited by I Vatican Council – Dogmatic Constitution Concerning the Faith – Session III – April 24, 1870 – Chapter 4, Faith and Reason – (paragraph #1798 – The impossibility of opposition between faith and reason) – sources of Catholic Dogma, by Henry Densinger

A proposed doctrine opposed to established formal dogma.

A proposed doctrine that is opposed to a truth proximate (connected to) the faith.

A proposed doctrine that is contradicting a dogmatic (dogma) fact.

A proposed doctrine that is deviating without reason from the general teaching of the Church.

A proposed doctrine that is offensive to religious feelings.

A proposed doctrine that is subject to misunderstanding because of how its stated.

A proposed doctrine that was intentionally written ambiguously (with meanings that could be taken in multiple ways is “reprehensible”.

Pg. 10; Fundamentals of Catholic Dogma; by Dr. Ludwig Ott; Imprimatur: +Cornelius, 7 Oct, 1954: Tan Books, 1974 “Theological Censures”

Keep the True Faith

We recall the words of Juan Cardinal de Torquemada (1388-1468) the revered medieval theologian responsible for the formulation of the doctrines that were formulated at the Council of Florence.

Cardinal Torquemada, explaining that it is possible for even a Pope to err, teaches: “Were the Pope to command anything against Holy Scriptures, or the articles of faith, or the truth of the sacraments, or the commands of the natural or divine law, *he ought not be obeyed, but in such commands he is to be disregarded*. Citing the doctrine of Pope Innocent III, Cardinal Torquemada further teaches” “This it is that Pope Innocent III states (*De Consuetudine*) that it is necessary to obey the Pope in all things as long as he, himself, does not go against the universal customs of the church, but should he go against the universal customs of the Church, ‘he need not be followed’ on these points.”

Our first duty as Vatican I teaches, is to keep the Catholic Faith without change, “in the same meaning and in the same explanation” of what the Church taught throughout the centuries.

Summa de ecclesia (Venice: M. Tranmezius, 1561). Lib. II, c. 49, p. 163B. the English translation of this statement of Juan de Torquemada is found in Patrick Granfield, *The Papacy in Transition* (New York: Doubleday, 1980), p. 171. And in Father Paul Kramer, *A Theological Vindication of Roman Catholic Traditionalism*, 2nd ed. (Kerala, India), p. 29 (emphasis added.)

Sources of De fide Doctrines

Question #1

There are only two sources – two places – that the Catholic De fide doctrines, also called “The Sacred Deposit” or “The Word of God” can be found. What are they?

The answer can be found in The Catechism of the Catholic Church (CCC) #84, and also in 2 Thessalonians 2:14.

Question #2

What is the “Apostolic Tradition” of the Catholic Church?

Answer: CCC #75, #76 and #81. Answer in your own words who is the Apostolic Tradition from? Who did it come through? Who was to pass it on?

Question #3

Have there been any new doctrines (aka “New Revelation of Divine Apostolic Tradition”) since Jesus and His Apostles died?

Answer: See the definition of “Tradition” in the dictionary at the back of the CCC and see CCC #73.

Question #4

What is the “Sacred Scripture”?

Answer: CCC #81, #76. Answer in your own words.

Changing God’s De fide Doctrines

Question #5

What did Jesus say about changing God’s Laws or Doctrines?

Answer: Matthew 5:18-19. Answer in your own words.

Question #6

What did Paul say about changing God’s doctrines?

- | | |
|--------------------|--------------------------|
| a) Hebrews 13:8-9 | d) Thessalonians 2:14-15 |
| b) Romans 16:17 | e) Titus 1:9 |
| c) Galatians 1:8-9 | |

Question #7

- a) What did Peter say about changing God's doctrines in 2 Peter 2:1-3? Answer in your own words.
- b) In your own words, write down Paul's sacred instructions to us in 2 Timothy 4:1-5.

Question #8

Thinking about what Jesus, Paul and Peter just said, can Bible experts, a priest, a bishop, the president of the United States, even the Pope or a Vatican Council change the (De fide doctrines) original teachings of the Catholic Church? Yes or no? Can anyone make up new truths that go against the original Church teachings from Jesus (aka De fide doctrine)? Yes or no?

Question #9

In any dictionary or at the back of the CCC, in its dictionary, look up the word "heresy" or "heretic". In your own words, what do they mean?

Question #10

What was one of the first main heresies (aka religious lies) that the Catholic Church had to stand against soon after Jesus' death? What was the lie it taught?

Answer: CCC #464; answer in your own words.

Question #11

- a) What is the "heresy" (religious lie) of "Gnostic Docetism" (aka Gnosticism).

Answer: CCC #465, answer in your own words.

- b) Who were the two men heretics who first taught this lie?

Answer: CCC#465

- c) What is the real truth the Catholic Church teaches about this?

Answer: CCC #465

Question #12

Which lines of the Nicene Creed state the correct belief against the heresy of Gnosticism?

Answer: CCC #465, John 1:1, 14.

Nicene Creed – Profession of Faith

The Nicene Creed is a list of some of the De fide doctrines of the Catholic Church and all Christian churches. It has two purposes: (1) to state what we believe Jesus taught and (2) to protect our beliefs from religious lies (heresies).

Nicene Creed

1. I believe in one God, the Father Almighty,
2. maker of heaven and earth, of all things visible and invisible.
3. I believe in one Lord Jesus Christ,
4. the Only Begotten Son of God,
5. born of the Father before all ages. God from God, Light from Light,
true God from true God, begotten,
not made, consubstantial with the Father;
6. through Him all things were made.
7. For us men and our salvation He came down from heaven,
8. and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
9. For our sake He was crucified under Pontius Pilate, He suffered
death and was buried,
10. and rose again on the third day in accordance with the
Scriptures.
He ascended into heaven
11. and is seated at the right hand of the Father.
12. He will come again in glory to judge the living and the dead
13. and His kingdom will have no end.
14. I believe in the Holy Spirit, the Lord, the giver of life,
15. who proceeds from the Father and the Son, Who with the Father
and the Son is adored and glorified,
16. Who has spoken through the prophets.
17. I believe in one holy, catholic and apostolic Church.
18. I confess one Baptism for the forgiveness of sins
19. And I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Question #13

- a) Look up the word “creed” in a dictionary and write down what it means, in your own words.
- b) Read the Nicene Creed and for each number, in your own words, write down what those lines mean.

Question #14

Hundreds of thousands, probably millions of saints have been killed (martyred) because they stood up for the doctrines of the Catholic Church (like what is said in The Nicene Creed). Some of these saints are:

St. Thomas Becket (d. 1170)
 Catholics in Rwanda (d. 1990's)
 St. Ignatius (1st Century)
 St. Dorothea (d. 320)
 St. Stanislaus (d. 1079)
 St. Desiderius
 St. Valentine (d. 270)
 Blessed Noel (d. 1794)
 Sts Perpetua and Felicitas (d. 203)
 *St. Mark (d. 1st Century)
 St. Thomas More (d. 1535)
 St. Pope Sixtus II (d. 258)
 St. Wencelaus (d. 929)
 *St. Thomas
 St.s Justina and Cyrrian (d. 304)
 *St. Andrew (d. 1st Century)
 *St. Peter (d. 64)
 St. Polycarp (d. 156)

St. Blaise (d. 316)
 St. Theodore (d. 319)
 St. Denise (d. 250)
 St. Ursula
 St. Faustinus (d. 2nd Century)
 *St. Matthais (d. 1st Century)
 St. Eulogins (d. 859)
 St. Barnabas (d. _60)
 St. Margaret (d. 3rd Century)
 St. Lawrence (d. 258)
 *Sts Simon and Jude (d. 1st Century)
 *St John the Evangalist (d. 101)
 St. Irene (d. 7th Century)
 St. Lucy (d. 303)
 St. Paul (d. 67)
 St. Flavian
 St Agatha (d. 251)

*St James the Less (d. 1st Century)
 St Julia (d. 6th, 7th Century)
 St Eulalia (14 years old, d. 304)
 St Elias (d. 309)
 St Nestor
 St Benjamin (d. 422)
 St Zoe
 *St James the Greater (d. 42)
 St Sophia
 St Cecelia
 St Susanna (d. 3rd Century)
 St Josaphat (d. 1623)
 *St Stephen (d. 33)

* = Jesus' Apostles

- (a) Who was Saint Athanasius?
- (b) What special thing did he do?
- (c) How did he suffer for God and Jesus?

Answer these questions in your own words.

Gnosticism is becoming popular again today, even among Christians who don't understand Gnosticism's beliefs are all heresies. The following are some of Gnosticism's heresies: (heresies are underlined)

- God created good, another created evil
- More than one God produced/created everything out of nothing
- People have a body, a spiritual soul, and an animal soul.
- There is no original sin
- Jesus did not have a real human body – He was not fully human and fully God
- People can find out “things” from God without the Apostles and Jesus’ teachings (things = De fide doctrines)
- Jesus Christ is not in the consecrated wine and bread of the Eucharist
- Marriage is not of divine origin (aka from God)
- The fallen angels and everybody reincarnates (is born on earth over and over) until they are good enough to go to heaven

Question #15

Answer the following in your own words:

(a) What is the heresy of Polytheism? Give an example of a Polytheistic religion.

Answer: CCC #2112

(b) Which of the Ten Commandments warns against Polytheism?

Answer: Exodus 20:2-5

(c) What did Paul say was Jesus' teaching about there being only one correct religion?

Answer: Ephesians 4:3-6, 11-13

(d) After reading Ephesians, is there any other religion besides the one Jesus started when He chose Peter to lead His Church?

Answer: Matthew 16:16-19, especially 18 and 19

Question #16

It is a heresy **not** to believe in transubstantiation.

(a) What is transubstantiation?

Answer: CCC dictionary or CCC #1376 or John 6:48-58

(b) If a person only received the host, or only received the chalice (the wine-blood) would they be getting all of Jesus Christ – His body – His blood – His soul and His divinity? Yes or no? Why or why not?

Answer: CCC #1377

REFERENCE ONLY

Duty to Defend True Catholic Teachings

Reference: Sources of Catholic Dogma
 By Henry Denzinger
 Imprimatur: + Patrick A. O'Boyle
 Archbishop of Washington – April 25, 1955
 Preserving Christian Publications, N.Y. 2009

p. 442 I Vatican Council 1869 – 1870
 Ecumenical XX (on Faith and the Church)

Session III April 24, 1870 – Dogmatic Constitution
 Concerning the Catholic Faith
 (CL VII 248 b. ff; ASS 5 (1869) 462
 ff. CF. EB n. 61 ff

Chapter 2 Revelation

#1794 (The divine internal aid for the fulfillment of the duty of Faith).

“For, those who have accepted the faith under the teaching power of the Church can never have a just cause of changing or doubting that faith. (can. 6)

p. 448 Chapter 4 Faith and Reason

#1800 [*The true progress of knowledge, both natural and revealed*]. For, the doctrine of faith which God revealed has not been handed down as a philosophic invention to the human mind to be perfected, but has been entrusted as a divine deposit to the Spouse of Christ, to be faithfully guarded and infallibly interpreted. Hence, also, that understanding of its sacred dogmas must be perpetually retained, which Holy Mother church has once declared; and there must never be recession from that meaning under the specious name of a deeper understanding [can. 3].
 “Therefore...let the understanding, the knowledge, and wisdom of individuals as of all, of one man as of the whole Church, grow and progress strongly with the passage of the ages and the centuries; but let it be solely in its own genus, namely in the same dogma, with the same sense and the same understanding.”¹

Cannot change meaning of doctrine for “deeper understanding”
 Must keep same sense and same understanding for all dogmas

¹ Instruction of St. Vincent of Lezin: n. 28 [ML 50, 668 (c. 23)] 4th Century

p. 447-448

#1798

The impossibility of opposition between faith and reason.)

Further, the Church which, together with the apostolic duty of eaching, has received the command to guard the deposit of faith, has also, from divine Providence, the right and duty of proscribing “knowledge and vain deceit” [cf. Col. 2:8; can. 2]. Wherefore, all faithful Christians not only are forbidden to defend opinions of this sort, which are known to be contrary to the teaching of faith, especially if they have been condemned by the Church, as the legitimate conclusions of science, but they shall be altogether bound to hold them rather as errors, which present a false appearance of truth. Our right and commanded duty of all faithful Christians not to defend contrary teachings and are bound to point out, denounce and forbid them.

Keeping the True Faith

We recall the words of Juan Cardinal de Torquemada (1388-1468) the revered medieval theologian responsible for the formulation of the doctrines that were formulated at the Council of Florence.

Cardinal Torquemada, explaining that it is possible for even a Pope to err, teaches: “Were the Pope to command anything against Holy Scriptures, or the articles of faith, or the truth of the sacraments, or the commands of the natural or divine law, *he ought not to be obeyed, but in such commands he is to be disregarded.* Citing the doctrine of Pope Innocent III, Cardinal Torquemada further teaches: “Thus it is that Pope Innocent III states (De Consuetudine) that it is necessary to obey the Pope in all things as long as he, himself, does not go against the universal customs of the Church, but should he go against the universal customs of the Church, “he need not be followed” on these points.”²

² Summa de ecclesia (Venice: M. Tranmezium, 1561). Lib. II, c. 49, p. 163B. The English translation of this statement of Juan de Torquemada is found in Patrick Granfield, *The Papacy in Transition* (New York: Doubleday, 1980), p. 171. And in Father Paul Kramer, *A Theological Vindication of Roman Catholic Traditionalism*, 2nd ed. (Kerala, India), p. 29. (emphasis added.)



Catholic Prayer Badge

“If we are not praying, we are losing the battle.”

St. Jean (John) Vianney

.....prayer is a battle. Against whom? Against us and against the wiles (tricks) of the tempter (devil) who does all he can to turn us away from praying, away from union with God. The spiritual battle of the Christian’s life is inseparable from the battle of prayer.

---Catechism of the Catholic Church #2725---

“The devil fears those who pray! He does everything possible to keep us from praying. We must use the weapon of prayer to help others, too. Prayer is not just for ourselves. We must pray with others and for others.”

---Patti Melvin – Director, Universal Living Rosary Association
Vol. – Spring 2015

“Those who pray are certainly saved; those who do not pray are certainly damned.”

---St. Alphonsus Liguori (CCC# 2744)

Nothing is equal to prayer, for what is impossible – it makes possible, what is difficult – it makes easy.....for it is impossible – utterly impossible, for someone to ever sin who prays eagerly and always involves God in every moment of their life.

---St. John Chrysostom (CCC# 2745)

Question #1

What is the prayer, according to St. John Damascene? Answer in your own words

Answer: CCC #2559

Question #2

What is the main part of a person that we should be praying with? Answer in your own words.

Answer: CCC #2562, #2563.

Question #3

- (a) True/False – Only the spirit of God really knows what’s in our heart? Answer: CCC #2563
- (b) True/False – Inside our heart is the place of truth. Answer: CCC #2563
- (c) True/False – Our heart is the place within us where we make our covenant (agreement) with our heavenly Father – God. Answer: CCC #2563
- (d) True/False – Prayer is communion (or talking truthfully) to God. Answer: CCC #2565

Important Prayers in the Scriptures

Question #4

- (a) What book in the Old Testament is a collection of prayers and ONLY prayers?

Answer: CCC #2579, #2585

- (b) Who was the King of Israel that wrote most of these prayers?

Answer: CCC #2579

In some of the prayers (aka songs) he is asking God for help because he is in terrible trouble, like gigantic armies coming to destroy all of Israel. Other times he's sorry for something wrong he did and he's telling God and asking for God's forgiveness. Sometimes he's thanking God for doing wonderful things for him. Sometimes he's adoring God and telling God how wonderful He is. Other times he's asking God to show him what to do. (CCC #2587-2589).

- (c) Pick out one of the prayers from this Book that you like and copy it or your favorite part of it down for this badge. Title it "Question 4c".

This man was such a great king because God always helped him – because he was **ALWAYS** praying to God throughout every day. We should copy him. There is a prayer for every feeling and need we have in this Book.

Question #5

The High Priestly Prayer

John – Chapter 17 – CCC #2747

- (a) Who is praying this prayer?

Answer: John 17:1

Jesus and His Apostles have just finished The Last Supper and He has given His apostles their last instructions (teachings). This prayer takes place on the way to the Garden of Gethsemane or after they have arrived at the Garden of Gethsemane where Jesus will spend the night praying to His Father about what He must do and how He must suffer to save us. But first, he prays this prayer.

- (b) Who is Jesus praying for in this prayer?

Answer: John 17:9

- (c) Why is He praying this prayer?

Answer: John 17:11 (2 things)

- (d) What is He asking God for us?
Answer: John 17:15
- (e) Besides Jesus praying for those who are alive around Him at that time, who else is He praying for?
Answer: John 17:20
- (f) Jesus knew He was going to be beaten and crucified to death for us the next day BUT who was He thinking of and praying for His last night on earth?

Question #6

The Most Perfect Prayer

- (a) What two prayers are the “most perfect of all prayers?”
Answer: CCC #2763 and #1324
- (b) What prayer contains all the Scriptures, the Law, and the Psalms all fulfilled in Jesus Christ?
Answer: CCC #2763, #2774
- (c) Who gave us this prayer?
Answer: CCC #2759, #2773
- (d) Find this prayer in the Bible and copy it down on a sheet of paper.
Answer: Matthew 6:9-13 or CCC #2759
Write in your own words what each sentence in this prayer means to you.

Jesus included the most important things to say to our Heavenly Father and the most important things to ask our Heavenly Father in this prayer. The early Christians said this prayer at the beginning, in the middle and at the end of each day. Why? So they could remember through each day what was really important.

Instructions from Jesus about Prayer

Question #7

- (a) Where are we supposed to pray?
Answer: Matthew 6:6
- (b) What are we if we pray more to have a lot of people see us and look very holy instead of really wanting to talk to our Heavenly Father with our sincere heart?
Answer: Matthew 6:5

Question #8

What did Jesus say about forgiving and prayer? Answer in your own words.

Answer: Matthew 6:14

Question #9

(a) What did Jesus tell us we should do for the people who hate us, hurt us and pick on us?

Answer: Matthew 5:43-45

(b) Why?

Answer: Romans 12:19-21

} Answer in your own words.

Question #10

What did Jesus say was necessary for our prayers to be answered? Answer in your own words.

Answer: Matthew 9:28-30 (also in Matthew 9:20-22, Matthew 15:28, Matthew 21:22)

Question #11

What is the second thing that Jesus said was necessary for our prayers to be answered?

Answer: John 14:13-14, John 15:16, John 16:23, Acts 2:21, Acts 3:15-16, CCC #2664

Also, remember sometimes our Heavenly Father doesn't answer our prayers right away. Sometimes we have to pray over and over again with great faith, and also, in Jesus' Holy Name believing our Heavenly Father will do what is right. A friend once told me sometimes praying is like filling a bucket with marbles. Each marble is a prayer. Finally, when we have filled the bucket with our many prayers, God tips the bucket over – all God's graces – the answer to all our prayers suddenly spills out and our prayers are finally answered.

Question #12

There is one last thing we must always do each time we pray. Jesus showed us by what He said when He was praying to our Heavenly Father in the Garden of Gethsemane. What is it?

Answer: Matthew 26:39, Luke 22:41-42. Answer in your own words.

Types of Prayer

There are two main divisions of types of prayers:

1. One is the official public worship of the Church, with words and forms of the prayers that are fixed and unchangeable.
2. The other one has some prayers whose words and forms are also fixed and unchangeable, but it also has other prayers whose words can change: this type can be prayed together at Mass, in a group of people, or alone.

One of these is called “Devotional Prayer” and the other is called “Liturgical Prayer”.

Look up the word “*liturgy*” in a dictionary and copy down its definition.

Question #13

Write down the word “Liturgical Prayer” and match it with the above correct definition and then the word “Devotional Prayer” and match it to the other above correct definition.

Question #14

There are only two types of “Liturgical Prayer”. Write down what they are.

Answer: CCC #1332, #1174 and #1175.

Question #15

There are many types of “Devotional Prayer”. List some of the Devotional Prayers that have fixed forms – they don’t change. We can say them alone or with others.

- Answer:
1. CCC #2765
 2. CCC #2676 – 2677
 - 3-7. Look on the back of the Heritage Missal kept in the pews at church. Copy down the names of those prayers.
 8. What is the name of the prayer we pray on the beads to the Blessed Virgin Mary? Answer: CCC #971
 9. This is also a prayer, although some people don’t know it. It asks God, Jesus and the Holy Spirit to come into your heart and soul when we “cross ourselves”. What’s it called?
 10. What is the name of the prayer we pray during Lent when we walk around the church, stopping at each place that shows how Jesus suffered and was crucified?

Question #16

These types of prayers don't have a "fixed form"; that means their words can be changed; sometimes they are written by a Saint, sometimes made up by us. Find the correct name for each type of prayer.

- | | | |
|--------------|------------------|----------------------|
| A. Petition | D. Intercession | G. Thanksgiving |
| B. Praise | E. Meditation | H. The Name of Jesus |
| C. Adoration | F. Contemplative | I. Blessing |

1. _____ We ask our Heavenly Father to help someone else. CCC #2634

2. _____ Our prayer ascends in the Holy Spirit through Christ blessing our Heavenly Father because He blessed us with so many gifts. CCC #2626-2627

3. _____ We thank our Heavenly Father and Jesus for Their love and help; for Their Sacrifice for us; for all the wonderful gifts of family, good health and happiness. CCC #2637, #2638

4. _____ We ask our Heavenly Father to help us, or comfort us, or heal us, or strengthen us, or answer our questions, or for forgiveness. CCC #2629

5. _____ Saying the Holy Name of Jesus over and over – looking only to Jesus – thinking and loving only Jesus. CCC #2666 and #2668

6. _____ Exalting the greatness of the Lord who made us, the mighty power of our Savior Who sets us free and defeats evil. CCC #2628

7. _____ To concentrate on the mysteries of Christ Jesus, trying to make them a part of ourselves by reading the Bible or looking at a holy picture, or studying the writing of a saint. CCC #2705 - #2708

8. _____ Expressing our wonder at the greatness that God is God not because of what He did, just at His greatness. Wanting to sing to Him out of the joy of His wonder. CCC #2639

9. _____ St. Teresa of Avila states "This type of prayer is nothing else but a close sharing between friends, taking time to be alone with Jesus Who we know loves us so much. It's loving each other back and forth with our inner self. It is a gaze of faith looking into Jesus' face. CCC #2709, #2711, #2712, #2715

Question #17

Write your own prayer for each kind of prayer:

- Petition
- Praise
- Adoration
- Intercession
- Meditation
- Contemplation
- Thanksgiving
- The name of Jesus
- Blessing

Question #18

Say an extra prayer each day for 21 days. They can be any of the kinds of prayers listed in this badge. Either write the prayers in a diary for each of the 21 days (or) have your parent write a note that you prayed this extra prayer for 21 days. (It can be very short, only one sentence long.)

Question #19

Can we pray silently in our mind or do we have to pray out loud?

For the following questions, look up each Bible verse and write down what it says in answer to each question, in your own words.

- (a) When we pray to our Heavenly Father do we have to say it out loud or can he know what we are thinking?

Answer: 1 Chronicles 28:9 1 Samuel 16:7 Psalms 139: 2, 4, 7
 Ezekiel 11:5 Hebrews 4:12-13 Revelation 2:23

- (b) When we pray to our Friend and Lord Christ Jesus, should we say it out loud or does He know what we're thinking?

Answer: Matthew 9:4 Luke 5:22 Luke 6:8 Luke 11:17

- (c) Do either the good or the fallen angels know what we are thinking?

Answer: Genesis 22:11-12 Zechariah 1:7-17 Tobit – Chapters 5 & 6
 Luke 1:28-38 Hebrews 1:4

- (d) When we pray to Our Lady Mary, or to any of the other saints in heaven, do we have to say it out loud, even if it's a whisper, or can they know what we are thinking?

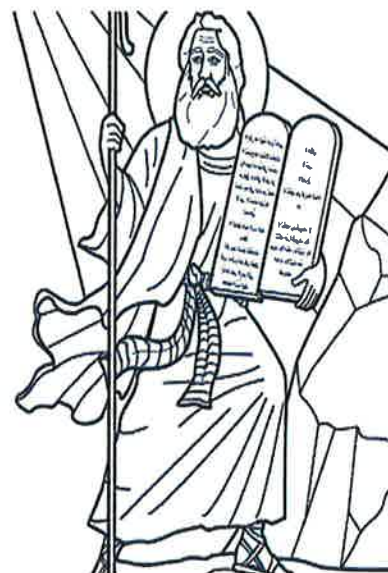
Answer: Matthew 22:30



The Ten Commandments Badge

Answer the following questions on a separate sheet of paper that you can hand in. Write answers in your own words.

1. God gave the Ten Commandments to what man?
(Answer: John 1:17)
2. What did Jesus say about God's Ten Commandments? (Answer: Matthew 5:17)
3. Can any part of God's Law (which includes all teachings in the Bible) be changed in any way by anybody until the end of the world? (Answer: Matthew 5:18)
4. What did Jesus say will happen to people who teach others they don't have to follow God's Commandments and teachings? (Answer: Matthew 5:19)
5. What did Jesus tell the young man who wanted to be sure he would go to Heaven when he died?
(Answer: Matthew 19:16-19) (CCC #2052)
6. What did God say about changing, adding to, or subtracting from His laws and teachings as recorded in Scripture?
(Answer: Deuteronomy 4:2)
7. What did God say would happen to the nations (countries) who break the First Commandment or any other Commandments? (Answer: Deuteronomy 8:19-20)
8. What did God tell parents about the Ten Commandments? (Answer: Deuteronomy 11:19)
9. Look at the first few pages of the Catholic New American Bible (NAB) or the Catholic New American Bible Revised Edition (NABRE). Find the page with the title "The Pentateuch." Read the first paragraph then answer the following questions.
 - a. What does the word "Pentateuch" mean?
 - b. Which books in the Bible make up the Pentateuch? What are they?
 - c. What are the other three Jewish names for these five books?



Note: Technically the Jewish word Torah has two meanings, (1) the Pentateuch or (2) the whole body of Jewish religious writings including the Scriptures and the Talmud (the Jewish civil and religious law.)

10. Go to your Bible to either Deuteronomy 5:6-21 or Exodus 20:2-17. These are the Ten Commandments in the Bible. Copy one of these down on a sheet of paper and number each of the Ten Commandments to the left of the Bible verses.

11. Which Commandment does this sin break? Write the number of the Commandment after the sin.

<u>SIN</u>	<u>Commandment</u>
(a) To change God's/Jesus' teachings	_____ 1
(b) Stealing something from a store	_____ 2
(c) To disrespect a teacher	_____ 3
(d) To feel bad another student won a prize at school	_____ 4
(e) Not treating Holy Water, a Rosary, a Crucifix with holy honor and respect	_____ 5
(f) Skipping Church/Mass on Sunday to mow the lawn or sell your bike	_____ 6
(g) To plot to gain something by taking another person's life	_____ 7
(h) Tell a lie about somebody that will hurt them	_____ 8
(i) To dress immodestly	_____ 9
(j) A man who wants to marry his neighbor's wife	_____ 10

12. Fill out the "Do's" and "Don'ts" for each of the Commandments.

13. Write down an example of how you followed each Commandment.

In your own words, write down what we should do and shouldn't do for each of the Commandments.
 (Cut these pages out to hand in or make copies to complete and hand in.)

The Ten Commandments

These are the Commandments which God gave to man to guide him to happiness in this life and the next:

1. I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.

Commands: faith, hope, love, and worship of God, reverence for holy things; prayer.

Forbids: idolatry, superstition, spiritism, tempting God, sacrilege, attendance at false worship.

2. THOU SHALT NOT TAKE THE NAME OF THE LORD IN VAIN.

Commands: reverence in speaking about God and holy things; the keeping of oaths and vows.

Forbids: blasphemy, the irreverent use of God's Name, speaking disrespectfully of holy things, false oaths, and the breaking of vows.

3. REMEMBER THOU KEEP HOLY THE SABBATH DAY.

Commands: going to Church on Sundays and holy days.

Forbids: missing Church through one's own fault, unnecessary servile work; public buying and selling; court trials.

4. HONOR THY FATHER AND MOTHER.

Commands: love, respect, obedience on the part of children; care on the part of parents for the spiritual and temporal welfare of their children; obedience to civil and religious superiors.

Forbids: hatred of parents and superiors; disrespect, disobedience.

5. THOU SHALT NOT KILL.

Commands: safeguarding of one's own life and bodily welfare and that of others.

Forbids: unjust killing, suicide, sterilization, dueling, endangering life and limb of self or others.

DO'S

1. _____

 2. _____

 3. _____

 4. _____

 5. _____

DONT'S

1. _____

 2. _____

 3. _____

 4. _____

 5. _____

In your own words, write down what we should do and shouldn't do for each of the Commandments.
(Cut these pages out to hand in or make copies to complete and hand in.)

The Ten Commandments

6. THOU SHALT NOT COMMIT ADULTERY.
Commands: chastity in word, and deed.
Forbids: obscene speech; impure actions alone or with others.

7. THOU SHALT NOT STEAL.
Commands: respect for the property and rights of others; the paying of just debts; paying wages to employees; integrity in public officials.
Forbids: theft; damage to the property of others; not paying just debts; not returning found or borrowed articles; giving unjust measure or weight in selling, not accepting stolen property; not giving an honest day's work for wages received; violation of contract.

8. THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.
Commands: truthfulness, respect for the good name of others; the observance of secrecy when required.
Forbids: lying, injury to the good name of others, slander, talebearing, rash judgment, contemptuous speech, and the violation of secrecy.

9. THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.
Commands: purity in thought.
Forbids: willful impure thoughts and desires.

10. THOU SHALT NOT COVET THY NEIGHBOR'S GOODS.
Commands: respect for the rights of others.
Forbids: the desire to take, to keep, or to damage the property of others.

Imprimatur: Walter J. Kellenberg
 Bishop of Rockville Center, NY
 June 6, 1971

DO'S

DONT'S

6. _____

7. _____

8. _____

9. _____

10. _____



The Importance and the True Power Of the Mass Badge

The Mystical Body of Christ

This picture shows the Communion of Saints. The assembly of the angels and Saints in Heaven, the faithful on earth, and the souls in Purgatory are all shown.

On top, the angels and Saints adore the three Persons of the Holy Trinity and pray to them for the faithful who still live on earth.

In the middle, the faithful on earth assist at the Holy Sacrifice of the Mass, where they invoke the Saints in heaven, pray for each other, and ask for the deliverance of the Poor Souls from Purgatory.

At the bottom are the souls in Purgatory. The refreshing waters which two Angels pour upon them, symbolizes the relief which the Holy Sacrifice of the Mass obtains for them.



Question #1 Who is at the Mass?

If we had full spiritual sight, this is a picture of what we would see each time at Mass. This is what it really looks like. Some of the great saints have seen parts of this during Mass. Some saints have actually talked with some of those there.

On a separate sheet of paper that you'll be handing in, number from #1 to #9 and list who's at each Mass. (Answer: they are listed in the above paragraph, "The Mystical Body of Christ"; also see The Catechism of the Catholic Church (CCC) #1369, #1370 and #1371.

This is why the Mass is a very holy place and a very holy prayer.

Question #2

What does the word “liturgy” mean?

- (a) Find the word “*liturgy*” in a dictionary and write down its meaning.
- (b) Look up CCC #1069 and in your own words, write down what that says about liturgy.

Question #3

All Christian churches have a liturgy for what happens in their church service on Sundays (including our Catholic church and all the Protestant churches like Lutheran, Baptist, Presbyterian, Methodist, Congregationalist, etc.)

However, there are important differences between what is happening in our Catholic church and what happens in the Protestant church.

- (a) First, make a list of the churches whose liturgy and beliefs are the same as our Roman Catholic Church.

Answer: CCC #1399 and #1203

- (b) What are the differences between the Catholic liturgy and the Protestant’s liturgy?

Answer: CCC #1400

(Note: The Reformation spoken of in CCC #1400 was the breaking away from the Catholic Church by the Protestant religions (denominations) in the 1500’s AD. Until that time all Christians were Catholics as listed in (a). When the Protestants did this, they changed their liturgy and many of the Catholic teachings. (aka doctrines or beliefs).

- (c) As a result of the Protestants splitting away from the Catholics and changing their beliefs,
 - i. Can Catholics receive the Protestant Communion?
 - ii. Does the Catholic Church allow Protestants to receive the Catholic Communion?

Answer: CCC #1400

Question #4

The following questions #4 through #9 are about the Catholic liturgy (aka The Catholic Mass) and its physical rite that turn into mystical effects through God's power and Jesus' Sacrifice. These physical/mystical rites or rituals are all absent from the Protestant liturgy and from Protestant beliefs (aka doctrines and teachings). Let's find out what they are. *Answer in your own words.*

(a) What happens to the bread and wine in the Catholic Mass?

Answer: CCC #1375 and John 6:48-58

(b) How does that happen according to St. John Chrysostom?

Answer: CCC #1375

(c) What is Transubstantiation?

Answer: CCC #1376

(d) Who does Jesus do this through? And what is "apostolic succession?"

Answer: CCC #1087, #1120

(e) What does the priest have to do for the consecration?

Answer: CCC #1105 and Romans 12:1

(f) What if someone who is not Catholic is seriously sick or dying and they do understand and believe Catholic teachings and they ask for Communion, Confession and Absolution or Anointing of the Sick by a Catholic priest? Can that be done? Yes or no?

Answer: CCC #1401

Question #5

Jesus was on earth and He suffered and was crucified so that we could be saved. What's that have to do with the Eucharist?

Answer: CCC #1104, #1085

Question #6

(a) What is a Sacrament?

Answer: CCC #1084

(b) Is the Mass a Sacrament?

Answer: CCC #1374

(c) Is the Mass also a Sacrifice? Explain how.

Answer: CCC #1366-1367

(d) How are we part of that Sacrifice?

Answer: CCC #1368

Question #7

How does Jesus (through the Holy Spirit) use the things we can see in the Mass (the Liturgy/the Eucharist) to give us the more important things we couldn't see before?

Answer: CCC #1075, #1374

Question #8

We know in our Catholic Mass the bread and wine become Jesus' Body and Blood, Soul and Divinity but do we receive all of Jesus' Body and Blood, Soul and Divinity inside us if:

(a) We just receive the consecrated Wine or we receive just the Host?

(b) We just receive a tiny crumb of the Host, how much of Jesus will we receive?

Answer: CCC #1377

Question #9

Who started or did the first Communion Mass?

Answer: CCC #1084

What are the "Words of Consecration" the priest says in the Mass each time? Copy them down from one of these Bible verses: Matthew 26:26-29; Mark 14:22-25 or Luke 22:19-20.

History of the Mass

Question #10

- (a) What event in the Old Testament foretold and had a lot in common with God sending Jesus as a Sacrificial Lamb Whose Blood would save our souls from eternal death? Describe what they had in common.\

Answer: Exodus 11:1, 4-7, 10 and Exodus 12:3, 5-8, 11-13

- (b) What is the event called in the Old Testament?

Answer: Exodus 11:1-6 and Exodus 12:21-24, CCC #1093 the last paragraph

- (c) What Jewish holiday was Jesus celebrating with His apostles at His Last Supper?

Answer: CCC #1340

Question #11

After Jesus performed the first Eucharistic Mass, what did He expect of His apostles?

Answer: CCC #1342

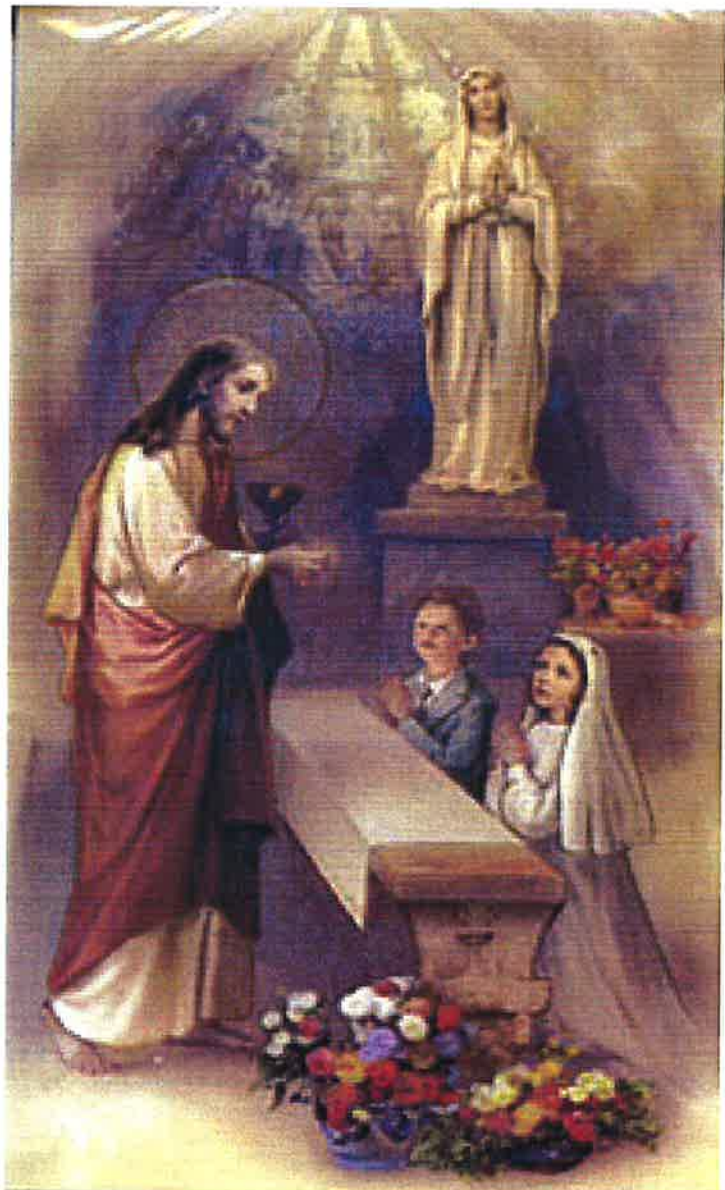
Question #12

- (a) What day of the week did Jesus' apostles do the Eucharistic Mass?

Answer: CCC #1343

- (b) Are we bound to go to Mass on Sundays unless there is a serious reason we cannot go?

Answer: CCC #2192



Question #13

- (a) When were most of the words and lines of the “Order of the Mass” put together?

Answer: CCC #1345

- (b) What great saint testifies that the above fact is true?

Answer: CC #1345

- (c) By doing some math, how many years has the Catholic Mass been the same? (Use the answer from 13a)

The Main Purpose of the Mass

Answer each of the following questions in your own words.

Question #14

- (a) What is the most important thing we must do at Mass?

Answer: Jesus tells us in Matthew 4:10. Also include the answer found in CCC #2096

- (c) What does it mean to “adore” God?

Answer: CCC #2097

Question #15

- (a) What do we have to offer God that’s good enough?

Answer: Isaiah 64:5

- (b) How can we offer God or Jesus any kind of adoration or sacrifice?

Answer: CCC #1361

Note: The Mass is the **ONLY** place we can offer God anything good enough because the Catholic Holy Eucharistic Mass is the only place where Jesus attaches His pure and perfect Sacrifice to ours and offers both of them together to God. So, if we miss the Mass, we have missed our only chance to offer God an acceptable gift.

Question #16

What did King David say in the Psalms about how he adored God?

Answer: Psalm 95:1-6

Question #17

(a) What does the word "***blessing***" mean if God's the one doing the "blessing"?

Answer: CCC #1078

(b) What does the word "***blessing***" mean if we are the one doing the "blessing" to God?

Answer: CCC #1078

Question #18

(a) What does the word "***Eucharist***" mean?

Answer: CCC #1360 (Note: This is the second most important thing we should be doing during the Mass.)

(b) What main thing should we be thanking God and Jesus for during the Holy Mass?

Answer: CCC #2637

The Soul Saving Gifts we Receive from God at the Holy Mass

Answer the following questions in your own words.

Question #19

Is receiving the Sacrament of the Eucharist at Mass necessary for our salvation into heaven? Why?

Answer: CCC #1129

Question #20

De fide Catholic doctrine states:

“All the Sacraments of the New Covenant confer sanctifying grace on the receiver.”

(De fide) (Council of Trent – D843a, cf. 849-851).

Therefore, we receive “sanctifying grace” at each Eucharistic Mass.

(a) What is sanctifying grace?

Answer: CCC #1999, #2000 (Note: If we miss Mass, we miss our weekly dose of this that our souls need so much).

(b) Each of the following Bible verses list a particular part of sanctifying grace. Next to the Bible verse, write the part of sanctifying grace it tells about.

2 Timothy 1:6

Ephesians 5:26

Acts 8:17

John 3:5

John 20:23

John 6:55

Titus 3:5

James 5:15

Question #21

Finish the following phrases and sentences.

(a) The Sacrament of the Mass binds us to _____.

Answer: CCC #950

(b) In the Mass, our soul intermixes with or has communion with _____.

Answer: CCC #2845

(c) The Eucharist nourishes our soul so that we belong _____.

Answer: CCC #1003

(d) All of God’s power flows through the Church’s Eucharistic Mass. It is here that Christ Jesus _____.

Answer: CCC #1074

(e) What regular food does for our physical body, Holy Communion does for our _____.

Answer: CCC #1392

In Communion, receiving the flesh of the risen Christ _____,
_____, and _____ the powerful sanctifying grace we

received long ago at our Baptism. That's why we must keep receiving Communion each week.

Answer: CCC #1392

(f) How does Holy Communion separate us from sin? By uniting us with Christ Jesus if

1. _____
2. _____

Answer: CCC #1393

(g) The Eucharist is a remedy to (1) _____ and (2) _____.

Answer: CCC #1436

(h) What did Jesus say about His Blood Sacrifice in the Eucharist that we also hear the priest say at each Mass?

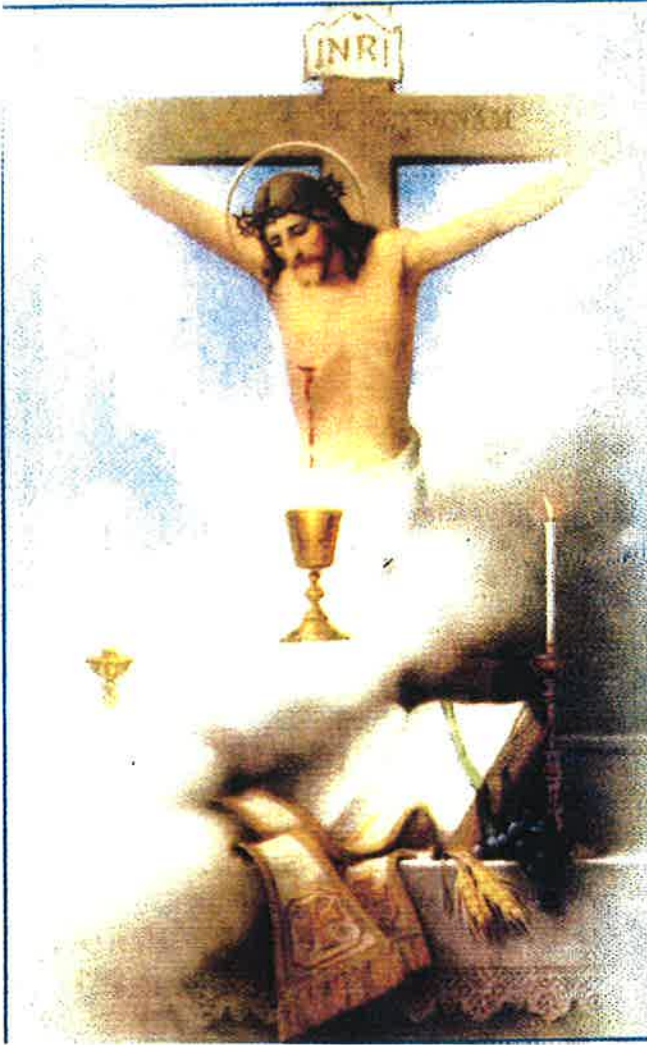
Answer: CCC #1846 – write the quote down

(i) Read CCC #1849 and #1850 and from them, make a list of what sin is. List 10 things.

Question #22

Read the following information about the Holy Mass. Make a list of at least 10 things the Mass does for us.

The HOLY MASS Is Your LIFE!



The rational man needs the Mass to pay Almighty God the debt of homage and adoration he owes Him. The grateful man needs the Mass to pay his debt of thanksgiving. The sinful man, and who among us is without sin, needs the Mass to propitiate God's justice and to pay his debt of satisfaction.

The needy man needs the Mass, that praying with Jesus Christ and through Him, he may offer a prayer that is worthy of being heard and, thus, discharge his duty and debt of petition.

At the hour of death, the Masses you have heard will be your greatest consolation. Every Mass will go with you to judgment and plead for pardon. At every Mass, you can diminish the temporal punishment due to your sins. Assisting devoutly at Mass, you render the Sacred Humanity of Jesus, the greatest homage. He supplies for many of your negligences and omissions. He forgives you all the venial sins you are determined to avoid. He forgives you all the unknown sins you have never confessed. The power of Satan over you is diminished.

By hearing Mass, you afford the Souls in Purgatory the greatest possible relief. One Mass heard by you, during life, will be of more benefit to you than many heard for you after death.

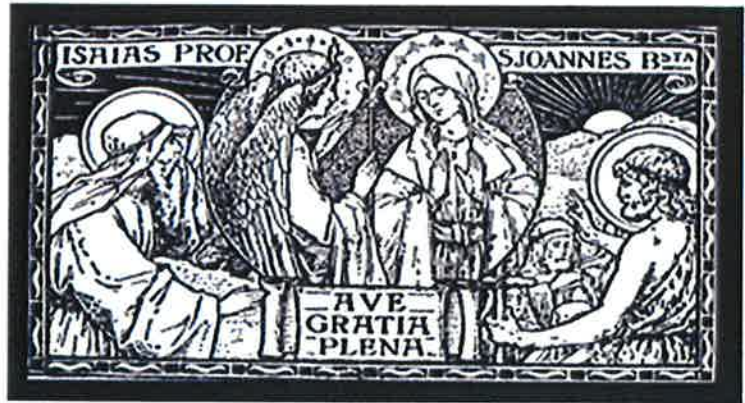
Holy Mass preserves you from many dangers and misfortunes that would otherwise befall you. You shorten your Purgatory

by every Mass. You win for yourself a higher degree of glory in heaven. At Mass, you kneel amidst a multitude of angels who are present at the adorable Sacrifice with reverential awe. You receive the priest's blessing which Our Lord Himself ratifies in Heaven. You are blessed in your temporal goods and affairs.

“If you ask the Father anything in My Name, He will give it to you.” John 16-23

Nihil obstate: P.L. Biermann, Censor Librorum.

Imprimatur: George Cardinal Mundelein, Archbishop of Chicago



Advent Pin

The Liturgical Season of Advent

In each liturgical season the Church petitions our Heavenly Father for particular graces (help) which correspond to that season or feast. Each of these particular graces will have particular effects upon our souls.

It is important to understand each season so that we can spiritually grow from these graces.

The Liturgy of Advent (CCC# 522-534)

This liturgical prayer is an official prayer of the Church. It becomes for us a Sacrament full of power at the Sunday Mass.

“He (Jesus) must increase (within me), but I must decrease.” (John 3:30)

One of the special parts of our sanctification, our salvation is to make our souls like Christ Himself (with God’s grace to help us). This is a method of holiness; to conform ourselves to be like Jesus. We do this by participating in each season of Jesus’ life. We take part in the Mysteries of Jesus’ Life and we offer this to Almighty God, at each Holy Mass.

- Advent begins the Church’s Year
- Advent is the first part of the Cycle of Christmas – The Mystery of the Incarnation
- Advent begins from the 1st Sunday of Advent (the 4th Sunday before Christmas) through December 24th

According to the Church's liturgical texts, we are to share the feelings of:

1. The Patriarchs and Prophets of Israel (from the Bible's Old Testament) especially Isaiah, who were looking forward to God sending someone very great to help us.
2. John the Baptist
3. Gabriel, the Archangel
4. The Most Holy Virgin Mary

They all yearned for the Redeemer. The entire earth groaned for the coming of the Messiah to overcome the darkness of sin and to defeat the Evil One. They all looked for the Messiah with fervent longing and prayer to hasten the day He would come.



We join our prayers, our longing with theirs this Advent Season.

Each Sunday of Advent we immerse ourselves in Christ Jesus' First Coming – The Nativity and His second coming at the end of the world:

An Advent pin can be earned each year the student completes and hands in the following requirements:

Answer the following questions:

Question #1

- a) Look up the word “advent” in a dictionary and write down its meaning.
- b) Look up the word “Advent” in a dictionary and write down its meaning.

Question #2

Genesis 3:15 is the first place in the Bible God foretells Jesus will come.

- a) In Genesis 3:15 what will Jesus do as “the woman’s seed?”
- b) Hebrews 2:14 tells us what this means. What does it say?
- c) Does Isaiah the prophet foretell this in the Old Testament in Isaiah 25:8? What’s Isaiah say?

We can learn a lot about Advent from the Catechism of the Catholic Church (CCC). It is written for adults, so be sure to ask your parents to explain the part of it you don’t understand.

Question #3

- a) In paragraph #522 it says that the coming of Jesus – God’s Son was so important to God – how long did God prepare for Jesus’ coming on the earth?
- b) In paragraph #522 it lists the things in the Old Testament (for the hundreds of years) – that He showed His prophets and people to prepare for Jesus’ coming – list some of them.

Question #4

Paragraph #523 teaches us about “The Prophet of the Most High”.

- a) Who was he?
- b) Who is the last prophet?
- c) What were the three ways He bears witness to Jesus Christ?

Question #5

Before Jesus was born when He was still inside His Mother, Mary’s womb, and John the Baptist was still inside his mother, Elizabeth’s womb, what did John the Baptist do when he sensed Jesus in Mary’s womb? (Answer: Luke 1:41-44)

Question #6

- a) What was the name of the angel God sent to Our Lady Mary to ask Her if she was willing to allow God to use Her to be Jesus’ Mother? (Answer: Luke 1:26)
- b) What was Mary’s answer to God? (Answer: Luke 1:38) How should we copy Mary’s answer to God?

Question #7

What was John the Baptist’s main purpose? (Answer: The Catechism of the Catholic Church (CCC) #718).

Question #8

In the CCC, #722 tells us about the great grace God gave Mary so She could be Jesus’ Mother. She was filled with this great grace, before She was born at the minute She was conceived. This made Her different from all other human beings because she was “conceived without (original) _____.”

Question #9

To be a **humble** person is very, very important (CCC#716). Even though Jesus is the totally powerful God Incarnate – even Jesus was always very humble. The Catechism of the Catholic Church (CCC) #722 tells us Our Lady Mary was the most humble of all creatures?

What does it mean to be humble? Humble people know that they are plain, ordinary, small, peaceful, like a lamb or gentle dove, quiet and lowly.

This is the way Our Lady Mary acted and the way Jesus acted. CCC #725 tells us it is the humble people who love Jesus and are accepted by Him.

- a) Who are the people listed in CCC# 725 that were humble?
- b) Read Luke 2:25-38. What two people are the Bible verses about? And what did they know?

Question #10

God's great prophets of the Old Testament (the first part of the Bible, before Jesus was born) they knew that in the future God was going to send us help to save our souls from being destroyed. Answer these questions in your own words:

- a) How does Isaiah describe Jesus when he writes in Isaiah 9:2,3,6 and 7?
- b) In Isaiah 40:10-11?
- c) How does Isaiah describe John the Baptist when he will come in Isaiah 40:3-6?
- d) What does the prophet Micah tell us about Jesus coming in Micah 5:2-5?

Projects

Make your own Advent calendar. (Blank December calendar included for you to use).

1. Find out which day of the week the first day of December is on. Then, number all the rest of the days in the upper corner of each day. December has 31 days.
2. Write “Christmas” on December 25th and you can make a little picture in that box for Christmas. You can make little pictures in some of the other boxes, too.
3. Write in the 4 Sundays of Advent. The Sunday before Christmas is the “4th Sunday in Advent”. The Sunday before that (above that Sunday) is the “3rd Sunday of Advent”. The Sunday before that (above that Sunday) is the “2nd Sunday in Advent”. The Sunday before that (above that Sunday) is the “1st Sunday in Advent”, (this is also the beginning of the Church Year).
4. Write – “Immaculate Conception” on December 8th. This is the day Our Lady Mary was conceived in Her mother’s womb – and she was conceived without any original sin – like everybody else has. This is a Holy Day of Obligation.
5. Write “Christmas Eve” on December 24th.

What are our hearts to learn during Advent?

Think about our Heavenly Father’s plan of sending His Son Jesus to save us all from the things we’ve done that were wrong, and to lead us the right way.

Think about Jesus doing everything His Heavenly Father wanted. To follow Jesus, we should try to do what our Heavenly Father wants us to do.

Advent is the time for each of us to purify and clean our hearts and minds to be ready for the Coming of Jesus – His Birth at Christmastime and His Return at the end of this age. We can do this with:

- Repentance – Thinking about ways we can be better – to make ourselves more like Jesus. Write these down in the days of the Advent calendar
- Confession and Reconciliation with our priest – To have our sins forgiven and our souls clean. Write which day on calendar.
- Penance – Give up something, or do some things extra good. Write these in the days of the Advent calendar.

Remember to ask every day for Jesus to come into our hearts.

Think about how much Our Lady Mary loves us. To help us, She was willing to do what our Heavenly Father asked of Her, even to suffer watching Her Son Jesus suffer and die on the cross. We have to try to be like Her, too. Write something on your Advent calendar about giving up something, or doing something extra like Mary would do.

Think about John the Baptist telling people that Jesus was coming and that they must be ready for Jesus by cleaning their hearts (repentance). Write on the Advent calendar things to tell others about Jesus.

The Advent Wreath

This is a wonderful family prayer project!

You can make the wreath together. These are all different styles of Advent wreaths.

Maybe someone in the family can shape the wood, metal or woven willow branches for the base.

You'll need 4 Candles:

3 Violet

1 Rose or Pink



The rest is your choice:

Let the family members pick out the different parts of it, and make the wreath together.



As a family – every Sunday in Advent – pick a time when everybody can get together. Light the right candle(s) and say your Advent prayers **together**.

Lighting the Wreath

4th Sunday before Christmas
Light violet candle #1

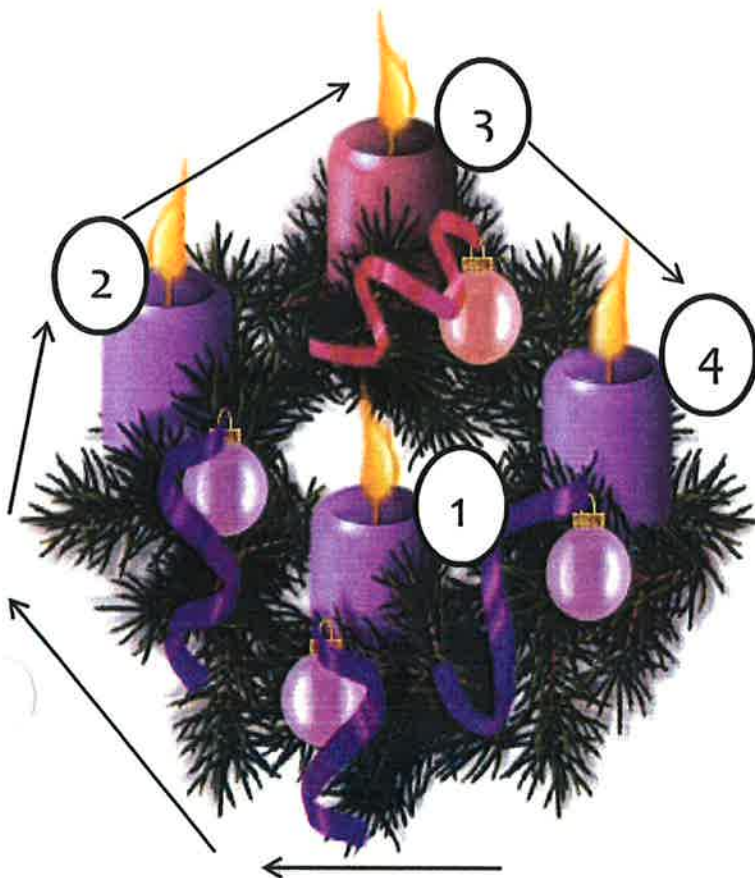
3rd Sunday before Christmas
Light violet candles #1 and #2.

2nd Sunday before Christmas
Light violet candles #1, #2
and rose candle #3.

The rose candle stands for the love of God, the purification and penance is relaxed as we feel the joy of anticipation of Jesus' coming.

1st Sunday before Christmas light
violet candles #1, #2, rose candle #3
and violet candle #4.

After the candles are lit, Advent prayers and Bible verses can be read.



Light the candles in a clockwise direction

Advent Prayers

After the candle(s) are lit on the wreath the family makes The Sign of the Cross over themselves and begins their prayers.

The student or other family members can write Advent prayers, or pray what they are thinking. The family can say the “Lord’s Prayers”, or the “Hail Mary” – thanking God for sending Jesus, or The Rosary – Joyful Mysteries about Jesus’ birth, and/or reading from the Bible about Jesus’ birth. (Luke 1:5 through Luke 2:39.

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Reconciliation and Penance

The Advent Season is a time of cleansing ourselves of our sins by repenting (being sorry) and going to Reconciliation and doing penance (going without some things we want or doing extra good things for others).

The color symbolic for this is purple. That's why the candles in the Advent wreath are purple.

Advent is a time for us to receive the Sacrament of Reconciliation from Jesus through our priest. This rejoins us to Jesus.

If Reconciliation is one of your choices for your Advent pin, answer the following questions. (The answers can be found in the following pages on Reconciliation).

1. What separates us from Jesus?
2. Give some examples.
3. What are the 6 steps to Reconciliation?
4. Can we blame other people for our sins?
5. Can we lie to the priest about our sins?
6. Can we leave out some of our sins?
7. What are the 5 gifts or graces we get from Heaven when we make a good Confession - Reconciliation?

Make a copy of this page so you can fill it out another year and hand it in.

Advent Pin

1. On separate sheets of paper answer the questions on Advent and/or Reconciliation.
2. I have earned at least 20 points by completing the following:

(*Hand in during January) (** Parent signature that student completed this)

- _____ Answered the questions about Advent * (5 points) (Hand in answers)
- _____ Followed all the instructions and made an Advent Calendar. * (5 points)
- _____ Made an Advent wreath and said Advent prayers, lit candles every Sunday in Advent ** (5 points)
- _____ Received Reconciliation from our priest. ** (5 points)
- _____ Answered the questions about Reconciliation. * (5 points)

Student Name _____

Parent Signature _____

Reconciliation

Conscience – Contrition – Confession – Penance – Absolution

rec·on·cile (rek' ən sīl') vt. -ciled' , -cil' ing

<OFr. *reconcilier*

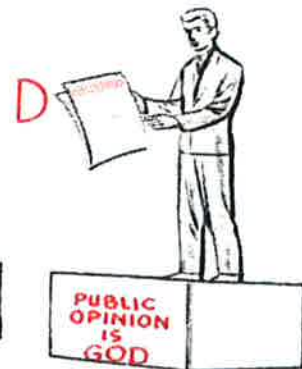
1. To make friendly again
2. To settle (a quarrel, etc.) or (a difference, etc.)

To rejoin us to Jesus; to our Heavenly Father.

How did we get separated from Jesus and our Heavenly Father?

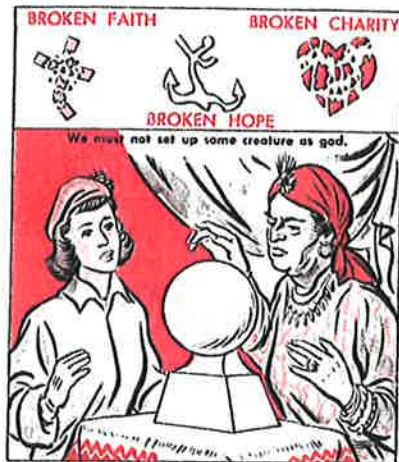
SIN

**THIS
IS
WRONG**



The First Commandment

FORBIDS



False Worship

The Second Commandment

FORBIDS



Irreverence for God in Word

The Third

FORBIDS



Making the Lord's Day Profane.

Commandment

The Fourth

Commandment

The Fifth Commandment

The Sixth Commandment



Honor your father and mother.

FORBIDS



Injuring Life or Health

FORBIDS



Impurity and Immodesty

The Seventh Commandment

FORBIDS



The Eighth Commandment

FORBIDS — Lying



The Ninth and Tenth



Are we envious when some-

Commandments

Steps

Step 1 – Find our sins – Examine our conscience

Step 2 – Be sorry for our sins – Contrition (and not do that sin again)

Step 3 – Tell our sins to our Priest – Confession

Step 4 – Priest gives us counseling or we make up for our sins – Penance

Step 5 – Tell our Heavenly Father and Jesus how sorry we are – Act of Contrition

Step 6 – Our Priest gives us our Heavenly Father's forgiveness – Absolution

Step 1 – Find our Sins – Examine our Conscience

What is an examination of conscience?

An examination of to
conscience is a we
sincere effort to call to mind
all the
sins we have committed
since our
last worthy confession.



Our conscience is the judgment or decision our mind makes on what is right and wrong. It does not depend on what we feel is right and wrong, but on what Our Lord tells us is right and wrong.

How Much Do I Love Others?

- Do I obey those who care for me?
- Am I kind and loving? Have I hurt anyone? Do I make up with those I hurt? Do I call others names or make fun of them? Do I show respect for myself and for others?
- Have I been respectful in my thoughts, words, and actions? Do I choose good friends? Am I faithful to them?
- Am I careful not to waste God's gifts? Am I satisfied with what I have? Do I share? Am I honest? Have I stolen anything or wasted the goods of God's creation?
- Have I lied to anyone? Have I talked about others in an unkind way? Have I kept all the promises I have made?

Make a list, write down the sins.

I Examine my Conscience

How Much Do I Love God?

- Do I pray to God regularly?
- Do I use God's name with love? Have I used his name in the wrong way?
- Do I celebrate Mass on Saturday evening or Sunday? Have I missed Sunday Mass deliberately?
- Do I listen well to God's Word?
- Do I thank God for his goodness?
- Do I tell God I am sorry when I have failed to love?
- Do I ask God to help me?
- Have I really been the person Jesus expects me to be?

Step 2 – Be So Sorry for Our Sins



"And Peter went out and wept bitterly" (Luke 22, 62).

Act of Contrition

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.

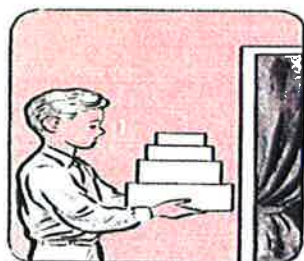


Step 3 – Tell our Sins to our Priest – Confession

A priest must always keep his lips locked about what he hears in confession. One priest even died a martyr's death, because he refused to reveal what he had heard in confession. His name is St. John Nepomucene.



STORY OF A BAD CONFESSION



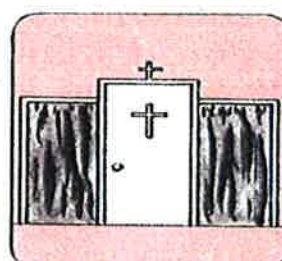
JOHN HAS FOUR MORTAL SINS

NO EXCUSES



HE GOES TO CONFESSION

NO FALSEHOODS



HE TELLS THREE, BUT IS ASHAMED OF THE OTHER

NO OMISSIONS



HE COMES OUT WITH **FIVE**



HUMBLE

It was my fault.



SINCERE

I am telling the truth.



ENTIRE

I am leaving nothing out.

Step 4 – Priest Gives us Counseling and/or we Make Up for our Sins

Hail Marys; Our Father; fix what we messed up; apologize; extra prayers; do extra good things; help someone

Step 5 – Tell Our Heavenly Father How Sorry we Are: Say “The Act of Contrition”

Step 6 – Our Priest Gives Us Our Heavenly Father’s Forgiveness - Absolution

Only priests of the Catholic and Greek Orthodox – Russian Orthodox Churches have been given the authority to forgive sins – through Jesus.....

Only God can forgive sins. But He can decide for Himself how he wants to do it. And the way He has decided upon is to use priests as His instruments.

We can truly say that Christ forgives sins, using the lips and hands of the priest, or we can say that the priest forgives sins by the power Christ gives him.



“Peace be to you! As the Father has sent Me, I also send you . . . Receive the Holy Spirit; whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained” (John 20, 21-23).

.....by the laying on of hands passed on since Jesus laid His hands on Peter – then to peter to the priests under him, etc.



“Take courage, son; thy sins are forgiven thee” (Matthew 9, 2).

FIVE FRUITS OF A GOOD CONFESSION



1. **Sanctifying Grace:** powerful help directly from our Heavenly Father and Jesus through the Holy Spirit – strength, special knowledge – comfort – protection – and whatever help we need is poured down inside of us.
2. **Forgiveness:** our sins are erased from our Heavenly Father’s book – and we are no longer His enemy but we are again His child.
3. **Punishment Remitted:** if it was a “mortal sin” we are saved from hell. Much of our punishment is taken away.
4. **Future Help:** because of the sanctifying Grace and being restored as our Heavenly Father’s child – all of Heaven will help us grow spiritually and avoid future sins.
5. **Merits Restored:** we earn merits in Heaven for good deeds we do on earth – when we sin – we lose all of those merits – with Reconciliation the merits we earned are given back to us.

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