

Year One Sacrament Preparation

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	<u>TUESDAY YEAR ONE CLASS</u>	<u>TOPIC / THEME</u>	<u>SUMMIT</u>
23	NOVEMBER 4, 2025	YEAR ONE INTRO	Ded. Lateran Basilica
26		INTRODUCTION TO LITURGY	
		THE KERYGMA — PROCLAMATION OF THE GOSPEL MESSAGE	
28	MARCH 3, 2026	CREATED	3rd—Lent
29	MARCH 24, 2026	CAPTURED	Palm Sunday
30	APRIL 14, 2026	RESCUED	3rd — EASTER
34	APRIL 21, 2026	RESPONSE	4th — EASTER
36	APRIL 28, 2026	SACRAMENTS	5th — EASTER
38		RECONCILIATION	
	MAY 5, 2026	YEAR 1 into YEAR 2	6th — EASTER
40	BOOKS OF THE BIBLE: HOW ARE THEY ORGANIZED?		

WHY HAVING A CATHOLIC BIBLE IS SO IMPORTANT!!

In 382 A.D., at the Council of Rome, the Catholic Church officially declared the 73 books in the Catholic Bible are divinely inspired by God.

In 397 AD, at the Council of Carthage, the Catholic Church confirmed the 73 books as the canon of scripture, the Bible.

The Protestant bible only has 66 books. That's because in 1520, Martin Luther removed them because he struggled with doctrinal heresies concerning Catholic teachings surrounding praying for the dead, purgatory, prayer, papacy, sacraments, Scripture + Tradition, priesthood. — ***Heresy: A baptized Catholic's obstinate denial of a revealed Truth of God [teachings & dogmas].*** —

At this point, Martin Luther adopted the Jewish canon of scripture as his bible that didn't have those Old Testament books in it [Tobit, Judith, 1 and 2 Maccabees, Wisdom, Sirach, Baruch, and sections of Esther and Daniel]. But, the Jewish canon that Martin Luther chose was adopted several hundred years *AFTER* the Catholic Church declared that all of the 73 books as divinely inspired by God. Remember, the Jewish canon was created by Jews who had rejected Jesus as the Messiah.

In the Council of Trent, 1546 AD, after one man, Martin Luther, had removed 7 books that didn't match up with what he believed to be true, the Catholic Church reiterated all of the 73 books in the Catholic Bible are divinely inspired by God [dogma].

So, many Protestants live their whole lives not realizing that God has given them 7 extra books that one guy in Germany took out of the bible that actually are part of their inheritance that God has wanted them to have their entire life!!

Every Christian in the world accepts that there are 27 books in New Testament based on the authority of the Catholic Church since 382 AD.

Jesus is the One who founded the Catholic Church.

Jesus promised He would send the Holy Spirit to guide the Church into all TRUTH.

In **1 Timothy 3:15** — St. Paul writes that the Catholic Church is the pillar and the foundation of TRUTH! The Catholic Church is not optional; it is essential. It is not Bible alone. It is Scripture and Tradition. It is the Bible and the Church because the Bible itself teaches us that the Church is the pillar and foundation of Truth!

Wouldn't you rather have the whole TRUTH rather than just a partial truth?



SCRIPTURE VERSES TO COMMIT TO MEMORY

The Catholic Bible has 35,706 verses within its 73 books. Obviously every verse — and every word — of God's is important. Scripture is worth memorizing. To start, here are 52 verses you might want to commit to memory. Now, rather than trying to memorize Scripture like you're cramming for a test, challenge yourself to pray with one verse a week. Just one verse! Underline it or highlight it in your Bible. [God won't mind.] Write it out or journal about it. Memorize not only the words but the chapter and verse[s]. Just focus on one verse a week, and in less than a year you'll be able to drop a ton of God's wisdom on anyone you encounter.

1 Corinthians 6:19-20

1 Corinthians 10:13

1 Corinthians 13:7

Deuteronomy 31:6-8

Ecclesiastes 4:9-10

Ephesians 2:10

Ephesians 4:29

Ephesians 6:1-3

Ephesians 6:11

Exodus 14:14

Exodus 20:12

Isaiah 41:10

James 1:17

Jeremiah 1:4-8

Jeremiah 17:7-8

Jeremiah 29:11-12

John 10:10

John 14:1, 15

John 15:13

Joshua 1:9

Luke 9:23

Mark 9:24

Matthew 11:28-30

Matthew 22:37-40

Matthew 28:20

Nehemiah 8:10

1 Peter 3:15

1 Peter 5:5-9

Philippians 4:6-8

Philippians 4:13

Proverbs 1:8-9

Proverbs 3:5-6

Proverbs 14:14

Proverbs 17:17

Proverbs 19:22

Psalms 16:8

Psalms 46:11

Psalms 119:9

Psalms 119:33-36

Psalms 139:13-14

Revelation 21:4

Romans 8:25

Romans 13:13

Sirach 6:14 [Ben Sira]

Sirach 37:15 [Ben Sira]

1 Thessalonians 5:16-18

2 Thessalonians 2:15

1 Timothy 3:15

1 Timothy 4:12

1 Timothy 5:1-2

2 Timothy 2:22

Tobit 4:8



MASS PRAYERS EVERY CATHOLIC SHOULD KNOW

I confess to Almighty God and to you, my brothers and sisters, that I have sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *through my fault, through my fault, through my most grievous fault*; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Glory to God

in the highest. And on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify You,
we give you thanks for your great glory.
Lord God, heavenly King, O God almighty Father.

Lord Jesus Christ,
Only Begotten Son.
Lord God, Lamb of God, Son of the

Father: you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are Holy One, you alone are the Lord, You alone are the Most High. Jesus Christ, with the Holy Spirit, in the glory of God the Father. AMEN.

Holy, Holy, Holy

Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest. Blessed is he whom comes in the name of the Lord.
Hosanna in the highest.

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

THE NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, 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; through him all things were made. For us men and for our salvation he came down from heaven, *[At the words that follow, up to and including and became man, all bow.]*

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

St. Michael the Archangel

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



PRAYERS FOR EVERY CATHOLIC

Sign of the Cross



MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys & sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence I fly unto you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful & sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

GRACE BEFORE MEALS

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

Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

PRAYER TO TAKE AUTHORITY

In the Name of Jesus, I take authority and I bind all powers and forces in the air, in the ground, in the water, in the underground, in the netherworld, in nature, and in fire.

You are the Lord over the entire universe, and I give You the Glory of Your creation. In Your Name, Jesus, I bind all demonic forces that have come against us and our families and I seal all of us in the protection of Your Precious Blood that was shed for us on the Cross.

Mary, our Mother, we seek your protection and intercession with the Sacred Heart of Jesus for us and our families, and surround us with your mantle of love to discourage the enemy.

St. Michael & our Guardian Angels, come defend us and our families in battle against the evil ones that roam the earth.

In the Name of Jesus, I bind and command all the powers and forces of evil to depart right now, away from us, our homes, and our lands, and I send you to the foot of the Cross. And we thank you, Lord Jesus, for You are a faithful and compassionate God. Amen.

ANGELUS:

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary...

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary...

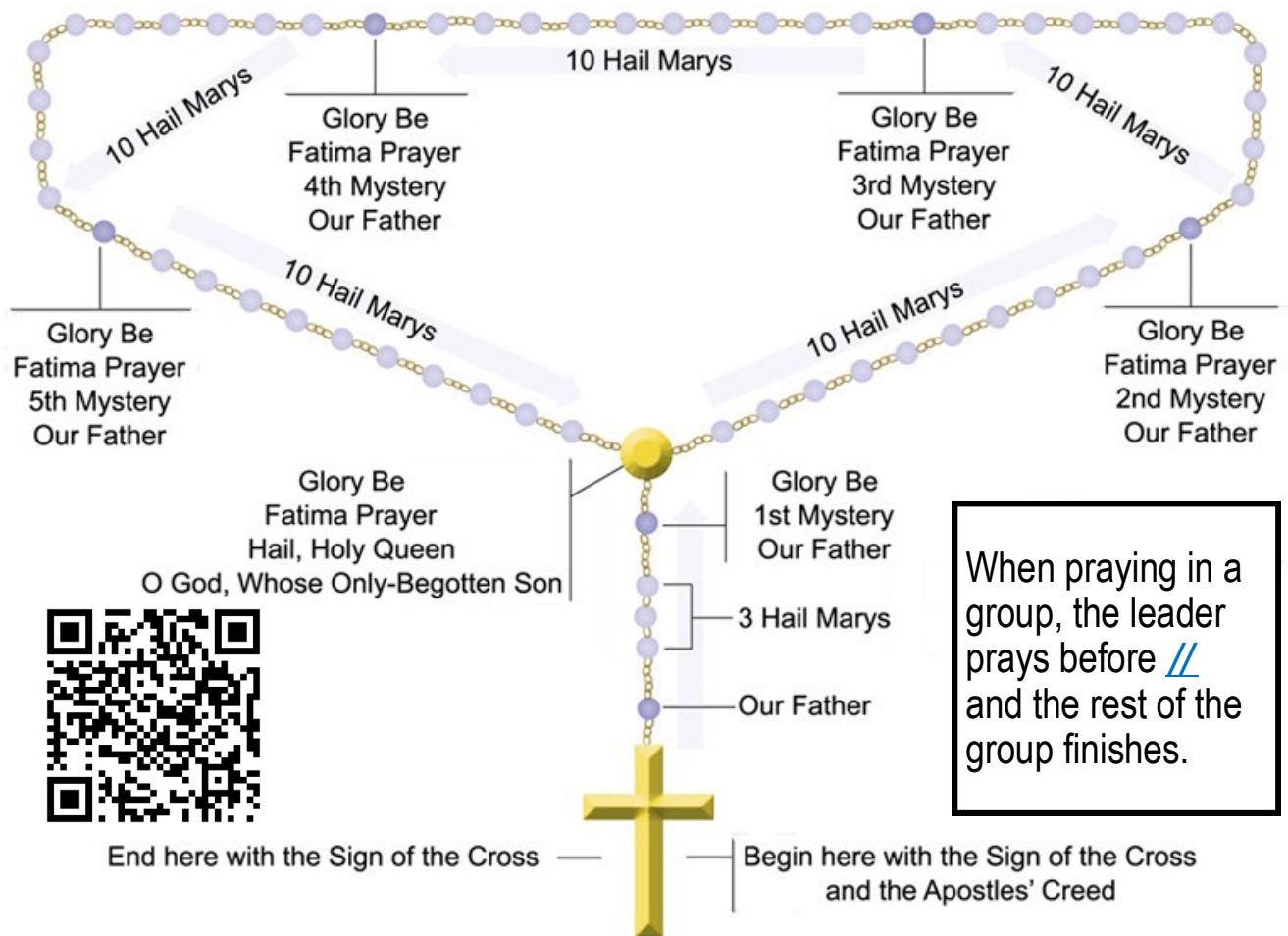
V. Pray for us, O holy Mother of God.

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

LET US PRAY... Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.



HOW TO PRAY THE ROSARY



When praying in a group, the leader prays before and the rest of the group finishes.

APOSTLES CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come 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 life everlasting. Amen.

Hail, Holy Queen,

Mother of Mercy, 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.

Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

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 while 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 Christ our Lord. Amen.

MYSTERIES OF THE ROSARY

JOYFUL [MONDAYS & SATURDAYS]

THE ANNUNCIATION

LUKE 1:26-38

THE VISITATION

LUKE 1:39-56

BIRTH OF OUR LORD

LUKE 2:6-12

PRESENTATION OF JESUS IN THE TEMPLE

LUKE 2:22-38

FINDING OF OUR LORD IN THE TEMPLE

LUKE 2:41-52

GLORIOUS MYSTERIES SUNDAYS & WEDNESDAYS

RESURRECTION

MATTHEW 28:1-10; MARK 16:1-18;

LUKE 24:1-49; JOHN 20:1-29

ASCENSION TO HEAVEN

MARK 16:19-20; LUKE 24:50-51; ACTS 1:6-11

DESCENT OF THE HOLY SPIRIT

ACTS 2:1-41

ASSUMPTION OF MARY

REVELATION 12:1; CCC 966 & 974

CROWNING OF MARY AS QUEEN OF HEAVEN AND EARTH

REVELATION 12:1

SORROWFUL MYSTERIES TUESDAYS & FRIDAYS

AGONY IN THE GARDEN (REPENTANCE)

MATTHEW 26:36-46; MARK 14:32-42;

LUKE 22:39-46

SCOURGING AT THE PILLAR (MORTIFICATION)

LUKE 23:16-22; JOHN 19:1

CROWNING OF THORNS (HUMILITY)

MATTHEW 27:29-30; JOHN 19:2-3

CARRYING OF THE CROSS (PATIENCE)

LUKE 23:26-32; MATTHEW 27:31-32

MARK 15:21

CRUCIFIXION (LOVE OF ENEMIES)

LUKE 23:33-46; MATTHEW 27:33-54

MARK 15:22-39; JOHN 19:17-37

LUMINOUS [THURSDAYS]

BAPTISM OF CHRIST IN THE JORDAN

MATTHEW 3:13-17; MARK 1:9-11

LUKE 3:21-22; JOHN 1:31-34

WEDDING FEAST AT CANA

JOHN 2:1-12

PROCLAMATION OF THE KINGDOM

MATTHEW 5:1-16

TRANSFIGURATION

MATTHEW 17:1-8

INSTITUTION OF THE EUCHARIST

MATTHEW 26:26-30; MARK 14:22-26;

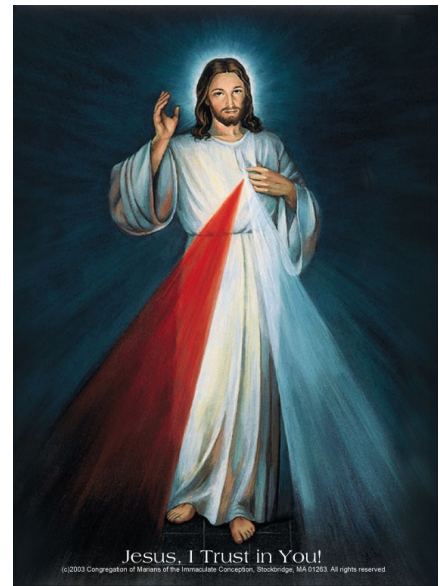
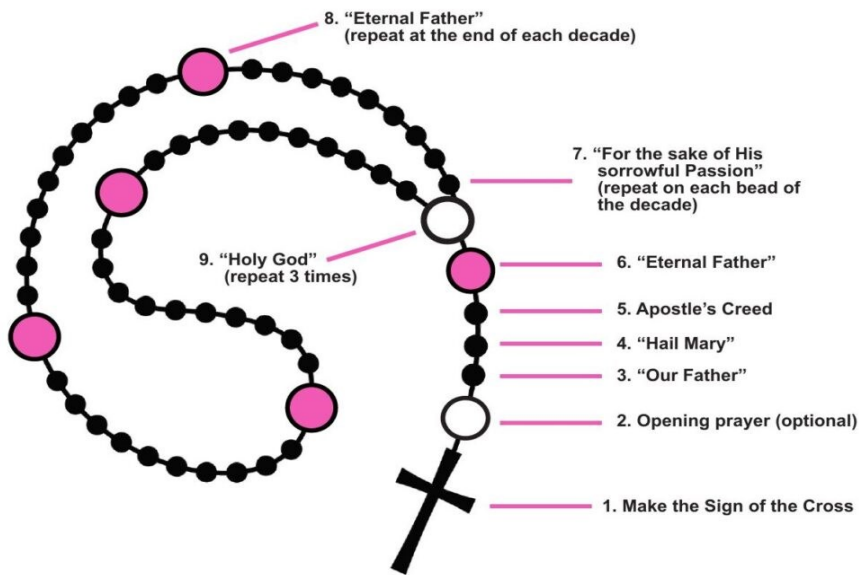
LUKE 22:14-20

Our Father who art in heaven,
hallowed be thy name. Your king-
dom come. Your 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 de-
liver us from evil. Amen.

Fatima Prayer: O my Jesus, //
forgive us our sins, save us from the fires
of hell, lead all souls to Heaven, especially
those who are in most need of Thy mercy.

Hail, Mary, full of grace,
the Lord is with you. Blessed
are you among women and
blessed is the fruit of your
womb, Jesus. // Holy Mary,
Mother of God, pray for us
sinners, now and at the hour of
our death. Amen.

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.



THE DIVINE MERCY CHAPLET

1. Begin with the Sign of the Cross

2. OPENING PRAYER: You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

EVERYONE [3x]: Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, *I trust in You!*

3. OUR FATHER: **Our Father**, who art in heaven hallowed be your name; your kingdom come; your 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.*

4. HAIL MARY: **Hail Mary**, full of grace. The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. *Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.*

5. APOSTLE'S CREED: **I believe in God**, the Father Almighty, Creator of heaven and earth, and **in Jesus Christ**, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come 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 life everlasting. Amen.*

6. ON THE OUR FATHER BEADS:

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ *in atonement for our sins and those of the whole world.*

7. ON THE HAIL MARY BEADS:

For the sake of His sorrowful Passion, *have mercy on us and on the whole world.*

8. CLOSING PRAYERS:

[3x]: Holy God, Holy Mighty One, Holy Immortal One, *have mercy on us and the whole world.*

EVERYONE [3x]: Jesus, *I trust in you.*

Let us pray: Eternal God, in whom mercy is endless and the treasury of compassion is inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your Holy will, which is Love and Mercy itself. Amen.

9. Close with the Sign of the Cross

SUNDAY MASS & HOLY DAYS OF OBLIGATION — 2025-2026

St. Helen - 2025-2026 Liturgical Calendar								
2025	JUNE	2 7th Sunday of Easter	9 PENTECOST	15 Most Holy Trinity	22 12th Sunday OT	29 Sts. Peter and Paul	Cycle C Sunday Readings end on Nov. 23	
	JULY	6 14th Sunday OT	13 15th Sunday OT	20 16th Sunday OT	27 17th Sunday OT		OT = Ordinary Time meaning Sundays are in chronological time	
	AUGUST	3 18th Sunday in OT	10 19th Sunday in OT	15 Assumption of Mary [FRI]	17 20th Sunday in OT	24 21st Sunday in OT	31 22nd Sunday in OT	
2025	SEPTEMBER	7 23rd Sunday in OT	14 Exaltation of the Cross	21 25th Sunday in OT	28 26th Sunday in OT	2025: Year 1 Daily Readings	Holy Days of Obligation [additional days for Mass we are obligated to attend]	
	OCTOBER	5 27th Sunday in OT	12 28th Sunday in OT	19 29th Sunday in OT	26 30th Sunday in OT			
2025	NOVEMBER	1 All Saints [SATURDAY]	2 All Souls Day	9 Dedication of St. John Lateran	16 33rd Sunday in OT	23 Christ, the King of the Universe	30 1st Sunday of Advent	Cycle A Sunday Readings start on Nov. 30
	DECEMBER	7 2nd Sunday of Advent	8 Immaculate Conception	14 3rd Sunday of Advent	21 4th Sunday of Advent	25 Christmas [THURSDAY]	28 Holy Family	
2026	JANUARY	1 Mother of God [THURSDAY]	4 2nd Sunday of Christmas	11 Baptism of Jesus	18 2nd Sunday of OT	25 3rd Sunday of OT	Holy Days of Obligation [additional days for Mass we are obligated to attend]	
	FEBRUARY	1 4th Sunday of OT	8 5th Sunday of OT	15 6th Sunday of OT	18 Ash Wednesday	22 1st Sunday of Lent		
	MARCH	1 2nd Sunday of Lent	8 3rd Sunday of Lent	15 4th Sunday of Lent	22 5th Sunday of Lent	29 Palm Sunday		
	APRIL	5 EASTER	12 Divine Mercy Sunday	19 3rd Sunday of Easter	26 4th Sunday of Easter	2026: Year 2 Daily Readings		
	MAY	3 5th Sunday of Easter	10 6th Sunday of Easter	17 7th Sunday of Easter	24 PENTECOST	31 Most Holy Trinity	OT = Ordinary Time meaning Sundays are in chronological time	

SACRAMENT PREP INTRODUCTION TO YEAR ONE

*“In those days Jesus departed to the mountain to pray, and He spent the night in prayer to God. When day came, Jesus called His **Disciples** to himself, and from them He chose Twelve, whom he also named **Apostles**.” ~ Luke 6:12-13*

The celebration of the Sacraments of Initiation are not intended to bring our formation as Christians to an end, but rather to begin a process of continuing education and formation that is life-long and that gradually unfolds the mystery of God's love and our response as we grow and mature. The Church refers to this life-long process as Mystagogy. All of the Sacraments are generous gifts from our loving God. Mystagogy invites us into a never-ending process of cherishing the gifts of the Sacraments of Initiation & continuously growing in our understanding of the power of God working in us as a result of our initiation into His Church. Understood in this light, Baptism, Confirmation and Eucharist are not seen as an end, but rather as a beginning. They are gifts of the Father that strengthen and support us in living faithfully our life in Christ. They are gifts to be continuously meditated upon and studied. Our understanding of them is meant to deepen as we grow and mature.

 <p>PREPARE YOUR MIND AND HEART. ASK FOR THE PRESENCE OF THE HOLY SPIRIT.</p>	 <p>DON'T USE "FANCY" WORDS. BE SINCERE AND SPONTANEOUS.</p>	 <p>LOOK FOR A SUITABLE PLACE TO PRAY. E.G. ADORATION.</p>	 <p>CONCENTRATION REQUIRES DISCIPLINE: TRAIN YOURSELF TO CONCENTRATE.</p>
<h2>8 KEYS TO PRAYER</h2>			
 <p>THE QUALITY OF YOUR PRAYER IS IMPORTANT, EVEN IF IT'S SHORT.</p>	 <p>PRAY FREQUENTLY SO YOU GAIN THE HABIT OF RECOLLECTION.</p>	 <p>SEEK FOR SILENCE, BOTH INTERIOR AND EXTERIOR.</p>	 <p>DISTRACTIONS ARE INEVITABLE. IGNORE THEM.</p>

MASS ATTENDANCE

There is one thing that distinguishes us from other Christians – our devotion to the sacrament of the Eucharist.

The Eucharist is the source and summit of our Catholic faith (CCC 1407).

A common complaint from teens (and some adults) is that Mass is boring. But, we, as the St. Helen Sacrament Preparation Team, believe if we truly understood what is happening during the Liturgy, we could never again say that Mass is boring.

God asks of every baptized *child of God* to spend time with Him and the Body of Christ, the Church, on Sunday and other Holy Days of Obligation actively participating in Mass (CCC 2187). This may upset some Catholics, but it is our obligation as Catholics, and therefore an expectation placed on the **YEAR ONE** students.

If a youth in Sacramental preparation is not fulfilling their weekly Mass obligation and on Holy Days of Obligation, why are they preparing for the sacraments of Initiation?

This is not meant to be judgmental. Full, Active, and Conscious Participation in weekly Mass is vital to a youth preparing for the Sacraments of Initiation [Baptism, Confirmation, & Eucharist]. We, the St. Helen Sacrament Preparation Team, do not want to water down or sugar coat our Catholic faith for our youth and their families.



Why do Catholics cross their forehead, lips and heart at the Gospel?

We cross our forehead so that the Word of God may be in our thoughts & purify our minds. We cross our lips so that our speech may be holy & incline us to share the Gospel with others. And we cross our hearts to invite God to strengthen our love for Him and others. This is so we may know, proclaim and love Jesus more.

MASS CARDS

To monitor weekly Mass participation, we have created weekly **Mass Cards** [samples below]. These **Mass Cards** may be found in the gathering space just inside the church.

Each week: the youth, **NOT THE PARENT**, is to fill out the information (name, class time, grade, etc) on side 1 of the card. Then, the **YEAR ONE Youth** writes the answer to this week's question which is located on Side 2 of the **Mass Card**. During the offertory, the **YEAR ONE youth** places the completed **Mass Card** in the basket.

If, as an YEAR ONE youth, you attend a weekly Mass *at another Catholic Church* with your family **other than St. Helen**, please *pickup that Parish's weekly bulletin/song sheet, write YOUR full name and the Mass time which you attended* and turn it in to **Deepa Duran** AT YOUR NEXT **Tuesday Sacrament Class or EDGE event.**

If it seems that a parent/guardian is completing the **Mass Card** or the **YEAR ONE youth** is consistently missing weekly Mass, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the **YEAR ONE** program or postpone the reception of their sacraments.

"Confirmed people are drawn into deeper participation in the life of the Church. They have a desire to be active in their own parish's ministries. They are not afraid to be identified as a member of the Church when they participate in community activities. They look forward to Sunday Mass, to celebrate the Lord's Supper with their brothers and sisters in Christ."

(The Catholic Faith Handbook for Youth, Brian Singer-Towns, St Mary's Press)

ST. HELEN SACRAMENT PREPARATION
MASS CARD
— Side 1 may be completed by a parent or the child —
FIRST & LAST NAME _____
GRADE _____ TODAY'S DATE ____ / ____ / ____
MASS TIME [of day] _____ AM / PM
I AM ATTENDING MASS WITH: _____
Complete both sides & drop in the offertory basket during Mass.

SACRAMENT PREPARATION MASS CARD [side two]
— Side 2 must be completed & written by youth —
WHO IS THE PRIEST CELEBRATING MASS TODAY? [NAME] _____

*if the priest is standing by the door, say hello—before
or after the Mass.*

ST. HELEN SACRAMENT PREPARATION
MASS CARD
— Side 1 may be completed by a parent or the child —
FIRST & LAST NAME _____
GRADE _____ TODAY'S DATE ____ / ____ / ____
MASS TIME [of day] _____ AM / PM
I AM ATTENDING MASS WITH: _____
Complete both sides & drop in the offertory basket during Mass.

SACRAMENT PREPARATION MASS CARD [side two]
— Side 2 must be completed & written by youth —
DO YOU SIT IN THE SAME AREA FOR MASS EVERY WEEK? _____

*You probably have a favorite area. If there are
empty seats in front of you, move up. The closer you
are to the action, the more easily and fully you will be
able to participate.*

BAPTISMAL / BIRTH CERTIFICATE

If you have not turned in your child's Baptismal / Birth Certificate, it's late and a **copy** is due **asap**. You will not be able to participate in **Year One sacrament preparation** without it.

ATTENDANCE [TUESDAY CLASS + EDGE]

Attendance will be taken at all **Sacrament Preparation, YEAR ONE** activities (Tuesday Sacrament Prep class, Wednesday EDGE Nights, etc). Partial attendance is regarded as non-attendance. Please make sure your **Youth** arrives on time and stays through to the end of the **Wednesday EDGE Nights, Tuesday YEAR ONE Sacrament Prep class, Retreats, etc**.

It is understood that a parent and/or a sponsor will attend and participate in all of the **Tuesday Sacrament Prep** classes with their child[ren]. Please arrive before **Tuesday Sacrament Prep** class begins, so you can find your seat, get all of your materials, and get settled. **Tuesday Sacrament Prep** class will not begin until all families are present or accounted for.

TUESDAY SACRAMENT PREP CLASS

The dates for the **Tuesday Sacrament Prep** classes (6:30-8:30 pm in the Teen Center) September 2025-May 2026 are located on **pages 16-17** of this booklet.

It is understood that a parent and/or a sponsor will attend all **Tuesday Sacrament Prep** classes with their child[ren].

and EDGE

As a Eucharist-centered movement within the Roman Catholic Church, **EDGE** leads middle school youth and their families into a deeper relationship with Jesus Christ and His Church. With the Blessed Virgin Mary as our intercessor and guide, **EDGE** seeks to unleash the fullness of the Sacramental power present within the young Church.

Because of our deep Eucharistic devotion, **EDGE** has developed a spirituality that is: 100% Catholic, Obedient to the Magisterium, Centered on the Eucharist, Scriptural, Liturgical, Catechetical, Sacramental, Focused on social justice, and Comprehensive.

WEDNESDAY EDGE NIGHTS begin at 6:30 pm on Wednesday and ends at 8:00 pm. We meet for the EDGE Nights in the Teen Center.

Wednesday EDGE Nights are all year long. **Sacrament Prep youth** attend **SIX** specific Wednesday EDGE Nights (referred to as **AD EDGE Life Nights**) during **YEAR ONE**. These **Wednesday AD EDGE Nights** supplement their **Tuesday Sacrament Prep** classes and also help to foster community among their peers.

The term "**AD**" refers to the particular Wednesday EDGE Night that all **Sacrament Prep youth** are required to attend and participate in.

The 2025-2026 YEAR ONE EDGE Calendar is on **pages 16-17** of this booklet.

GRACE CARDS

We recognize that there are times when family or an emergency can prevent a youth from attending a scheduled activity. Therefore, each **Sacrament Prep YEAR ONE** youth will be given **3 Grace Cards*** for their **Sacrament Prep YEAR ONE** year. On the **YEAR ONE Youth's 4th** absence, the Youth Minister, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in the **YEAR ONE** sacrament preparation program or postpone the reception of their sacraments.

*Grace Cards may only be used for **Tuesday Sacrament Prep YEAR ONE classes OR AD EDGE Nights**. Grace Cards cannot be used for the NET Retreat.

RETREAT

One of the requirements of the **Sacrament Prep YEAR ONE** program is participating in and attending an approved retreat.

As an **EDGE YEAR ONE** youth, we have a NET retreat on **Saturday, September 27** from **10:00am-4:00pm** at **St. Helen** in the Teen Center.

Your **YEAR ONE** fees have paid for the September 27th retreat.

You are free to choose another retreat offered by another parish. ***However, it will need to be pre-approved by Deepa Duran your St. Helen Youth Minister before September 27th, 2025.*** And, you will need to pay all the fees associated with the other parish's retreat.

A GODPARENT/SPONSOR

Hopefully you've thought a lot about what receiving the sacraments of initiation mean, and how the Holy Spirit will affect your life. You're required to have a sponsor—someone who guides you and shares the story of faith with you now and throughout your life.

SOME ADVICE TO THE YOUTH: You're looking for someone you trust, whose Catholic faith you admire and who will be there for you to help you grow in your Catholic faith as you continue to grow older.

SERVING AS A GODPARENT/SPONSOR HAS GREAT RESPONSIBILITIES:

A Godparent/Sponsor ***must be a Roman Catholic*** because Godparents/Sponsors officially represent the Catholic Church by witnessing what it means to live a *baptized* life, *confirmed* in the Holy Spirit and faithfully participating in the sacraments of *Reconciliation* and the *Eucharist*, the source and summit of the Christian life.



GODPARENTS/SPONSORS CAN TRUTHFULLY STATE ALL OF THE FOLLOWING:

- ✠ I am at least 16 years of age.
- ✠ I am a registered member of my Catholic parish.
- ✠ I am an active member at my parish. [financial support and involvement in ministries]
- ✠ I have received the sacraments of Baptism, Confirmation and Holy Communion and can show proof.
- ✠ I fully and actively participate in the Liturgy of the Mass on Sundays & **Holy Days of Obligation**;
- ✠ I celebrate the Sacrament of Reconciliation regularly [every 1-2 months];
- ✠ I tithe 3-10% to our parish weekly;
- ✠ I develop and maintain a personal relationship with God through daily prayer;
- ✠ I participate in the catechetical, sacramental, and communal life of our parish.
- ✠ I witness to the teachings of the Catholic Church by the way I live my life as a disciple of Jesus Christ.
- ✠ I am married, and I married within the Catholic Church and can show proof. **OR**
- ✠ I am unmarried, nor am I cohabitating with my significant other [living together under the same roof: part-time, full-time, or occasional sleepovers].

RELATIONSHIP STATUS NOTES FOR POTENTIAL SPONSORS:

- Those Catholics in second+ marriages must have had their previous marriage[s] annulled and their second+ marriage convalidated by the Catholic Church.
- Those Catholics presently in civil or common law marriages are not eligible to serve as a Sponsor.
- A Sponsor who is unmarried, must be living a life consistent with the single vocation as defined by the Catholic Church. [in good standing]
- Any single person cohabitating with another person, living in a romantic relationship or as a couple, is ineligible to minister as a Sponsor.

DO YOU KNOW A CAFETERIA CATHOLIC? Someone who picks and chooses Church teachings according to what they want to believe or not believe.

- ✠ **A Cafeteria Catholic** supports the pro-choice movement [abortion and contraception].
- ✠ **A Cafeteria Catholic** supports the re-defining of marriage.
- ✠ **A Cafeteria Catholic** is “living with” someone else [cohabitating full-time or occasionally] or is civilly married;
 - ✠ while engaging in intimate sexual relations (outside the Sacrament of Matrimony).
- ✠ **A Cafeteria Catholic** is attending Mass only when they feel like it or it fits into their schedule.

You may not choose a CAFETERIA CATHOLIC as your Godparent/Sponsor.



I am over the age of 7 and receiving the sacrament of Baptism. Am I allowed to have Godparent[s] for Baptism and someone else as my Confirmation Sponsor? In **Canon 893**, your Confirmation Sponsor is to be your Godparent. **Canon 866** specifically states that immediately following your Baptism, you receive Confirmation. The answer is no. You are not allowed to have Godparent[s] for Baptism and then a different person as a sponsor for Confirmation when receiving those two sacraments together at the same Mass.

CODE OF CANON LAW for the SACRAMENT OF BAPTISM:

THOSE TO BE BAPTIZED

Canon 864 Every person not yet baptized and only such a person is capable of baptism.

Canon 865 §1. For an adult to be baptized, the person must have manifested the intention to receive baptism, have been instructed sufficiently about the truths of the faith and Christian obligations, and have been tested in the Christian life through the catechumenate. The adult is also to be urged to have sorrow for personal sins.

§2. An adult in danger of death can be baptized if, having some knowledge of the principal truths of the faith, the person has manifested in any way at all the intention to receive baptism and promises to observe the commandments of the Christian religion.

Canon 866 Unless there is a grave reason to the contrary, an adult [age 8+] who is baptized is to be confirmed immediately after baptism and is to participate in the eucharistic celebration also by receiving communion.

Canon 867 §1. Parents are obliged to take care that infants are baptized in the first few weeks; as soon as possible after the birth or even before it, they are to go to the pastor to request the sacrament for their child and to be prepared properly for it.

§2. An infant in danger of death is to be baptized without delay.

SPONSORS

Canon 872 Insofar as possible, a person to be baptized is to be given a sponsor who assists an adult in Christian initiation or together with the parents presents an infant for baptism. A sponsor also helps the baptized person to lead a Christian life in keeping with baptism and to fulfill faithfully the obligations inherent in it.

Canon 873 There is to be only one male sponsor or one female sponsor or one of each.

Canon 874 §1. To be permitted to take on the function of sponsor a person must:

1/ be designated by the one to be baptized, by the parents or the person who takes their place, or in their absence by the pastor or minister and have the aptitude and intention of fulfilling this function;

2/ have completed the sixteenth year of age, unless the diocesan bishop has established another age, or the pastor or minister has granted an exception for a just cause;

3/ be a Catholic who has been confirmed and has already received the most holy sacrament of the Eucharist and who leads a life of faith in keeping with the function to be taken on;

4/ not be bound by any canonical penalty legitimately imposed or declared;

5/ not be the father or mother of the one to be baptized.

§2. A baptized person who belongs to a non-Catholic ecclesial community is not to participate except together with a Catholic sponsor and then only as a witness of the baptism.

CODE OF CANON LAW for the SACRAMENT OF CONFIRMATION:

THOSE TO BE CONFIRMED

Canon 889 §1. Every baptized person not yet confirmed and only such a person is capable of receiving confirmation.

§2. To receive confirmation licitly outside the danger of death requires that a person who has the use of reason be suitably instructed, properly disposed, and able to renew the baptismal promises.

Canon 890 The faithful are obliged to receive this sacrament at the proper time. Parents and pastors of souls, especially pastors of parishes, are to take care that the faithful are properly instructed to receive the sacrament and come to it at the appropriate time.

Canon 891 The sacrament of confirmation is to be conferred on the faithful at about the age of discretion unless the conference of bishops has determined another age, or there is danger of death, or in the judgment of the minister a grave cause suggests otherwise.

SPONSORS

Canon 892 Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.

Canon 893 §1. To perform the function of sponsor, a person must fulfill the conditions mentioned in *canon 874*.

§2. It is desirable to choose as sponsor the one who undertook the same function in baptism.

[The practice of choosing a Godparent from Baptism stems from the close connection between the two sacraments and the godparent's existing commitment to the individual's spiritual life. The godparent, having already made promises to assist in the child's Christian upbringing at baptism, is seen as a natural choice to continue guiding and supporting the individual's faith journey through confirmation.]

SPONSOR ELIGIBILITY FORM DETAILS

It is up to the **YEAR ONE** youth to give their Sponsor a **St. Helen Sponsor Eligibility Form** to fill out and return to St. Helen (address: 5510 W. Cholla St, Glendale, AZ 85304 or email: dduran@sthelenglendale.org) This needs to be turned in/mailed in **before the Tuesday Sacrament Prep class on March 24, 2026**. (form can be found on the next page, in your orange folder or online. If you need extra forms, contact the Youth & Young Adult Coordinator, Deepa Duran.

The **Godparent/Sponsor Eligibility** form is **COMPLETE**, when **ALL OF THESE** are met:

1. **The Godparent/Sponsor** fills out the form completely and honestly.
2. **The Godparent/Sponsor obtains** the parish seal/signature from their home parish [it is a raised embossment or a sticker decal] **and submits the ORIGINAL**. *[We cannot accept copies]*
3. **We have received the Godparent/Sponsor's BAPTISMAL CERTIFICATE WITH NOTATIONS** [which includes all of the sacraments of initiation, as well as, marriage if applicable].



****Remember, your Godparent/Sponsor should be someone whose Catholic faith you admire and want to strive after their example of holiness because he/she is active in their parish church and can share why our Catholic faith is important in their daily life. You should also consider choosing someone who lives close enough to help in your preparation to receive the sacraments and beyond.**

CERTIFICATE OF BAPTISM

St. Ferdinand Catholic Church
5900 W Barry Ave
Chicago, IL 60634

This is to certify
Mary Virginia Bethlehem
Joachim Bethlehem
Anne Clopas
Bethlehem, PA
born in
May 1, 2024
was baptized on
May 1, 2024
in the church of
St. Ferdinand in Chicago, IL
according to the Rite of the Roman Catholic Church
by
Reverend Joseph A. Wright
the Godparents being: David Clopas and Mary Clopas
As recorded in the Baptismal Register of this Church.

Today's Date May 1, 2024

NOTATIONS:
CONFIRMATION [May 7, 2017]
Immaculate Conception, Bethlehem, PA
COMMUNION [May 7, 2017]
Immaculate Conception, Bethlehem, PA



ST. HELEN CATHOLIC PARISH

5510 West Cholla Street, Glendale, AZ 85304

Phone: 623-979-4202

Website: www.StHelenGlendale.org

GODPARENT/SPONSOR

ELIGIBILITY FORM

INFANT through ADULT

To be completed by the Catholic Sponsor

THE SPONSOR NEEDS TO CONTACT THE PARISH WHERE YOU RECEIVED THE SACRAMENT OF BAPTISM AND REQUEST A **BAPTISMAL CERTIFICATE WITH NOTATIONS** [INCLUDING ALL OF THE SACRAMENTS YOU HAVE RECEIVED]. THE **BAPTISMAL CERTIFICATE WITH NOTATIONS** MUST BE DATED WITHIN **ONE YEAR** OF SUBMITTING YOUR ELIGIBILITY FORM. EMAIL/MAIL THE **BAPTISMAL CERTIFICATE WITH NOTATIONS** TO KAREN KENNEDY, KKENNEDY@STHELENGLENDALE.ORG

First & Last Name of the Person receiving the sacrament[s]: _____ and their Age _____

GODPARENT/SPONSOR INFORMATION

First Name _____ Last Name _____ Contact # _____

Mailing Address _____ City _____ State _____

Email: _____ Country _____ Zip Code _____

In accepting this responsibility, I can truthfully state the following:

☐ *I am a practicing Roman Catholic in both word and deed.*

☐ *I am a fully initiated Catholic.*

☐ *I attend Mass:* ☐ Weekly ☐ Monthly ☐ Do not really attend Mass
☐ Twice a month ☐ Occasionally

☐ *I am at least 16 years of age.*

☐ *I am:* ☐ Single; ☐ Married; ☐ Widowed; ☐ Divorced

☐ *I am not cohabitating* (living with significant other/boyfriend/girlfriend or having occasional sleepovers).

☐ *If married, were you married in the Catholic Church?* ☐ Yes ☐ No *If yes, what year?* _____

Statement of Sponsor

I recognize that in accepting the role of Sponsor, I become responsible to be a model and example of my Catholic faith to the newly Baptized as a committed and active Catholic and to be a support in the practice of our mutual faith. I hereby assure that I am committed to my Catholic faith, that I am myself baptized and confirmed in it, and that I meet my fundamental obligations as a Catholic by participating in Sunday Mass, by receiving the Eucharist as often as possible and Penance as necessary, by being open to the Word of God as revealed in Sacred Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for love of Him.

Signature of Catholic Sponsor

Date Signed

Name of Your Home Parish Church _____

Address _____ City _____ State _____ Zip _____

Pastors must ascertain the spiritual qualifications of Godparents/Sponsors.



Signature of Pastor or Delegate

Date: _____ / _____ / _____



YEAR ONE PROGRAM ~ FALL 2025

Questions: Deepa Duran (623-500-3207)

Email: dduran@sthelenglendale.org

EDGE

Wednesday EDGE Nights and **AD EDGE Nights** are attended by the **Youth only**.

YOUR CHILD CANNOT PARTICIPATE IN YEAR ONE WITHOUT SUBMITTING A COPY OF THEIR BAPTISMAL OR BIRTH CERTIFICATE!

YOUR GODPARENT/SPONSOR ELIGIBILITY FORM [& DOCUMENTATION]

IS DUE BEFORE due before **Tuesday, March 24, 2026.**

AD EDGE Night	Wednesday, September 17	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, September 24	6:30-8:00 pm (Teen Center)
EDGE NET Retreat**	**Saturday, September 27	**10am-4:00 pm (Teen Center)
EDGE Night	Wednesday, October 1	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, October 22	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, October 29	6:30-8:00 pm (Teen Center)
YEAR TWO Class	Tuesday, November 4	6:30-8:30 pm (Teen Center)

A Parent/Sponsor **and** Teen are to attend **all** **Tuesday** classes

AD EDGE Night	Wednesday, November 5	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, November 12	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, November 19	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, December 3	6:30-8:00 pm (Teen Center)
AD EDGE Night	Wednesday, December 10	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, December 17	6:30-8:00 pm (Teen Center)

Each St. Helen **YEAR ONE** Sacrament Prep Youth will be given **3 Grace Cards*** for their St. Helen **YEAR ONE** Sacrament Prep year. ***Grace Cards** are only to be used for **TUESDAY YEAR ONE** classes or **AD EDGE Nights**. Grace Cards cannot be used for the NET Retreat.

YEAR ONE PROGRAM ~ SPRING 2026

Forms can be found online:

Questions: Call/Txt Deepa Duran (480-331-5286)

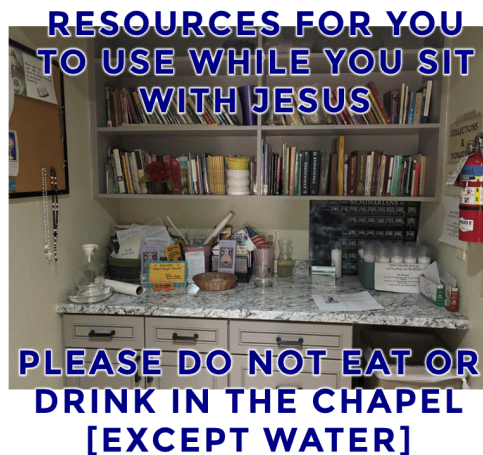
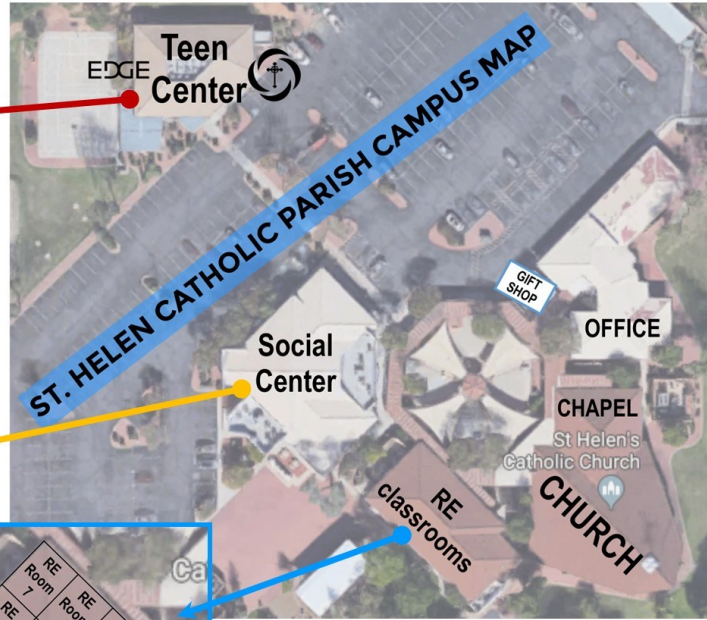
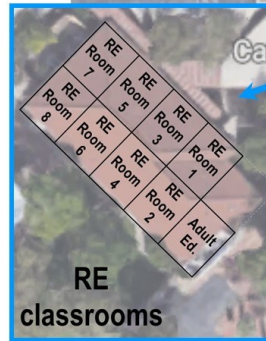
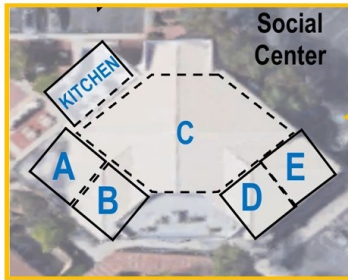
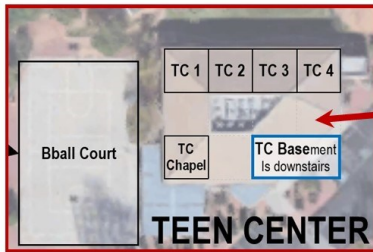
Email: dduran@sthelenglendale.org



EDGE

AD EDGE Night	Wednesday, February 4	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, February 11	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, February 25	6:30-8:00 pm (Teen Center)
YEAR ONE Class	Tuesday, March 3	6:30-8:30 pm (Teen Center)
AD EDGE Night	Wednesday, March 4	6:30-8:00 pm (Teen Center)
EDGE Night	Wednesday, March 11	6:30-8:00 pm (Teen Center)
GODPARENT/SPONSOR ELIGIBILITY FORM & DOCUMENTS due before Tuesday, March 24, 2026.		
YEAR ONE Class	Tuesday, March 24	6:30-8:30 pm (Teen Center)
EDGE Night	Wednesday, March 25	6:30-8:00 pm (Teen Center)
YEAR ONE Class	Tuesday, April 14	6:30-8:30 pm (Teen Center)
AD EDGE Night	Wednesday, April 15	6:30-8:00 pm (Teen Center)
YEAR ONE Class	Tuesday, April 21	6:30-8:30 pm (Teen Center)
EDGE Night	Wednesday, April 22	6:30-8:00 pm (Teen Center)
YEAR ONE Class	Tuesday, April 28	6:30-8:30 pm (Teen Center)
EDGE Night	Wednesday, April 29	6:30-8:00 pm (Teen Center)
YEAR ONE Class	Tuesday, May 5	6:30-8:30 pm (Teen Center)
EDGE Night	Wednesday, May 6	6:30-8:00 pm (Teen Center)

Each St. Helen **YEAR ONE** Sacrament Prep Youth will be given **3 Grace Cards*** for their St. Helen **YEAR ONE** Sacrament Prep year. ***Grace Cards** are only be used for **TUESDAY YEAR ONE** classes or **AD EDGE Nights**. Grace Cards cannot be used for the NET Retreat.



NOVEMBER 4, 2025 — YEAR 1 CLASS INTRODUCTION

16:41



sthelenglendale.org



Select Language



St. Helen Roman Catholic Parish

Our Catholic community is committed to building a strong diverse Christian family, based on the teachings of Jesus Christ. Exemplified by the Sacraments, sound teachings, spiritual nourishment, service and embracing biblical values. We welcome all.

Donate Now

I'm New About Us Life of Prayer Sacraments Youth Get Involved Funerals Resources Photos

ST. HELEN PARISH LITURGY SCHEDULE

SATURDAY VIGIL MASS: 4:30PM

SUNDAY MASS: 7:30AM, 9AM & 11AM

[*SUNDAY, 9AM MASS, IS ALSO LIVE-STREAMED ON OUR YOUTUBE CHANNEL*]

DAILY MASS [MONDAY-SATURDAY] 7:30AM

CONFESSION: SATURDAY, 8:30AM OR BY APPOINTMENT

sthelenglendale.org/edge



NOVEMBER 4, 2025 — YEAR 1 CLASS INTRODUCTION

FORMED

Are you a member? [Sign In](#)

www.formed.org

Create a New Account

Find your Parish or Organization

🔍 phoenix, az

St. Stephen Church Rectory 469 Main St Phoenix NY

Saint Theresa Parish 5045 E Thomas Rd Phoenix AZ

Bourgade Catholic High School 4602 N 31st Ave Phoenix AZ

SS Simon and Jude Cathedral 6361 N 27th Ave Phoenix AZ

St Benedict 16223 S 48th St Phoenix AZ

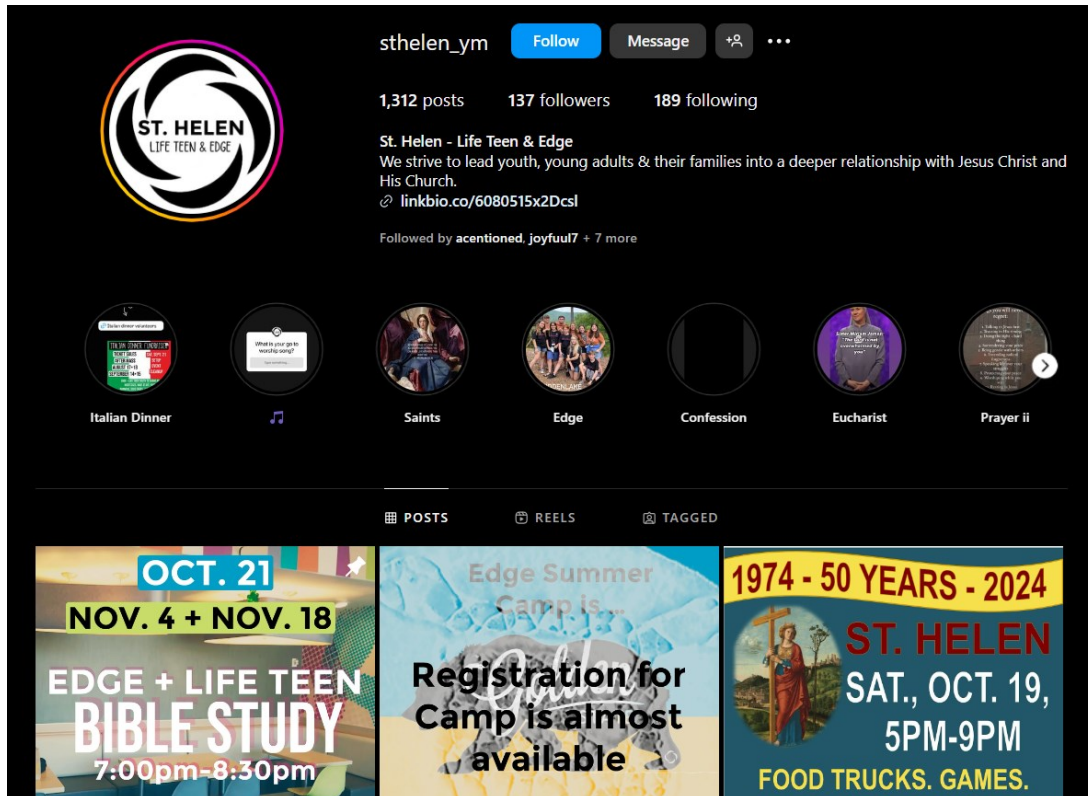
St Gregory 3424 N 18th Ave Phoenix AZ

Corpus Christi 3550 E Knox Rd Phoenix AZ

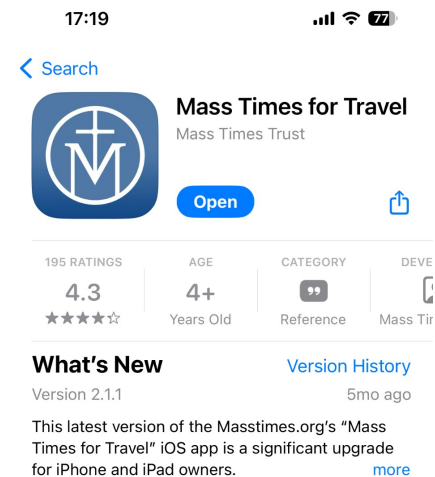
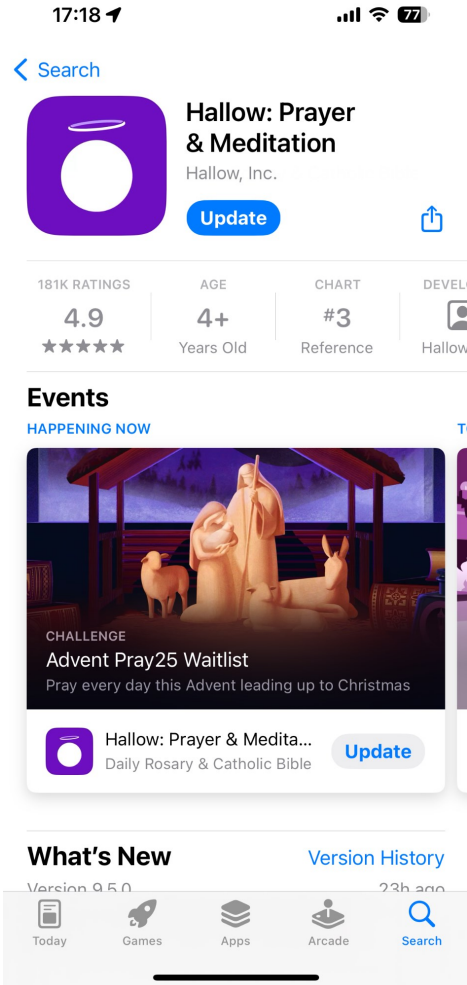
St Joan of Arc 3801 E Greenway Rd Phoenix AZ

Can't find your Parish or Organization?

[Get a 7-Day Trial](#)



NOVEMBER 4, 2025 — YEAR 1 CLASS INTRODUCTION

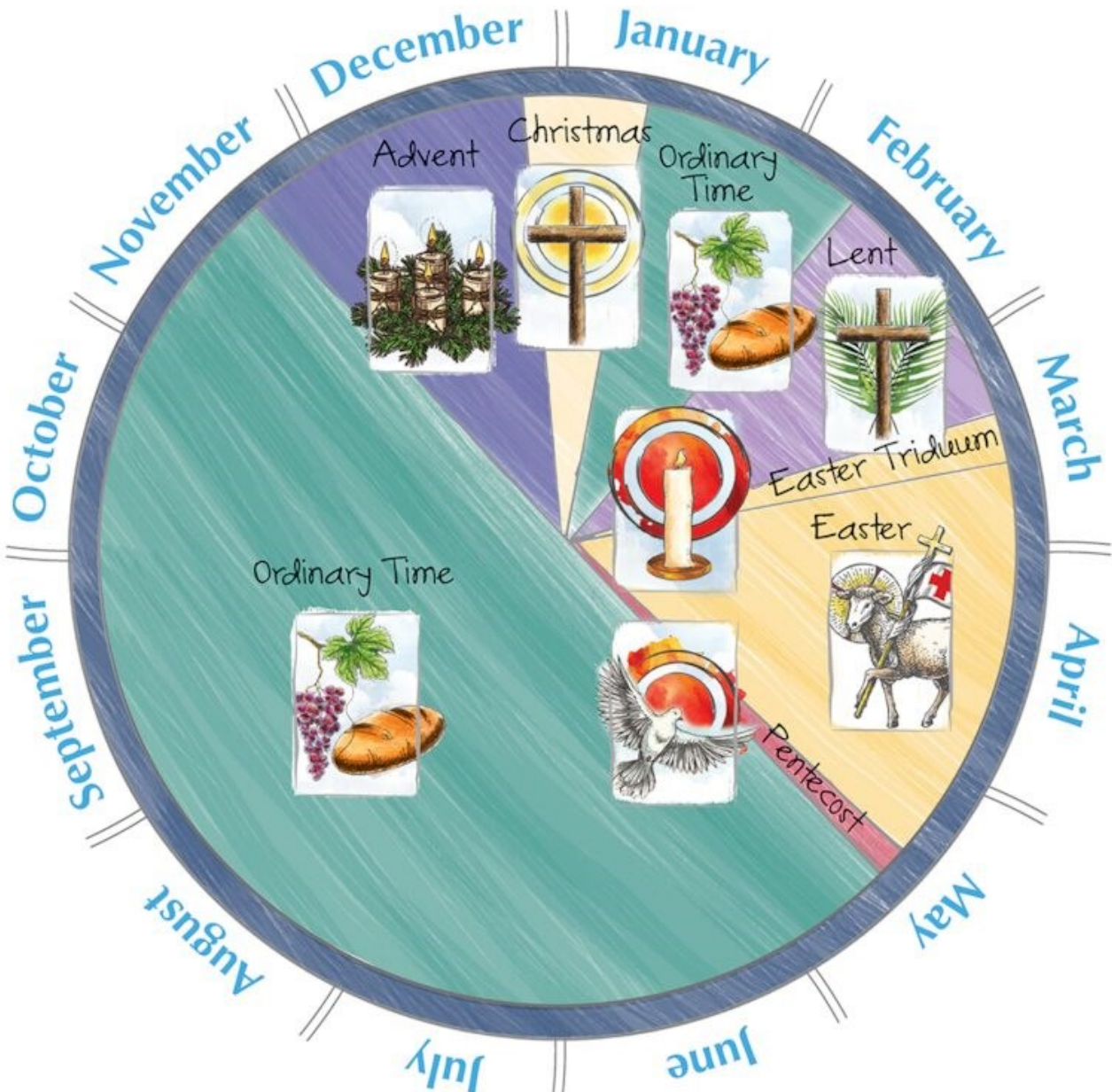


Find a Mass Near Me →

NOVEMBER 4, 2025 — YEAR 1 CLASS INTRODUCTION

The Church Year

The feast days and holy days that Catholics and other Christians celebrate follow the liturgical year, which is different from the calendar year. The liturgical year is built around important events in the life of Jesus, such as his birth, life, death, resurrection, and Ascension. The liturgies in the liturgical year help people remember the power of God's love made real in those events.



NOVEMBER 4, 2025 — YEAR 1 CLASS INTRODUCTION

The Church Year Explained



Advent

Advent begins the liturgical year four Sundays before Christmas. It is a time of preparation for the coming of Christ and is symbolized by the Advent wreath.



Easter Triduum

The Easter Triduum is a celebration from the evening of Holy Thursday to the evening of Easter Sunday. At this one, continuous, three-day liturgy, Christians remember the Lord's Supper, Christ's passion and death, and his resurrection. These feasts are at the heart of the liturgical year. They are represented by the picture of the Easter candle, which makes its appearance in the darkness of the Easter Vigil.



Christmas

The Christmas season lasts twelve days, beginning with Christmas Day, which is always December 25, and concluding with the feast of the Baptism of the Lord. The cross reminds us that the wood of the manger becomes the wood of the cross.



Easter

The Easter Season lasts fifty days, beginning with Easter Sunday and ending with the feast of Pentecost. Easter is the first Sunday after the first full moon in the spring, so the date varies each year. The symbol of the lamb represents Jesus, the innocent sacrificial lamb of God.



Lent

Lent begins with Ash Wednesday and lasts forty days. It is a solemn time of fasting, prayer, and almsgiving in preparation for Easter. The palms and cross symbolize all of Lent as a journey toward Palm Sunday, when the same crowd that waved palms and yelled, "Hosanna!" ended up waving angry fists and shouting, "Crucify him!"



The symbol of the Holy Spirit reminds us that the Holy Spirit came to the disciples in the rush of wind and tongues of fire at Pentecost.



Ordinary Time

The season of Ordinary Time is made up of the days between Christmas and Lent and the days between Easter and Advent. The bread and wine show us that the main focus of Ordinary Time is the ministry of Jesus, represented by the grapes and bread of communion.

MARCH 3, 2026 — YEAR 1 CLASS—CREATED

SCAN ME



In the two creation accounts,
GENESIS 1 & GENESIS 2,
God reveals:

There is ONE God

- [1] He is _____
- [2] He creates out of _____
- [3] He creates _____;
GOD breathes and things happen
- [4] the Highlight of everything He creates is the _____
- [5] Human person is made in His _____ and _____
Human person is not made for slavery but for communion with God and each other.
- [7] We are to be in _____ and in _____ with God.
- [8] The human person is destined to share in to share in God's _____
_____ forever in heaven.

If we built a sandcastle where every single star in the Milky Way galaxy is ONE grain of sand, what would be its dimensions?

- [9] Going East from St. Helen to the _____ in _____
- [10] Headed South from St. Helen to a little past _____ AND
- [11] _____ South Mountains high [tall]
- [12] Our universe has roughly 1 _____ stars in it.
- [13] Who made the stars? _____
Psalms 139:15-16 John 10:3 Jeremiah 1:5
- [14] Which creature that God made does He love the most? _____

MARCH 24, 2026 — YEAR 1 CLASS—CAPTURED

- [15] WE ARE TALKING ABOUT THE _____ IN **CAPTURED**.
- [16] WHAT DOES GAME FILM REVEAL? _____
- [17] GOD CREATED HIM, AN ANGEL, AND GAVE HIM THE NAME _____ WHICH MEAN LIGHT-BEARER.
- [18] THE ENEMY'S IDENTITY IS AS THE _____ OF THIS WORLD.
- [19] THE ENEMY'S REASON FOR _____ IS HE HATES US.
- [20] THE ENEMY _____ TO BECOME EVIL.
- [21] **WISDOM 2:24** — THROUGH THE _____ OF THE DEVIL _____ ENTERED THE WORLD, AND THOSE WHO ARE IN HIS POSSESSION _____ IT.
- [22] THE **ENEMY'S NAME** SATAN MEANS THE _____.
- [23] THE **ENEMY'S OTHER NAME** DEVIL MEANS THE ONE WHO _____.
- [24] HOW WAS GOD'S COMMAND TO ADAM TO EVE TO NOT EAT OF THE TREE, **A GIFT?**
- _____
- _____

- [25] WHAT IS THE LIE THAT THE ENEMY FED TO ADAM & EVE? _____
- _____



MARCH 24, 2026 — YEAR 1 CLASS—CAPTURED

[26] WHAT IS THE ENEMY'S STRATEGY TO CREATE DIVISION BETWEEN US & GOD? _____

HOW DOES THE ENEMY ATTACK US? HOW DOES HE TRY TO SEPARATE US FROM GOD?

ACCUSES

[28] _____

[27] _____

[29] _____

DIVIDES

[30] _____

[31] WHAT IS THE ENEMY'S GOAL FOR YOUR LIFE? _____

ADAM & EVE WERE TRICKED BY THE ENEMY AND SOLD OUR HUMAN RACE INTO SLAVERY.

[32] WHAT ARE THE TWO POWERS WE HAVE NO CONTROL OVER?

LUKE 11:21 — WHEN A *STRONG MAN*, FULLY ARMED, GUARDS HIS OWN *PALACE*, HIS GOODS ARE IN PEACE.

[33] WHO IS THE STRONG MAN? _____

[34] WHAT IS HIS PALACE? _____

[35] WHAT ARE HIS GOODS? _____

APRIL 14, 2026 — YEAR 1 CLASS—RESCUED

"Can the prey be **taken** from the mighty, or the captives of a tyrant be **rescued**? Surely, thus says the Lord: even the captives of the mighty shall be **taken**, and the prey of the tyrant shall be **rescued**; for I will oppose with those who oppose with you... Then all flesh shall know that I am the LORD your Savior, and your **Redeemer** the Mighty One of Jacob." – ISAIAH 49:24-26

[36] What is a GOEL? _____

[37] How is Jesus our Goel? What is He rescuing us from? _____

APRIL 14, 2026 — YEAR 1 CLASS—RESCUED

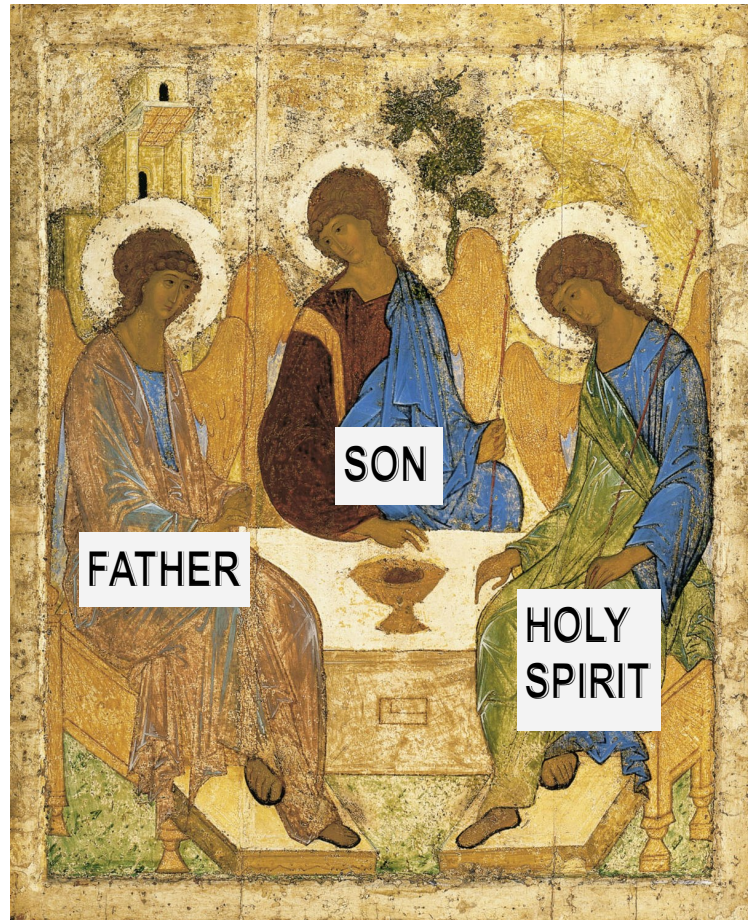
The FATHER poses the question:
Who will go and get him? Who will
bring him back? Who will bring him
home?

[38] WHO IS THE “HIM” THE FATHER IS
REFERRING TO? _____

God’s SON is in the Center, and has
his head turned to the right towards
the FATHER, as if to say

“I will” [pointing at himself] “I will go
and get him. I will bring her back. I
will bring him home.”

[39] THE HOLY SPIRIT HAS HIS HEAD
DOWN BECAUSE THE HOLY SPIRIT
KNOWS THE _____ OF WHAT
IT TAKES FOR SOMEONE TO DO THAT.



LUKE 11:21-22 — WHEN A STRONGMAN FULLY ARMED, GUARDS HIS OWN HOUSE HIS
POSSESSIONS ARE SAFE; BUT WHEN **ONE STRONGER** THAN HE **ATTACKS** HIM AND **OVER-**
COMES HIM HE TAKES AWAY HIS ARMOR IN WHICH HE TRUSTED AND DIVIDES HIS SPOIL.

[40] WHO IS THE ONE STRONGER THAN THE STRONG MAN? _____

[41] OLD TESTAMENT SCRIPTURE _____ THE
FUTURE WHEN GOD WILL BECOME A MAN.

[42] THE _____ — GOD BECOMING MAN — IS
THE _____ OF SATAN’S KINGDOM.

[43] WHY DID GOD COME IN DISGUISE AS ONE OF US? _____

[44] GOD USES THE DEVIL’S SIN OF _____ AGAINST HIM.

JOHN 14:31 — THE RULER OF THIS WORLD IS COMING. HE HAS NO POWER OVER ME...

[45] **JOHN 10:18** WHO CAN TAKE JESUS’ LIFE FROM HIM? _____

APRIL 14, 2026 — YEAR 1 CLASS—RESCUED



[46] AN _____ IS A CREATURE WHO LIES MOTIONLESS AND STILL, _____ BY ITS OWN ENVIRONMENT.

[47] WHEN DOES AN AMBUSH PREDATOR ATTACK ITS PREY?

[48] IN WHAT WAYS DOES JESUS CAMOUFLAGE HIMSELF? _____

[49] NOTHING IS LACKING IN THE _____ OF CHRIST ON THE CROSS, EXCEPT MY _____ IN IT.

APRIL 14, 2026 — YEAR 1 CLASS—RESCUED

HOW DID JESUS' CRUCIFIXION SAVE US FROM SIN & DEATH?

[50] JESUS SHOWS US THE _____

[51] JESUS BECOMES _____ ; MAKING ATONEMENT FOR US

[52] JESUS GOES TO _____ TO _____ US

THE POWER OF DEATH COULD NOT BE CONQUERED UNLESS OUR LORD TOOK ON THE HUMAN FORM AND LIVED IN THIS WORLD AND DIED ON THE CROSS. — ST. EPHREM

WHAT HAPPENED AS A RESULT FROM JESUS' DEATH & RESURRECTION?

[53] _____ THE ENEMY [COLOSSIANS 2:15]

[54] DESTROYED _____ [ISAIAH 25:8-9]

[55] TRANSFERRED US FROM _____ KINGDOM OF SIN & DEATH INTO THE HOUSE OF THE FATHER [COLOSSIANS 1:13-14]

[56] GAVE US _____ TO THE FATHER [AS HIS ADOPTED SONS/ DAUGHTERS IN THE KINGDOM]

[57] _____ US [2 CORINTHIANS 5:17]

[58] RENDERED _____ POWERLESS [ROMANS 6:6-7]

[59] GAVE US AUTHORITY OVER THE _____ IN JESUS' NAME. [LUKE 10:19]

[60] _____ US ON A MISSION TO GET HIS WORLD BACK [MATTHEW 28:18-20]

"ENEMY OCCUPIED TERRITORY — THAT IS WHAT THIS WORLD IS. CHRISTIANITY IS THE STORY OF HOW THE RIGHTFUL KING HAS LANDED, YOU MIGHT SAY LANDED IN DISGUISE, AND IS CALLING US TO TAKE PART IN A **GREAT CAMPAIGN OF SABOTAGE**." — C.S. LEWIS

[61] JESUS RESCUED US, AND HE'S GIVEN US A _____.

WILL YOU GO AND GET THEM?

WILL YOU BRING THEM BACK?

WILL YOU BRING THEM HOME?

HOW WILL YOU RESPOND TO JESUS' INVITATION?

APRIL 21, 2026 — YEAR 1 CLASS—RESPONSE

LOOK AT THE ICON OF JESUS' RESURRECTION.

JESUS IS STANDING ON THE GATES OF HELL, WHICH HE HAS BROKEN AND TORN APART. THE KEYS FLOATING BELOW SYMBOLIZE THAT JESUS CONQUERED DEATH. THE SKELETAL FIGURE CHAINED UP REPRESENT THE ENEMY.

THE MAN AND THE WOMAN WHOM JESUS IS PULLING FROM THE COFFINS ARE ADAM AND EVE. THIS GESTURE SHOWS CHRIST'S VICTORY IN REDEEMING ALL OF MANKIND, EVEN BACK TO THE BEGINNING. IT ALSO FORESHADOWS OUR BODILY RESURRECTION AT JESUS' SECOND COMING.



Father, I believe that out of Your infinite love You created me. I come before You, just as I am, with all of my brokenness, wounds and hurts. I am sorry for all the times I have believed the enemy's lies, that You are not a good Father and that You don't love me. I repent and ask You to forgive me for all of my sins. Thank You for sending Jesus, the Ambush Predator, to rescue me from Sin, Death, Hell, and Satan. And so, today on _____, I surrender to You, Jesus, and desire Your authority over every area of my life.

I ask You now to flood my soul with the gift of the Holy Spirit to know my identity as Your child. Help me to know that, in Your eyes, I'm worth the trouble, I matter, and I'm worth dying for. Holy Spirit, re-create me to be the person You destined me to be. Amen.

APRIL 28, 2026 — YEAR 1 CLASS—INTRO TO SACRAMENTS

THE SEVEN SACRAMENTS		
INITIATION	HEALING	SERVICE OF COMMUNION
* _____ [1]	++ _____ [2]	MARRIAGE
* CONFIRMATION	++ ANOINTING of the SICK	* HOLY ORDERS
++ _____ [3]	* ONLY RECEIVED ONCE [LEAVES AN INDELIBLE MARK]	++ CAN BE REC'VD DAILY

- [4] The Seven Sacraments which were given by Christ to communicate to us
Sanctifying G _____ when received.
- [5] What is Grace? FREE and **un** _____ favor or blessing .
The two types of Grace are Sanctifying and Actual.
- [6] To Sanctify means to become _____. Actual Grace is given when we need it in a situation to make a good decision.
- [7] Sanctifying _____ is God's Very Life and, His LIFE is given to us in a REAL WAY— through the **Seven** _____!
- [8] The 7 Sacraments are _____ with CHRIST. The more we receive, the closer we are to _____ and to HEAVEN.
- [9] The Seven Sacraments have the _____ to make us holy.
- [10] The Seven Sacraments make us holy because they fill us with _____ very life.
- [11] The Sacraments are _____ signs of an _____ spiritual reality or change in our soul.
- [12] Each Sacrament has a _____ who administers them to us.
- [13] Each Sacrament has _____ signs & symbols to help us recognize them.
- [14] Each Sacrament has effects where God's Sanctifying Grace is _____ working through and in us to make us holy.

THE SEVEN SACRAMENTS

SACRAMENTS OF INITIATION



#1 _____



#2 _____

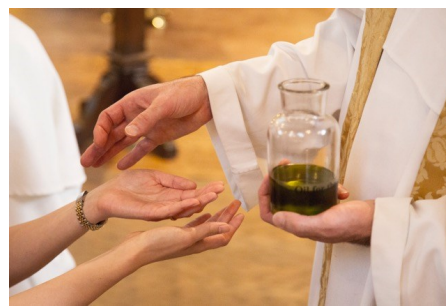


#3 _____

SACRAMENTS OF HEALING



#4 _____



#5 _____

SACRAMENTS OF SERVICE OF COMMUNION



#6 _____



#7 _____

10 COMMANDMENTS

MY RELATIONSHIP WITH GOD

1ST: I AM THE LORD YOUR GOD, YOU SHALL NOT HAVE STRANGE GODS BEFORE ME. [TEACHES US TO PUT GOD FIRST IN OUR LIVES.]

How do I spend my time each day? Do I remember that God loves me? Do I remember to give thanks to God for all that I have received? Have I prayed every day? Have I prayed my morning prayers and night prayers? Have I prayed with my parents and family? Do I have my priorities in order? Do I pray?

2ND: YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN. [TEACHES US TO SPEAK CAREFULLY, TO RESPECT THE POWER OF OUR WORDS, AND TO SAY ONLY WHAT WE MEAN TO SAY.]

Do I pay attention to the way my words affect others? Do I misuse God's name to express anger or frustration? Do I say hurtful things to others when I am angry or upset? Do I put down other people?

3RD: REMEMBER TO KEEP HOLY THE LORD'S DAY (SUNDAY).

[TEACHES US TO TAKE TIME TO WORSHIP GOD REGULARLY & FREQUENTLY.]

Have I avoided being moody and rebellious about praying and going to church on Sunday? Do I take time each week to pray & to worship God? Do I take part in Mass on a regular basis, at least every Sunday? Do I remember that my strength comes from God, and that without God I can do nothing? Do I take time to relax on Sunday & appreciate all that God has given me? Do I make time to get to know my family and my friends better?

MY RELATIONSHIP WITH GOD

MY RELATIONSHIP WITH OTHERS

4TH: HONOR YOUR FATHER AND YOUR MOTHER. [TEACHES US TO APPRECIATE OUR PARENTS & RESPECT THOSE IN AUTHORITY.]

Do I Obey all that my parents reasonably ask of me? Am I loving, respectful, & obedient to my parents, and for all who take care of me? Am I too critical of my parents? Do I offer to help around the house? Do I Obey the reasonable demands of my teachers? Do I live in humble obedience to those who legitimately exercise authority over me? Have I broken the law?

5TH: YOU SHALL NOT KILL. [TEACHES US TO APPRECIATE LIFE.]

Do I value all people? Do I experiment with alcohol or drugs and show no regard to their effect on my grades, my self respect or my relationships? Do I take good care of myself? Have I physically hit or abused anyone?

MY RELATIONSHIP WITH OTHERS

MY RELATIONSHIP WITH OTHERS

10 COMMANDMENTS

MY RELATIONSHIP WITH OTHERS

MY RELATIONSHIP WITH OTHERS

6TH: YOU SHALL NOT COMMIT ADULTERY.

[TEACHES US TO KEEP OUR PROMISES, AND TO PROTECT OUR SEXUALITY.]

Do I value & respect my sexuality? Do I try to develop healthy relationships and avoid relationships where people are treated like things? Do I dishonor my body through impure actions? Do I respect the relationship God has set up between sexual intimacy and marriage?

7TH: YOU SHALL NOT STEAL.

[TEACHES US TO RESPECT PRIVATE PROPERTY AND THE RIGHTS OF OTHERS.]

Do I take things that don't belong to me? Do I respect public property & the property of other people? Do I take more than I need? Do I share generously? Do I cheat on tests or homework? Do I waste time doing chores?

8TH: YOU SHALL NOT LIE.

[TEACHES US TO SPEAK THE TRUTH AND NEVER TO SAY MORE THAN IS NECESSARY.]

Am I a truthful person? Have I damaged the reputation of another person by exaggerating or making up stories about them? Do I say things just to hurt other people? Do I lie to protect stay out of trouble or to avoid a difficult situation, even if someone will be hurt?

9TH: YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

[TEACHES US TO AVOID INAPPROPRIATE RELATIONSHIPS.]

Do I remember that all people are created in the image of God? Am I envious of others? Do I resent their popularity or success? Do I feel I have to put others down in order to feel better about myself?

10TH: YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.

[TEACHES US TO FIND HAPPINESS WHERE WE ARE.]

Do I let greed or envy take over my thoughts? Do I try to prove I am better than others by bragging or buying more things? Do I think my own wants are more important than other people's? Do I remember that it is who I am, not what I own, that is really important?

MY RELATIONSHIP WITH OTHERS

How *the Bible* is ORGANIZED

