

# Year Two Sacrament Preparation

## YEAR TWO: LIFE TEEN

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30 SEPT. 30, 2025	SEVEN SACRAMENTS	27th Sunday
36 OCT. 28, 2025	MARY & THE SAINTS	All Souls
41 NOV. 18, 2025	MARY & THE ROSARY	Christ the King
42 DEC. 2, 2025	MASS: LITURGY, PART 1	2nd Sunday of Advent
45 DEC. 16, 2025	MASS: LITURGY, PART 2	4th Sunday of Advent
48 JAN. 13, 2026	MASS: LITURGY, PART 3	2nd Sunday
56 JAN. 27, 2026	MASS: LITURGY, PART 4	4th Sunday
FEB. 10, 2026	REVIEW FOR TIWIK	6th Sunday
FEB. 24, 2026	INTERVIEWS & TIWIK	1st Sunday of Lent
62	PARENT REFLECTION	
64 MAR. 10, 2026	LOGISTICS OF RECEIVING	4th Sunday of Lent
MAR. 31, 2026 — REHEARSAL, 6:30pm, with Godparent/Sponsor [in the CHURCH]		
APR. 4, 2026 [SAT.]	EASTER VIGIL MASS	
APRIL 7, 2026	YEAR TWO MYSTAGOGIA	Divine Mercy Sunday
65 MAP: ST. PAUL'S JOURNEYS		
66 MAP: MINISTRY OF JESUS		
67 GOSPEL COMPARISONS		
68 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?



## 52 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

Micah 7:7

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 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...

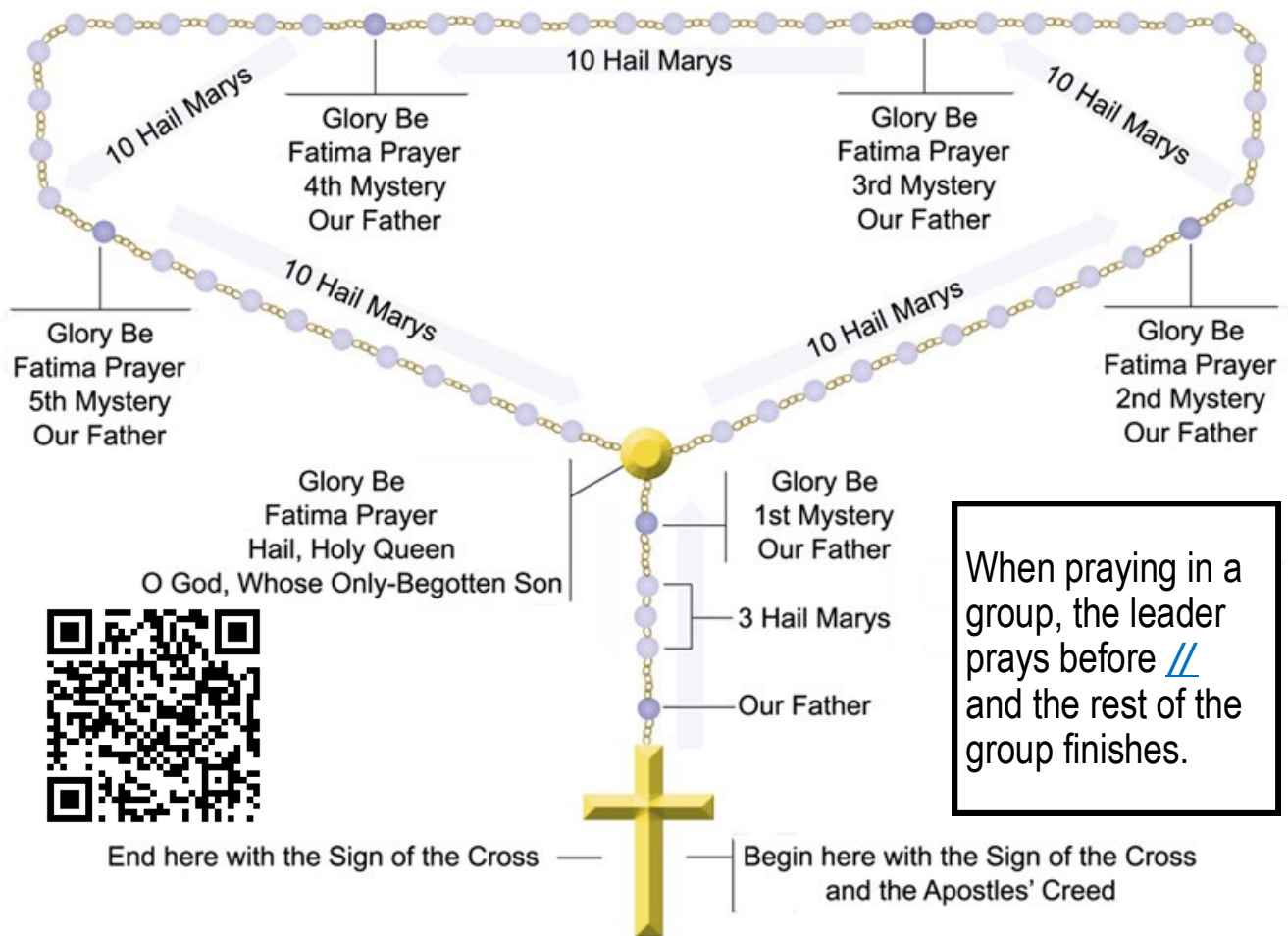
V. Pray for us, O holy Mother of God.

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.



# 10 COMMANDMENTS / EXAMINATION OF CONSCIENCE

## 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 OTHERS

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### **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

# 10 COMMANDMENTS / EXAMINATION OF CONSCIENCE

## 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.]

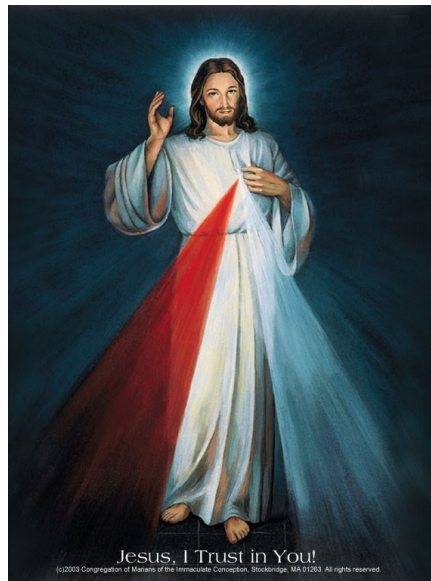
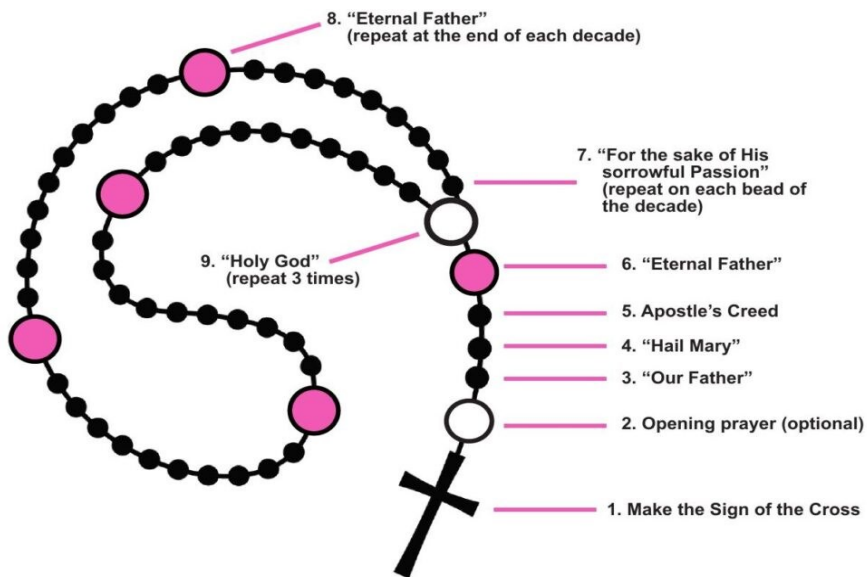
Do I remember that all people are created in the image of God? Am I envious of others? Do I resent their popularity or success? Do I feel I have to put others down in order to feel better about myself?

## 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



## 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	<b>2</b> 7th Sunday of Easter	<b>9</b> PENTECOST	<b>15</b> Most Holy Trinity	<b>22</b> 12th Sunday OT	<b>29</b> Sts. Peter and Paul	Cycle C Sunday Readings end on <b>Nov. 23</b>
	JULY	<b>6</b> 14th Sunday OT	<b>13</b> 15th Sunday OT	<b>20</b> 16th Sunday OT	<b>27</b> 17th Sunday OT		OT = Ordinary Time meaning Sundays are in chronological time
	AUGUST	<b>3</b> 18th Sunday in OT	<b>10</b> 19th Sunday in OT	<b>15</b> Assumption of Mary [FRI]	<b>17</b> 20th Sunday in OT	<b>24</b> 21st Sunday in OT	<b>31</b> 22nd Sunday in OT
2026	SEPTEMBER	<b>7</b> 23rd Sunday in OT	<b>14</b> Exaltation of the Cross	<b>21</b> 25th Sunday in OT	<b>28</b> 26th Sunday in OT	<b>2025: Year 1 Daily Readings</b>	<b>Holy Days of Obligation</b> [additional days for Mass we are obligated to attend]
	OCTOBER	<b>5</b> 27th Sunday in OT	<b>12</b> 28th Sunday in OT	<b>19</b> 29th Sunday in OT	<b>26</b> 30th Sunday in OT		
	NOVEMBER	<b>1</b> All Saints [SATURDAY]	<b>2</b> All Souls Day	<b>9</b> Dedication of St. John Lateran	<b>16</b> 33rd Sunday in OT	<b>23</b> Christ, the King of the Universe	<b>30</b> 1st Sunday of Advent
2027	DECEMBER	<b>7</b> 2nd Sunday of Advent	<b>8</b> Immaculate Conception	<b>14</b> 3rd Sunday of Advent	<b>21</b> 4th Sunday of Advent	<b>25</b> Christmas [THURSDAY]	<b>28</b> Holy Family
	JANUARY	<b>1</b> Mother of God [THURSDAY]	<b>4</b> 2nd Sunday of Christmas	<b>11</b> Baptism of Jesus	<b>18</b> 2nd Sunday of OT	<b>25</b> 3rd Sunday of OT	<b>Holy Days of Obligation</b> [additional days for Mass we are obligated to attend]
	FEBRUARY	<b>1</b> 4th Sunday of OT	<b>8</b> 5th Sunday of OT	<b>15</b> 6th Sunday of OT	<b>18</b> Ash Wednesday	<b>22</b> 1st Sunday of Lent	
2028	MARCH	<b>1</b> 2nd Sunday of Lent	<b>8</b> 3rd Sunday of Lent	<b>15</b> 4th Sunday of Lent	<b>22</b> 5th Sunday of Lent	<b>29</b> Palm Sunday	
	APRIL	<b>5</b> EASTER	<b>12</b> Divine Mercy Sunday	<b>19</b> 3rd Sunday of Easter	<b>26</b> 4th Sunday of Easter	<b>2026: Year 2 Daily Readings</b>	
	MAY	<b>3</b> 5th Sunday of Easter	<b>10</b> 6th Sunday of Easter	<b>17</b> 7th Sunday of Easter	<b>24</b> PENTECOST	<b>31</b> Most Holy Trinity	OT = Ordinary Time meaning Sundays are in chronological time

*“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.

## MASS ATTENDANCE

*Every weekend and on Holy Days of Obligation*

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 Disciples candidates. ***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 Communion & Confirmation. We, the St. Helen Sacrament Preparation Team, do not want to water down or sugar coat our Catholic faith for our teens. We call them in Confirmation to be defenders of the Faith. Why would we not prepare them for battle?

# 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 is to fill out the information (name, class time, grade, etc) on side 1 of the card. Then, the **Year TWO Youth** writes the answer to this week's question which is located on Side 2 of the **Mass Card**. During the offertory, the **Year TWO youth** places the completed **Mass Card** in the basket.

If, as an Year TWO 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 the full name of the youth and the Mass time which you attended* and turn it in to **Deepa Duran** at your next **Tuesday Sacrament Class or LIFE TEEN event**.

If it seems that a parent/guardian is completing the **Mass Card** or the **Year TWO 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 TWO** 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.*



# ATTENDANCE

Attendance will be taken at all **Sacrament Preparation, Year TWO** activities (Tuesday Sacrament Prep class, Sunday LIFE TEEN Life 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 **Sunday LIFE TEEN Life Nights, Tuesday Year Two 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 22-23** 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 LIFE TEEN

As a Eucharist-centered movement within the Roman Catholic Church, **LIFE TEEN** leads high 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, **LIFE TEEN** seeks to unleash the fullness of the Sacramental power present within the young Church.

Because of our deep Eucharistic devotion, **LIFE TEEN** 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.

**SUNDAY LIFE TEEN LIFE NIGHTS** begin at 5:30 pm on Sunday and ends at 7:30 pm. We meet for the LIFE TEEN Life Nights in the Teen Center.

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

The term “**AD**” refers to the particular Sunday LIFE TEEN Life Night that all **Sacrament Prep youth** are required to attend and participate in.

The 2025-2026 YEAR TWO LIFE TEEN Calendar is on **pages 22-23** 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 TWO** youth will be given **4 Grace Cards\*** for their **Sacrament Prep YEAR TWO** year. On the **YEAR TWO Youth's 5th** 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 TWO** sacrament preparation program or postpone the reception of their sacraments.

\*Grace Cards may only be used for **Tuesday Sacrament Prep YEAR TWO classes OR AD LIFE TEEN Life Nights**. Grace Cards cannot be used for the NET Retreat.

# RETREAT

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

As an **LIFE TEEN YEAR TWO** youth, we have a NET retreat on **Saturday, October 4** from **10:00am-4:00pm** at **St. Helen** in the Teen Center.

Your **YEAR TWO** 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 October 4th, 2025.*** And, you will need to pay all the fees associated with the other parish's retreat.

# COMPREHENSION EXIT

**Youth** have a two-year sacramental preparation program to complete their sacraments of initiation, and as such, are presented with two years of catechesis and presentations. As the St. Helen sacramental preparation team we want to know that the Youth are ready to 'spread and defend the faith'. Therefore, each youth takes **an open Green folder** Comprehension Exit, *This Is What I Know*, towards the end of their **Year Two** year. Each **Youth** may use their own class notes, Sunday Missal, Catechism, and Bible to take the Comprehension Exit. Each of the questions are basics every Catholic-Christian should know and live out in their daily life, as well as, comprehension questions from each of the Tuesday classes over their two-year preparation.

# EXIT INTERVIEWS

Part of the **Year Two** preparation for Confirmation & 1st Eucharist is to participate in an exit interview. Both the **Year Two** youth and their parent[s] will be interviewed by the youth minister [and/or CORE member or priest]. Each will sit down and have a one-on-one conversation and discussion about how the **Youth's** preparation for the Sacraments of Initiation are going, and their thoughts and/or concerns. Towards the end of **Youth's** sacramental preparation, interviews will be held during/after a Tuesday **Year Two** class.

# GODPARENT/SPONSOR ASSIGNMENTS

The youth will need to meet with their Godparent/Sponsor and complete the **3 YEAR TWO Godparent/Sponsor Assignments**. If you need extra copies, contact the Youth & Young Adult Coordinator, Deepa Duran.





# St. Helen Catholic Parish Godparent/Sponsor Assignment #1

Due by Tuesday Sacrament Prep class, Nov. 18, 2025

Scan & Email [dduran@sthenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ Student First & Last Name \_\_\_\_\_

## QUESTION AND ANSWER SESSION INSTRUCTIONS FOR THE YOUTH:

Arrange a time to meet with your godparent/sponsor, in person or on the telephone or via video call. Below are many questions you can ask your godparent/sponsor. Feel free to think of others. You do not need to write out answers and hand them in. However, please mark which questions were asked and discussed. **Assignment #1** is meant to be an opportunity for you to get to know your sponsor better and learn about why they love the Catholic faith!

- ☐ How did you come to be Catholic?
- ☐ What did you do after high school?
- ☐ If married, how did you know this was the person you wanted to marry?
- ☐ If you have children, how do/did you raise your children in the Catholic faith?
- ☐ What is your current occupation? What do you like and dislike about it?
- ☐ What activities do you enjoy doing?
- ☐ What is one book and one movie you would recommend to me?
- ☐ What place do you recommend visiting?
- ☐ Why do you attend Mass?
- ☐ What is one thing you really like about the Mass?
- ☐ What does following Jesus mean to you?
- ☐ How are you involved in your church and in your community?
- ☐ What do you remember about your confirmation preparation and your actual confirmation?
- ☐ Do you have a favorite saint? Why are they special to you?
- ☐ What is a passage or story from the Bible that speaks to you?
- ☐ Which commandment do you find most difficult to follow?
- ☐ How do you include prayer in your life?
- ☐ What people or events in your life have influenced you spiritually?

**The YEAR TWO youth above and their godparent/sponsor met in person or over the telephone or via video chat to help them get to know each other a little better. If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.**

Date of meeting: \_\_\_\_\_

Godparent/Sponsor Name: \_\_\_\_\_

Godparent/Sponsor/Parent Signature: \_\_\_\_\_





# St. Helen Catholic Parish Godparent/Sponsor Assignment #2

Due by Tuesday Sacrament Prep class, January 13, 2026.

Scan & Email [dduran@sthelenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ Student First & Last Name \_\_\_\_\_

## QUESTION AND ANSWER SESSION INSTRUCTIONS FOR THE YOUTH:

Arrange a time to meet with your godparent/sponsor, in person or on the telephone or via video call. Below are several options to do with your godparent/sponsor. Feel free to think of another spiritual activity to do together.

You do not need to write out answers and hand them in. However, if you choose **Option 4**, please write what you and your Godparent/Sponsor did together. **Assignment #2** is meant to be an opportunity for you to get to know your sponsor better and dive in deeper in the Catholic faith.

### Option #1

Ask questions to each other such as:

How would you describe Jesus to someone who has never heard of him? How has your understanding of Jesus and your relationship with him changed as you have gotten older?

### Option #2:

Ask questions to each other such as:

Talk about what are some ways you could "prove" that God exists? When have you felt close to God? Have you ever felt disconnected, or even abandoned, by God? What are some questions you have about God?

### Option #3:

Go to Eucharistic Adoration together. Talk about your encounter afterwards.

Option #4: \_\_\_\_\_

The YEAR TWO youth above and their godparent/sponsor met in person, over the phone, or via video chat and chose option # \_\_\_\_\_ to help them get to know each other even better. If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.

Date of meeting: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor/Parent Signature: \_\_\_\_\_



# St. Helen Catholic Parish Godparent/Sponsor Assignment #3

Due by Tuesday Sacrament Prep class, February 10, 2026.

Scan & Email [dduran@sthenglendale.org] or Take a picture and send to 480-331-5286

Today's Date \_\_\_\_\_ Student First & Last Name \_\_\_\_\_

## ASSIGNMENT #3 INSTRUCTIONS FOR THE GODPARENT/CONFIRMATION SPONSOR:

Arrange a time to meet with your youth, in person or on the telephone or via video call. Below are several options to do with your godparent/sponsor. You do not need to write out answers and hand them in. **Assignment #3** is meant to be an opportunity for you to get to know your sponsor better and dive in even deeper in the Catholic faith.

### Option #1:

Have a heart-to-heart conversation with your candidate about death and eternity. Many of the Church's teachings only make sense from the perspective of eternal life.

*Here is a question to explore:* Read Mathew 25:31-46 together.

What does the analogy of the sheep and the goats imply about judgment and eternity?

### Option #2:

Discuss the Sacrament of Reconciliation with your candidate, and then go to confession together [if the youth is baptized] at your parish. Then, share about your experience. Encourage your youth to go to Confession at least once a month.

### Option #3:

As your youth progresses in the Sacrament Prep Program, discuss what the Sacrament of Confirmation is and what it accomplishes.

Ask your candidate to share what Confirmation means to him or her. Discuss that Confirmation is more than a ceremony, noting the following points:

- ✠ Confirmation completes the Christian initiation begun at Baptism.
- ✠ Confirmation is sealing with and an outpouring of the Holy Spirit.
- ✠ Confirmation empowers us for Christian life and service to God and the Church.

### Option #4:

Pray a rosary together for discernment. A simple way of entrusting the future to God is to ask the Blessed Mother for her intercession by praying a Hail Mary.

**The YEAR TWO youth above and their godparent/sponsor met in person or over the phone and chose option #\_\_\_\_\_ to help them get to know each other a little better.**

**If this took place on the phone and not in person, please have a parent sign as witnesses of the their conversation.**

Date of meeting: \_\_\_\_\_

Sponsor Name: \_\_\_\_\_

Sponsor/Parent Signature: \_\_\_\_\_

# WHY DO I NEED A CONFIRMATION SAINT?

## Why do we choose a Saint's name at Confirmation? What is the purpose?

Well you see the practice originally began in a small Midwestern town not too far from Fargo, North Dakota where all the young children by sheer coincidence had been named by their parents the same name, Gretchen. Now having an entire town with the generation of the children named, Gretchen, as lovely as that name is, was a bit confusing. They would call out their names in classrooms and all of them would raise their hands! It got out of control. So they came up with the idea that on their Confirmation they would each receive a different name, a name of a saint, and they would all be called by these new names and end the time of confusion. And so the town was saved and the people rejoiced.

**Okay, now for the real answer.** The receiving of a name at Confirmation has a number of different sources in the history of the Church. But the biggest one comes from the idea of a name being associated with a change of life. When Jesus told Simon that his new name was now Peter (Matthew 16:18), it was because his role was changing and he was going to be asked to take on a role of leadership. When Saul had his great conversion, the risen Lord gave him the name Paul (Acts 13:9). And there are a number of others that we see this happen to as well because there is a power in a name. If we look back at the Old Testament, to name someone was to have ownership of them, which is why when Moses asked God in the burning bush who was sending him to Pharaoh, God didn't give him his name, He gave Moses His title, "I AM who I am." (Exodus 3:14). So to take on a new name at confirmation also carries with it the idea that you are asking for the Lord to change you. To take ownership of you like He's never done before and to live your faith more fully and with more life than you ever could've imagined.

The name of the saint also should have some significance to you, that particular saint is an example of the type of holiness you would like. Some people take St. Francis because they want to be kind to animals, or some people take St. Joseph because they want to be as holy as he was, or some people take St. Monica because she had such patience with her children, and the list could go on. The idea is to pick somebody who says something about you. And when you stand before the Bishop the day of your Confirmation and you tell him your name, say it with a pride and with a conviction and with knowledge that the Holy Spirit is going to change you forever.

[WWW.LIFETEEN.COM](http://WWW.LIFETEEN.COM)

## ST. HELEN NOTES ABOUT CHOOSING YOUR CONFIRMATION SAINT —

- ♦ You may choose any CATHOLIC SAINT.
- ♦ You may not choose MARY, Jesus' mama, or any title for her.  
The Blessed Virgin Mary is perfect, and had no original sin.



## **SAINT ESSAY/PROJECT** submitted no later than **Tuesday Year Two class, Dec. 2, 2025.**

We design the Sacrament Prep program to help our youth make the best decision in choosing a saint. We do set aside time at a **Tuesday Year Two class** to research saints. For further research, there are plenty of online resources on our website: <https://www.sthelenglendale.org/YM-SacPrep> under the Youth menu.

**Youth:** *In choosing a saint, find one who inspires you. Your commitment to “spread and defend the faith” that you will be making at Confirmation is symbolized with the taking of a new name to show that you are a new person. This practice of taking a new name is found throughout both the old and new testaments as a sign of conversion or change. The name you choose should represent the direction you feel your faith life is taking, or represent a strength or attribute you feel you need. **It is important and necessary to know the saint before you decide on that name. Please do NOT choose a saint because you like the sound of the name, how it fits with your other names, or just because it is the name of a friend or relative.** Once you have done some prayerful reflection and research, you will be ready to choose your new name!*

### **ESSAY [2 pages] requirements:**

**FONT:** 12pt **MARGINS:** 1 inch – top, bottom, left and right

**LINE SPACING:** 1.5 lines

Your **FIRST & LAST name** at the top of each page

#### **1ST PAGE: YOUR SAINT’S BIOGRAPHY:**

- 🕒 Date and place of birth and death. // Feast day
- 🕒 Story of their life [in your own words]
- 🕒 Major achievements // fun facts [in your own words]
- 🕒 Education [in your own words]

#### **2ND PAGE: ANSWER at least 4 of the following questions:**

- Why did you choose your Saint?
- What do you have in common with your Saint?
- How is the Saint an example of faith to you?
- How do you want to be like your Saint?
- *What other saints were you interested in?*



**CHOOSE  
EITHER  
ESSAY  
OR  
PROJECT**

### **PROJECT** due BY **Tuesday Year Two class, December 2, 2025.**

**Instructions:** The youth is to work **by themselves** on their saint project. This is a child-led activity. Youth are to create a saint poster (Size 11x17 inches) on the chosen saint the youth has selected. This is an opportunity to be creative and artistic with your saint poster. You may draw, paint, make it colorful, etc... you may even create a 30-90 second video! :)

#### **PROJECTS MUST INCLUDE ALL OF THE FOLLOWING:**

**Saints name** —Add a picture, drawing, and/or painting of your selected saint

**Biography of Saint;** and including the following: Birth Date, Death Date, and Feastday Date

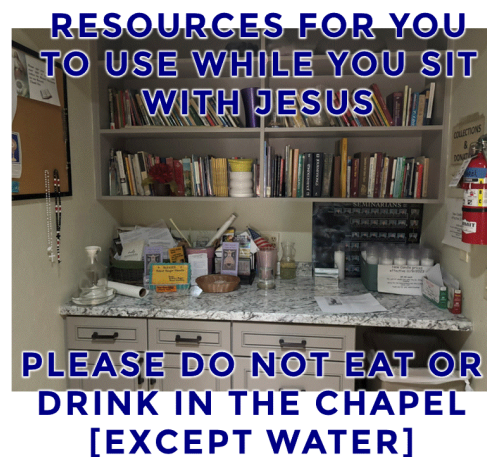
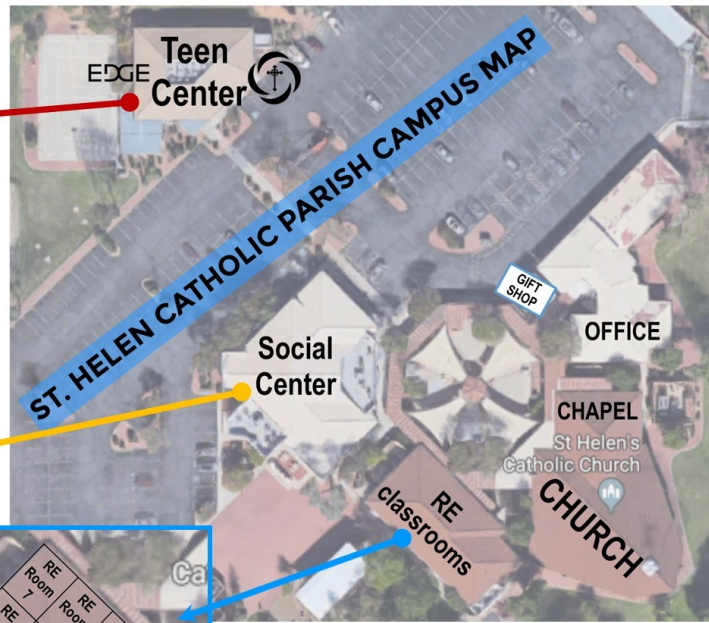
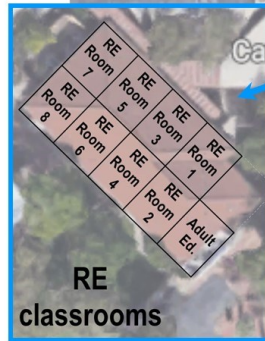
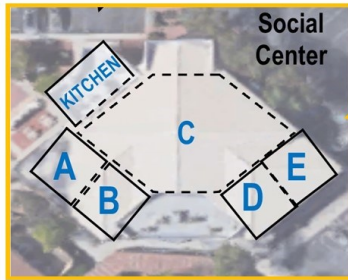
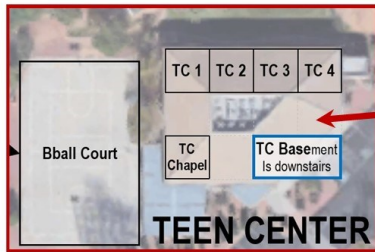
- Where they lived and grew up
- Story of their life
- 5 Facts about their life
- Education

**What they are known for.** (Example: St. Thomas Aquinas is Patron Saint of Education)

**Also ADD a section with the following:** why you selected your saint? What inspired you about them? Why did you choose your Saint? What do you have in common with your Saint? How is the Saint an example of faith for you? How do you want to be like your Saint?

**And Please Write on the backside of your Saint Project your Full Name.**







# YEAR TWO PROGRAM ~ FALL 2025

Questions: Deepa Duran (623-500-3207)

Email: [dduran@sthelenglendale.org](mailto:dduran@sthelenglendale.org)



Sunday LIFE TEEN Life Nights and **AD Life Nights** are attended by the **Youth only**.

LIFE TEEN Life Night

Sunday, September 14

5:30-7:30 pm (Teen Center)

**YEAR TWO Class**

**Tuesday, September 16**

**6:30-8:30 pm (Teen Center)**

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

LIFE TEEN Life Night

Sunday, September 21

5:30-7:30 pm (Teen Center)

**AD LIFE TEEN Life Night**

**Sunday, September 28**

**5:30-7:30 pm (Teen Center)**

**YEAR TWO Class**

**Tuesday, September 30**

**6:30-8:30 pm (Teen Center)**

**LIFE TEEN NET Retreat\*\***

**\*\*Saturday, October 4**

**\*\*10am-4:00 pm (Teen Center)**

**AD LIFE TEEN Life Night**

**Sunday, October 26**

**5:30-7:30 pm (Teen Center)**

**YEAR TWO Class**

**Tuesday, October 28**

**6:30-8:30 pm (Teen Center)**

LIFE TEEN Life Night

Sunday, November 2

5:30-7:30 pm (Teen Center)

LIFE TEEN Life Night

Sunday, November 9

5:30-7:30 pm (Teen Center)

**AD LIFE TEEN Life Night**

**Sunday, November 16**

**5:30-7:30 pm (Teen Center)**

**YEAR TWO Class**

**Tuesday, November 18**

**6:30-8:30 pm (Teen Center)**

**Godparent/Sponsor Assignment #1** is due by **Tuesday Year Two class, November 18, 2025**

**SUNDAY, NOV. 23—RITE OF ACCEPTANCE AT THE 11:00AM MASS  
— CHECK-IN BY 10:45AM W/ DCN STAN — [FOR EVERYONE IN YEAR TWO]**

**YEAR TWO Class**

**Tuesday, December 2**

**6:30-8:30 pm (Teen Center)**

**Saint Essay/Project** is due by **Tuesday** class, **December 2, 2025**.

**AD LIFE TEEN Life Night**

**Sunday, December 14**

**5:30-7:30 pm (Teen Center)**

**YEAR TWO Class**

**Tuesday, December 16**

**6:30-8:30 pm (Teen Center)**

**THURS, DECEMBER 18—ADVENT RECONCILIATION SERVICE  
— 7:00PM IN THE CHURCH — [YEAR TWO EVERYONE WHO IS BAPTIZED]**

Each St. Helen **YEAR TWO** Sacrament Prep Youth will be given **4 Grace Cards\*** for their St. Helen **YEAR TWO** Sacrament Prep year. **\*Grace Cards** are only be used for **TUESDAY YEAR TWO** classes or **AD LIFE TEEN Life Nights**. Grace Cards cannot be used for the NET Retreat.

# YEAR TWO PROGRAM ~ SPRING 2026

YEAR TWO Class	Tuesday, January 13	6:30-8:30 pm (Teen Center)
Godparent/Sponsor Assignment #2 is due by Tuesday class, January 13, 2026.		
YEAR TWO Class	Tuesday, January 27	6:30-8:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, February 1	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, February 10	6:30-8:30 pm (Teen Center)
Godparent/Sponsor Assignment #3 is due by Tuesday class, February 10, 2026.		
AD LIFE TEEN Life Night	Sunday, February 22	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, February 24	6:30-8:30 pm (Teen Center)
Unbaptized — Sunday, March 1—Rite of Election. 11 am Mass — Check-In by 10:45am		
LIFE TEEN Life Night	Sunday, March 1	5:30-7:30 pm (Teen Center)
Unbaptized — Sunday, March 8—1st Scrutiny. 11am Mass — Check-In By 10:45am		
LIFE TEEN Life Night	Sunday, March 8	5:30-7:30 pm (Teen Center)
YEAR TWO Class	Tuesday, March 10	6:30-8:30 pm (Teen Center)
Unbaptized — Sunday, March 15—2nd Scrutiny. 11am Mass — Check-In By 10:45am		
Unbaptized — Sunday, March 22—3rd Scrutiny. 11am Mass — Check-In By 10:45am		
LIFE TEEN Life Night	Sunday, March 29	5:30-7:30 pm (Teen Center)
<b>REHEARSAL ~ Tuesday, March 31, 6:30pm in the Church.</b> ALL Year 2 Youth <u>and</u> <u>their</u> Godparent/Sponsor <u>MUST</u> attend the rehearsal.		
<b>WED., APRIL 1—LENT RECONCILIATION SERVICE</b> <b>— 7:00PM IN THE CHURCH — [YEAR TWO EVERYONE WHO IS BAPTIZED]</b>		
<b>THURS., APRIL 2—HOLY THURSDAY MASS—7:00PM IN THE CHURCH</b>		
<b>FRI., APRIL 3—GOOD FRIDAY SERVICE—7:00PM IN THE CHURCH</b>		
<b>Easter Vigil Mass ~ Saturday, April 4 in the Church. At Dusk [_____ pm]</b> ALL Youth & their Sponsor will need to be checked in by _____ pm		
YEAR TWO Class	Tuesday, April 7	6:30-8:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, April 12	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, April 19	5:30-7:30 pm (Teen Center)
AD LIFE TEEN Life Night	Sunday, April 26	5:30-7:30 pm (Teen Center)
LIFE TEEN Life Night	Sunday, May 3	5:30-7:30 pm (Teen Center)



# SEPTEMBER 16, 2025 — YEAR 2 CLASS—KERYGMA

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? \_\_\_\_\_

## CAPTURED review

- [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.



# SEPTEMBER 16, 2025 — YEAR 2 CLASS—KERYGMA

[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? \_\_\_\_\_

---

[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?

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**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? \_\_\_\_\_

---

## **RESCUED review**

"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? \_\_\_\_\_

# SEPTEMBER 16, 2025 — YEAR 2 CLASS—KERYGMA

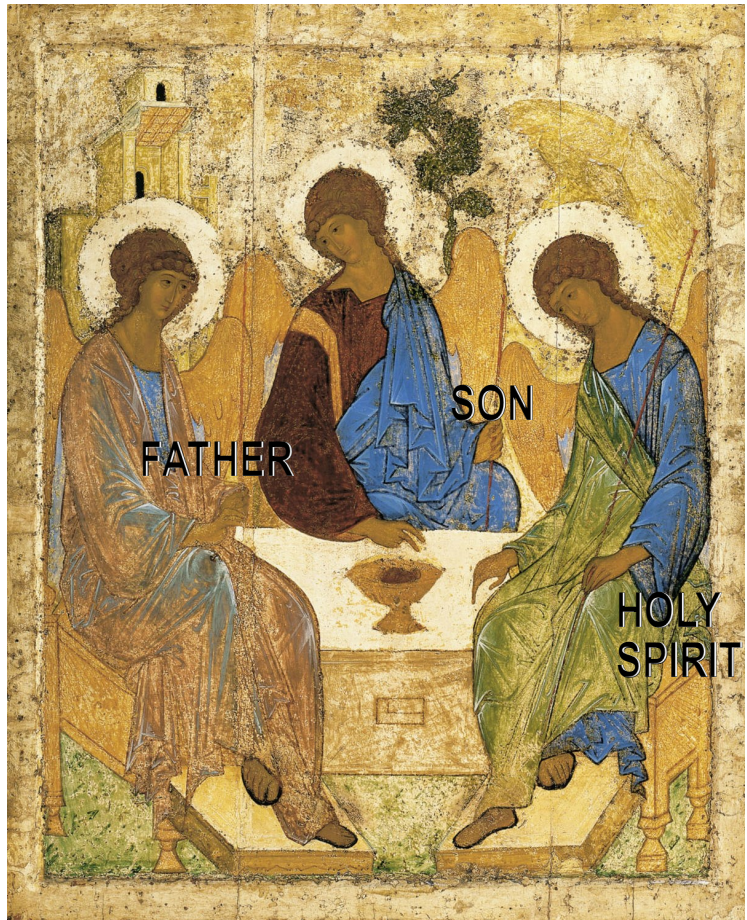
The FATHER poses the question:  
Who will go and get him? Who will  
bring him back? Who will bring him  
home?

[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? \_\_\_\_\_



# SEPTEMBER 16, 2025 — YEAR 2 CLASS—KERYGMA



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[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.

# SEPTEMBER 16, 2025 — YEAR 2 CLASS—KERYGMA

## 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?



## SEPTEMBER 16 — YEAR TWO 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.*

# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS



THE SEVEN SACRAMENTS		
INITIATION	HEALING	SERVICE OF COMMUNION
* _____ [1] [FRONT DOOR SACRAMENT]	++ _____ [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.

# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS



A SACRAMENT is a physical, visible sign of an invisible spiritual reality	MINISTER who administers sacrament	PHYSICAL SIGNS & SYMBOLS [to help us recognize it]	How Sanctifying Grace is <b>ACTIVELY</b> working through & in us
<b>SACRAMENTS OF INITIATION</b>			
 <p><b>BAPTISM</b> <i>John 3:5</i></p>	<p>Priest Deacon Bishop</p>	<p><b>PHYSICAL SIGNS:</b> Godparents. White Garment, Baptismal candle Anointed with _____ oil. Laying on of hands. <b>WORDS:</b> "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit" <b>SYMBOLS:</b> WATER: cleansing; new birth SHELL: pilgrim; opens to reveal; new beginning</p>	<p>Imprints an _____ mark that can never be erased. <b>Increases Sanctifying grace.</b> <b>We are welcomed into Catholic Church family</b> <b>Grants forgiveness of sins.</b> <b>A new birth when we receive the Holy Spirit.</b></p>
 <p><b>CONFIRMATION</b> <i>John 20:22</i></p>	<p>_____ [or his delegate]</p>	<p><b>PHYSICAL SIGNS:</b> Age of reason. Freely profess faith. Willing to defend faith. Anointed with _____ oil. Laying on of Hands. <b>WORDS:</b> "Be sealed with the Gifts of Holy Spirit" <b>SYMBOLS:</b> FIRE: Holy Spirit energy; Pentecost DOVE: Holy Spirit's presence</p>	<p><b>Imprints an indelible mark that can never be erased.</b> Increases _____ grace. <b>Strengthens our relationship with Christ.</b> Pours out the _____ of Holy Spirit. <b>Strengthened to share Catholic Faith with others.</b></p>
 <p><b>EUCCHARIST</b> <i>John 6:35-71</i></p>	<p>Priest Bishop</p>	<p><b>PHYSICAL SIGNS:</b> Wheat Bread; Grape Wine Laying on of Hands Real Presence Body &amp; Blood of Christ; Eucharist Monstrance; Tabernacle <b>WORDS</b> of Consecration. <b>SYMBOLS:</b> Loaves of Bread &amp; Fish _____ of Immortality Lamb of God Bread of Angels, and so many more!</p>	<p><b>Nourishes our spiritual life.</b> Strengthens us to _____ temptation to sin. <b>Enhances our love for God and others.</b> Forgives venial sins, the minor offenses that _____ our relationship with God.</p>

# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS

<b>A SACRAMENT</b> is a physical, visible sign of an invisible spiritual reality	<b>MINISTER</b> <i>who</i> administers sacrament	<b>PHYSICAL SIGNS &amp; SYMBOLS</b> [to help us recognize it]	<b>How Sanctifying Grace is ACTIVELY</b> working through & in us
<b>SACRAMENTS OF HEALING</b>			
 <p><b>RECONCILIATION</b> <i>Mark 2:5</i></p>	Priest Bishop	<b>PHYSICAL SIGNS:</b> Confession of sins. Reparation for sins  Purple Stole Raised Hand of Priest Laying on of _____ Sign of the Cross  <b>WORDS</b> of Absolution [words of forgiveness]  <b>SYMBOLS:</b> CROSSED KEYS: authority given SCOURGING WHIP: the cost of forgiveness	<b>Restores Sanctifying Grace</b>  <b>Renews friendship with God &amp; deepens relationship</b>  <b>Heals brokenness within the soul</b>  Gives _____ to resist temptation to sin
 <p><b>ANOINTING</b> of the <b>SICK</b> <i>Mark 5:34</i></p>	Priest Bishop	<b>PHYSICAL SIGNS:</b> Oil of the _____. Anointing on body Laying on of hands Sign of the Cross  <b>WORDS:</b> Prayers  <b>SYMBOLS:</b> EUCHARIST: eternal life GIFT OF PEACE: unity with the Holy Spirit	<b>Unites sick person to the suffering of Jesus on the Cross.</b>  <b>Gives strength, peace and courage to endure the illness.</b>  Forgiveness of _____.  <b>Restores health if it contributes to the salvation of the person's soul.</b>  <b>Preparation to pass to eternal life.</b>



# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS

A SACRAMENT is a physical, visible sign of an invisible spiritual reality	MINISTER who administers sacrament	PHYSICAL SIGNS & SYMBOLS [to help us recognize it]	How Sanctifying Grace is ACTIVELY working through & in us
<b>SACRAMENTS OF SERVICE</b>			
 <p><b>MARRIAGE</b> <i>Matthew 19:3-9</i></p>	<p>_____</p> <p>&amp;</p> <p>_____</p>	<p><b>PHYSICAL SIGNS:</b> Exchange of Marital Vows: Free, Total, Faithful &amp; Fruitful</p> <p>Bride in _____ Wedding Ceremony Wedding vows &amp; rings.</p> <p><b>SYMBOLS:</b> NUPTIAL BLESSING: Catholic Church's approval &amp; support HOLDING HANDS: couple's unity &amp; support for another UNITY CANDLE: blending of their lives into one</p>	<p>Couple _____ Sanctifying Grace to help live out their marriage vows</p> <p>Grow in holiness _____.</p> <p><b>Loving each other</b> <b>Strengthening their unity</b> <b>Preparing them for eternal life by mirroring the union of Christ and the Church.</b> <b>Indissoluble Covenant</b></p>
 <p><b>HOLY ORDERS</b> <i>John 6:56; 20:23</i></p>	<p>Bishop</p>	<p><b>PHYSICAL SIGNS:</b> Laying on of the Bishop's hands</p> <p>Anointing of _____ with Sacred Chrism oil</p> <p><b>WORDS:</b> Prayer of Consecration by the Bishop for the grace necessary to serve the Church</p>	<p><b>Imprints an indelible mark that can never be erased</b></p> <p><b>Receives Sanctifying Grace and a Special Grace for the unique responsibilities of the ordained</b></p> <p>Serves as Christ's _____ on earth</p>



**DEACONS** are ordained by their Bishop to a ministry of service. They assist at Mass, preach, teach, witness & bless marriages, preside at funerals, baptize, and do works of charity. **DEACONS** cannot hear confessions or offer the Mass.

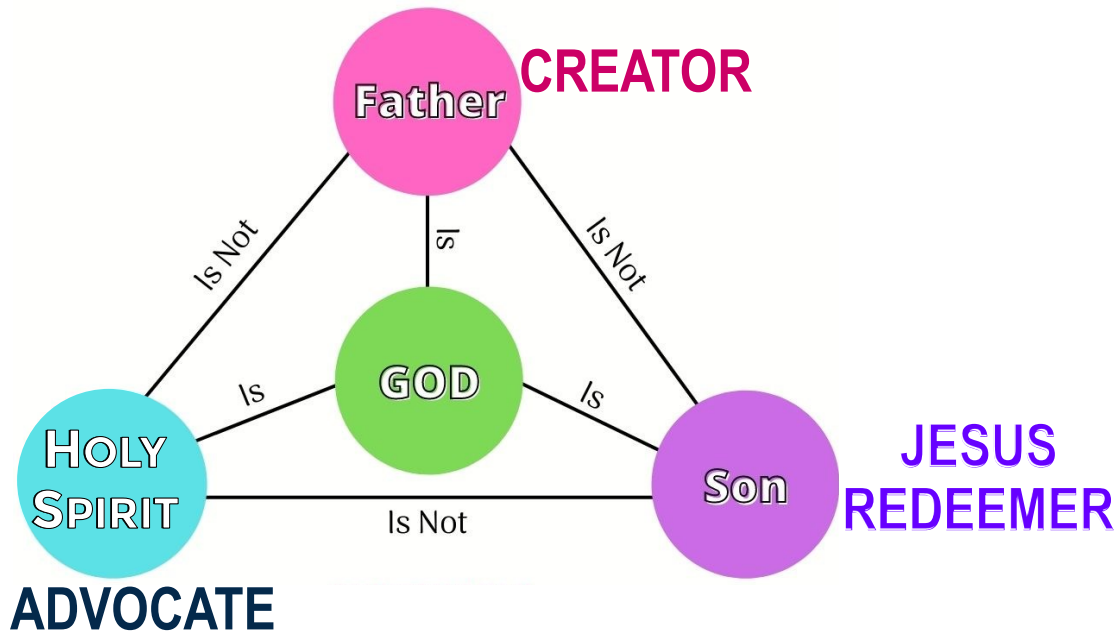


**PRIESTS** are granted grace to celebrate Eucharist & to forgive sins, acting in the person of Christ. **PRIESTS** serve as co-workers with their Bishops to whom they promise their obedience. The Bishop assigns them in a particular parish or ministry.



**BISHOPS** receive the fullness of Holy Orders and are given grace to guide, teach, govern and lead the people, even to the point of martyrdom. **BISHOPS** can trace their ordination in succession all the way back to the Apostles. **BISHOPS** are assigned by the Pope to serve in a particular geographical area.

# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS



- [1] Who is the Holy Spirit? He is the \_\_\_\_\_ between the Father and the Son. God the Holy Spirit was sent as an \_\_\_\_\_ to be our guide and to dwell in us. [John 14:26]
- [2] In the sacrament of \_\_\_\_\_, the Holy Spirit moves into our lives and makes a home.
- [3] In the sacrament of \_\_\_\_\_, the Holy Spirit \_\_\_\_\_ us to live a holy life by giving us 7 gifts [Isaiah 11:1-2].
- [4] At our BAPTISM, we receive the seven gifts of the Holy Spirit, and at our CONFIRMATION, the Gifts of the Holy Spirit are \_\_\_\_\_ within us.

## THE SEVEN GIFTS OF THE HOLY SPIRIT

[5] \_\_\_\_\_ enables us to take what we know about God — the “facts” of Christ, sin, and salvation — and apply it to the way we live our lives in the world. This gift helps us see what God intended for us when He created the world, and it helps us choose what will make us happy or fulfilled.

[6] \_\_\_\_\_ pushes us to go beyond acknowledging the existence of God [our belief] to figuring out His will for our lives — even when it’s difficult. It is the gift that enables us to navigate the world with eyes of faith and accept discomfort, suffering, sacrifice, and even, death.

# SEPTEMBER 30, 2025 — YEAR 2 CLASS—SACRAMENTS

**COUNSEL** [Right Judgment] is not about making people uncomfortable or embarrassed; it is the gift that empowers us to bring truth to light our words and actions. With this gift, we are empowered to imitate Christ in finding the right words to speak.

**KNOWLEDGE** isn't "book smarts"; it's knowing Truth, having a relationship with Jesus Christ. This gift moves us to grow in relationship with Christ and then share Him with others. It nourishes the relationship that is our faith. This gift causes us to want to know more about and be **9]** \_\_\_\_\_ by the Person of Christ.

**FEAR OF THE LORD** [Awe & Wonder] is the gift that God is making Himself known in a way that we didn't **10]** \_\_\_\_\_ and don't fully understand.

**FORTITUDE** **[7]** [or \_\_\_\_\_] when we take the steps to do what we know is right, even when it's not easy or popular, even when people make fun of us or think we look ridiculous. Think of this gift as noise-cancelling earbuds that cancel out everything except for the Word of God, whispering in your heart and leading you to do the right thing.

**REVERENCE** [Piety] enables us to **[8]** \_\_\_\_\_ that God is our Father. It is the gift that moves us to seek our Father — not when we feel we've earned the relationship, but when we are most in need of His friendship.

When you grow in the Gifts of the Holy Spirit, there are **12 Fruits of the Holy Spirit** which show up within our lives [Galatians 5:22-23]

CHARITY	PATIENCE	GENEROSITY	MODESTY
JOY	KINDNESS	GENTLENESS	SELF CONTROL
PEACE	GOODNESS	FAITHFULNESS	CHASTITY

**[9]** To sum it all up, at your baptism, your \_\_\_\_\_ decide to bring the Holy Spirit

in to your life, and when you receive the Sacrament of Confirmation, \_\_\_\_\_ decide to keep Him in your life and God gives you the tools to live a holy life and defend the faith. Each of us has been called to be the Lord's Anointed, to be the \_\_\_\_\_, to bring God's people back into relationship with Him.

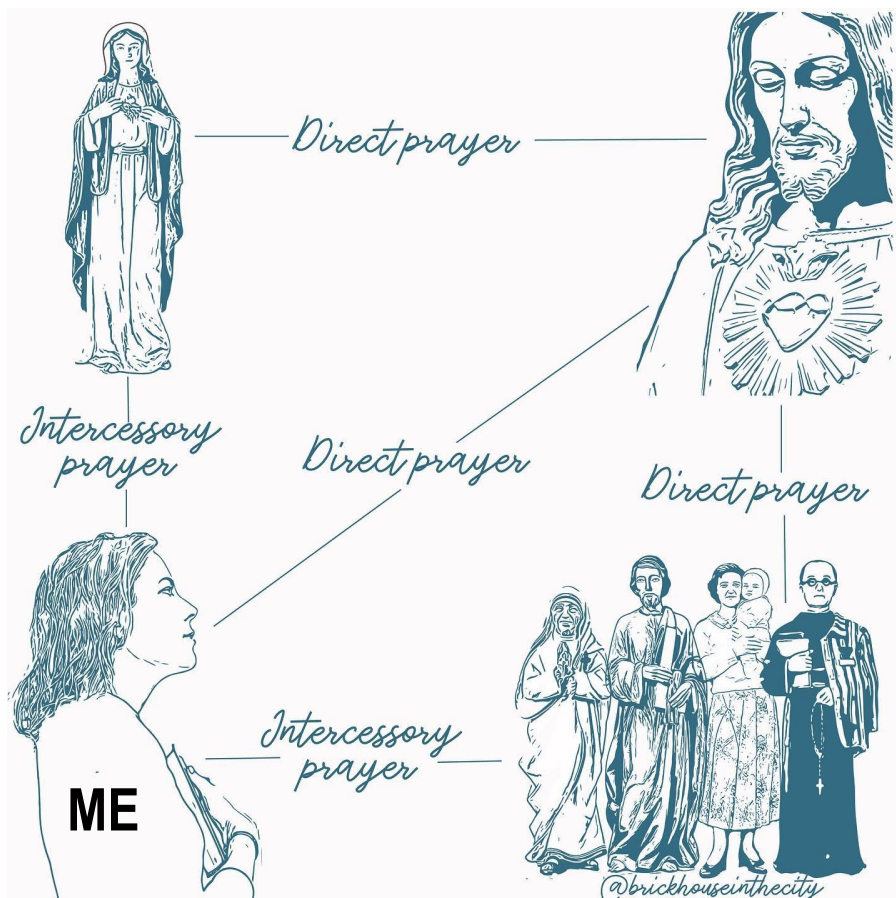
**[10]** **ACTS 2:1-4** How were the Apostles different after receiving the Holy Spirit [at their Confirmation]? \_\_\_\_\_

**[11]** In **Acts 2:41**, it says about 3000 men converted to the Catholic faith after Peter spoke to them.

In today's world, who speaks to those who want to be Catholic? \_\_\_\_\_

# OCTOBER 28, 2025 — YEAR 2 CLASS—MARY & the SAINTS

- [1] Do we worship Mary and/or the Saints like we worship God? \_\_\_\_\_
- [2] Mary has been our \_\_\_\_\_ since the beginning.
- [3] The King's mother reigns as Queen; wearing a crown, and \_\_\_\_\_ for the people.
- [4] In **1 Kings 2:19**, where does King Solomon place her throne? \_\_\_\_\_  
which gives her what? A position of \_\_\_\_\_ to \_\_\_\_\_  
for the people.
- [5] Mary \_\_\_\_\_ our needs to Jesus, asking Him to grant our request.
- [6] Mary and the Saints are in heaven; they are \_\_\_\_\_ in friendship to  
God than we are. So, their prayers are more \_\_\_\_\_.  
Mary and the Saints are our \_\_\_\_\_ and they \_\_\_\_\_  
intercede on our behalf. This is what we call Intercessory Prayer.
- [7] The Catholic Church is a \_\_\_\_\_, and the Catholic Churches teaches the  
\_\_\_\_\_ that God reveals.
- [8] DOGMAS confirm what is already \_\_\_\_\_ (in scripture or oral tradition).
- [9] The Dogmas about Mary confirm the privileges gifted to Mary by \_\_\_\_\_  
to give her a special task in the work of the redemption of God's people.
- [10] Mary always \_\_\_\_\_ us toward her Son, Jesus.





# OCTOBER 28, 2025 — YEAR 2 CLASS—MARY & the SAINTS

## THE DOGMAS ABOUT MARY

[11] **MARY IS THE \_\_\_\_\_ OF GOD (MATERNITY)** & central to who she is.  
CONFIRMED IN 431 AD AT THE COUNCIL OF EPHESUS

[12] **PROVE IT:** This dogma surrounds or \_\_\_\_\_ the Incarnation of Jesus [He took on human form and lived among us, becoming fully God and fully Man.]

[13] To say that Jesus was not fully God and fully Man would \_\_\_\_\_ Jesus' Divine Nature.

[14] Mary is the *Theo-tokos* — the \_\_\_\_\_-bearer.

[15] **MARY 'S \_\_\_\_\_ CONCEPTION**

CONFIRMED IN 1854 BY POPE PIUS IX

**PROVE IT:** Mary was conceived without Original Sin and she was born in a state of

[16] \_\_\_\_\_ grace! This \_\_\_\_\_ her to be the perfect vessel to conceive Jesus. [Luke 1:28]

[17] Jesus pre-\_\_\_\_\_ Mary before He was born; so of course when she was

[18] \_\_\_\_\_ by God, He made her beautiful and made her without \_\_\_\_\_

[19] **MARY 'S PERPETUAL \_\_\_\_\_**

CONFIRMED IN 553 AD AT THE COUNCIL OF CONSTANTINOPLE

[20] **PROVE IT:** Before Jesus was \_\_\_\_\_, the archangel Gabriel appeared to Mary and told her she was going to conceive Jesus through the Holy Spirit and the power of God.

[21] **Luke 1:34.** There is no earthly \_\_\_\_\_.

[22] Mary remained a \_\_\_\_\_ throughout her life. She was faithful to the mission given to her by God.

[23] **Luke 8:19-21.** The word in scripture for Jesus' brothers is \_\_\_\_\_. This same word is used in Genesis 13:8 to speak about Adam/Lot who were uncle/nephew.

[24] **John 19:25-27.** At the cross, Jesus leaves His mom in \_\_\_\_\_. He is a friend, not family. This would have been scandalous to hand over your mom to a friend instead of in the care of siblings.

[25] **MARY 'S BODY WAS \_\_\_\_\_ INTO HEAVEN**

CONFIRMED IN 1950 AD BY POPE PIUS XII [Tradition of Mary's Dormition]

[26] **PROVE IT:** It is a confirmation of Jesus Christ's bodily resurrection. Mary \_\_\_\_\_ our share in heaven.

[27] It is fitting for Mary to experience bodily resurrection \_\_\_\_\_ as she is our model of discipleship.

[28] Mary is the \_\_\_\_\_ to hear God's Word and remain faithful throughout her life.

[29] Mary inspires us to \_\_\_\_\_ in faith — even in persecution and suffering.

# OCTOBER 28, 2025 — YEAR 2 CLASS—MARY & the SAINTS

THE SAINTS WHICH I AM  
INTERESTED IN ....

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MY SAINT ESSAY or SAINT  
PROJECT IS DUE BY  
DEC. 2, 2025



# THE LONG & RIGOROUS PATH TO SAINTHOOD

1st

## HOW IS SOMEONE DECLARED A SERVANT OF GOD?

The process begins when a **petitioner** asks the diocesan bishop to begin the investigation into the life of the particular person, which could ultimately lead to their canonization. The bishop may also begin their own cause.

Once a cause opens, the individual is called a **Servant of God**.

A proper **examination** is followed at a diocesan or eparchial level. The Church then forms a tribunal, calls on witnesses, and looks at documents written by the candidate.

Servant of God,  
Dorothy Day



2nd

## HOW IS SOMEONE NAMED VENERABLE?

The documentation is then sent to **The Dicastery for the Causes of Saints**—the department of the Roman Curia responsible for making recommendations to the pope on beatifications and canonizations.

At this point, nine theologians **vote** on the candidate's cause. A favorable judgment passes the cause onto the Pope, who gives the **final approval** for the individual to be declared Venerable or if martyred, Blessed.

Once the Pope recognizes the candidate's heroic virtue, the person is named **"Venerable."** This means the Pope recognized the deceased person as having lived a virtuous life or offered their life for their faith.

Venerable,  
Fulton Sheen



churchpop.com



3rd

## HOW IS SOMEONE DECLARED "BLESSED"?

To be recognized as "Blessed," **one miracle** through the intercession of the candidate is required. However, a miracle is not required for a martyr's beatification, just their canonization.

According to EWTN,

"The alleged miracle is studied by scientific and theological commissions in the diocese in which it is alleged to have occurred."

The person is declared **"Blessed"** once the Holy Father approves the Decree of a Miracle. This approval affirms the power of the candidate's intercession and their union with God after death!



Blessed  
Pier Giorgio Frassatti



4th

## HOW ARE SAINTS CANONIZED?

To become a canonized saint, a **second miracle is required**.

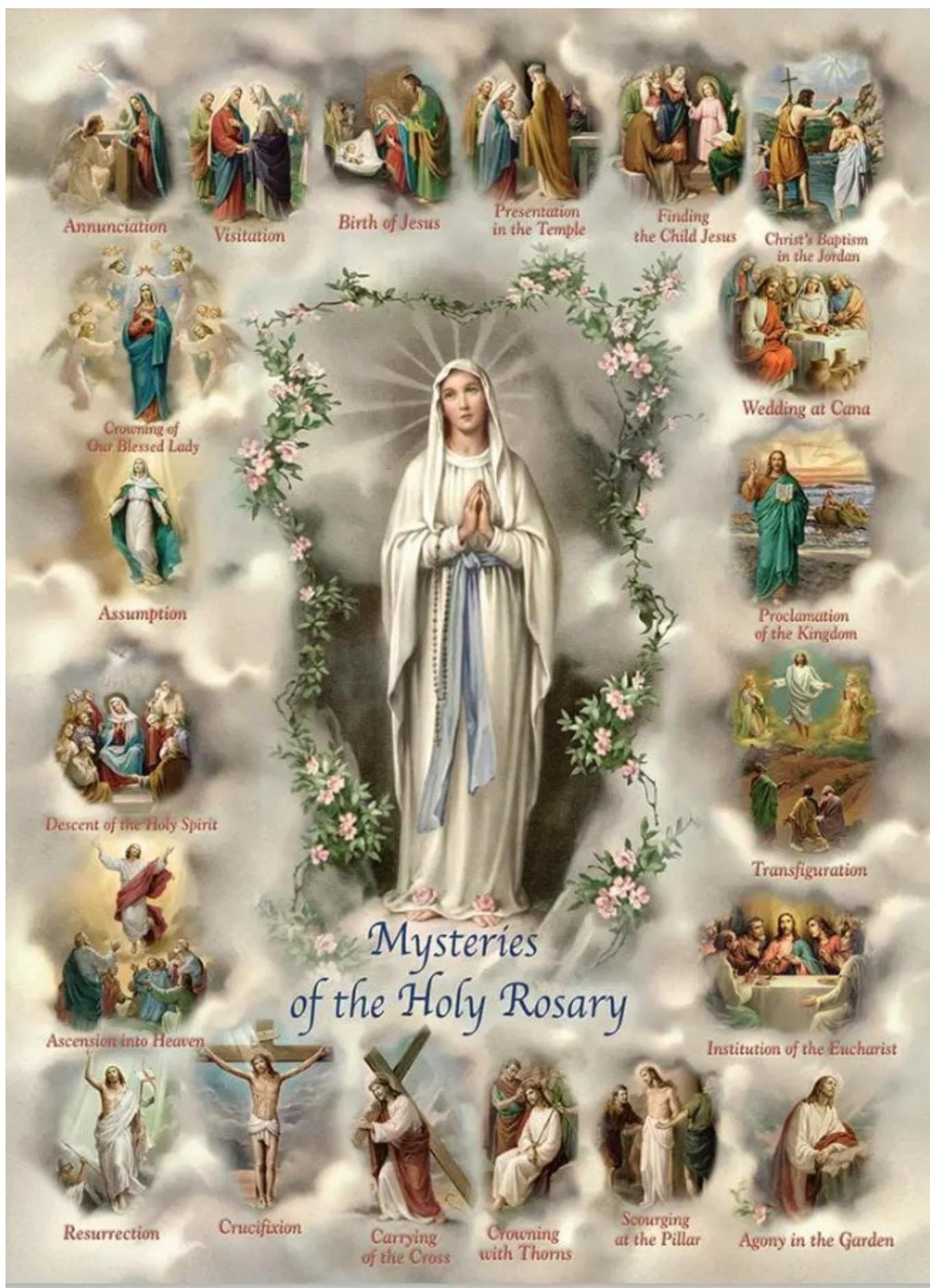
This process is the same as it was for the miracle leading to their beatification.

Once a **second miracle** is approved, the Rite of Canonization by the Pope can occur. Through this, the person is elevated to universal veneration in the Church.

According to EWTN,

"By canonization the Pope does not make the person a saint. Rather, he declares that the person is with God and is an example of following Christ worthy of imitation by the faithful."







# NOVEMBER 18, 2025— YEAR 2 CLASS—MARY & THE ROSARY

## THE HISTORY OF THE ROSARY

- [1] In the time of Jesus, people would memorize \_\_\_\_\_ psalms to pray for the dead. Over time, people became illiterate [couldn't read], so they used beads on a string to now
- [2] pray 50 Our Fathers for the \_\_\_\_\_.
- [3] St. Dominic, in the \_\_\_\_\_s, was traveling around the country preaching against those who sought to slander the Catholic faith with lies. But, no one wanted to listen. Catholics in that time had become lazy in their faith, only doing the bare minimum.
- [4] St. Dominic went on retreat to \_\_\_\_\_ and \_\_\_\_\_ to figure out what to do.
- [5] On the 3rd night, St. Dominic had a dream where \_\_\_\_\_ appeared to him. She told him to pray the Hail Mary while pondering all of the events of Jesus' life.
- [6] St. Dominic woke up and immediately began teaching people to pray the \_\_\_\_\_.
- [7] The rosary is also known as the "\_\_\_\_\_ on a string" because the Mysteries of the Rosary share the events of Jesus' life.
- [8] The HAIL MARY prayer comes straight from scripture. **Luke 1:**\_\_\_\_\_.
- [9] What [or Who] is at the center of the Hail Mary? \_\_\_\_\_  
HAIL MARY, FULL OF GRACE, THE LORD IS WITH THEE. BLESSED ART THOU AMONGST WOMEN, AND BLESSED IS THE FRUIT OF THY WOMB, **JESUS**. HOLY MARY, MOTHER OF GOD, PRAY FOR US SINNERS NOW, AND AT THE HOUR OF OUR DEATH. AMEN.

## THE 15 PROMISES OF THE VIRGIN MARY FOR THOSE WHO PRAY THE ROSARY

- |   |   |   |
|---|---|---|
| <b>#1</b> Those who faithfully serve me by praying the Rosary shall receive signs that they are on the right path.  | <b>#5</b> The soul which recommends itself to me by praying the Rosary shall not go to hell.                        | <b>#11</b> I shall intercede for what you pray for at the throne of my Son when you pray the rosary.  |
| <b>#2</b> I promise my special protection and the greatest graces to all those who shall pray the Rosary.   | <b>#6</b> Whoever prays the Rosary shall never despair over suffering but will be able to handle it. [1 Cor. 10:13] | <b>#12</b> All those who tell others about the holy rosary shall be aided by me in their spiritual and physical needs.  |
| <b>#3</b> The Rosary shall be a powerful armor against hell. It will help you destroy vice, decrease sin, & defeat heresies.  | <b>#7</b> Those who have a true devotion to the Rosary shall not die without the sacraments of the Church.          | <b>#13</b> All those who encourage others to pray the Rosary, shall have the entire celestial court [saints & angels] as intercessors during their life and at the hour of their death. |
| <b>#4</b> It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and will lift them to the desire for heaven. Oh, that souls would sanctify themselves by praying the Rosary. | <b>#8</b> Those who faithfully pray the Rosary shall have the light of God, and at death will share in paradise.    | <b>#14</b> All who pray the Rosary are my beloved children and the siblings of my only Son, Jesus Christ.   |
|   | <b>#9</b> I shall deliver from purgatory those who have been devoted to the Rosary.                                 | <b>#15</b> Devotion for my Rosary is a great sign that you are on the path to heaven.   |
|   | <b>#10</b> The faithful children of the Rosary shall merit a high degree of glory in heaven.                        |   |

# DEC. 2, 2025— YEAR 2 CLASS—MASS: LITURGY, PART ONE

- [1] This is where start studying the biblical roots of the \_\_\_\_\_.  
Our Catholic belief of the Mass doesn't just come through Jesus in the Gospels or through the
- [2] New Testament scriptures. To understand the \_\_\_\_\_ and the Mass, we need to have a deeper understanding of God's entire plan for salvation, and so we will begin in the Old Testament.
- [3] The Old Testament scriptures foreshadow [or points us \_\_\_\_\_] to Jesus in
- [4] the New Testament scriptures. This foreshadowing is \_\_\_\_\_ TYPOLOGY.

Read Exodus 12:1-14. and Exodus 13:3-8.

- [5] Exodus is a story of \_\_\_\_\_ from slavery.



OLD TESTAMENT PASSOVER	NT FULFILLMENT OF THE OT PASSOVER
[6] The Passover is a _____ event for the Jews.	[12] The Old Testament story of Passover _____ [to] the <b>Eucharist</b> :
[7] Need an unblemished male _____	[13] Jesus is an unblemished _____.
[8] The lamb is sacrificed by the _____ of the household; who is the priest of the family	[14] Jesus's _____ on the cross. To rescue God's people from the powers of sin and death and destroy the Enemy.
[9] Spread the _____ of lamb on the lintel, which is the doorpost, so Death will pass over us.	[15] Blood on the Doorpost and lintel is our _____ of the _____ which is prayer of protection.
[10] Eat the lamb's flesh with _____ bread	[16] You have to eat the flesh of the _____ with unleavened bread.
[11] Celebrate Passover _____ as a memorial, remembrance of what happened	[17] Do this in _____ of me. Memorial 4ever.

Now, that we've seen where we come from, let's move forward.

- [18] Write out **Galatians 2:20**: \_\_\_\_\_

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[cf Exodus 13:8] "No matter how many generations have passed do this in remembrance of me." — JESUS

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# DEC. 2, 2025— YEAR 2—MASS: LITURGY, PART ONE

## JESUS CHRIST IS THE LAMB OF GOD

Read John 1:28-30.

[19] John, the Gospel's author, is telling us that Jesus' cousin, \_\_\_\_\_ is the one who called Jesus the "Lamb of God" first. Jesus' cousin was the last \_\_\_\_\_ in a long line of great prophets.

[20] Jesus' cousin, the last prophet serves as the \_\_\_\_\_ between the Old Testament and the New Testament. Meaning he was the last prophet to point to God's coming to earth.

Read Matthew 26:17-30

[21] During what event was this taking place? \_\_\_\_\_

[22] What did you have to do during this event? \_\_\_\_\_

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Read John 19:28-30

[23] What kind of branch was used to offer the wine to Jesus upon the cross? \_\_\_\_\_

Read 1 Corinthians 5:7

[24] St. Paul refers to Jesus as the "paschal" lamb. **Paschal** in Aramaic [the language that Jesus spoke] means, \_\_\_\_\_.

[25] The Jews under Moses placed the blood from the lamb on their doorposts so that \_\_\_\_\_ would pass over them, that they would be freed from \_\_\_\_\_.

[26] Through Jesus' sacrifice of Himself as the Lamb upon the cross, what does He free us from? \_\_\_\_\_

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## THE PRIESTHOOD OF THE OLD TESTAMENT

Read Genesis 14:18.

[27] What kind of sacrifice did Melchizedek bring out and offer? \_\_\_\_\_

The priesthood of Melchizedek is later entrusted to the Levites, and they become the mediators, offering prayer and animal sacrifices to God on behalf of the people. In the New Testament, Jesus is the fulfillment of the Old Testament priesthood. And, so the bloody sacrifices ends with Him.

Hebrews 5:1-4.

[28] What does a priest offer for himself and the people? \_\_\_\_\_

# DEC. 2, 2025— YEAR 2—MASS: LITURGY, PART ONE

## THE MYSTERY OF TIME AND SPACE

- [29] As humans, we exist in this \_\_\_\_\_ time and place.
- [30] We are “\_\_\_\_\_” by time and space, (temporally & spatially).
- [31] And while most good Christians will agree that “God is \_\_\_\_\_”  
we normally still think of Him as being only in Heaven.
- [32] We also, usually, can’t get our minds around a concept like God’s \_\_\_\_\_,  
meaning that for God the Father, the past, present, and future are all happening at once.

This may help. There are two types of “time” as explained by the Greeks that can help us understand more about God and the Mass.



- [33] Kronos is how we as humans \_\_\_\_\_ time [Clocks & Calendars].
- [34] Kronos is sequential, the \_\_\_\_\_ moving time in our daily lives.
- [35] Kairos time are the \_\_\_\_\_ when God works in our lives. Kairos is not measurable.
- [36] Kairos are \_\_\_\_\_ where God invites to encounter Him.
- [37] Kairos is when God \_\_\_\_\_ and something meaningful happens.
- [38] Our \_\_\_\_\_ with God happen in Kairos time.

KRONOS: I took a shower. I brushed my teeth. Then, I went to the church

KAIROS: \_\_\_\_\_ and got married. [an encounter with God, a moment with God]

- [39] **Ecclesiastes 3:1-8** — Chronos or Kairos? \_\_\_\_\_
- [40] What are moments in your life when you had an encounter [Kairos] with God?



# DEC. 16, 2025— YEAR 2—MASS: LITURGY, PART TWO

## JESUS CHRIST IS THE ROYAL HIGH PRIEST

Read Matthew 5:17

[1] The Old Testament priesthood was not \_\_\_\_\_ by Christ, but completed [2] and perfected in Jesus Christ... as this scripture tells us, “\_\_\_\_\_” in Him. Christ is the High Priest, as Scripture affirms.

Read Hebrews 3:1, Hebrews 5:5-10, Hebrews 6:20 and Hebrews 7:3.

We now see Christ as the High Priest, “in the line of Melchizedek”. The direct

[3] \_\_\_\_\_ back to the Genesis account and the sacrifice of Melchizedek offers us great insight into the fulfillment. Once again, using Typology, this Old Testament

[4] scripture points \_\_\_\_\_ to the Eucharist.

One of the hard things about understanding how Jesus’ sacrifice is a “once and for all” sacrifice and that at MASS Jesus’ Passion, Death, and Resurrection is happening in real-time is because we too often apply human constraints, both in time and space, towards God.

[5] At Mass, we operate in God’s time, \_\_\_\_\_. Jesus’ sacrifice of himself on the cross, at

[6] Mass in the offering of bread and wine, is happening in real time, which is a \_\_\_\_\_ to us. Through the power of the Holy Spirit, those simple ingredients are **transubstantiated**.

[7] The Eucharist is Jesus’ own \_\_\_\_\_ and \_\_\_\_\_.

Malachi 1:11

At some moment in the world, every day, it is either sunrise or sunset, and in every corner

[8] of the Earth, Mass is taking place...somewhere \_\_\_\_\_ Mass is happening.

Yet, in all of those places, it is the same sacrifice, the same victim, the same priest, the same altar and the same Savior. These moments happen in Kairos time, God’s time.

We’ll explain Transubstantiation in the next class. But, I know some of you will google it before then.

## THE POWER OF GOD, JESUS AND THE HOLY SPIRIT

We’ve heard and read the story of the multiplication of the bread and fish many times in **John 6**. But sometimes we can miss the details, like time of day, events, places, and what happened.

[9] **John 6:4** The Jewish feast of \_\_\_\_\_ was near.

[10] **John 6:11** Jesus \_\_\_\_\_ the loaves, gave \_\_\_\_\_, and distributed them to those who were reclining, and also as much of the fish as they wanted.

# DEC. 16, 2025— YEAR 2—MASS: LITURGY, PART TWO

## John 6:16-20

[11] When it was \_\_\_\_\_, his disciples went down to the \_\_\_\_\_ of Galilee, embarked in a boat, and went across the sea to Capernaum. It had already grown dark, and Jesus had not yet come to them. The sea was stirred up because a strong wind was [12] blowing. When they had rowed about \_\_\_\_\_ or \_\_\_\_\_ miles, they saw Jesus \_\_\_\_\_ [13] on the \_\_\_\_\_ and coming near the boat, and they began to be afraid. But he said to them, "It is I. Do not be afraid."

After showing His ability to feed and nourish us, Jesus shows His power over created objects: the elements of water and gravity, and Jesus walks on water.

In the next part **John 6:22-71**, Jesus speaks about being the Bread multiple times.

## John 6:35.

[14] Jesus said to them, "I am the \_\_\_\_\_ of \_\_\_\_\_; whoever comes to me will [15] never \_\_\_\_\_, and whoever believes in me will never \_\_\_\_\_.

[16] **John 6:48.** I am the \_\_\_\_\_ of \_\_\_\_\_.

## John 6:50-51.

[17] This is the bread that comes down from \_\_\_\_\_ so that one may eat it and not die. I [18] am the \_\_\_\_\_ bread that came down from heaven; whoever eats this bread will [19] live \_\_\_\_\_; and the bread that I will give is my flesh for the life of the world."

## John 6:53-57.

[20] Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and [21] drink his blood, you do not have \_\_\_\_\_ within you. Whoever \_\_\_\_\_ my flesh and [22] drinks my blood has eternal life, and I will raise him on the last day. For my flesh is \_\_\_\_\_ [23] food, and my blood is \_\_\_\_\_ drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because [24] of the Father, so also the one who \_\_\_\_\_ on me will have life because of me.

Even after Jesus' Resurrection from the Dead; Jesus shows up in His disciples lives.

## After Jesus' Resurrection from the Dead

[25] How did Jesus make himself known in **Luke 24:13-35**? \_\_\_\_\_

[26] When Jesus breaks the bread and 'gives thanks', the Greek word for **thanksgiving** is \_\_\_\_\_ . And, from this, we get the word \_\_\_\_\_ .

# DEC. 16, 2025— YEAR 2—MASS: LITURGY, PART TWO

## It's all Greek to me

The four Gospels are **Synoptic**, which means they are similar. Different eye-witness accounts of Jesus' life that gives accounts of the same events in Jesus' life.

*Side note: The New Testament was originally written in Greek. And, the bible has been translated again and again in many different languages throughout the years. So, sometimes the original Greek, and the original meaning is lost in translation in an effort to make scripture likable to the audience who is reading it. This is why it is important that we have a great Catholic Bible translation with all 73 books of scripture.*

[27] The Gospel writers: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ all write that JESUS says "This is My Body" when He breaks the bread at the Last Supper.

[28] **Matthew** \_\_\_\_\_ **Mark** \_\_\_\_\_ **Luke** \_\_\_\_\_

The verb used for **is** in Greek is "estin" meaning "it is really"; the Eucharist is not a symbol.

St. Paul brings "estin" up again in **1 Corinthians 11:27-30** — Therefore, whoever eats

[29] the bread or drinks the cup of the Lord \_\_\_\_\_ will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup.

[30] For anyone who eats and drinks \_\_\_\_\_ discerning the body, eats and

[31] drinks judgment on himself. That is why many among you are \_\_\_\_\_ and

[32] infirm, and a considerable number are \_\_\_\_\_.

In **John's Gospel**, particularly the words in **chapter 6**, John chooses the Greek word

[33] "sarx" for \_\_\_\_\_ when he quotes Jesus saying "he who eats my flesh". This Greek word would not be confused to mean anything else except **physical mortal flesh**. And, there was a less graphic word for flesh that Jesus could have used. [soma]

[34] It is not the practice of Jesus to speak in "\_\_\_\_\_" words. Jesus never said anything He didn't mean. He means what He says.

[35] This is why our souls must be \_\_\_\_\_ in the sacrament of \_\_\_\_\_ before receiving the Eucharist. If you are not living a worthy life [haven't been to confession

[36] with serious sin or its been more than \_\_\_\_\_ since your last confession, etc] You should not be receiving the Eucharist!

[37] If you are \_\_\_\_\_ or are civilly married, meaning you did not have your wedding in the Catholic Church; you should not be receiving any sacraments, including Eucharist and Confession, until you sort yourselves through marriage prep, and get married in the Church.

If your "house", your body is not clean, it's dirty. Jesus, the King of the Universe, is God. God should not be entering a dirty house. **1 Corinthians 6:19-20**

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

**Acts 2:42; Acts 13:44; Acts 20:7** > These verse in the book of Acts of the Apostles give us

[1] the \_\_\_\_\_ of what was happening in the early days of the Catholic Church, following Jesus Christ's Ascension and when the Holy Spirit descended upon the

[2] \_\_\_\_\_ at Pentecost.

[3] The people of God \_\_\_\_\_ together for the Breaking of the Bread [Eucharist].

[4] And they \_\_\_\_\_ in the Church teachings and they \_\_\_\_\_ them out in

[5] their daily lives. There is an \_\_\_\_\_ to the Mass.

[6] We need to prepare for Mass before we \_\_\_\_\_.

Sometime during the week, we need to read through and pray with all of the Mass readings.

[7] As a way to sacrifice before participating, we are to fast for at least \_\_\_\_\_ before Mass.

We are to be dressed for the celebration of Mass [no sleepwear, sweats, lazy clothing]

[8] We should arrive \_\_\_\_\_ minutes before Mass begins to get ourselves settled.

The church is not a restaurant or a theater. We are to be respectful of others praying; therefore

[9] we should use our \_\_\_\_\_ voices if we need to say something to someone. .

**We STAND out of RESPECT.**

**ENTRANCE CHANT [M.10]** As the priest, altar servers, and sometimes a deacon walk in, we join together as Christ's people, and open the celebration by raising our voices in praise of God who is present among us. This entrance song should deepen our unity.

**GREETING [M.10-11]**

[10] **Matthew 28:19** > We begin with the Sign of the Cross, in which we \_\_\_\_\_ who we belong to [the Trinity].

[11] **1 Chronicles 16:36** > And, we all together, collectively, respond with \_\_\_\_\_ .

[12] The word \_\_\_\_\_ comes from the Hebrew word "Aman" which means to strengthen. When we say AMEN, we are proclaiming and confirming our belief. In saying out loud, "AMEN", we are professing our strongest belief, with all of our Catholic-Christian soul, we

[13] are saying "\_\_\_\_\_, I BELIEVE THIS TO BE TRUE!

[14] **Romans 16:20** > The \_\_\_\_\_ of the Lord be with you.

**PENITENTIAL ACT [M.11-12]**

[15] Before we hear God's word, we \_\_\_\_\_ that we have made wrong choices and done things that are wrong. We ask Mary, the saints, and the people in the church to pray for us. We tell God we are sorry for our sins, and we ask Him for forgiveness.

**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, [we strike our heart] through my fault, [we strike our heart] through my fault, [we strike our heart] 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.



# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

**KYRIE [M.13-14]** [Lord, have mercy. Christ, have mercy. Lord, have mercy.]

**GLORIA [M.14-15] — LUKE 2:14** As the angels praised God on the night Jesus was born, we praise God for all the great and wonderful things He has done.

**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.

At Mass, we are not remembering the angels praising Jesus at His birth, we are actively praising and worshipping alongside the angels, proclaiming Christ's glory to all on the earth. The angels are with us at every Mass.

[16] Within the Mass there are so many moments with God — \_\_\_\_\_ time.

### COLLECT [M.15]

The Priest says a prayer thanking God for what He has given us and asking for the things we need.

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

[17] Each Mass has a particular, specific \_\_\_\_\_. When we proclaim [read out loud] God's Word, it is always centered on Christ, who is present through His Word.

The Old Testament readings prepare for Jesus.

The New Testament readings speak of Jesus directly.

In the Gospel reading, Jesus speaks to us.

Every time we read scripture, we are called to believe once more and to follow Jesus.

After each scripture passage, we reflect on God's Word and respond.

### We SIT to be TAUGHT.

### FIRST READING [M.16]

[18] We \_\_\_\_\_ and listen carefully as the 1st Reading is read by the Lector. The 1st Reading is usually from the Old Testament. The Old Testament is the first part of the Bible that tells us about creation and God's love for all His people. [*\*\*during the Easter season, the first reading comes from the New Testament.*]

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

After the 1st Reading everyone sings or read a Psalm together. A Psalm is divided into verses. The cantor sings or the lector reads the verses of the Psalm and everyone sings or reads the response together.

### RESPONSORIAL PSALM [M.16]

[19] Psalms are from the \_\_\_\_\_ Testament. Some are songs of praise and thanks to God. Others are prayers that ask God for forgiveness and help.

[20] **Isaiah 40:8** > The Word of God stands \_\_\_\_\_.

[21] **Hebrews 4:12-13** > The Word of God is described as \_\_\_\_\_ and active, sharper than a sword which pierces, cuts, and discerns. Nothing is hidden that won't be seen.

We still proclaim the Word when the world consider sit outdated because God will forever speak to us.

### SECOND READING [M.16]

We listen carefully as the 2nd Reading is read by the Lector. The 2nd Reading comes from the New Testament, which is the 2nd part of the Bible that tells us about Jesus, His life and death, and the beginning of the Church where after Jesus ascended into heaven, the Apostles taught what Jesus had taught them.

[22] We **STAND** out of \_\_\_\_\_.

### GOSPEL ACCLAMATION [M.17]

We stand and we sing or say "Alleluia." *Alleluia* means "Praise God!" During the season of Lent, the Alleluia is not said, but another acclamation praising God is said or sung. We are happy and we praise God because we are going to hear Jesus speak to us through the Gospel. We see and hear the priest, but Jesus is with us through His Word —the Gospel.

### GOSPEL DIALOGUE [M.17], GOSPEL READING [M.17]

We listen to the Gospel story, which is read by the deacon or priest. The word *gospel* means

[23] "\_\_\_\_\_." The Gospel is the life and teachings of Jesus. In the Gospel, we hear the words of Jesus. The four Gospels were written by these eye-witnesses — Matthew, Mark, Luke, and John.

Priest or Deacon; A reading from the holy Gospel according to N.

At the same time, he makes the Sign of the Cross on the book and on his forehead, lips, and heart.

People: Glory to you, O Lord.

[24] We use our \_\_\_\_\_ to trace the shape of a cross on our forehead, lips, and heart. We do this so that we may know, speak, and love the Gospel.

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

GATHER

PROCLAIM

BREAK

SEND

We SIT to be TAUGHT.

### HOMILY [M.17]

**Luke 24:27 & 1 Thessalonians 2:13** > Jesus interpreted the scriptures to those whom were [25] listening. The priest/deacon is also to \_\_\_\_\_ the scriptures so that we can better understand how God is speaking to us.

### PROFESSION OF FAITH [CREED] [M.18-19] We STAND out of RESPECT.

We now summarize our faith by proclaiming a creed handed down from the early Church. We speak out loud what we believe to be the TRUTHs of our faith.

#### 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.

### UNIVERSAL PRAYER [M.19] — PRAYERS OF THE FAITHFUL

As God's people, we unite with one another to pray for today's needs in the Church and in the world.

[26] **1 Timothy 2:1-4** > We offer prayers for \_\_\_\_\_. We do this because God wants us all to be in heaven and to have knowledge of Him.

After each petition is read by the priest/deacon, our response is **Lord, hear our prayer.**

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

**We SIT to be TAUGHT.**

### OFFERTORY

[27] **Acts 2:44-46** > We collect money because we are to \_\_\_\_\_ and support the poor and needy.

[28] **1 Corinthians 16:1-2** > And to support our local parish church, our gifts are to be shared among all for all of our needs

[29] **Gen. 14:18-20** > We are to give \_\_\_\_\_ percent in thanksgiving for God taking care of us.

[30] **1 Corinthians 10:17, Romans 12:5** > We use bread \_\_\_\_\_ wine because we are part of the one body of Christ. Christ is the bread which came down from heaven.

Bread and wine have been used since ancient times in the Passover meal. They represent food, a source of life for us. The bread and wine used at Mass also symbolizes our lives. As bread is made of crushed wheat, and wine is made of crushed grapes, so our lives are crushed and offered to God and "many parts become one Body".

[31] **Luke 22:19-20** > Jesus said the bread is His Body and the wine is His Blood.

### PREPARATION OF THE GIFTS [M.20]

The altar is prepared for the Eucharist: the book and the chalice are placed upon the altar.

### PRESENTATION OF THE GIFTS [M.20]

Several people, sometimes a family, then bring the gifts of bread and wine to the priest. These gifts of bread and wine are our offering to God as a sign of our love. We should offer ourselves and our hearts to God as well.

**We STAND out of RESPECT.**

### INVITATION TO PRAYER [M.21] PRAYER OVER THE OFFERINGS [M.21]

The priest takes these gifts and says a prayer over the bread and a prayer over the wine. We respond to the priest when he says these prayers out loud.

### EUCCHARISTIC PRAYER [10 OPTIONS] Most popular is Eucharistic Prayer III [M. 34-37]

After the priest prays over the gifts, he begins the great prayer of thanksgiving which we call the **Eucharistic Prayer**. He begins by asking God to be with us, he asks us to give our love [our hearts] to God, and he invites us to offer thanks to God [especially for the gift of His Son, Jesus]. We respond by asking God to be with the priest, we give our love to God, and we offer thanks to God.

[32] The first part of the **Eucharistic Prayer** is called the \_\_\_\_\_. We praise God and thank Him for His goodness and love.

### PREFACE DIALOGUE, PREFACE [M. 22-23]



# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

### PREFACE ACCLAMATION [M. 23]

[33] At the end of Preface the priest invites us to praise God in union with the \_\_\_\_\_.

This prayer of praise is called the **HOLY, HOLY, HOLY [M. 23]**

**Revelation 4:8** > In heaven, the **HOLY, HOLY, HOLY** is sung by the angels day and night.

**Mark 11:9-10** > As Jesus entered Jerusalem, the people sing this song of praise to Him.

**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.

[34] **John 6:54-56** > Jesus says the Eucharist is actually his \_\_\_\_\_ & \_\_\_\_\_ three times. JESUS says it 3 times in 3 different ways; Why? To get his point across.

### We KNEEL to WORSHIP.

[35] The priest reminds us of what happened at the Last Supper. When the \_\_\_\_\_ of Jesus are spoken by the priest, the bread and wine become the Body and Blood of Jesus!

### MEMORIAL ACCLAMATION [MYSTERY OF FAITH] [M. 35]

[36] We remind ourselves that Jesus died for us and that He is our Savior [our \_\_\_\_\_]. We pray that all of us grow in love. We pray for the people who have died. We remember how Mary, the Apostles, and the saints lived. We ask God to help us be like the saints so we can share God's life in heaven.

### We STAND out of RESPECT.

Jesus loved His Father very much. He always prayed to Him and praised Him.

**Matthew 6:9-13, Luke 11:2-4** > Jesus taught the disciples a particular prayer to honor

[37] God the Father. It is called the \_\_\_\_\_.

### THE LORD'S PRAYER [M. 72]

**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.

After we finish saying this prayer, the priest continues to pray asking God to watch over us and to help us make right choices.

ORANS POSTURE

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

### SIGN OF PEACE [M. 73]

When we say the Lord's Prayer, we ask to be forgiven, and we say we will forgive others. At this time we want to offer each other a sign of peace to show we mean these words. We shake hands [38] with those around us and offer them peace by saying, "\_\_\_\_\_."

**John 1:29 >** We call Jesus the 'Lamb of God' because of St. John the Baptist, his cousin.

**Revelation 19:9 >** In heaven, the angels refer to Jesus as the Lamb which are God's words.

### LAMB OF GOD [M. 74]

We are almost ready to receive Jesus. We sing or say a prayer asking God to have mercy on us and to grant us peace.

**Matthew 8:8 >** A centurion, a Roman guard, is the one who says to Jesus, "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed."

[39] This is the prayer we say when the priest \_\_\_\_\_ the Eucharist towards us!

### INVITATION TO COMMUNION [M. 75]

We say some prayers to help us be ready and worthy to receive the Holy Eucharist.

### GUIDELINES FOR RECEIVING COMMUNION [M. 664-665]

In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and have normally fasted for one hour. [1 **Corinthians 11:27-30**]

### COMMUNION [M. 76]

We walk up reverently to receive the Bread of Life. We may receive the Body of Christ on our tongue or in our hands. If the Blood of Christ is distributed, we may drink from the chalice.

After you have received the Eucharist, you return to pray, to spend time with Jesus whom you have just taken into your home [body is a dwelling place for the Lord –tabernacle-], this is the time

[40] when you are the absolute \_\_\_\_\_ to JESUS [even closer than when we go to Adoration].

### PRAYER AFTER COMMUNION [M. 76]

The priest says a prayer to God asking that this sacrament [Holy Eucharist] will help us act as

[41] images of God here on earth so that we may \_\_\_\_\_ God's life in heaven one day. The priest prays that the Lord will be with each of us, and we pray that the Lord will be with the priest.

# JAN. 13, 2026— YEAR 2—MASS: LITURGY, PART THREE

## THE LITURGY OF THE WORD

## THE LITURGY OF THE EUCHARIST

### GATHER

### PROCLAIM

### BREAK

### SEND

**2 Thessalonians 3:16** > May the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

**2 Timothy 4:22** > The Lord be with your spirit. Grace be with all of you.

### SOLEMN BLESSING [M. 77]

The Priest greets and imparts the Lord upon us once again with: "The Lord be with You".

[42] Our response is: \_\_\_\_\_

The Priest then leads the flock out of God's house...leading us "into battle" in a sense.

### FINAL BLESSING [M. 77]

The priest gives us God's blessing. He makes the Sign of the Cross and blesses us. We respond

[43] by making the Sign of the Cross and answering, "\_\_\_\_\_!"

### DISMISSAL [M. 77]

The priest asks us to love God and to tell others the Good News. We sing a song of praise as the priest and altar servers process out of the church.

[44] The word "\_\_\_\_\_" is derived from a Latin word, **mission**, which means **to send**. It implies that the faithful [us] are sent out after Mass to use the sacramental graces we've received AT MASS in our day to day lives until we come together again at Mass.

After Mass ends, the people of God are to pray the St. Michael prayer for protection against the devil and evil spirits and ask for the intercession of St. Michael the Archangel.

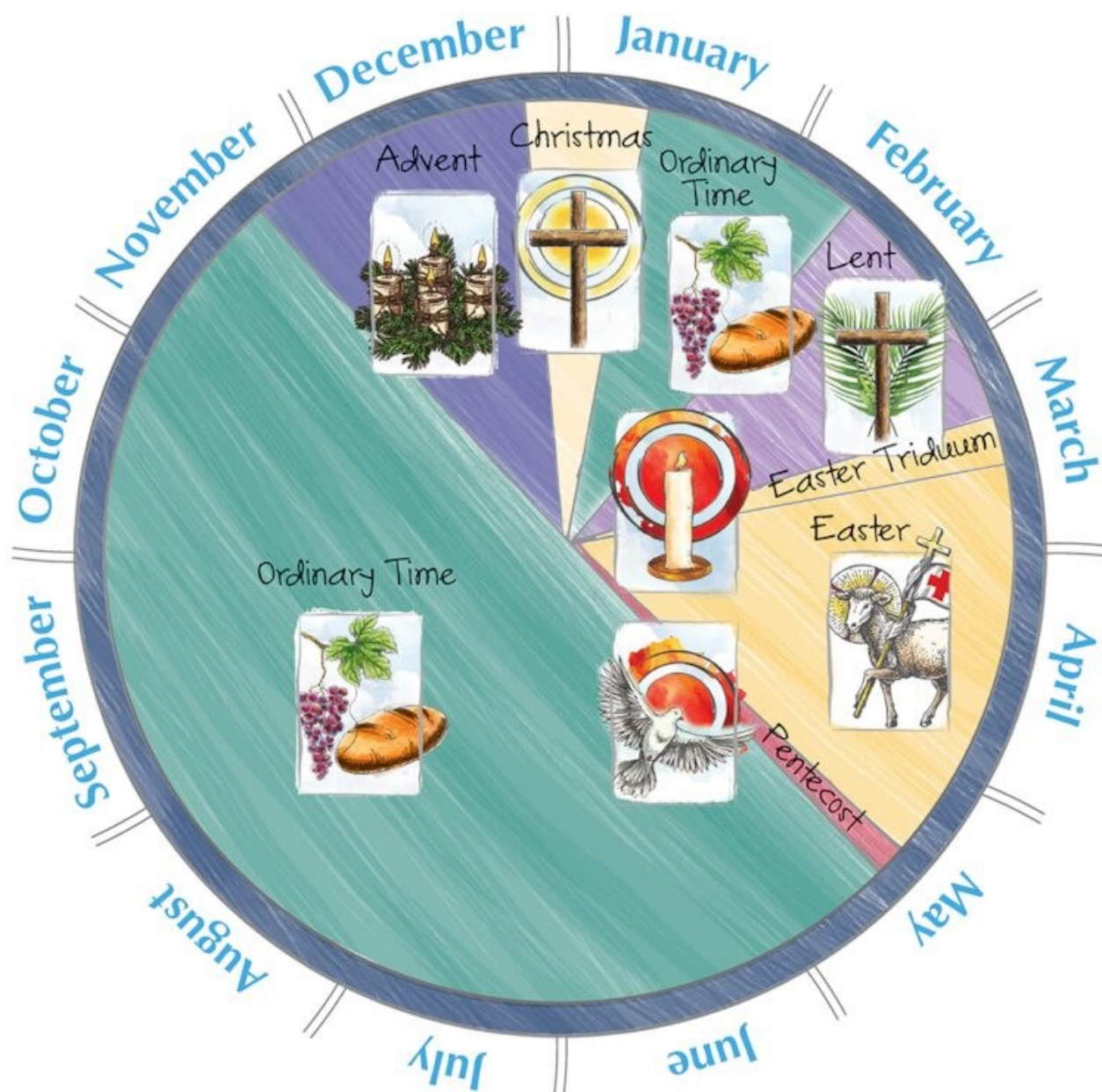
**St. Michael the Archangel** defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the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

[45] And, then we leave the church \_\_\_\_\_ as others take additional time to pray with Jesus.

# JAN. 27, 2026— YEAR 2—MASS: LITURGY, PART FOUR

## *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.





## 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.



# JAN. 27, 2026— YEAR 2—MASS: LITURGY, PART FOUR

## LITURGICAL COLORS



GREEN	GOLD OR WHITE	RED	PURPLE	PINK
IS USED FOR...	IS USED FOR...	IS USED FOR...	IS USED FOR...	IS USED FOR...
Ordinary time	Feasts of our Lord Jesus Christ, the Blessed Virgin Mary, and non-martyred saints	Pentecost, Feasts of the Apostles and martyrs	Advent and Lent. It is also used in the masses of deceased.	Third Sunday of Advent and Fourth Sunday of Laetare
SYMBOLIZES	SYMBOLIZES	SYMBOLIZES	SYMBOLIZES	SYMBOLIZES
Hope	glory, innocence, purity of the soul	The fire of charity and the blood of Christ	Humility and penance	Joy and love

## OBJECTS DURING MASS

[1] What object holds the precious Blood of Christ?

[2] What objects sit on the Credence table until the Preparation of the Gifts during the Liturgy of the Eucharist?

[3] What is the sink that drains directly into the ground called?

[4] What sacraments do you have to have received in order to be an Altar Server?

**1. Candles**  
At least two are present at Mass. Candlelight was necessary during early Masses celebrated underground in the Roman catacombs, but they also symbolize Jesus as the light of the world.

**2. The Roman missal**  
The book containing the prayers for Mass.

**3. Ciborium**  
The receptacle that holds the bread.

**4. Chalice**  
The cup that holds the precious blood.

**5. Pall**  
The cover for the chalice when it's not being used.

**6. Paten**  
The plate that holds the Communion wafers.

**7. Corporal**  
The cloth that is placed beneath the chalice and paten to catch bits of the Eucharist. When not in use, it's folded into thirds to symbolize the Trinity, and is stored in a burse, a carrying case. Sacristans soak the corporal and other cloths before washing them to remove any bit of Communion. Most sacristies have a sacrarium, or sink that drains directly into the ground, where that water is poured.

**8. Purificator**  
The cloth used to clean the chalice, ciboria and patens.

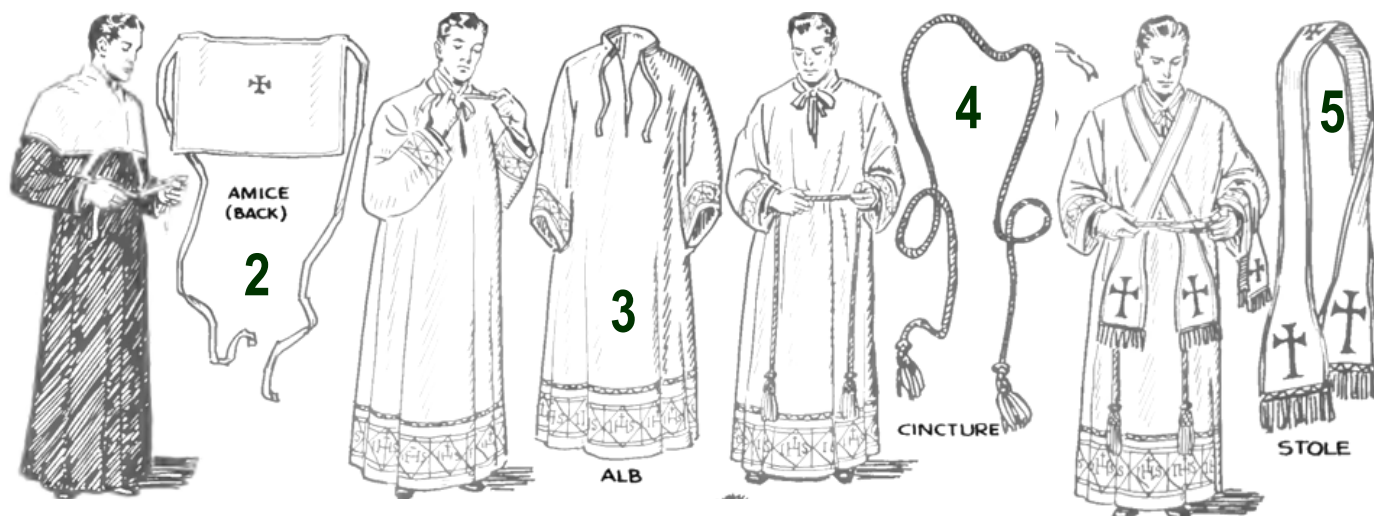
**9. Lavabo**  
The basin that holds the water priests use to ceremonially wash their hands before the consecration. They dry their hands with a small finger towel.

**10. Cruets of water and wine**  
Containers of water and wine that will become the precious blood. A splash of water is added to the wine, and the water can also be used to pour into the lavabo.

**11. Chalice veil**  
The cloth that covers the chalice. The veil often matches the priest's chasuble and corresponds with the liturgical season: green for Ordinary Time, purple for Lent and Advent, white for Easter and Christmas, and red and rose on specific days.

# JAN. 27, 2026— YEAR 2—MASS: LITURGY, PART FOUR

## PRIEST VESTMENTS & THE PRAYERS SAID WHILE GETTING DRESSED



### #1: Washing hands

**PRAYER** > Give virtue to my hands, O Lord, that being cleansed from all stain I might serve you with purity of mind & body.

**#2: AMICE:** A rectangular neck cloth which serves to protect the valuable Chasuble and Stole. But it is used only if the Alb doesn't cover the ordinary clothing at the neck.

**PRAYER** > Give virtue to my hands, O Lord, that being cleansed from all stain I might serve you with purity of mind & body.

**#3: ALB:** A long white garment worn by the priest to represent the new and immaculate vestment that has been received thru baptism.

**PRAYER** > Cleanse me, O Lord, and purify my heart, that washed in the Blood of the Lamb, I may attain everlasting joy.

**#4: CINCTURE:** A cord used as a belt to tighten the ALB.

Symbolizing the virtue of chastity and self-control, and it is the same color as the Chasuble.

**PRAYER** > Gird me, O Lord, with the cincture of purity and quench in me the fire of concupiscence, that the virtue of self-control and chastity may remain in me.



**#5: STOLE:** A long narrow band, several inches wide and about 80 inches long [same color as Chasuble] which is worn as a sign that the priest is serving in his official Liturgical role.

**PRAYER** > Return to me, O Lord, the stole of immortality, which I have lost in the sin of my first parent; and although I, unworthy, approach Thy sacred mystery, grant to me, nevertheless, everlasting joy.

**#6: CHASUBLE:** the final vestment of the Priest that is worn over all the others and symbolizes the virtue of charity and yoke of unselfish love.

**PRAYER** > O Lord, who has said, My yoke is easy and My burden light; grant that I may be able so to bear it, that I may obtain your grace. Amen.



# JAN. 27, 2026— YEAR 2—MASS: LITURGY, PART FOUR

## ETIQUETTE FOR MASS

Going to Sunday Mass could be THE highlight of the week for any catholic, where receiving the Body of Christ, listening to the Word of God, and praying together with brothers and sisters, allows us to participate in our universal Catholic Church as One Body. But sometimes going to Mass turns out to be a little short of a blissful experience, where we sometimes have to deal with distractions and unpleasant feelings because of other people's poor "Church etiquette". Below are some reminders for all of us to try to make our encounter at Mass a better one!

### SILENCE AND PRAYERFULNESS BEFORE MASS

The best way for us to prepare for an encounter with God is prayerful silence. We should not be talking to each other but to God. The short time before the start of Mass may be someone's only time within the week which they dedicate to personal prayer and reflection. Let them have that chance, and try practicing it for one's self too.

### MOBILE PHONES

I think we can all agree that texting, talking or playing games on our phones during Mass is not only impolite, but disrespectful of the gifts that God lavishes on us during Mass. Mass is a very precious chance for personal communication with God.

### NOT JUST A SHOW

Mass is not a show or a performance, however skilled our musicians and choirs may be. We are supposed to sing along, and say aloud all the responses assigned to the congregation.

### DO NOT LEAVE EARLY AND DO SO QUIETLY

The final hymn is not meant to be like a movie's final credits when everybody starts leaving the theater. It is for us all to sing. It is an annoyance to those who are still singing when we start collecting our belongings and excuse ourselves out. Even when the final hymn is over, people could still be praying so we must leave quietly.

### DRESS CODE

It is very difficult to suggest what would be a correct attire but I think we would all agree that singlets, leggings, string tops, low cut tops, miniskirts, very tight or see-through clothes would not be appropriate.

### ARRIVING ON TIME

Arriving on time is important, not just as a sign of respect for God, but also because it spares distraction and inconvenience to our fellow parishioners.

### MOVING TO THE CENTER OF THE PEW

Unless we have a genuine need to be able to get up and leave church during Mass, it would be courteous to fill the middle of the pews rather than the ends. In this way, people who arrive after us do not have to climb over our legs to reach their seats.

### RESERVING SEATS FOR OTHERS (WHO ARRIVE LATE OR NOT AT ALL)

Here a bit of moderation is needed: if I want to reserve a seat next to me, I should only do so for a short time and never after Mass has started.

### SETTING A GOOD EXAMPLE, BEGINS WITH "ME"

We must always remember that what we do in church, as in life, can be a good or a bad example to others. Our fellow parishioners (including the youth) will be influenced by our behavior and will try to make sense of it, such as:

"Mom and Dad think that Mass is important, so much that they turn off their cell phones!"

"All the people are praying silently before Mass, perhaps I could try and talk to God too..."

Most of the above suggestions (which are by no means exhaustive) spring from a delicate love of God & neighbor. Let us strive to create a culture of loving God above everything else, and of putting ourselves into other people's shoes so as to "treat others as you would like them to treat you" ([Matthew 7:12](#)).





# JAN. 27, 2026— YEAR 2—MASS: LITURGY, PART FOUR



MARTYRDOM IS THE ACT OF SACRIFICING ONE'S LIFE FOR CHRIST.

God loves a cheerful giver.—2 Corinthians 9:7

The seed has to die in order to bear fruit.—John 12:24

So I tell you, her many sins have been forgiven...she has shown great love. But the one to whom little is forgiven, loves little.—Luke 7:47

HAVE YOU EVER OR DO YOU NOT HAVE A RELATIONSHIP WITH THE LORD BECAUSE YOU'RE AFRAID OF WHAT HE MIGHT ASK OR SAY TO YOU?

Draw Near to God, and He will draw near to you.—James 4:8

THERE IS JOY IN THE MIDST OF SUFFERING. GOD'S HEROES ARE MARTYRS. Fill yourselves first, and then only, will you be able to give to others.—St. Augustine

I commend you to be firm and steadfast! Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go.—Joshua 1:9

Do not conform yourself to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.—Romans 12:2

ST. JOSEPH WAS OBEDIENT TO WHATEVER GOD ASKED OF HIM WITHOUT KNOWING THE OUTCOME.

IF YOU WANT OTHERS TO BE REVERENT, YOU BE REVERENT. IT'S IN YOUR REVERENCE THAT THEY'RE GOING TO FALL IN LOVE WITH A PERSON NOT A PRACTICE.—MARK HART

So submit yourselves to God. Resist the devil, and he will flee from you.—James 4:7

THE PASSION IN WHICH YOU SHARE JESUS IS THE SAME LEVEL AS YOU TRUST IN HIM.

## St. Teresa of Kolkata wisdom

Christ created you because He wanted you.

Sorrow, suffering is but a kiss of Jesus — a sign that you have come so close to Jesus on the Cross that He can kiss you.

Let nothing and nobody ever separate you from the love of Jesus and Mary.

I pray that nothing may ever fill you with pain and sorrow as to make you forget the joy of the Risen Jesus.

To Be His Victim—to be at His disposal.

A joyful heart is the result of a heart burning with love.

However long purgatory may be—there is the beautiful hope of seeing Jesus one day.

# FEB. 24, 2026— YEAR 2—TIWIK & INTERVIEWS

## YEAR TWO - PARENT REFLECTION [Adoration code: 5231]

*This scripture reflection is designed to assist parents as their child[ren] completes the TIWIK sacramental prep comprehension.*

Pray through the following Scriptures and answer the four questions for each scripture.

You may find it helpful to journal some of your reflections.

- What is God saying to me through the scripture?
- How does God call me to live through this scripture?
- How have I responded to His Word? How have I not responded?
- How does this apply to me?



### SCRIPTURES:

ISAIAH 40:28-31

1 CORINTHIANS 9:24-27

1 JOHN 4:9-11

JOHN 6:27-29, 67-69

REVELATION 3:19

PROVERBS 3:5-8

# **FEB. 24, 2026— YEAR 2—TIWIK & INTERVIEWS**

## **YEAR TWO - PARENT EVALUATION — TUESDAY NIGHT**

*These evaluation questions are designed to assess our parents and improve the sacramental prep program*

OPTIONAL BUT ENCOURAGED, YOUR NAME: \_\_\_\_\_

- ◆ Describe your child's journey toward the Sacraments of Initiation. Has their outlook/perspective changed?
- ◆ Has your faith grown as being a part of their preparation program for sacraments? Why or why not?
- ◆ What have you most enjoyed about their Tuesday night Sacramental Prep program? Found the most challenging?
- ◆ What do you think needs to be added and/or subtracted from the Tuesday night Sacramental Prep program?
- ◆ Do you plan on registering your child[ren] for 2025-2026 EDGE or LIFE TEEN at St. Helen? If No, why not?
- ◆ How will you encourage your child[ren] to live out their faith AFTER receiving their sacraments?
- ◆ Why did you choose their Godparent and/or Confirmation sponsor?



### **WEDNESDAY EDGE [GRADES 6-8]**

- ◆ What has your child[ren] most enjoyed about EDGE? Found the most challenging?
- ◆ What do you think needs to be added and/or subtracted from EDGE?
- ◆ Do you read the Tuesday night EDGE parent notes sent via Flocknote?
  - ◆ If so, what do you enjoy the most about them [goal; weekly challenge; saint; parent video; current events; family questions]?
  - ◆ If not, why do you not read them?
- ◆ Do the Wednesday afternoon EDGE text message reminders help you?
- ◆ Would you consider joining our EDGE CORE Team [volunteer adults who walk in faith with our youth]?

### **SUNDAY LIFE TEEN [GRADES 9-12]**

- ◆ What has your child[ren] most enjoyed about LIFE TEEN? Found the most challenging?
- ◆ What do you think needs to be added and/or subtracted from LIFE TEEN?
- ◆ Do you read the Thursday night LIFE TEEN parent notes sent via Flocknote?
  - ◆ If yes, what do you enjoy the most about them [goal; parent video; current events; family questions]?
  - ◆ If no, why do you not read them?
- ◆ Do the Sunday afternoon LIFE TEEN text message reminders help you?
- ◆ Would you consider joining our LIFE TEEN CORE Team [adults who walk in faith with our youth]?

# MAR. 10, 2026— YEAR 2—LOGISTICS

## HOW TO RECEIVE HOLY COMMUNION



### THE WALK OF SAINTS

Walking up to receive Holy Communion is like the Walk of Saints because we are about to receive Jesus Christ in the Eucharist. This is not a race. Walk slow. This is not a time to talk. Keep your eyes on Jesus.

### HANDS TOGETHER

As you are walking, have your hands together in a Prayer Posture with your thumbs crossed. This serves as a reminder that Jesus died on the cross for us. And, keep your gaze on Jesus in the Eucharist.

### BOW BEFORE THE KING

Jesus is the King of Kings. So, as you approach the front of the line, you should hear the minister say, "The Body/Blood of Christ". When you hear these words, you bow your head to show reverence for Who are about to receive.

### HANDS UP!

It's important that when you approach the minister, you present your hands high and create a throne with your hands — the palm of your dominant hand under the palm of your other hand. This throne should be at the level of your heart!

### THE BODY OF CHRIST & AMEN!

Once it is your turn to receive Holy Communion, the minister will hold up The Body of Christ [or The Blood of Christ] and say the words, "The Body of Christ" [or "The Blood of Christ"]. And, your audible response is to be "AMEN!"

### RECEIVING

The minister will then place the Eucharist in your hands! It is at this time you receive Jesus in Holy Communion. You place JESUS in your mouth in front of the minister. You do not walk back to your seat with Jesus.

**\*\* you may NOT dip [intinct] Jesus' Body into Jesus' Blood. \*\***

When receiving The Blood of Christ, please hold the Chalice with both hands.

### WALK BACK

After Jesus is in your mouth, don't chew Him; let the Host dissolve. Walk back to your pew.

### PRAY AND REFLECT

Now, that you have made it back to your pew; its now time to kneel and pray silently and reflect on this moment with the Lord.

**\*\* the proper time to sit back in your seat is when the priest/deacon has finished cleaning the vessels of Holy Communion. \*\***











# Gospel Comparisons



**Mark**



**Matthew**



**Luke**



**John**

<b>Writer</b>	A second generation Christian, possibly a follower of Peter; traditionally the John Mark of Acts	An unknown Jewish Christian, traditionally the apostle Matthew	A Gentile Christian, traditionally Luke the physician and Paul's traveling companion	The beloved disciple, the apostle John, or his disciple
<b>Date Written</b>	AD 65–70	AD 75–80	AD 80–85	AD 90–110
<b>Images of Christ</b>	The suffering servant of God, Son of Man, Son of God, Messiah, and Lord	Teacher and prophet like Moses, Son of God, Son of Man, Messiah, and Lord	Great healer, merciful, compassion for the poor, Son of God, Son of Man, Messiah, and Lord	Logos, Word of God, Son of God, Son of Man, Lamb of God, Redeemer, Messiah, and Lord
<b>The Author's Community</b>	A Gentile Christian community in Rome undergoing persecution	A Jewish Christian community in Antioch, Syria	Written to Theophilus (meaning "lover of God"), who possibly represents any Christian (Greece)	Community of Jews, Gentiles, and Samaritans of Ephesus in Turkey
<b>Theological Themes</b>	Jesus shows that the suffering in our lives can be a source of grace when united to the sufferings of Christ.	Jesus teaches what it means to be a member of the kingdom of heaven. He prepares his followers to continue his teaching and ministry.	Jesus heals long-standing divisions among people. He calls his followers to have a special compassion for those excluded from wealth and power.	Jesus is the divine Son of God, the image of God in flesh. Salvation is available for those who believe in Jesus and commit their lives to him.
<b>Historical Situation</b>	The Romans subdue armed Jewish rebellions. Christians experience persecution in Rome.	Written after Romans had destroyed all of Jerusalem, including the temple of Herod	Written when the persecution of Jews and Christians was intensifying	Emperor Domitian deified himself and mandated that all people worship him. Jewish leaders banned Christians from the synagogues.



# How *the Bible* is ORGANIZED

