

ST. MARY CATHEDRAL



Sacrament Preparation
LEVEL THREE

LEVEL THREE QUESTIONS AND ANSWERS

☐ 1. Do I participate in every Sunday Mass and Holy Day of Obligation?	2
☐ 2. Do I pray every day? How do I live my relationship with Jesus on a daily basis?	3
☐ 3. Have I read pages 545-818 of the Action Bible by Doug Mauss and Sergio Cariello or Pages 543-795 of the The Picture Bible by Iva Hoth?	5
☐ 4. Do I know how to use an adult Bible?	5
☐ 5. Can I list the Eight Beatitudes? (Mt. 5:3-10).	8
☐ 6. What is the Sacrament of Confirmation?	10
☐ 7. What are the 7 Gifts of the Holy Spirit?	10
☐ 8. What are the Fruits of the Holy Spirit?	12
☐ 9. Do I desire to be sealed with the gift of the Holy Spirit?	14
☐ 10. Have I chosen a confirmation name?	15
☐ 11. Do I know how to lead the Rosary?	16
☐ 12. Do I know all the mysteries of the Rosary?	18
☐ 13. Do I know how to lead the Divine Mercy Chaplet?	20
☐ 14. Do I desire to receive Jesus in the Eucharist?	22
☐ 15. How do I prepare at home to get ready for the Sacrifice of the Mass?	22
☐ 16. Do I know what to do as I receive Jesus in Holy Communion?	23
☐ 17. What do I tell Jesus after I receive Him in Holy Communion?	24
☐ 18. What is meant by thanksgiving after Mass?	24
☐ 19. When should I not receive Jesus in the Eucharist?	25
☐ 20. Have I gone to Confession at least two times?	25
☐ 21. Why do we say the Church is One?	26
☐ 22. Why do we say the Church is Holy?	27
☐ 23. Why do we say the Church is Catholic?	28
☐ 24. Why do we say the Church is Apostolic?	29
☐ 25. What are the 5 Precepts of the Church?	30
☐ 26. Have I watched some of the children videos on Formed.org? What did I like?	30
☐ 27. Have I read any children's books on saints or faith?	30
☐ 28. Have I attended the parish sacramental preparation retreat?	31



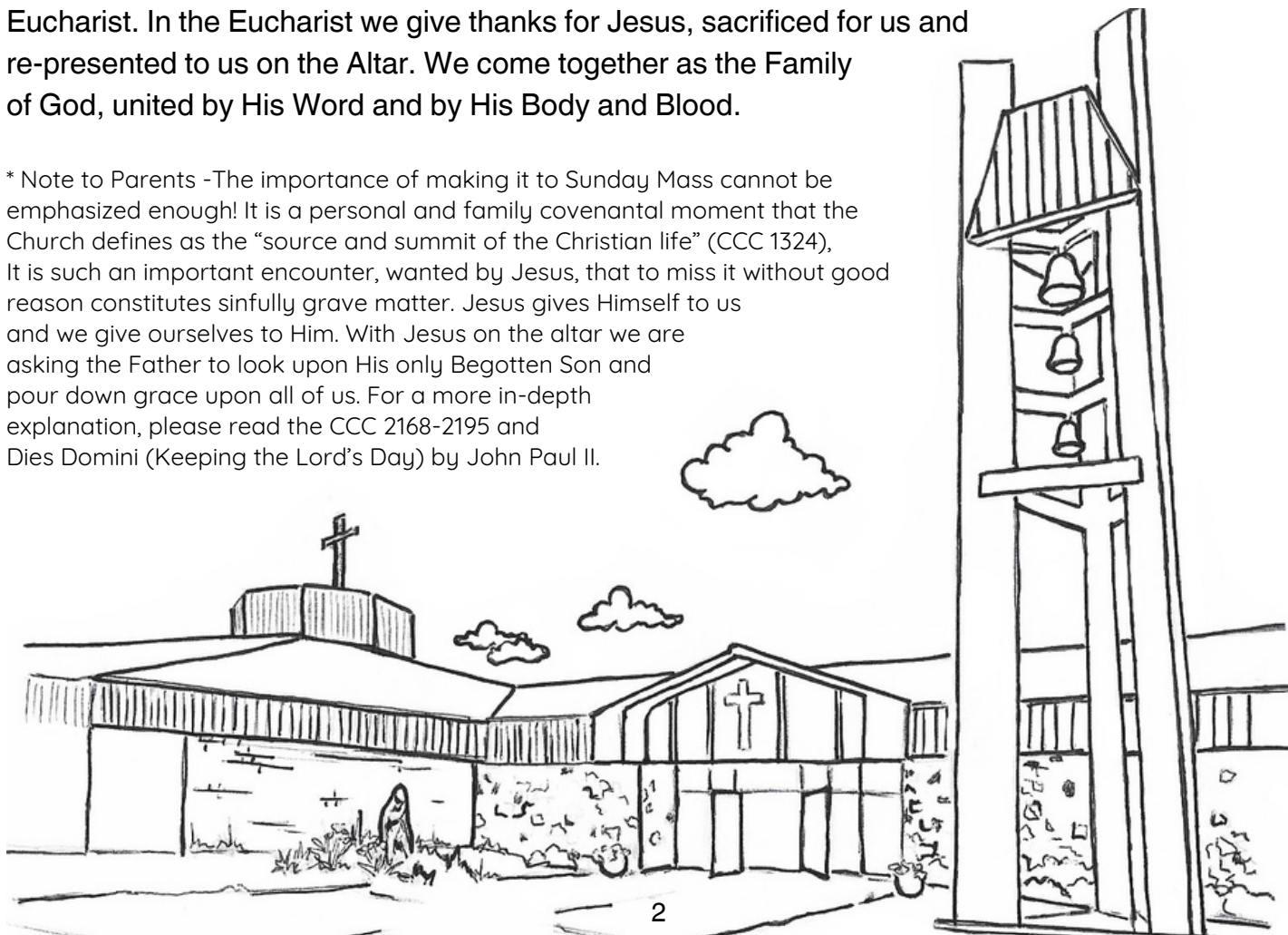
Do I participate in every Sunday Mass and Holy Day of Obligation? (Unless there is a serious reason such as illness).

This is a simple yes or no question. It is repeated from Levels One and Two because it needs to become something we cannot live without. Below is the explanation from Level One.

It is extremely important that we put into practice the third commandment to “Keep Holy the Sabbath” and Jesus’ command at the Last Supper; “Do this in memory of me”. On the Sabbath (Seventh Day) the Israelites were asked to rest from work in order to acknowledge their relationship with God as being the priority. It was a day of thanksgiving to God for all of His blessings.

Since Jesus Christ is the fullness of blessings given to all of us, the day of His resurrection (Lord’s Day or Sunday) becomes the special day to remember and to celebrate our covenant with God. We rest from work to make God the priority and we fulfill Jesus’ words “Do this in memory of me” by renewing our covenant with Him in the celebration of the Eucharist. In the Eucharist we give thanks for Jesus, sacrificed for us and re-presented to us on the Altar. We come together as the Family of God, united by His Word and by His Body and Blood.

* Note to Parents -The importance of making it to Sunday Mass cannot be emphasized enough! It is a personal and family covenantal moment that the Church defines as the “source and summit of the Christian life” (CCC 1324). It is such an important encounter, wanted by Jesus, that to miss it without good reason constitutes sinfully grave matter. Jesus gives Himself to us and we give ourselves to Him. With Jesus on the altar we are asking the Father to look upon His only Begotten Son and pour down grace upon all of us. For a more in-depth explanation, please read the CCC 2168-2195 and *Dies Domini* (Keeping the Lord’s Day) by John Paul II.



Write down ways you and your family might enjoy “keeping holy the Lord’s Day.” What would an ideal Sunday look like for you and your family keeping this commandment in mind? Make a list below.

1. _____
2. _____
3. _____
4. _____
5. _____



Do I pray every day?

How do I live my relationship with Jesus on a daily basis?

This is repeated from Levels One and Two because it needs to become something we cannot live without. Below is the explanation from Level One.

We cannot have a relationship with Jesus without prayer. **Prayer is anytime we give our hearts and minds to God. It can be a simple conversation with God in which we listen and speak to Him as His children and as His friends. It is being mindful of His loving presence, in which we thank Him, love Him, petition His help and offer to Him all our actions.**

Both children and adults should develop this habit of spontaneous prayer so that it becomes always present, from our waking to our sleeping. The prayers need not be long, only from the heart.

Spontaneous prayer should also extend as a conversation to the angels and saints, above all to Mary as our Heavenly Mother wanting to help us love her Divine Son.

**Note to parents - With this question we are trying to make sure the child is able to spontaneously talk with Jesus and through this dialog to open themselves up to His presence. As Jesus becomes their best friend, they will begin to see all the ways He takes care of them and that they can trust Him. Their love for Him will grow, and they will naturally desire to meet Him more fully in the Sacraments.*

Below are some examples of spontaneous prayer; feel free to practice them now.

- “Good morning, Jesus” and “Good night, Jesus.”
- “Dear Lord Jesus, I offer you this day.”
- “Mary, I give myself to you.”
- “Jesus and Mary, I love you, thank you for your love.”
- “I’m doing this for you, Jesus.”
- “I offer this sacrifice for the souls in purgatory.”
- “Jesus, I trust in you, take care of everything.”
- When we see someone in need; “Jesus, please help that person with...”
- Before and after meals; “Thank you, Jesus, for our food.”
- When passing a Catholic Church; “Hello, I love you Jesus in the Blessed Sacrament.”



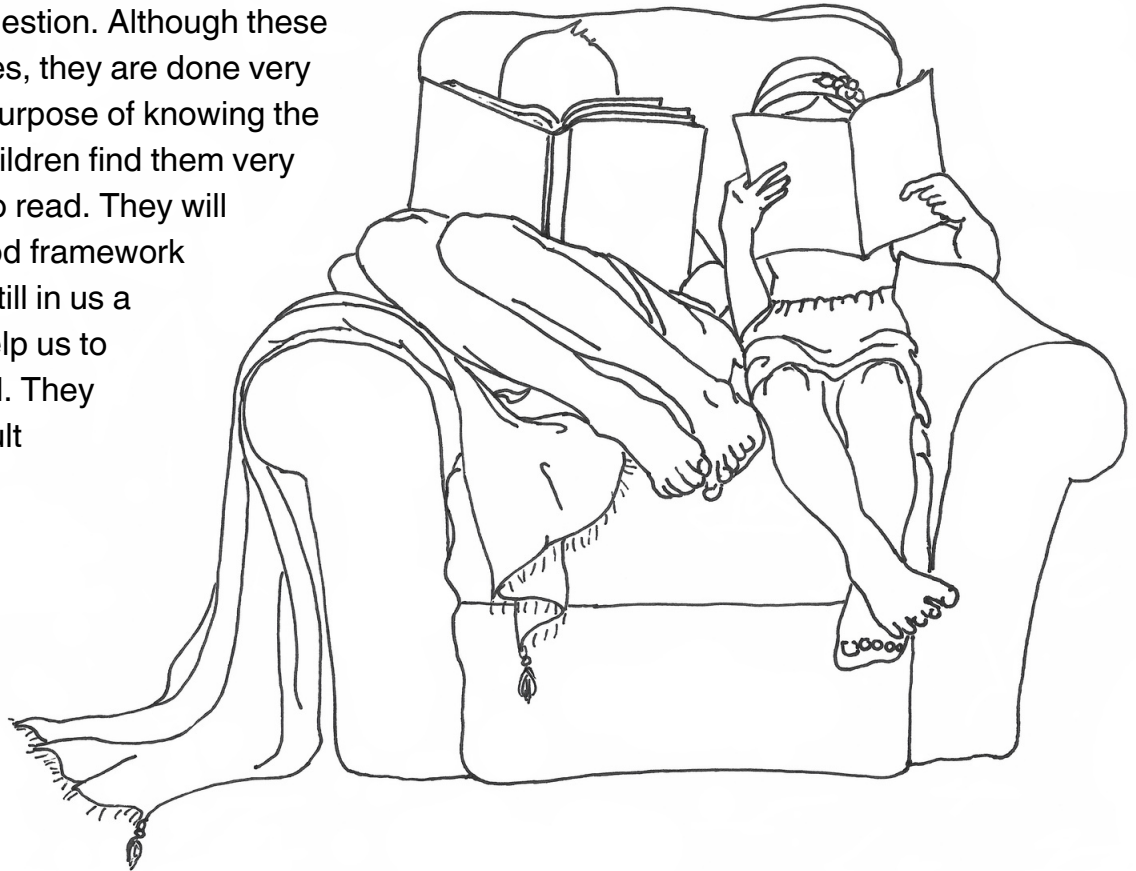
Use the spaces below to write down ideas for your own spontaneous prayers.

1. _____
2. _____
3. _____
4. _____
5. _____



Have I read pages 545-818 of the Action Bible by Doug Mauss and Sergio Cariello or pages 543-795 of The Picture Bible by Iva Hoth?

This is a yes or no question. Although these are not Catholic Bibles, they are done very well and are for the purpose of knowing the story of salvation. Children find them very easy and engaging to read. They will provide us with a good framework of biblical history, instill in us a vision of faith, and help us to love the Word of God. They will also make an adult Bible less daunting.



Do I know how to use an adult Bible?

After reading The Action Bible or The Picture Bible, we should start becoming familiar with the structure of an adult Bible.

The first thing to know is the division between the **Old Testament** (covenant stipulated with Moses) and the **New Testament** (covenant stipulated with Jesus). The New Testament or New Covenant begins with the birth of Jesus.

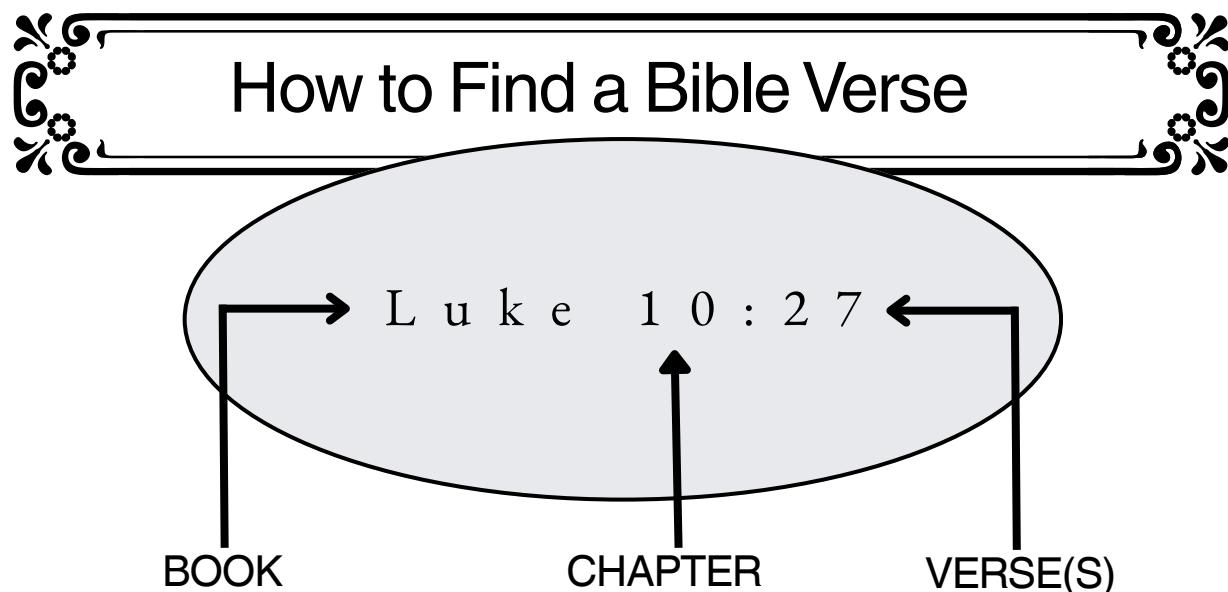
Within this division the Bible is divided into **books**. In fact, the word “Bible” comes from Greek and means “books”. The Catechism of the Catholic Church (nn. 106-108) explains how we should consider these “sacred books”.

God inspired the human authors of the sacred books. "To compose the sacred books, God chose certain men who, all the while he employed them in this task, made full use of their own faculties and powers so that, though he acted in them and by them, it was as true authors that they consigned to writing whatever he wanted written, and no more."

The inspired books teach the truth. "Since therefore all that the inspired authors or sacred writers affirm should be regarded as affirmed by the Holy Spirit, we must acknowledge that the books of Scripture firmly, faithfully, and without error teach that truth which God, for the sake of our salvation, wished to see confided to the Sacred Scriptures."

Still, the Christian faith is not a "religion of the book." Christianity is the religion of the "Word" of God, a word which is "not a written and mute word, but the Word is incarnate and living". If the Scriptures are not to remain a dead letter, Christ, the eternal Word of the living God, must, through the Holy Spirit, "open [our] minds to understand the Scriptures."

Each book is then divided into **chapters** and each chapter is further divided into **verses**. We should at least know how to find a specific book by using the index and then find the specific chapter and verse. The following scripture passages are commonly known and would be great for practice. Exodus 20:3-17; Joshua 24:15; 1 Samuel 15:22; Psalm 23:1-6; Matthew 6:9-13; John 14:6; Acts 17:28; Philippians 4:13; Revelation 3:20.



Lets find Luke 10:27 together.

1) First we open our bibles and look for the “Book of Luke”. “Luke” is in the New Testament so it can be found toward the back of our bible. You can also find an exact page number for the first chapter of “Luke” in the Table of Contents within the first few pages of your bible. You will see something like this in your bible when you’ve found the first chapter of the “Book of Luke.”

THE GOSPEL ACCORDING TO LUKE

Dedication to Theophilus

1 Since many have undertaken to compile a narrative about the events that have been fulfilled among us, ²just as they were handed on to us by those who

2) Once we have found “Luke”, we can then begin to search for chapter ten by turning the pages and looking at the numbers in the top corners until we see “Luke 10”. Luke 10 begins with verse 1 and will look something like this.

LUKE 10

The Mission of the Seventy-Two

10 After this the Lord appointed seventy-two^[a] others and sent them on ahead of him in pairs to every town and place where he himself intended to go. ²He said to them, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.

3) Now that you have found Luke 10, we need to find verse 27 by scrolling down, turning pages as needed until we find a small “27” before the verse. It will look like something like this

²⁵ An expert in the law stood up to test Jesus.^[1] “Teacher,” he said, “what must I do to inherit eternal life?” ²⁶ He said to him, “What is written in the law? What do you read there?” ²⁷ He answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and your neighbor as yourself.” ²⁸ And he said to him, “You have given the right answer; do this, and you will live.”

The following scripture passages are commonly known and would be great for practice. Exodus 20:3-17; Joshua 24:15; 1 Samuel 15:22; Psalm 23:1-6; Matthew 6:9-13; John 14:6; Acts 17:28; Philippians 4:13; Revelation 3:20.

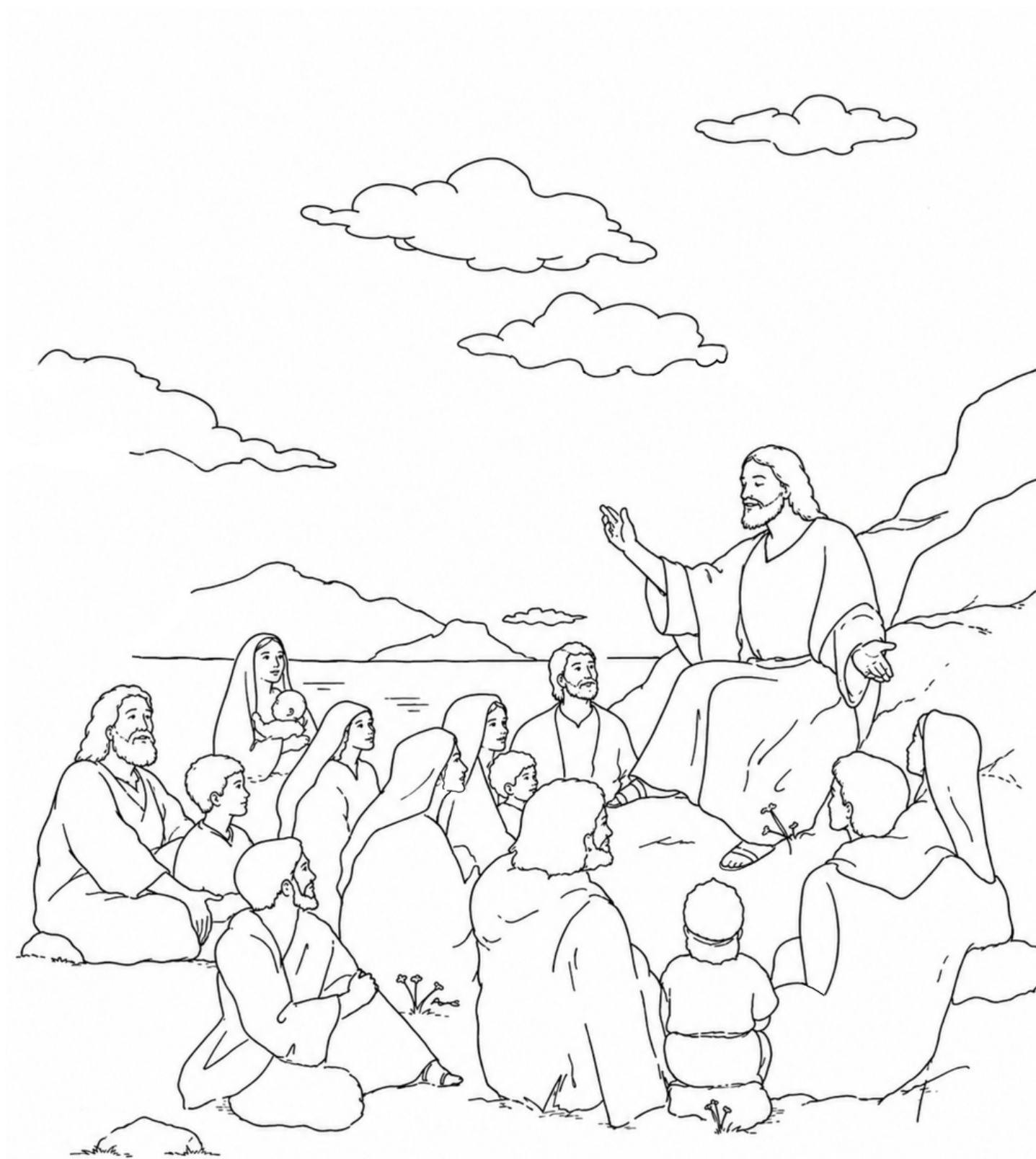


Can I list the Eight Beatitudes? (Mt. 5:3-10).

- 1) *Blessed are the poor in spirit,
for theirs is the kingdom of heaven*
- 2) *Blessed are they who mourn,
for they will be comforted*
- 3) *Blessed are the meek,
for they will inherit the land*
- 4) *Blessed are they who hunger and thirst for righteousness,
for they will be satisfied*
- 5) *Blessed are the merciful,
for they will be shown mercy*
- 6) *Blessed are the clean in heart,
for they will see God*
- 7) *Blessed are the peacemakers,
for they will be called children of God*
- 8) *Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven*

It is acceptable if the words and/or order are not exact.

We can put the Beatitudes into our own words. Here is a good YouTube video that makes it super easy to learn. <https://youtu.be/EQW13CL-fts>





What is the Sacrament of Confirmation?

The Sacrament of Confirmation “confirms” or “strengthens” the grace of Baptism. The bishop will say, **“be sealed with the gift of the Holy Spirit”** which means we ask to be filled with the love of God. As our relationship with Jesus grows, we desire to be animated with His Spirit, with the love of God, which is the Holy Spirit in us. The outpouring of His love in our hearts allows us to “know” Jesus because we feel Him with us and in us. **God’s presence strengthens us, setting our hearts on fire.** We feel God’s burning love for us, and we desire to share His love with others.

During the Sacrament, the bishop anoints our **forehead** with the **Oil of Chrism**. The Holy Oil calls down the outpouring of the Holy Spirit upon us, which renders us Christians. To be a Christian literally means to be **“anointed”** from Greek. Christ is The Anointed One of the Father, and when we receive the gift of the Holy Spirit, we become anointed too. We are anointed by the outpouring of His life into our hearts by the Holy Spirit living and working in us.

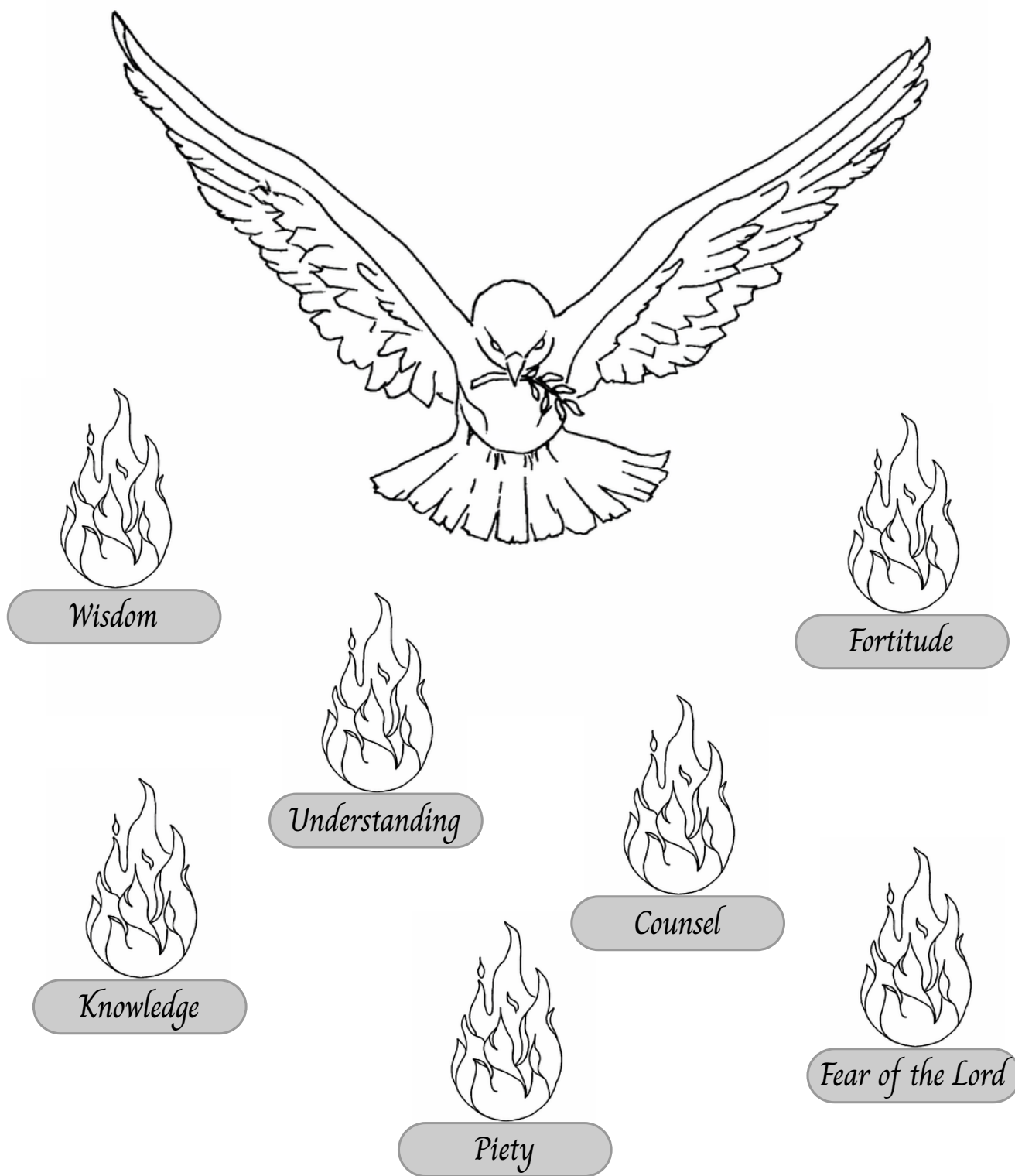
A good time to talk about the gift of the Holy Spirit is in preparation for the **Solemnity of Pentecost**, fifty days after Easter, when there was the outpouring of the Holy Spirit on the Apostles in the upper room. Other great moments are whenever we experience fear or a desire to know Jesus better. These are opportunities to explain that God lives within us, so we are never alone, and the Holy Spirit unites us to Jesus and the Father.



What are the 7 Gifts of the Holy Spirit?

“The Seven Gifts of the Holy Spirit are **Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord**. They belong in their fullness to Christ, Son of David. They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.” (CCC, 1831)

They are taken from Isaiah 11:2-4. They help us to see everything with the eyes of Jesus and to act as He would. It is important to practice these gifts by asking ourselves: **“What would Jesus do?”; “What would Jesus think?”; “How would Jesus look at this?”**



The second retreat will be on the Gifts of the Holy Spirit and their meanings. The best time to discuss them is in preparation for Pentecost, when these gifts were poured into the hearts of the disciples in the Upper Room. (Acts 2)



What are the Fruits of the Holy Spirit?

The **nine Fruits** of the Holy Spirit listed in **Galatians 5:22** are “**Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control.**” The Catechism says: “The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory.” **When God is in us we feel all of these fruits.** The Catechism also adds 3 more fruits to the list: “generosity, modesty and chastity”, for a total of twelve.

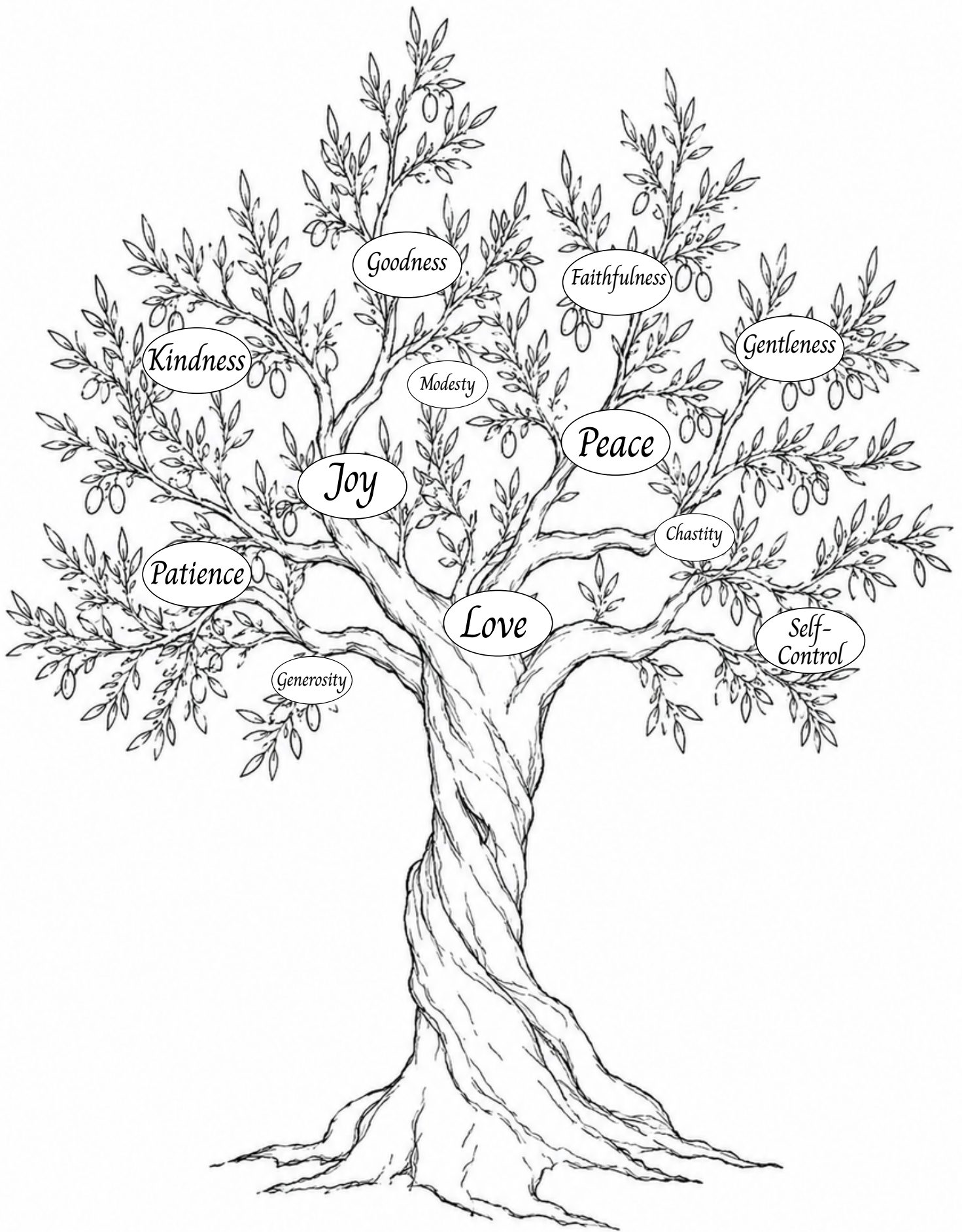
We should be able to list the nine Fruits from Galatians 5:22 and understand that the Holy Spirit in our hearts fills us with these fruits. **We are like a fruit tree**; when the tree has good soil and receives light and water it produces lots of fruit. When we are rooted in prayer, listening to the teachings of Jesus, and receiving Him in the Sacraments, we also produce fruit.

Jesus warns us that a tree that does not produce fruit will be cut down and thrown into the fire. We need to beg Jesus to help us to remain in His love, and we will have nothing to fear.

If you'd like to practice memorizing them, feel free to use the lines below to write them down and think about each one. Did you notice 4 of them have the suffix “ness”?



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____





Do I desire to be sealed with the gift of the Holy Spirit?



Do we desire the love of God in us? Do we want our friendship with Jesus to be confirmed (strengthened) by the outpouring of the Holy Spirit in our lives? Do we have such a love for Jesus that we desire to be **animated** by His Spirit? The Holy Spirit configures us to Jesus, and puts Jesus' sentiments in our heart. (Phil. 2:5) This is a supernatural gift that is beyond words! It is the love of God in us!

We ask for the Holy Spirit at Confirmation, but **sometimes we do not open this gift of God's presence and love until we get older.** We should keep asking God to come into our hearts. If God gives us this precious gift, we should open it and enjoy it right away and not put it on the shelf for later.

To receive the Sacrament of Confirmation, we should have a desire to receive the Holy Spirit. He will fill our hearts with love for Jesus, and we will want to become more like Jesus. “Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.”



Have I chosen a confirmation name?

We may choose a special name for our confirmation. The new name reminds us that **we have a mission**. God created each of us for a reason. It is exciting to pray about how God wants us to serve Him and others. Our confirmation name can be of a **saint** we feel close to and who inspires us, or we can choose a name for its **special meaning**. We are also allowed to use our **baptismal name** if it is a Christian name.

For example, Saul of Tarsus chose to be called **Paul**, which means small or little. He chose a new name to remember that Christ gave him a new life, and to strive to always be a humble (small) servant of Jesus. Simon was given the name **Peter** by Jesus to emphasize that he was to be the rock upon which Christ wanted to build His Church. This reminded St. Peter to always cling to Jesus, the Cornerstone, in order to be the rock Jesus could use to hold His Church together.

So did you choose a confirmation name, and if so, why? Use the lines below to share the name you’ve chosen and your reasons for choosing it.



Do I know how to lead the Rosary?

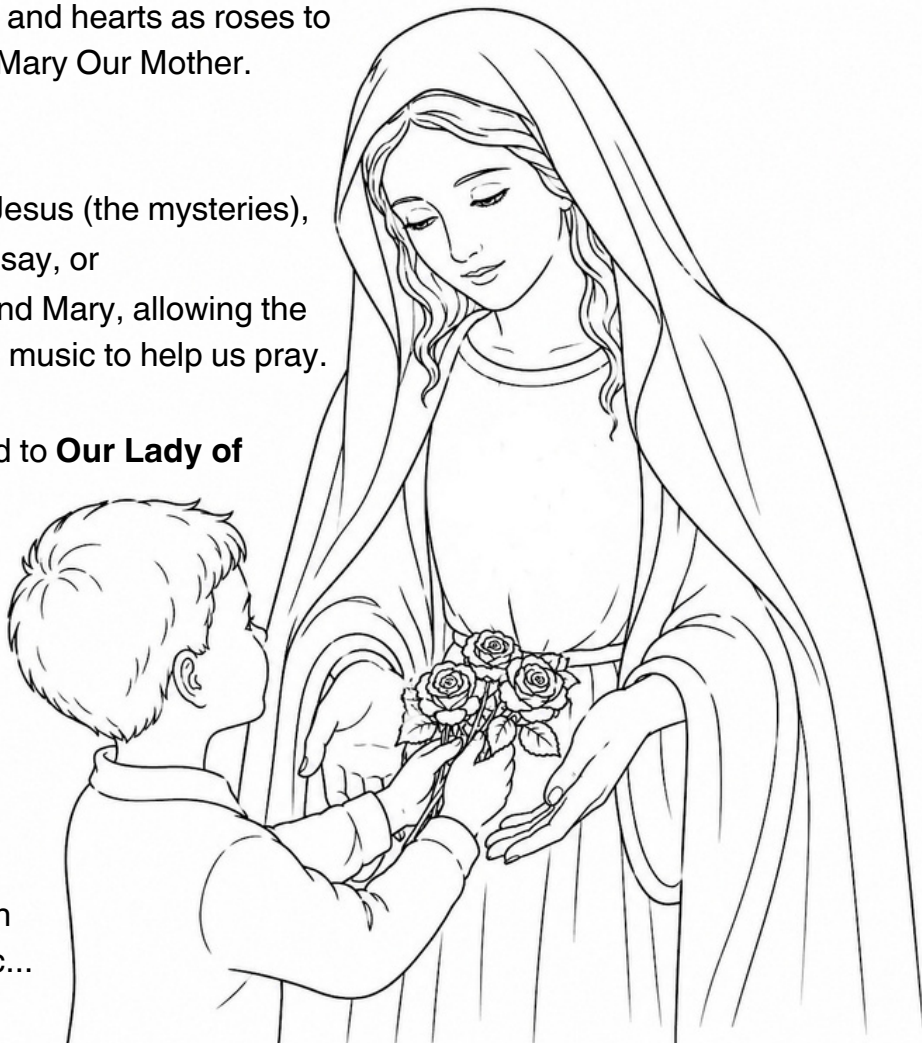
We should be able to hold up a rosary and indicate the meaning of each bead.

The word “**rosary**” comes from Latin “*rosarium*”, meaning “**rose garden**”. When we pray the Rosary we are offering our prayers and hearts as roses to Jesus through the loving hands of Mary Our Mother.

3 ways to pray the Rosary:

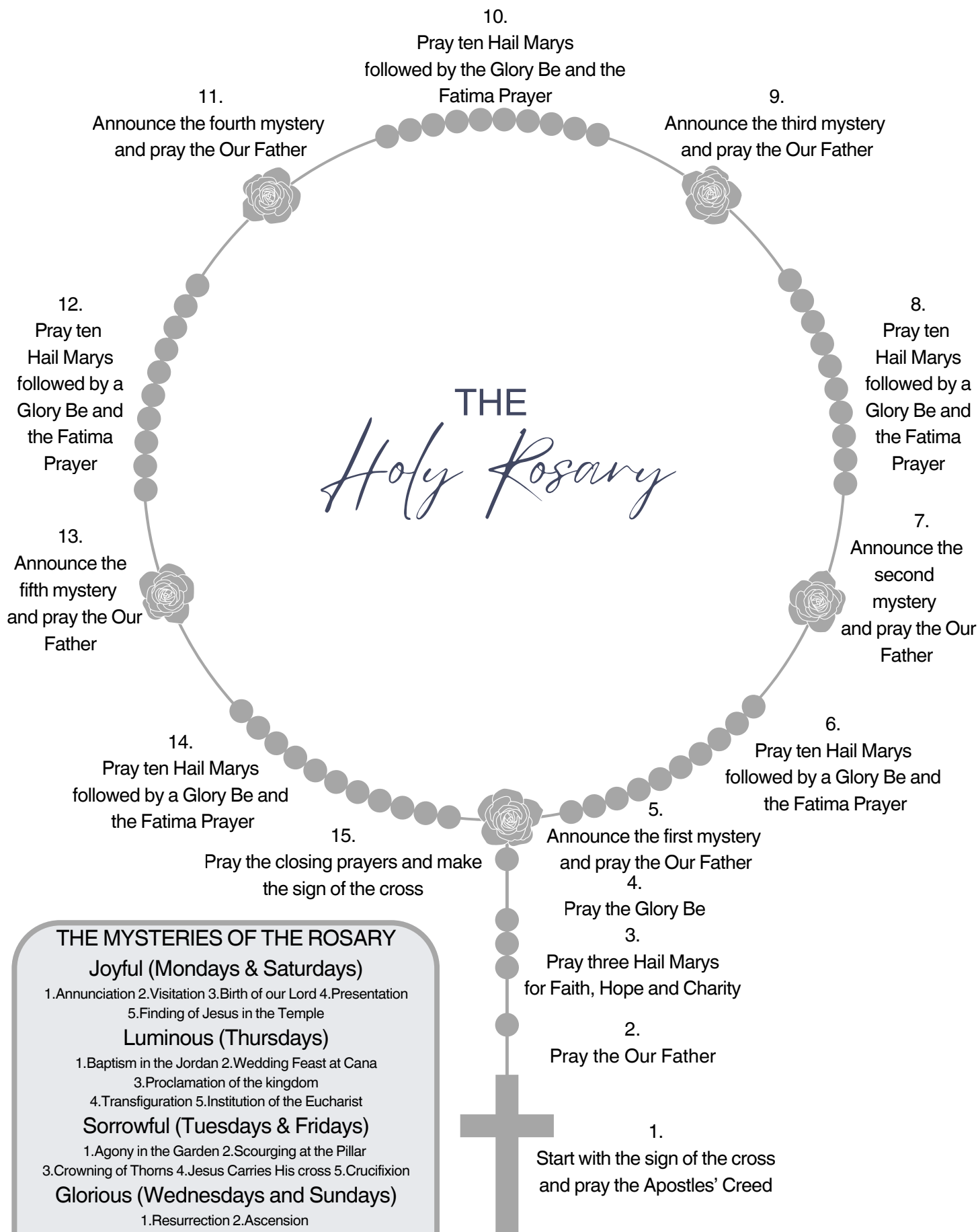
- 1)** We can meditate on the Life of Jesus (the mysteries),
- 2)** We can reflect on the words we say, or
- 3)** We can focus on loving Jesus and Mary, allowing the words to be like sweet background music to help us pray.

The Month of **October** is dedicated to **Our Lady of the Rosary**, with the 7th being the actual Feast Day. Our Blessed Mother and the Church highly encourage us to pray the rosary often, even daily. If we do this, we will learn it very quickly. It usually takes 20 to 25 minutes and can be done in parts if necessary. Often people will pray their Rosary while traveling, as a family before bed, in Church together, while walking, etc...



For further understanding, please refer to the Vatican website and read **Rosarium Virginis Mariae** by John Paul II.

For a simple yet good explanation of the Rosary please pick up a brochure at the little Gift Store in the Gathering Space or go to the USCCB website: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>



THE MYSTERIES OF THE ROSARY

Joyful (Mondays & Saturdays)

1. Annunciation 2. Visitation 3. Birth of our Lord 4. Presentation
5. Finding of Jesus in the Temple

Luminous (Thursdays)

1. Baptism in the Jordan 2. Wedding Feast at Cana
3. Proclamation of the kingdom
4. Transfiguration 5. Institution of the Eucharist

Sorrowful (Tuesdays & Fridays)

1. Agony in the Garden 2. Scourging at the Pillar
3. Crowning of Thorns 4. Jesus Carries His cross 5. Crucifixion

Glorious (Wednesdays and Sundays)

1. Resurrection 2. Ascension
3. Descent of the Holy Spirit Upon the Apostles 4. Assumption
5. Crowning of Mary as Queen of Heaven and Earth



Do I know all the mysteries of the Rosary?

The Five Joyful Mysteries

These Mysteries summarize the joyful moments at the beginning of Jesus' life. They are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays



1. The Annunciation: we reflect on the Archangel Gabriel coming to Mary and joyfully announcing the birth of Jesus. We are grateful that Mary said "yes" to God for us.



2. The Visitation: we reflect on Mary, pregnant with Jesus, going to visit her cousin Elizabeth, pregnant with John the Baptist, in order to help her and to celebrate with her the wonders of God.



3. The Nativity: we reflect on the humble birth of Jesus, joyfully giving thanks that He desires to be born in the poverty of our hearts and lives.



4. The Presentation in the Temple: we reflect on the true sacrifice being brought into the temple and on the humility of Jesus who is entrusted back to the Father through the hands of Mary and Joseph.



5. The Finding in the Temple: we reflect on Jesus doing the will of His Father, and Mary and Joseph's joy at finding Jesus. May we pray for everyone to find Jesus.

The Five Luminous Mysteries

The Luminous Mysteries are traditionally prayed on Thursdays



1. The Baptism of Christ in the Jordan: we reflect on Jesus taking our sins upon Himself and making water a sign of our covenant with God.



2. The Wedding Feast at Cana: we reflect on Jesus' first miracle changing water into wine, signifying the abundance of life He desires to give us.



3. Jesus' Proclamation of the Coming of the Kingdom of God: we reflect on Jesus' light coming to us through all His words and deeds.



4. The Transfiguration: we reflect on Jesus as the Light of the World and as the Glorious Son of God. If we listen to His voice we will become like Him.



5. The Institution of the Eucharist: we reflect on Jesus' presence in the Eucharist and His desire to live within us.

We should be able to list the mysteries in order by heart.

The Sorrowful Mysteries

The Sorrowful Mysteries summarize the passion of Jesus. They are traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays.



1. The Agony in the Garden: we reflect on Jesus who embraces the consequences of our sin in the Garden of Gethsemane and sweats blood. We rejected God in a garden, and in a garden He chose to die for us.



2. The Scourging at the Pillar: we reflect on Jesus who is disfigured because sin has disfigured us.



3. The Crowning with Thorns: we reflect on Jesus being humiliated because sin has made us proud.



4. The Carrying of the Cross: we reflect on Jesus obediently carrying the cross because we wanted to be free to do whatever we want.



5. The Crucifixion and Death: we reflect on Jesus dying for us because without His love and grace we would be eternally separated from Him.

The Five Glorious Mysteries

Traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays



1. The Resurrection: we reflect on Jesus being the Life and Light of the World. In Him there is no death.



2. The Ascension: we reflect on Jesus taking our humanity up to Heaven; He draws us upwards and promises that where He the Head has gone, we the Body will follow.



3. The Descent of the Holy Spirit: we reflect on Jesus interceding for us and sending the Holy Spirit to dwell within us.



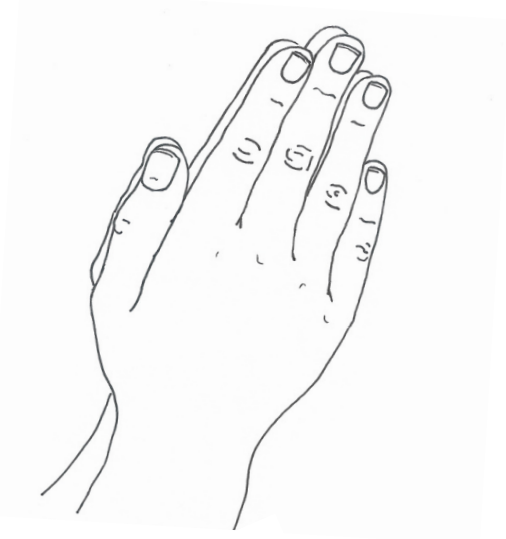
4. The Assumption: we reflect on Jesus loving Mary so much that He not only preserved her from all stain of sin, but consequently He preserved her body from corruption.



5. The Coronation of Mary: we reflect on Jesus crowning Mary as Queen of Heaven and Earth because she is our Mother and intercedes for us.



Do I know how to lead the Divine Mercy Chaplet?



We should be able to hold up a rosary and indicate the meaning of each bead. Look at the diagram on the next page, it can guide you through saying a chaplet until you are comfortable saying it on your own.

We only have to memorize the following prayers. Use the lines below to copy each prayer if you'd like help to memorize them.

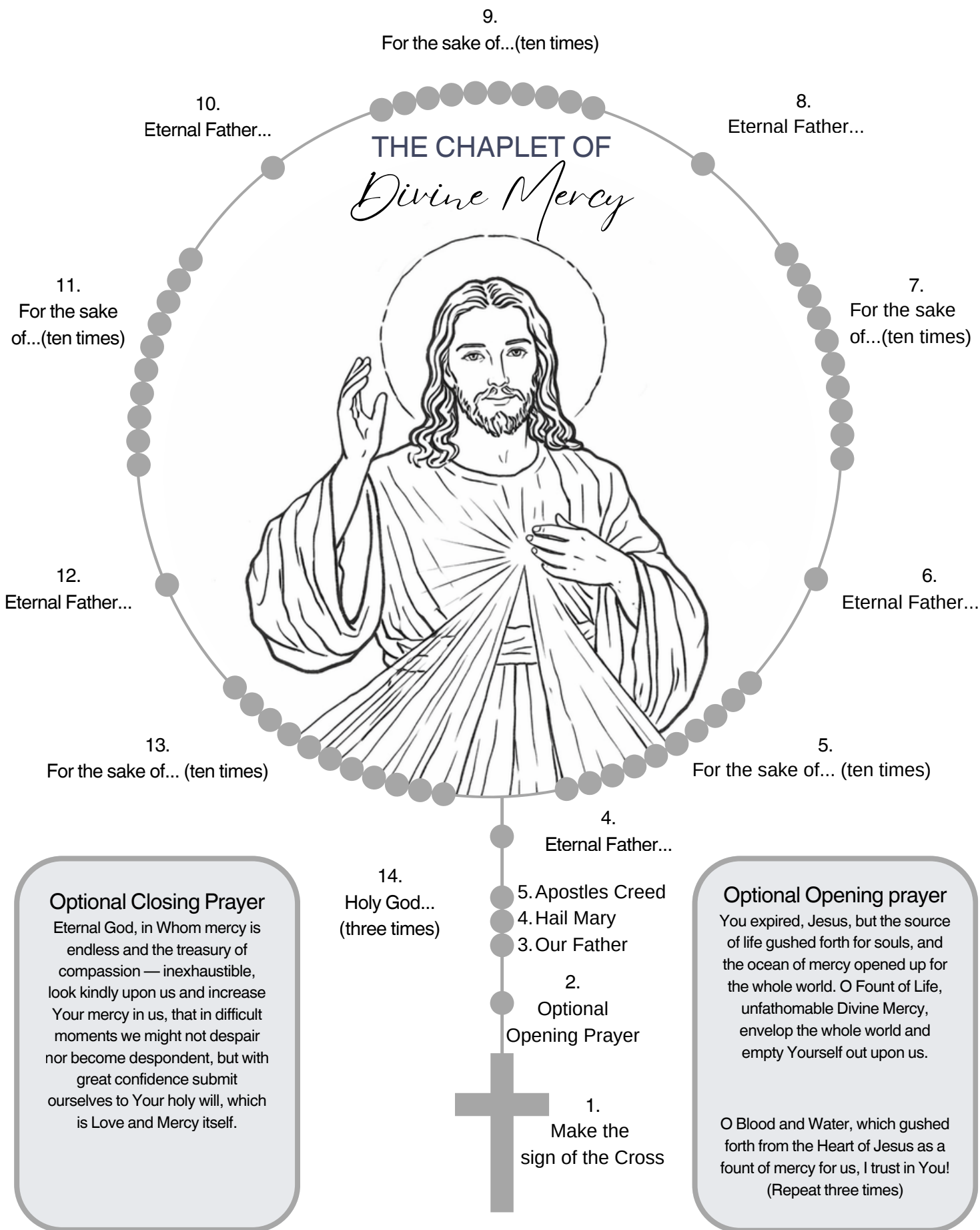
“Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.”

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

“Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.”

“Jesus I trust in You!”

For more information please see <https://www.thedivinemercy.org/message/devotions/praythechaplet.php>.





Do I desire to receive Jesus in the Eucharist?

We can say yes, but we should be able to say why we desire to receive Jesus in the Eucharist.

The following are some possible answers: “I want to love Jesus”; “I want God to dwell within me”; “I want to receive Jesus in my body and heart”; “I want Jesus in the Eucharist to nourish my relationship with Him”; “I want to be in communion with God”; etc...



How do I prepare at home to get ready for the Sacrifice of the Mass?

We are excited to go to Church to meet God, to meet Jesus! How can we get ready to encounter God?

- We need to get **cleaned up** and if possible put on **nice clothes**.
- We do **not eat or drink** anything except for water an hour before receiving Holy Communion. (On Sunday this means we need to stop eating or drinking 30 to 40 minutes before Mass. On weekdays we need 45 to 50 minutes before Mass because the Mass is shorter.)
- We need to **go to Confession** if we have committed a grave sin or have not had Confession in over a year.
- We could also **read the scripture readings** before Mass. (There are some wonderful apps for this: “myParish”; “Ibreviary”; “Laudate”; “Hallow”; “Amen”; “Ascension”; “Word on Fire”; “Formed.”)

Use the lines below to write down a plan of how you will prepare for Mass the next time you go.



Do I know what to do as I receive Jesus in Holy Communion?

- We get in line with our **hands joined** at our chest.
- We **look toward** Jesus and are **not distracted** by looking around us.
- We **make a little reverence/bow** when in front of the Eucharist.
- The priest will say "*The Body of Christ*" and "*The Blood of Christ*" and we **answer "Amen."**
- We can receive Jesus on our **tongue** or on our **hands**.
- If on our hands, we put Jesus in our mouth **in front of the priest**, or step to the side so he can see us.





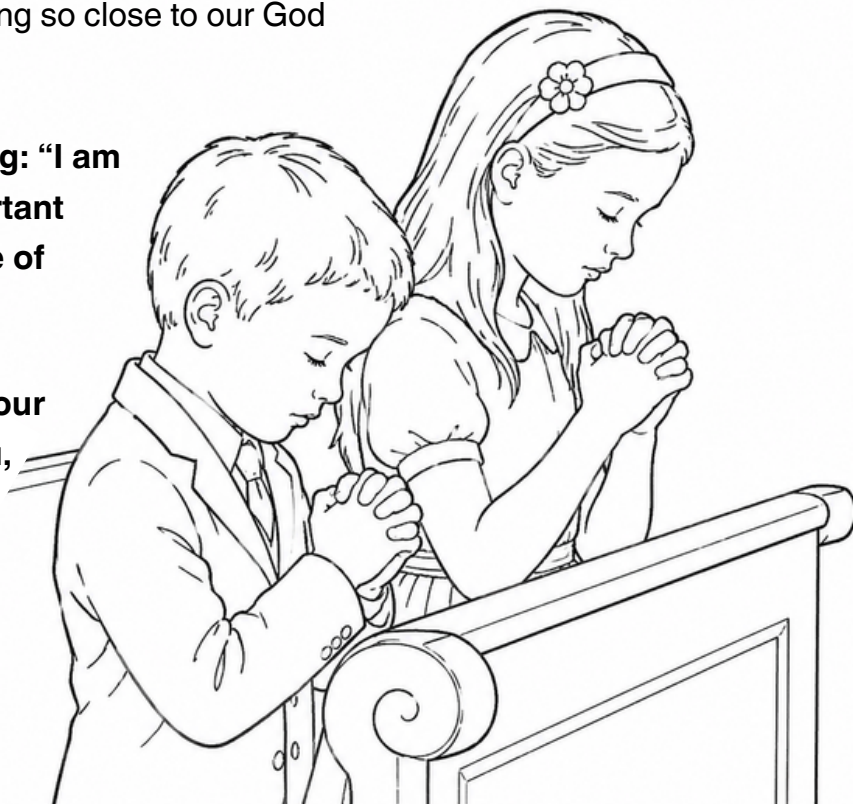
What do I tell Jesus after I receive Him in Holy Communion?

Receiving Jesus in the Eucharist is such a gift, and our focus needs to be on Him within us. Once we return to our places, it may be helpful to kneel and close our eyes in order to give Jesus our full attention. We should peacefully enjoy being so close to our God and friend.

Jesus speaks to us above all by saying: “I am with you!” and “I love you!” It is important to listen to Him by simply being aware of His loving presence.

We respond by saying whatever is in our heart: “I love you, Jesus!”; “I trust you, Jesus!”; “Thank you, Jesus for...”; “Take my heart and fill it with your love.”; “Jesus, I give you and myself to Mary, may she use all your graces as she knows best.” etc...

Before our First Holy Communion we should know how precious this moment is and share some appropriate things we could say to Jesus.



What is meant by thanksgiving after Mass?

We need to thank God for the gift of everything we receive in Mass, both from the readings and from Jesus in the Eucharist. It could be brief or for a longer time. It is a wonderful and beneficial practice to kneel down for a moment after Mass to say a special "thank you" for all the graces we have received. It is also important to thank the Lord throughout the day and during the week for the gift of receiving Him in Mass. We need to remember that God lives within us and we need to thank Him.



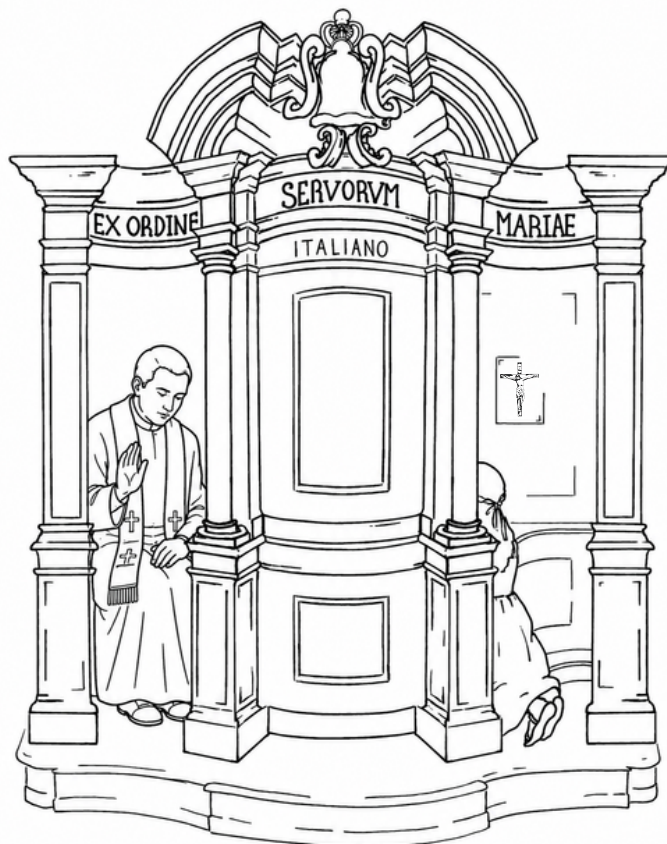
When should I not receive Jesus in the Eucharist?

We should not receive the Eucharist:

- if we have **committed a grave sin**;
- if we have **not gone to confession** in at least a year;
- if we have **not fasted** long enough before Communion;
- if we have already **received Communion twice** in the same day.



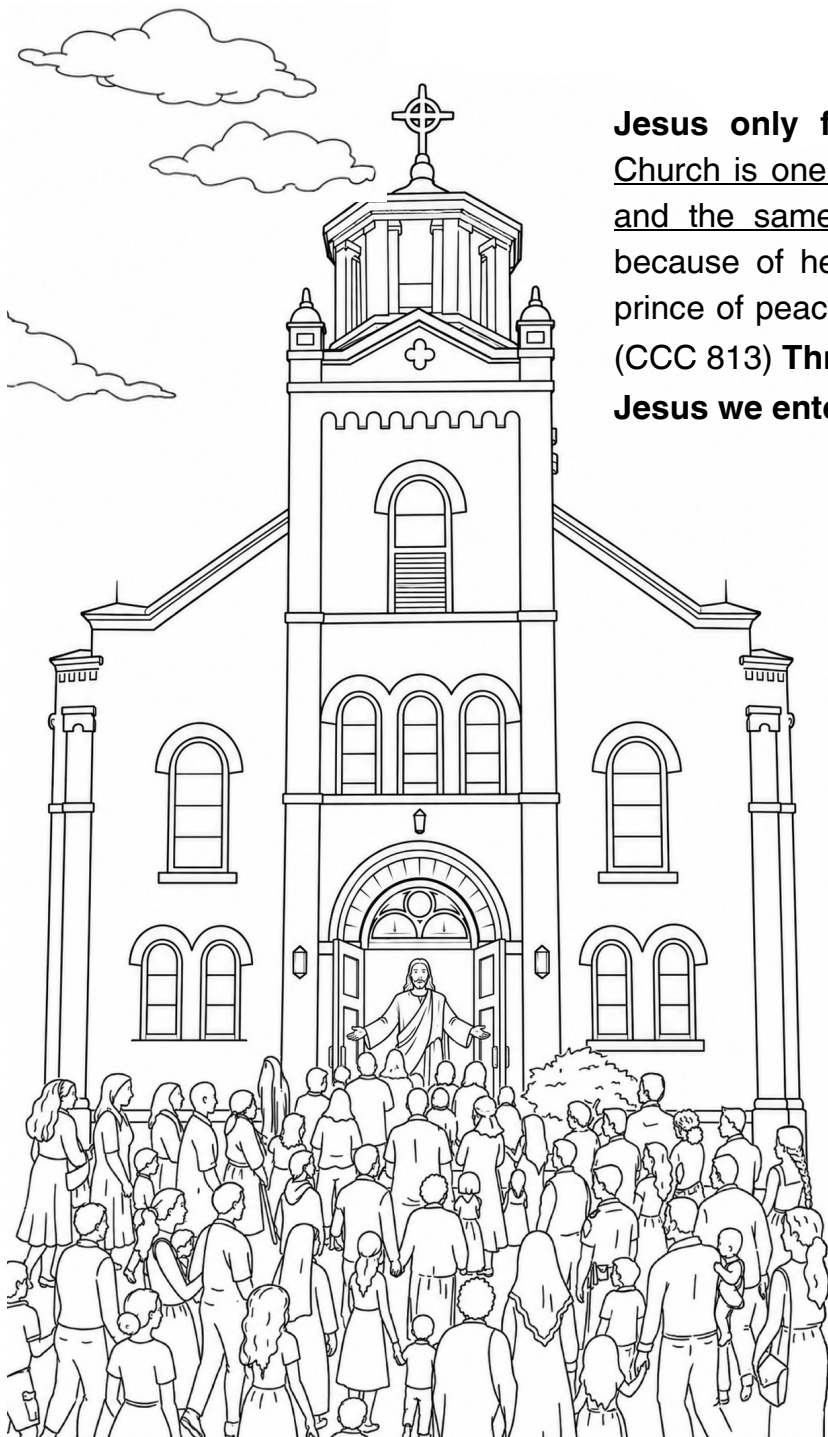
Have I gone to Confession at least two times?



Confession is so beautiful and is such a gift! The Third Level is a time for us to form a **good habit** of going to confession whenever we feel like our words and actions did not please Jesus.



Why do we say the Church is One?



Jesus only founded one Church. We say that the Church is one because through Jesus we all have “one” and the same Father in Heaven. “The Church is one because of her founder: for “the Word made flesh, the prince of peace, reconciled all men to God by the cross.” (CCC 813) **Through our baptism and relationship with Jesus we enter the one family of God.**

Although Jesus founded only one Church under the care of St. Peter and the Apostles we acknowledge that “all who have been justified by faith in Baptism are incorporated into Christ; they therefore have a right to be called Christians, and with good reason are accepted as brothers in the Lord by the children of the Catholic Church.” (CCC 818) We need to pray that the wounds of misunderstanding and sin may be healed so we may all be “one” and partake of “the fullness of grace and truth that Christ has entrusted to the Catholic Church.” (CCC 819)

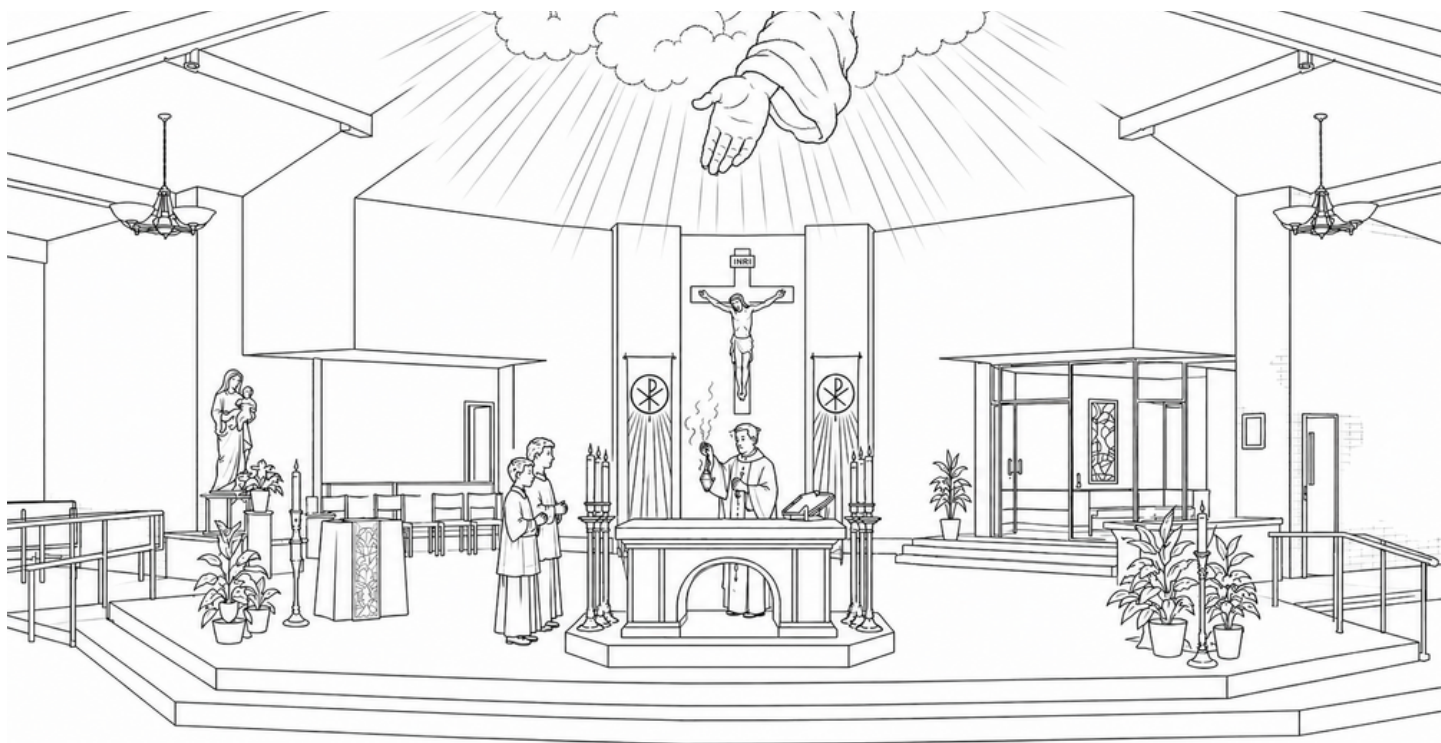


Why do we say the Church is Holy?

The Church is holy because the Church belongs to Jesus, and Jesus is holy. “United with Christ, the Church is sanctified by him.” (CCC 824) “The Church on earth is endowed already with a sanctity that is real though imperfect.” (CCC 825)

Jesus is holy and makes us holy the more we belong to Him. The more we let Jesus live in our hearts, the more He transforms us and makes us holy.

“Be holy, for I am holy” 1 Peter 1:16





Why do we say the Church is Catholic?

The word “catholic” comes from Greek and is usually translated “universal”. It literally means “about the whole.” The Church is catholic in **two senses**. Firstly, because Christ is wholly present to her. St. Ignatius of Antioch says: “Where there is Christ Jesus, there is the Catholic Church.” (CCC 830) Secondly, the Church is catholic because she has been sent out by Christ on a mission to the whole of the human race.” (CCC 831)

“Even though incorporated into the Church, one who does not however persevere in charity is not saved. He remains indeed in the bosom of the Church, but ‘in body’ not ‘in heart.’” (CCC 837)

We should know that the Church is catholic (meaning “universal”); it is open for everyone.





Why do we say the Church is Apostolic?

We say the Church is Apostolic:

- 1) since she was **founded upon the Apostles**;
- 2) since she “keeps and **hands on the teaching... she has heard from the apostles**;
- 3) since “she continues to be **taught, sanctified, and guided by the apostles** until Christ’s return, through their successors in pastoral office: the college of bishops, assisted by priests, in union with the successor of Peter, the Church’s supreme pastor.” (CCC 857)

The word “apostle” means “to be sent”. Jesus said to His Apostles: “As the Father has sent me, even so I send you.” (Jn. 20:21) The gift of Faith in Jesus is too precious to keep for ourselves so it impels us to “go out” and share it.



We should know that the Church is Apostolic because Jesus founded her upon His Apostles, that the successors of the Apostles are the bishops, and that we are all “sent” out by Jesus to share the Gospel.



What are the 5 Precepts of the Church?

The precepts of the Church are “the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.” (CCC 2041) Precepts are like fences to protect the sheep and provide green pastures for them. If we break the precepts we are like sheep that jump the fence. The Church is very concerned for our spiritual safety if we stray outside the fences.

- 1) **Attend Mass** on Sundays and holy days of obligation.
- 2) **Confess our sins** at least once a year.
- 3) **Receive the Eucharist** at least once a year during the Easter Season.
- 4) **Observe the days of fasting and abstinence** established by the Church.
- 5) **Provide for the material needs of the Church**, according to one’s abilities.

Please see CCC 2041-2043 for a more in-depth explanation.



Have I watched some of the children videos on Formed.org? What did I like?

This is a yes or no question. There is a wonderful selection of videos available for all ages.

The videos can be accessed by going to the website Formed.org and 1) select “sign up” 2) under “find your parish or organization” type in “Gaylord” and select “St. Mary Cathedral”.



Have I read any children’s books on saints or faith?

This is a yes or no question. You can explain which book you like best when you meet with the priest.



Have I attended the parish sacramental preparation retreat?

This is a yes or no question.

*Note to Parents - **The child is required to attend the parish retreat for each year** they are in the sacramental preparation program; a minimum of two retreats are needed. For the retreat dates please see the parish website regarding sacramental preparation or contact the parish office.



LEVEL THREE SACRAMENTAL PREPARATION BONUS ACTIVITIES

(Not required)

- ☐ 1. Memorize the “Our Father”, “Hail Mary” and “Glory Be” in Latin.
- ☐ 2. Pray the Stations of the Cross on Fridays and especially Fridays during Lent.
- ☐ 3. Participate at weekday Masses.
- ☐ 4. Make brief visits to the Blessed Sacrament to say “Hello” to Jesus.
- ☐ 5. Participate at Adoration, even if just for 10 to 20 minutes.
- ☐ 6. Go on pilgrimage to any shrine or church: i.e. Cross In The Woods (a great place to pray the outdoor Stations of the Cross), Our Lady of the Assumption in Mio (where you can learn more about some of Mary’s apparitions), or Bishop Baraga sites (e.g. Holy Cross on Beaver Island, St. Ignatius in Good Hart). It is a good to read about Bishop Baraga before going to these related sites.
- ☐ 7. Learn and practice the Spiritual and Corporal Works of Mercy (these will be discussed during the Retreat for level 3).
- ☐ 8. Prepare to altar serve by learning the names and purposes of the items used for Holy Mass and by shadowing the other altar servers.
- ☐ 9. Learn to pray the Seven Sorrows Rosary



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

Amen.

