

ST. MARY CATHEDRAL



Sacrament Preparation
LEVEL TWO

LEVEL TWO QUESTIONS AND ANSWERS

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

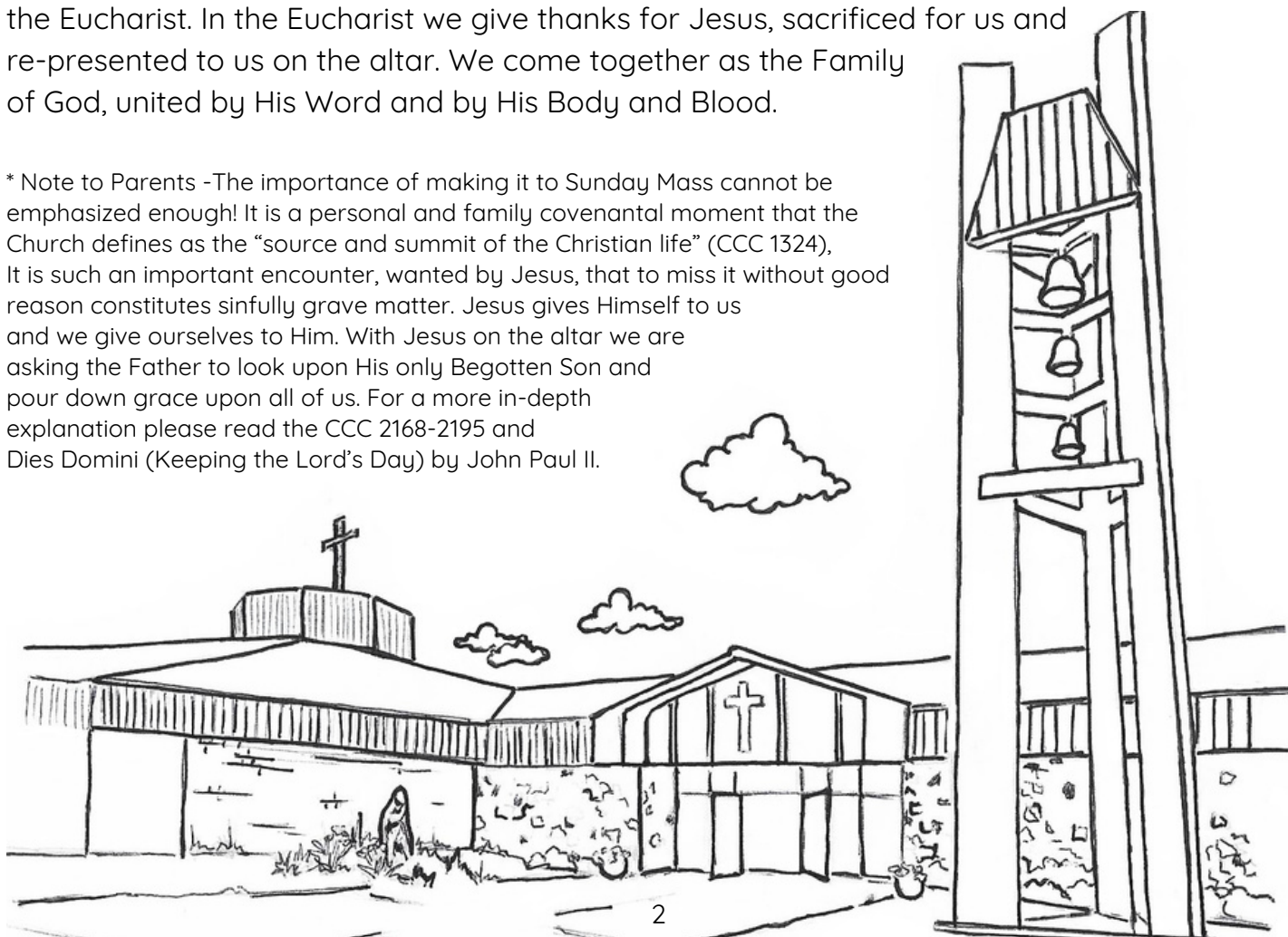
This is a simple yes or no question. It is repeated from Level One because it needs to become something we cannot live without. Below is the explanation from Level One.

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 Lords 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 Level One 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 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.*

On the following page are some examples of spontaneous prayer; feel free to practice them now.



- “Good Morning Jesus” and “Good night Jesus.”
- “Jesus and Mary, I love you.”
- “Jesus and Mary, thank you for your love.”
- “I’m doing this for you Jesus.”
- “I offer this sacrifice for the souls in purgatory.”
- “Thank you, Jesus, for the opportunity to play with my friends.”
- Before beginning to drive in the car: “Please keep us safe on our trip.”
- 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.”

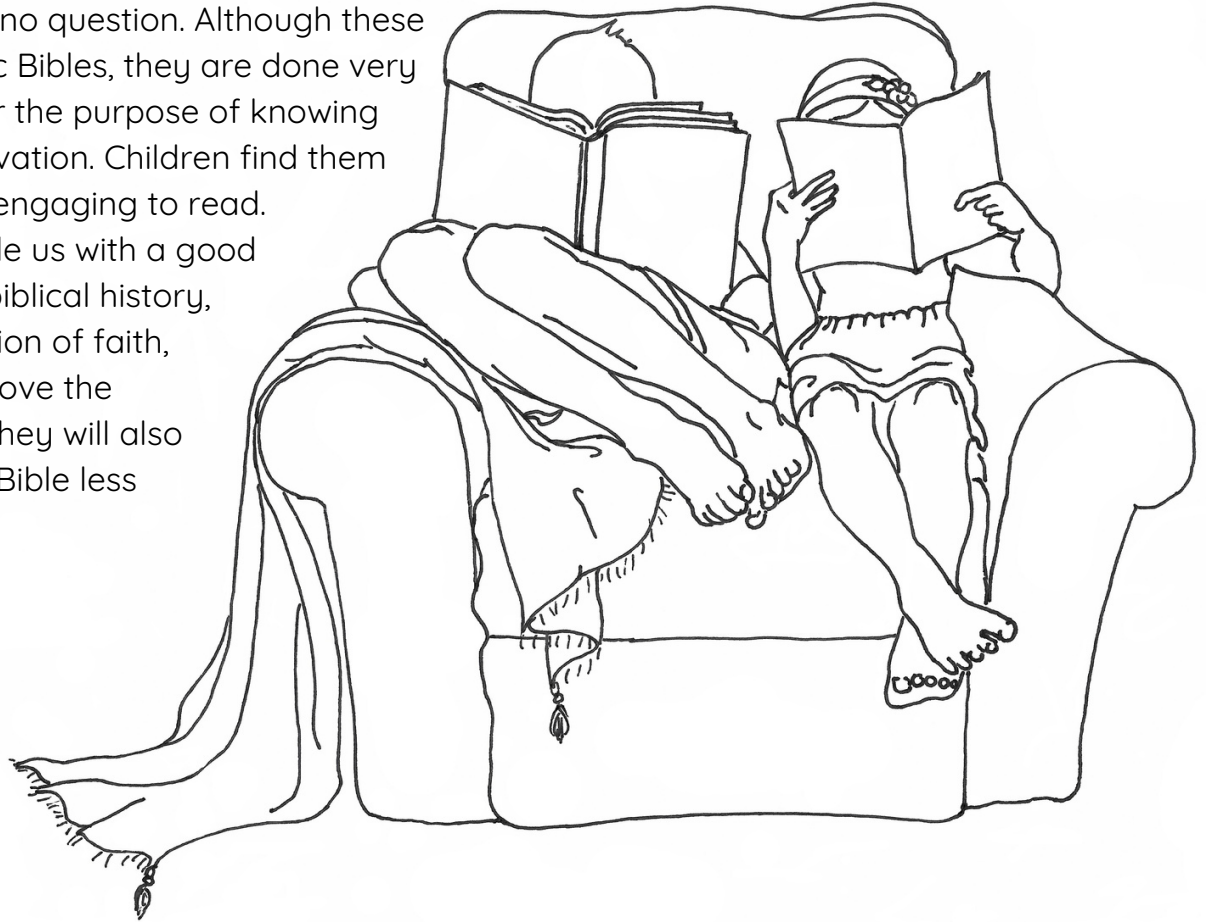
Use the spaces below to write down ideas for your own spontaneous prayers.

1. _____
2. _____
3. _____



Have I read pages 155-544 of the Action Bible by Doug Mauss and Sergio Cariello or pages 150-542 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.



Have I read the Catholic children's book on Confession "Going to Confession" by Rev. Lawrence G. Lovasik, S.V.D.?

This is a yes or no question. This book will probably have to be read a few times before you begin feeling comfortable going to the Sacrament of Confession. You will be required to go to confession both in Level Two and in Level Three.

Families will be required to purchase this book and they will be handed out at registration.



Who are the members in the Body of Christ?

We should be able to explain that the Body of Christ is the entire family of God. We become members through baptism. Jesus is the Head of the Body; the more we belong to Jesus, the more we are part of His Body and part of His family. (CCC 781-795) The Body of Christ refers to all the family members of Jesus on earth, in purgatory and in heaven.

Many people love God and belong to His family. God wants all of us to be His children and to love each other.



What is the Church Militant?

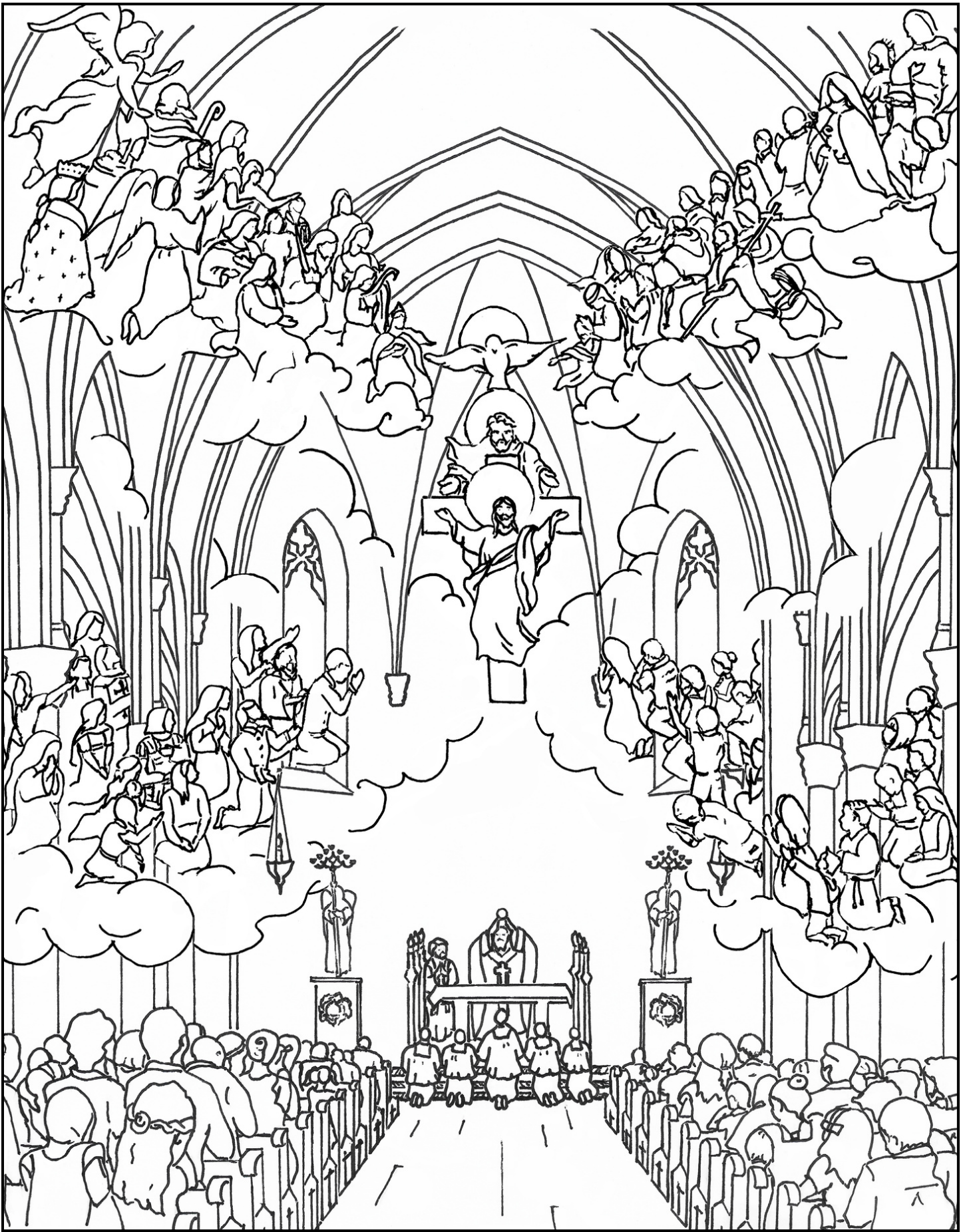
The Church Militant is the part of God's family still on earth, still walking/marching toward Heaven. Every day we are battling evil and fighting for the good, choosing to do God's will.



What is the Church Suffering?

The Church Suffering is the part of God's family in purgatory, being purified (cleaned up) in order to enter into Heaven. Purgatory is a little bit like a mudroom. Before we enter our home, we do not want to bring in dirt and mud. Similarly, we do not want to bring any desires for sin into heaven.

"All Souls Day" is a day (Nov. 2) set aside when we pray for any family members that may need our prayers. Traditionally, it is a day to visit the cemetery and pray a Rosary or Divine Mercy Chaplet for all those in need. The entire month of November is ideal for visiting the cemetery. Visiting the cemetery also fulfills the Spiritual Work of Mercy to pray for the dead.





What is the Church Triumphant?

The Church Triumphant is the part of God's family that is triumphantly in Heaven, in the fullness of Communion with God. It is a bit like all the people who pass the finish line at a race. There is a lot of cheering and celebrating. The word triumphant reminds us of the sound of victory trumpets.

We celebrate the Church Triumphant every time we celebrate the Feast Day of a Saint, but we celebrate all of them together on "All Saints Day" (Nov. 1). We gratefully rejoice because they have made it to Heaven; there they glorify God and they pray for us. All Hallow's Eve or The Eve of All Saints Day (Halloween) can be a day to remember the Saints by dressing up like them. We should pick out a Saint we want to imitate. Our parents can help us with the costume. A book on the lives of the saints, with images, would be a good resource.

Write down the names of some of your favorite saints.

1. _____
2. _____
3. _____





Have I memorized the “Ten Commandments,” “The Apostles’ Creed,” and the “Hail Holy Queen”?

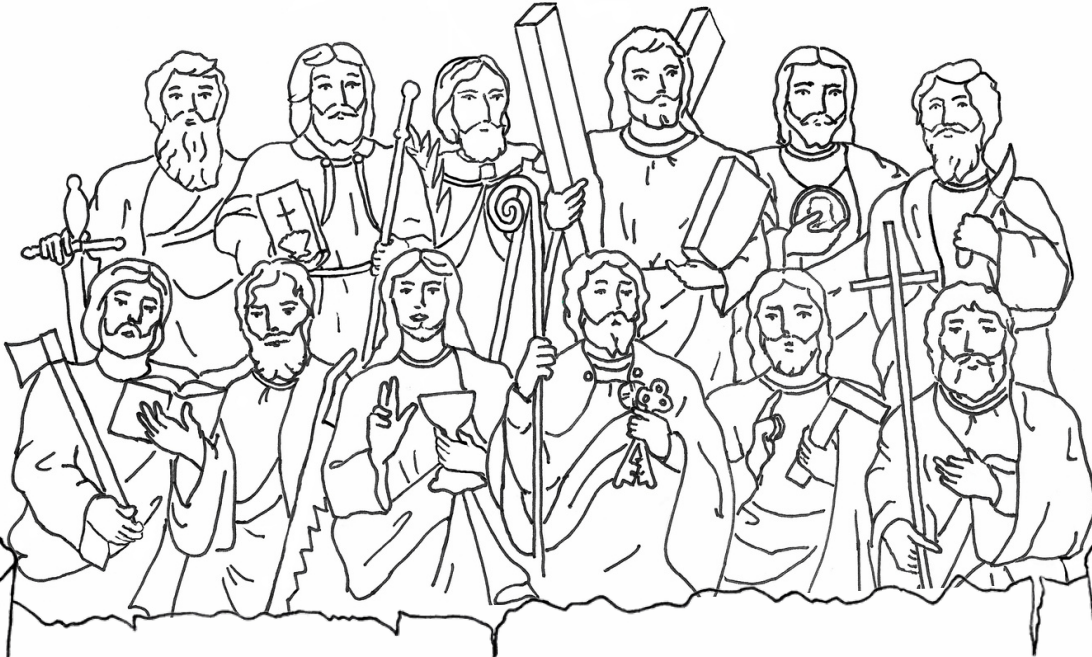
THE TEN COMMANDMENTS

The Ten Commandments can be seen as road signs from God warning us about the dangers of not staying on the road to Heaven. Go to <https://www.youtube.com/watch?v=rQgjGRcGYSM> or search for “Father Matthew and the Ten Commandments” to view Fr. Matthew teaching a helpful method on how to remember the Ten Commandments.



THE APOSTLES' CREED

This is a short summary of what we believe as Catholics. When asked what we believe we should be excited to let people know. It is always said at the beginning of the rosary. There are helpful videos online for memorizing it (i.e. Christine in Action).

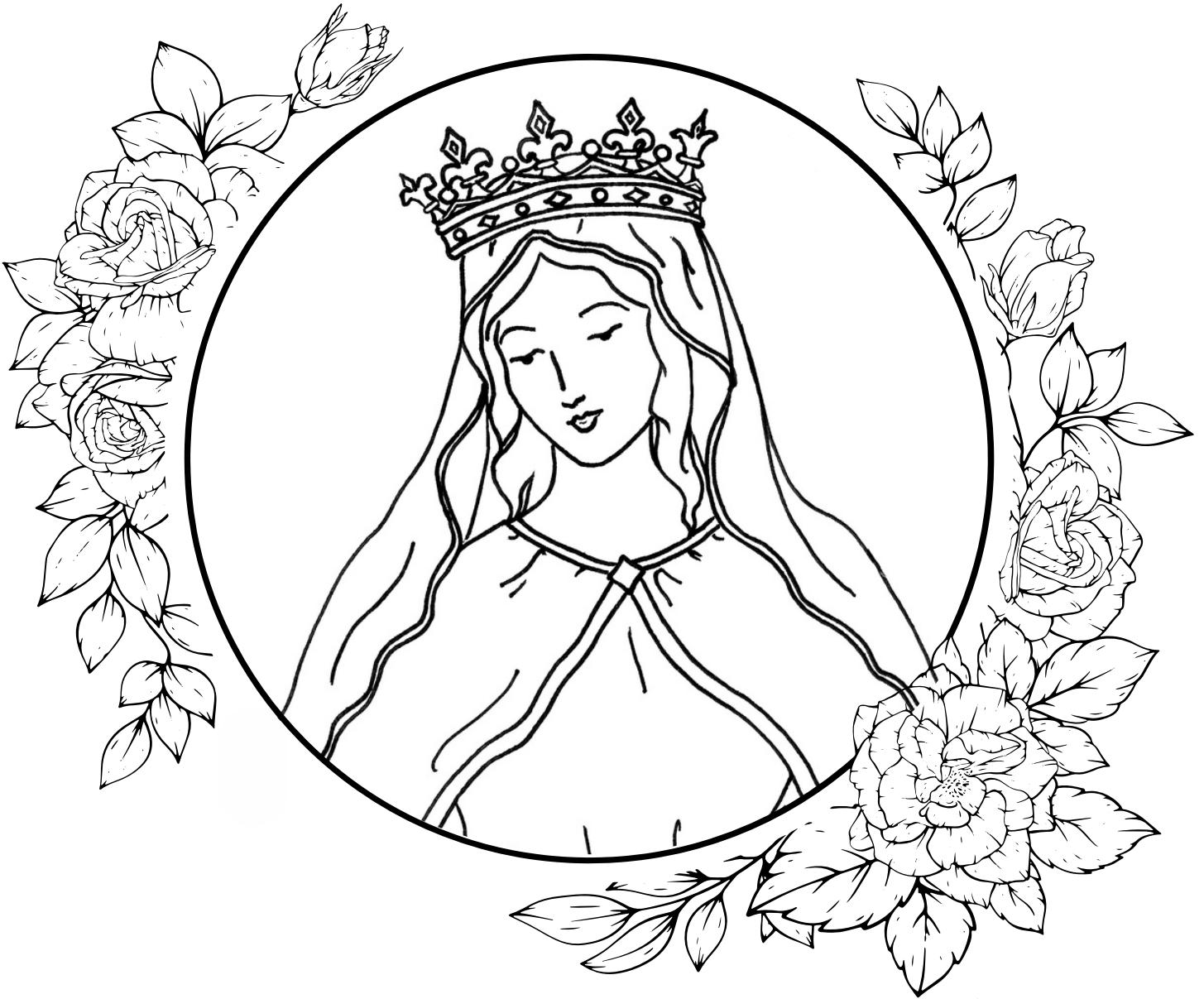


*I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit, born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from 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

(This prayer can be learned through recitation at the end of the Rosary.)



Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

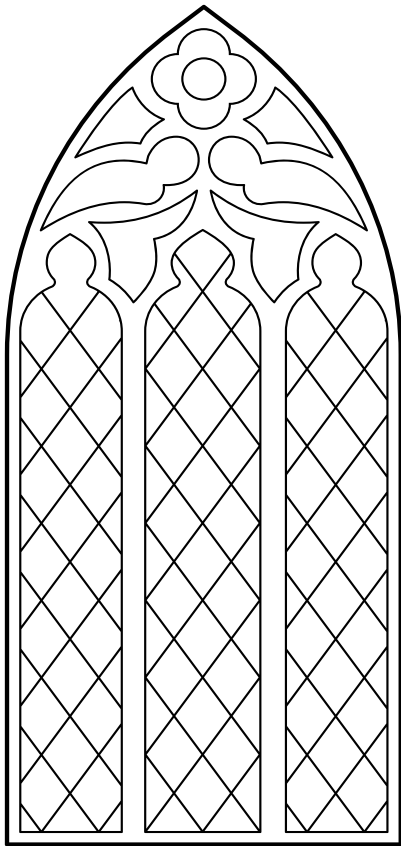
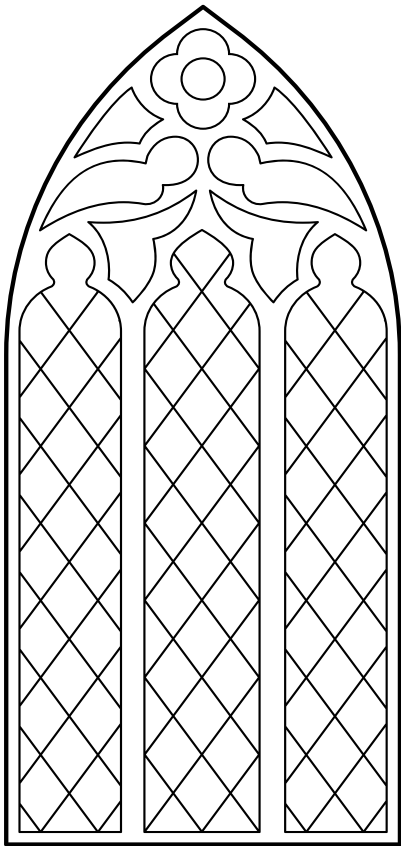
V. Pray for us O Holy Mother of God.

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



Have I memorized the “Act of Contrition” or do I know how to make one up?

We say the “Act of Contrition” every time we go to Confession. Please memorize an Act of Contrition or practice making one up. If you choose to make your own it should express sorrow for sins, the request for God’s forgiveness, and His help to avoid sin. Below is a common one.



**“My God,
I am sorry for
my sins with all my
heart. In choosing to do
wrong and failing to do
good, I have sinned
against you whom I
should love above all
things. I firmly intend, with
your help, to do penance,
to sin no more, and to
avoid whatever leads me
to sin. Our Savior Jesus
Christ suffered and died
for us. In his name, my
God, have mercy.”**

Another nice time to recite the “Act of Contrition” is before falling asleep at night. As we say sorry to God for our sins, we put our minds and hearts in His merciful love; we surrender everything to Him and rest in His peace.



What are the basic parts of the Mass?

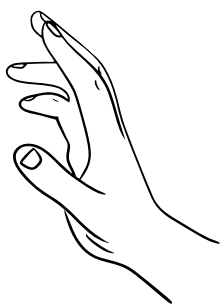
It is enough that we know the name of the four main parts which are in bold type.

1. **Introductory Rites:** Greeting, Penitential Rite, Gloria, Collect Prayer
2. **Liturgy of the Word:** 1st Reading, Psalm, 2nd Reading, Gospel, Homily, Creed, Universal Prayers
3. **Liturgy of the Eucharist:** Preparation of Altar and Presentation of Gifts, Prayer over Offerings, Eucharistic Prayer, Lord's Prayer, Sign of Peace, Lamb of God, Communion, Prayer after Communion
4. **Concluding Rites:** Greeting, Blessing, Dismissal

The yearly retreat for Levels One and Two we will focus on the Mass: We will be walking through and discussing all the parts with everyone.

Look at the images below. See if you can tell what part of the mass each image represents. Using numbers 1 through 4, try to put them in the proper order.











Who is the priest and what does he do for us?

The priest is the person Jesus uses to give us the Sacraments and to teach us about God. For example, Jesus uses the priest to give us His forgiveness in the Sacrament of Reconciliation and His Most Precious Body and Blood in the Mass. Priests try to help people meet Jesus and to lead them to Heaven. They represent Jesus, yet they are humans so they make mistakes and have to go to Confession just like everyone else.

**Note to Parents - A good time to teach the child about the priest is while preparing for Holy Mass or for any of the Sacraments.*

List the names of all the priests that have helped you to grow closer to God.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

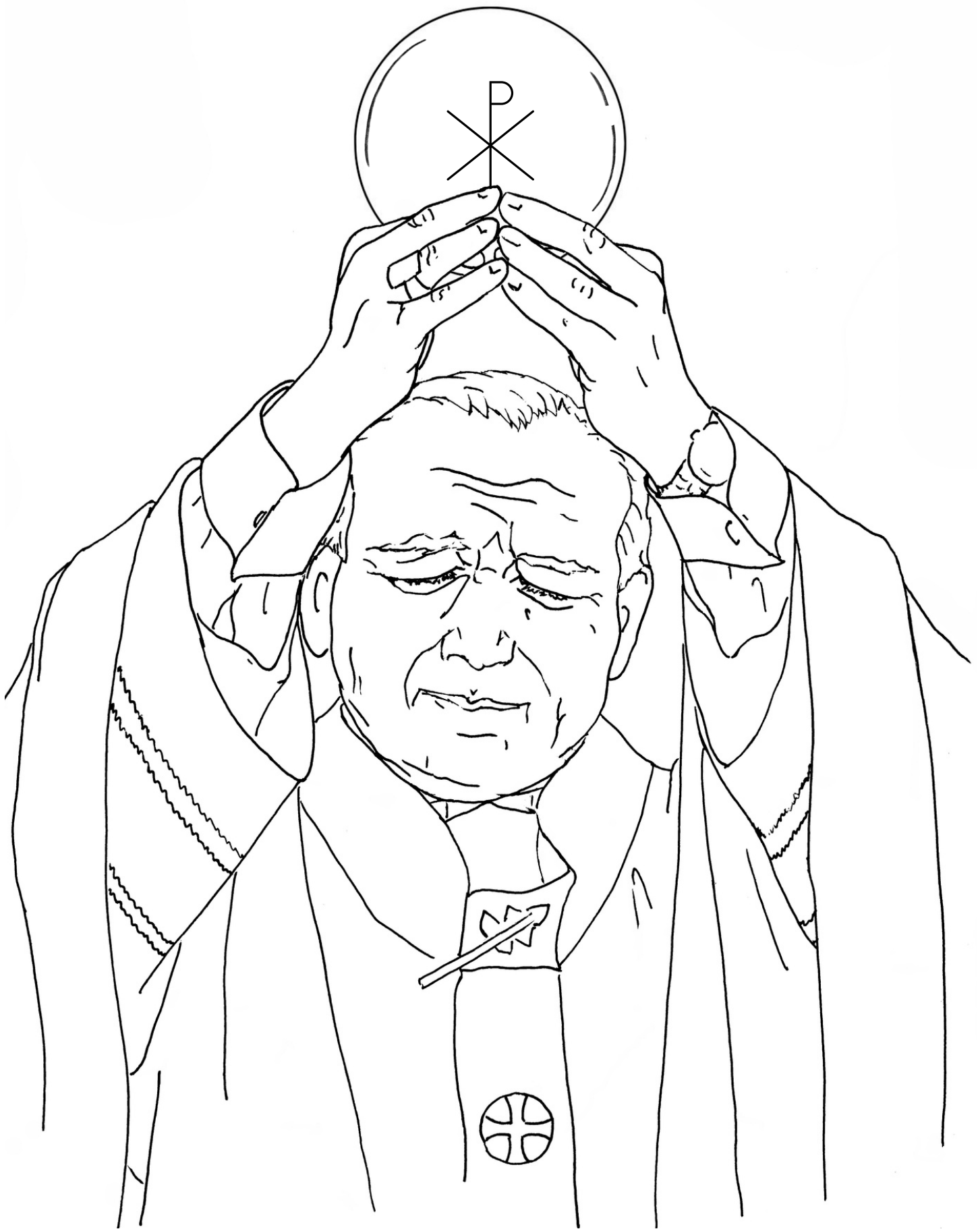


What is the Holy Sacrament of the Eucharist?

We need to know that the Eucharist is Jesus: His Body, Blood, Soul and Divinity. He is totally present both in the Eucharist with all His divinity and humanity, even in the smallest amount of the consecrated host or precious blood. In the Eucharist we receive the Risen Jesus, who died for us.

Before the words of consecration, it is merely unleavened bread and wine from grapes. After the words of consecration, it is no longer bread and wine, but rather the Body and Blood of Our Lord. This is true even though it still appears to be bread and wine.

We remind ourselves that the Eucharist is Jesus every time we enter a Catholic Church and greet Jesus present in the tabernacle, while kneeling at Holy Mass during the consecration, and when we receive Him at Communion.





What is a tabernacle and where is it in the Church?

The tabernacle is the **beautiful little house for Jesus** where we put the Sacrament of the Eucharist that is left over after Mass. It looks like an ornate box. We put Him there so we can take Him to the sick and elderly that are not able to come to Mass. We can also visit Jesus in the tabernacle in order to spend time with Him and to pray.

The tabernacle is kept in a prominent place in the Church so we can easily find Jesus and adore Him. It is usually in the sanctuary (the area where the altar is or in a nearby chapel). Every time we enter a Catholic Church we should find the tabernacle in order to greet Jesus and genuflect to Him.

Have you been able to find the tabernacle in your church and in the churches you have visited? Where were they?

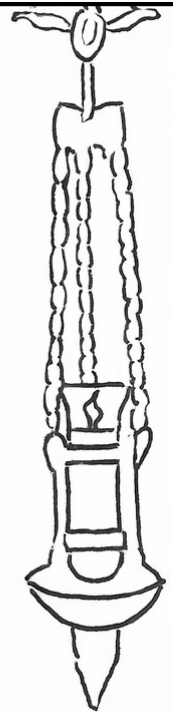
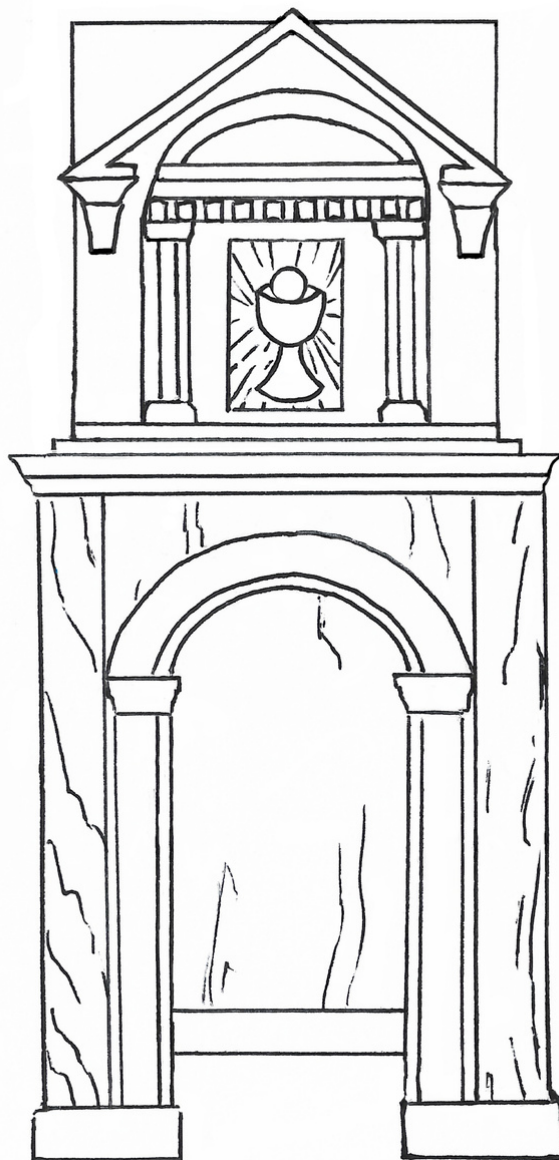
1. _____
2. _____
3. _____



Why is there a candle next to the tabernacle?

A lit candle needs to be near the tabernacle to show Jesus is present. Sometimes there are more than one. When the Blessed Sacrament is not in the tabernacle, the candle needs to be put out and usually the door is left open to show that it is empty.

It is easy for us to remember that when Jesus is home the door is closed and the lights are on; when He is away the door is open and the lights are off.





What is Eucharistic Adoration?

Adoration is the worship that is due to God. **Eucharistic Adoration is the worship we give to Jesus Christ in the Blessed Sacrament**, acknowledging Him present in His Body, Blood, Soul and Divinity.

We can adore Jesus in the Eucharist either before the tabernacle or before the Blessed Sacrament. The monstrance is an ornate object made to hold and show the consecrated host; it is exposed on the altar.

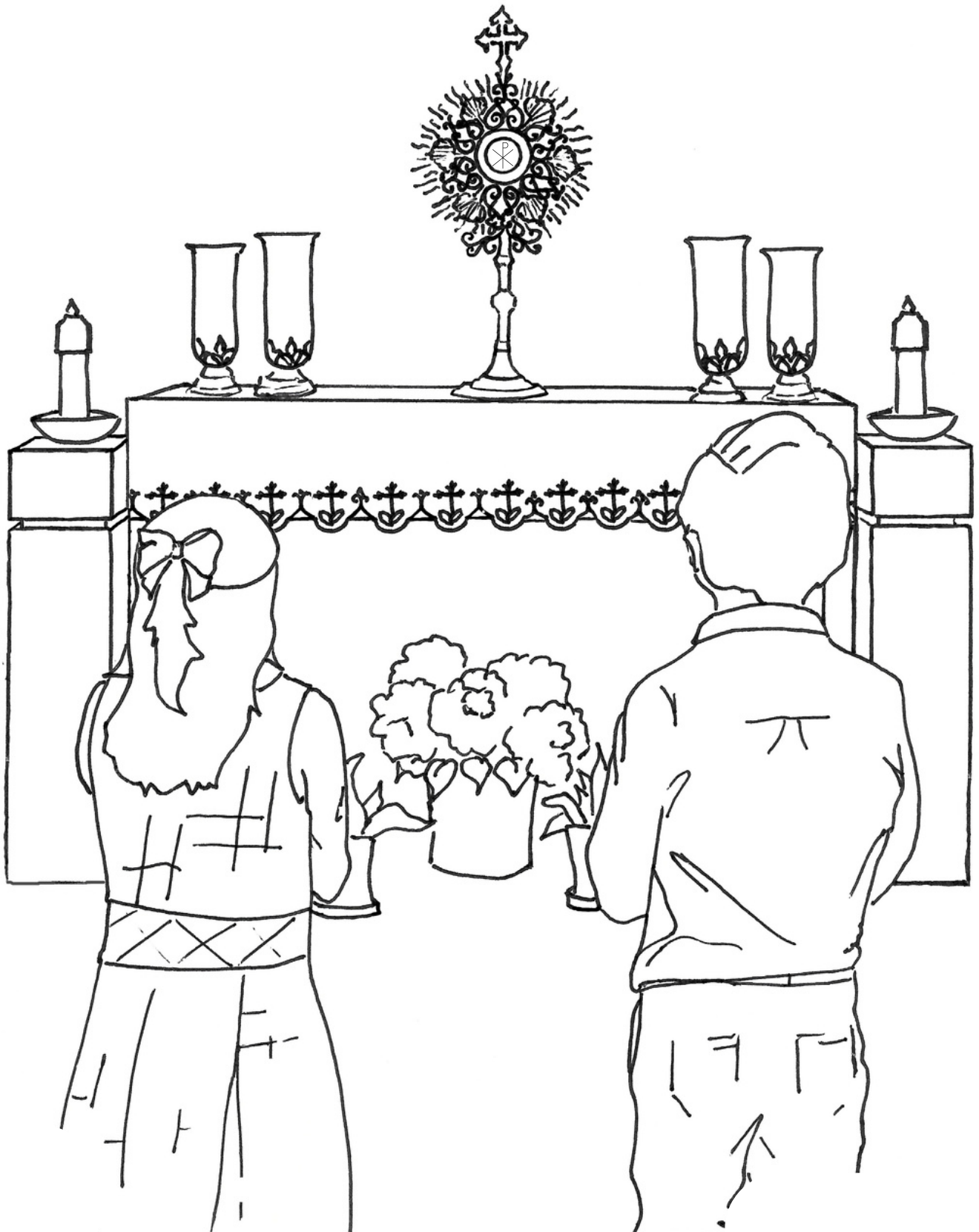
We are blessed to have Eucharistic Adoration in the Cathedral Chapel. It is a wonderful practice to make a brief visit to Jesus in the Eucharist and to spend some time with Him. We can speak with Him and adore Him as our Lord and close friend. We can tell Him we love Him and offer Him all of our intentions, especially entrusting our loved ones to Him (grandma, grandpa, etc...).

Make a plan: Write down a day and time that you will visit Jesus next in Adoration.

Date: _____ Time: _____

What do you want to tell Jesus in that special moment? You may use the lines below to write it down, if you'd like.

[illegible]





What is the Altar?

Altars are a special table used for sacrifice; it is a special table where things are offered to God.

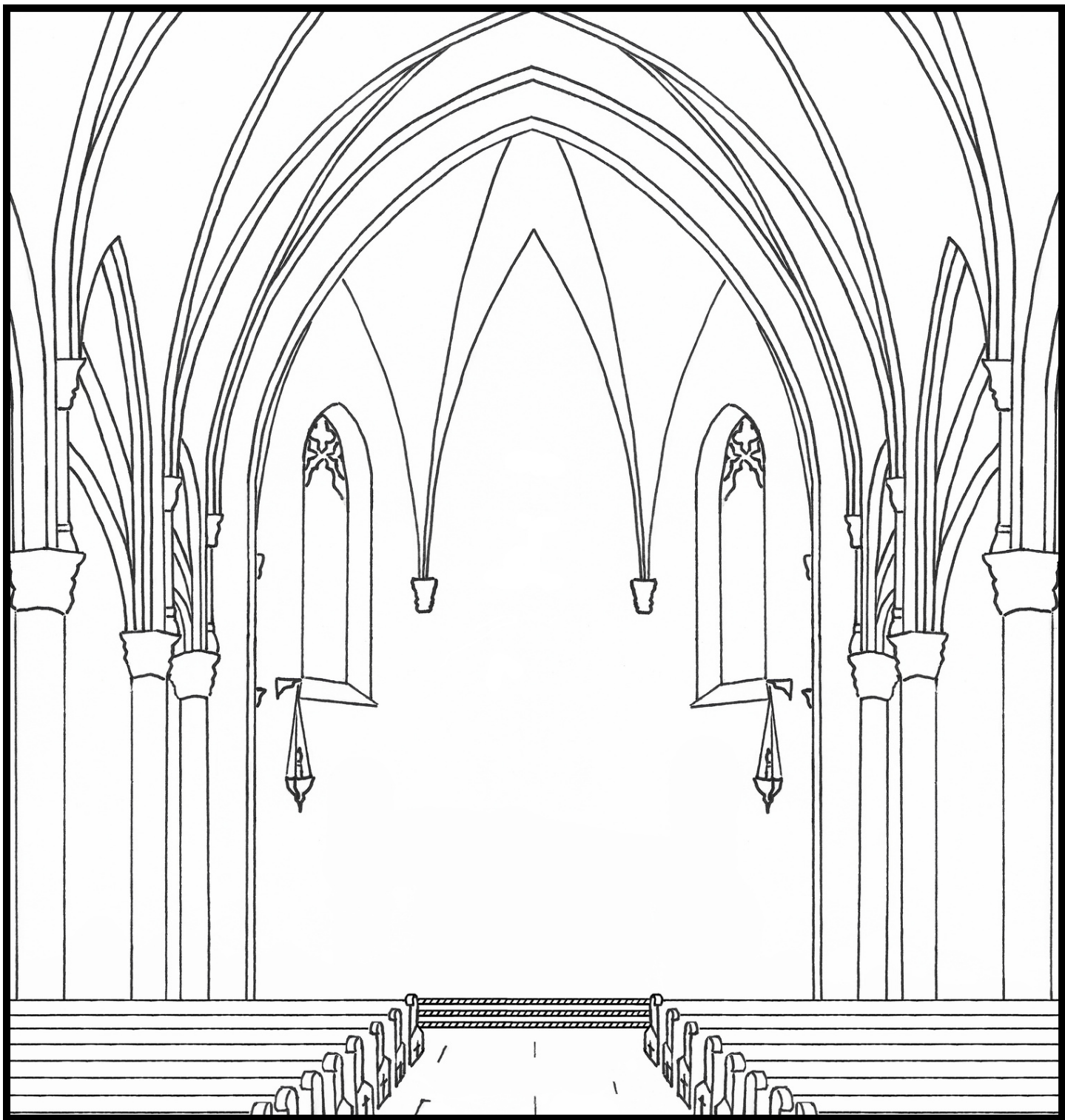
The altar is always at the center of the sanctuary, it is the central point of our worship because it is the place where Jesus comes to us in His Precious Body and Blood. He offers Himself to us on the altar and we offer ourselves to Him on the altar by giving Him our gifts of bread and wine. We are His family reunited before the altar.

We can see the altar whenever we visit a Catholic Church. For example when we go to Mass on Sunday. Inside a consecrated altar are relics of a saint or saints because they offered their lives to God the Father together with Jesus who offers His on the altar. In the past Christians would celebrate Mass on the tombs of the saints in the catacombs.



What happens on the altar?

Jesus offers Himself as Son, through the hands of the priest, to the Father, by the action of the Holy Spirit. Jesus wants us to offer thanksgiving (Eucharist means thanksgiving) for this loving sacrifice for our sins. He also wants us to offer ourselves together with Him. His sacrifice on the cross is re-presented to us on the altar; the graces of His death and resurrection are poured into our time and space through the holy sacrifice of the Mass. As we unite ourselves to Jesus on the altar, and receive Him in Holy Communion, we are encountering Jesus died and risen from the dead. We do not offer up a dead Jesus, but a live and glorious Jesus.



You can use the image above to draw your own altar.
Do you know where it should be?
Are there other things missing in this photo? You can draw those as well.



What is the Sacrament of Reconciliation?

The Sacrament of Reconciliation is when we go to a Catholic Priest to receive Jesus' forgiveness for our sins.

It is comprised of four parts: contrition, confession, penance, and absolution.

Advent and Lent are perfect occasions for an in-depth preparation for the Sacrament of Reconciliation and constitute good teaching moments. However, since Confession is such a beneficial Sacrament, we should take advantage of it often. Our families should notice how the Sacrament changes us and helps us become better friends of Jesus.



Does the Sacrament of Reconciliation have other names?

The Sacrament of Reconciliation is often called the **Sacrament of Confession** or the **Sacrament of Penance**. Each name underlines a different aspect of the Sacrament.



Where is the confessional in the Church?

The confessional is a dignified place in the Church where the priest hears confessions and celebrates the Sacrament of Reconciliation. Although a dignified place is preferred for the Sacrament, a priest may hear confessions in other places as well.

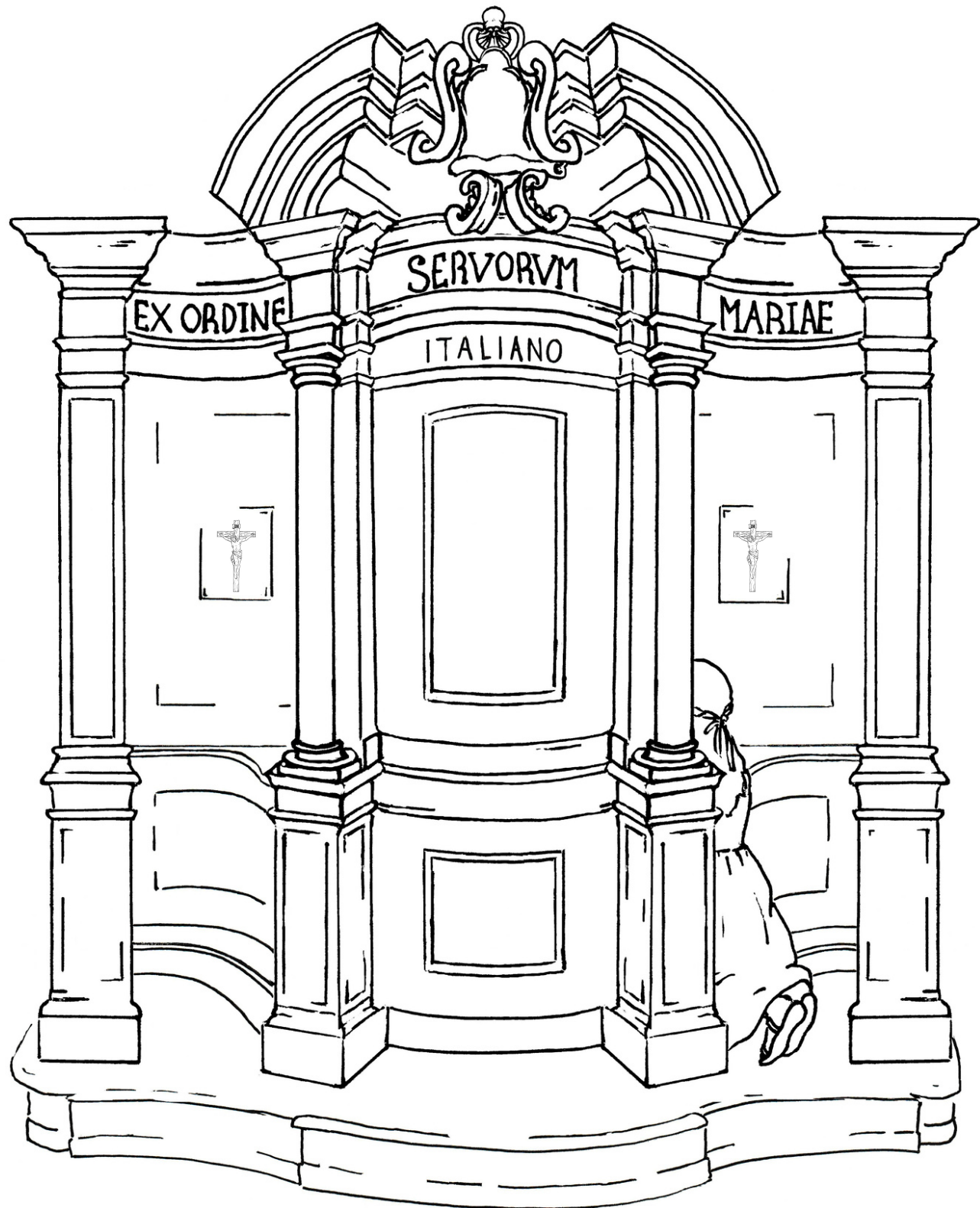
*Note to parents - We can teach the child about the confessional any time we enter a Catholic Church. The greatest moments will be when we bring them with us to Confession; they can pray in the pew during the Sacrament. This way they can begin to witness first hand its importance. We can use the moment to explain the Sacrament and the confessional.



Where is the confessional located in your church? _____



Do I know how to go to Confession?



1. We enter the confessional.
2. We say: "Bless me Father for I have sinned. It has been..."
3. We confess our sins.
4. The Priest gives some advice and a penance.
5. We say the Act of Contrition.
6. The Priest gives us Absolution.
7. The Priest says: "Your sins are forgiven, go in peace."
8. We say: "Thanks be to God."



Have I gone to confession?

After we have learned about this wonderful Sacrament of God's mercy it is fitting that we should accompany our parents for the first time. When we enter the confessional we should let the priest know it is our first time.



Have I watched some of the children's videos on Formed.org?

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 TWO 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 idea 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.



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.

