



Diocese of Portland
Office of Lifelong Faith Formation

Parent Handbook

Year 2

Sacrament Preparation

Reconciliation, Confirmation, Eucharist



Parish Information

Parish Name:

Churches within the parish:

Parish Phone Number:

Pastor:

Parochial Vicar:

Parish Catechetical Leader:

Phone number:

Catechists

Mass Schedule:

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Dear Parents,

This year will be a milestone year for your child. In the upcoming weeks, you will help to prepare your child to receive the sacraments of Reconciliation, Confirmation and Eucharist. Through these sacraments, we pray that your child will come to a deeper knowledge of the love of God.

The sacrament of Reconciliation is the sacrament of the Lord's merciful love. Each of us needs to be aware of God's mercy, even at a very young age. We all need the Lord's love and forgiveness. It is our hope that you will accompany your child on this journey of grace and that your family will renew the practice of celebrating the sacrament of Reconciliation regularly and often.

As you know, here in the Diocese of Portland, the sacrament of Confirmation has been restored to the original order in the sacraments of initiation, after Baptism but before Eucharist. Therefore, at a young age your child will be a fully initiated member of the Catholic Church and the gifts of the Holy Spirit will be at work within them, assisting them to grow in faith as disciples of Jesus Christ.

The Eucharist is the heart of the Christian life. Your child will prepare to receive the Body and Blood of Christ for the first time. Out of pure love, Jesus desires to be with us and invites us to return to Him in the Eucharist as often as possible. The Eucharist nourishes us so we can grow in grace and holiness.

Receiving the sacraments of initiation is not the end of your child's formation in the faith but the beginning of a new and important chapter in their faith formation. The gift of faith is what you asked for your child when you presented him/her for Baptism and promised to raise your child in the faith. It is our hope that you and your family will come to a deeper intimacy with Jesus through the work of the Holy Spirit during this special year and remain close to Him through the Eucharist.

This handbook is provided to assist you as you prepare your child to receive these sacraments. In it, you will find resources and tips to help you in your role as a Catholic parents.

We pray that the gift of faith will grow in your child and in your family. We pray for you as you join in preparing your child for these sacraments. May God bless you and your family.

The Role of Parents/Guardians in Sacrament Preparation

“How precious is the family as the privileged place for transmitting the faith!”
Pope Francis

The Diocese of Portland calls upon parents/guardians to help prepare their children for reception of the sacraments. The home is where faith is developed and lived out. Each parent/guardian models to their child what the life of faith looks like. The following practices will help them:

- Participate in Sunday Mass and help your child learn responses.
- Participate in a family conversation with pastor, clergy, pastoral staff, catechetical leader or catechist.
- Teach your child prayers by praying them often at home and explaining their meaning.
- Pray with your child at meals and bedtime.
- Read Bible Stories with your child.
- Bring your child to weekly faith formation sessions and complete home activities with your child to foster love and understanding of their faith.
- Participate in the special sessions planned for parents/guardians to attend together with your child each year.
- Place and use a Bible and other religious articles such as a crucifix, holy water and sacred images in your home.
- Once your child has made their First Reconciliation, we encourage you as a family to receive the grace of forgiveness in the sacrament regularly.
- Once your child has been confirmed and received First Eucharist, continue as a family to support their faith formation by attending weekly Mass.

“Parents/Guardians are the first and best teachers of their children in the ways of faith, and we depend on their faith as the primary models and motivators of their children.” CCC #1212

Profile of a 7-8 Year Old

Characteristics of a 7-8 year old child

Children of this age

- Are beginning to expand socially, they enjoy involvement in group activity such as singing, recitation and other learning experiences that are activity and story-oriented.
- Can learn to respect others as good, created and loved by God.
- Have become more cognizant of right and wrong and of their power to choose.
- Begin to develop a set of action patterns based on those they observe in adults they admire.
- Have a short attention span (about 10-20 minutes) and tire easily if lesson segments are too long or if too many ideas are presented at once.

Their skills include

- Memorizing simple prayers, phrases from the Psalms and Scripture, as well as other prayer forms such as a response to a litany.
- Thinking in the abstract is very limited. They still learn best through concrete experiences.
- Grasping concepts like “unity” and “belonging” from doing things such as sharing, listening, eating together, conversing, giving, thanking and celebrating.
- Showing interest in how things are made, especially living creatures. This interest readily transfers to prayers of praise, wonder, awe and thanksgiving.

Faith Development Needs

Seven/eight year-old children, in order to develop holistically (spiritually, emotionally, physically, intellectually, socially)

- Need not only the freedom to make choices, but also help to realize the effects of their personal choices, especially how these affect their relationship with God and with others.
- Should be taught the value of prayer as a means of deepening their relationship with God.
- Need to know that experiencing the Sacraments of Reconciliation, Confirmation and Holy Eucharist deepens this relationship with God.
- Learn by doing and by listening.
- Need to be taught how to listen and how to engage in activities such as role-playing, dramatization, story-telling, singing and celebrating in religious ceremonies.
- Need help to understand and handle constructively their feelings and emotions. Reassurance and encouragement, praise and reward, direction and love from the catechist, parents, and other adults whom they admire foster their growth in becoming whole persons in a Christian community.

Implications

In helping children form their consciences, parents and catechist should be careful to react consistently to an action, incident, or situation. Thus the children will realize that there are differences between what is dangerous, what is improper, what is annoying, what is accidental, and what is sinful.

As parents and catechist helps to prepare the children to receive the forgiveness of God in the Sacrament of Reconciliation, concentration should be placed on the reality of God's love rather than on the enormity of sin or the magnitude of human failure.

Because 7-8 year olds are still limited in their sense of history and time, they tend to confuse past and present experiences. The parents and catechist needs to bear this in mind and repeatedly clarify the differences. Pointing out relationships between current events and those of the past help the children. Parents and catechist should bear in mind the children's limited sense of time and history when introducing them to the examination of conscience. Children live in the present, generally. When they remember past sinful actions, it is frequently true that they mix what happened years or months ago with what happened last week. They need assistance in sorting out what is real and relevant to the current examination of conscience.

The child begins to be aware of the imbalance between what he or she wants (the will and the sense appetite) and the need for tempering these drives by knowledge (reason).

The child needs to recognize situations that have cause and effect, and be responsible for the effects of his/her actions.

Parents and catechist are instrumental in cultivating the moral and theological virtues according to the age level of the child.

For children to understand their personal value of being created in the image and likeness of God, parents and catechist must show them respect and love in action and attitude, consistently building them up with praise, recognition, and appreciation.

Parents and catechist's personal relationship with God in prayer, his/her appreciation of the sacraments manifested through frequent reception and his/her relationship with others will be a criterion on which the children form their values.

SOURCE: Office for Catechetics, Diocese of Fargo

Celebrating Reconciliation



Reconciliation

Scripture References

Set aside some time each week to read, reflect and talk about the following Scripture passages with your child/children. If possible, invite your child/children's sponsor to share in this prayerful preparation for Reconciliation.

Prayer Corner: Select a quiet place in your home. Involve your child/children in preparing the space. Some things to consider for this prayer corner are a plant, a candle, a Bible and comfortable seating. Depending on the Scripture passage you will be reading, you may want to add a symbol that relates to the meaning of the passage.

Parables of Mercy

| | |
|-------------------------------|----------------|
| Lost Sheep | Luke 15: 1-7 |
| Lost Silver Pieces | Luke 15: 8-10 |
| Prodigal Son/Forgiving Father | Luke 15: 11-32 |

Jesus Forgives Sin

| | |
|------------------------|---------------|
| Penitent Woman | Luke 7: 36-50 |
| Zacchaeus | Luke 19: 1-10 |
| Paralytic at Capernaum | Mark 2: 1-12 |



Parables on Film

Jesus often used stories (parables) from everyday life to communicate His message. Today, movies are probably our most popular form of storytelling. Viewing a movie with your children, followed by a short discussion, is a good way to help them explore themes related to Reconciliation: temptation, dealing with consequences, doing the right thing, real love, redemption and repentance. Some suggested films to watch and discuss with your child:

- **The Lion, the Witch and the Wardrobe** based on the story by C.S. Lewis is a classic allegory of redemption
- **Willy Wonka and the Chocolate Factory**, the screen version of Ronald Dahl's classic children's tale, shows that greed and selfishness get their just desserts and that goodness is eventually rewarded.
- **Beauty and the Beast** (Disney or any other version) shows that we have a second chance, a chance to change, especially through the love of another.
- **The Secret Garden** illustrates the transforming power of love.
- **Pinocchio** deals with temptation, bad companions, conscience formation and new life.
- **The Selfish Giant** is a classic tale about selfishness, the consequences of choices and starting over.
- **Visit the following website** for more movies suggestions and movie reviews:
<http://sisterrosemovies.com/>

Reconciliation Family Activities

Three envelopes

Some people start out by being rather shy about praying out loud. In this case why not pin up three envelopes labelled "Thank you" "Sorry" and "Please" and let group members write their prayers on slips of paper and put them in the appropriate envelope. Don't forget to check the envelopes from time to time to let everyone share in the joy of the thank you prayers and to find out how the please prayers have been answered.



Thank you, sorry, please - teaspoon prayers

Perhaps the most simple way of structuring a prayer is to use the three words thank you, sorry, please. Have a short time of discussion focusing on what your family might want to say to God using these three words. Finally have a short time of open prayer where family members can mention the items discussed, in a closing prayer. TSP, the first letters of Thank you, Sorry, Please, remind us of the recipe book abbreviation for teaspoon. It can be helpful to give younger children a plastic teaspoon to remind them of these three basic categories for prayer.



Wipe away my sins

Use a small whiteboard. Write "I'm sorry, please wipe away my sins". Invite family members to list/write things which they are sorry about: being greedy, not helping someone in need etc. Explain that God wants to forgive us for all our wrong doings and give us the opportunity to make a fresh start. All we have to do is say sorry to God and really mean it. Read Psalm 51 and say a simple prayer telling God you are sorry for all the things on the list. Then produce the kitchen towel and invite someone to wipe away the words. When we say sorry to God he not only forgives us but wipes the slate clean.



Preparing your Child for the Sacrament of Reconciliation

Examination of Conscience

Before celebrating the sacrament of Reconciliation, take time to examine your conscience. Think about the things you have done and the things you should have done but didn't. Here is a simple examination of conscience. Remember that God is merciful and always ready to forgive us if we are truly sorry for our sins.

Responsibilities to God

Have I loved God in my life?

Do I show respect to God by the words I use?

Have I tried to pray even when I sometimes didn't want to?

Did I have a good attitude about going to Mass?

Have I asked the Holy Spirit to help me do what is right?

Responsibilities to Others

Have I been disobedient or disrespectful to my parents or others in charge of me?

Have I lied to my parents or others in charge of me?

Have I shown love to my family and others?

Have I pouted, lost my temper, held grudges or not forgiven others?

Have I been a good friend to others?

What have I done to my family or friends that I knew was wrong (hitting, shoving, made fun of others, said mean things behind their back)?

Have I used bad language?

Have I performed my responsibilities such as chores and homework?

Have I stolen anything or cheated on my homework or test?

Practicing with your Child for Confession

This year your child will celebrate their First Reconciliation. Your child will talk to one of the parish priests but really, they will be talking to Jesus, because Jesus is present in this sacrament. It is Jesus who forgives our sins, through the priest. When we receive the Sacrament of Reconciliation, we say certain things in a certain order. This is called a Rite. It isn't too hard but your child will need your help to practice. Not to worry, the priest will help them if they forget.

Examination of Conscience

To prepare for the Sacrament of Reconciliation, we examine our conscience. During the weeks before your child makes their first confession, help them reflect on the Examination of Conscience provided on page 11.

The Communal Rite of Reconciliation

Introductory Rites

Song

Greeting

Opening Prayer

Celebration of the Word of God

We listen attentively to the Word of God and Homily. There may be several readings but there is always a reading from the Gospel. As we listen the Holy Spirit invites us to think about God's love and mercy and to be sorry for our sins.

Examination of Conscience

Together we reflect on how we are living as children of God. We ask the Holy Spirit to help us be sorry for our sins and to give us courage to live as Jesus taught us.

Individual Confession

Go into the confessional and either sit (face to face) or kneel (behind a screen).

Confession of Sins and Acceptance of a Penance

When I tell my sins to the priest, he will never tell anyone. When we confess our sins, we show that we trust God always loves us. We must confess serious sins. We may confess lesser sins.

Child: Make the sign of the cross and say,
"Bless me Father for I have sinned. This is my first confession."

Priest: May God, who has enlightened every heart, help you know your sins and trust in his Mercy.

Child: Amen.

Child: These are my sins:

Priest: After we confess our sins, the priest talks to us. He names some ways we can live a holy life. He gives us a penance. We accept and promise to do the penance. He may give you prayers to pray or something to do. Doing the penance is a sign that we want to change our lives and repair any hurt we have caused and try to do better.

Prayer of Sorrow and Absolution

Our prayer of sorrow shows we are truly sorry for our sins and that we will try do better.

Child: 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.

Priest: The priest extends his hands over our head as he prays:

God, the **Father** of mercies,
through the death and resurrection of his Son
has reconciled the world to himself
and sent the Holy Spirit among us for the forgiveness of sins;
through the ministry of the Church may God give you pardon and peace.
+ and I absolve you from your sin
in the name of the Father and of the Son and of the Holy Spirit.

Child: Amen.

Priest: Your sins are forgiven, go in peace.

Child: Amen.

Leave the confessional. Go into a pew and pray your penance if the priest assigned prayers as penance. If he assigned something else, take a moment to reflect on your confession and how you will carry out your penance.

Concluding Rite

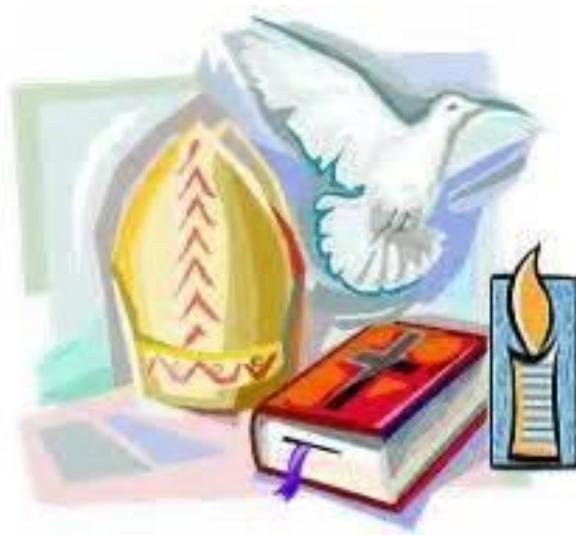
Proclamation of Praise for God's Mercy

Concluding Prayer

Blessing and Dismissal

Song

Celebrating Confirmation



Confirmation

Scripture References

Read, reflect and talk about the following Scripture passages with your child/children. Invite their sponsor to share in this prayerful preparation for Confirmation.

Prayer Corner: Select a quiet place in your home. Involve your child/children in preparing the space. Some things to consider for this prayer corner are a plant, a candle, a Bible and comfortable seating. You may want to add a symbol that relates to the meaning of the Scripture passage.

| | |
|------------------------|--|
| John 14: 15-17 | Jesus' promise of the Holy Spirit |
| Acts 2: 1-4 | The Holy Spirit's coming at Pentecost |
| 1 Corinthians 12: 4-11 | The Spirit as the source of Christian service |
| Romans 8: 26-27 | Description of the Holy Spirit's intercession |
| Isaiah 11: 1-9 | The gifts of the Spirit |
| Galatians 5: 22-25 | Paul's description of the fruits of the Spirit |
| Romans 8: 14-17 | The Spirit's presence within us |



Parables on Film

Mulan - Theme: Courage; Honor; Respect

The Huns invade China and the army calls up its best soldiers. Mulan's father is on the list, but she can see that he's too weak to fight. Instead of staying home to find a husband, Mulan dresses like a man and heads off to war, taking her father's place.

1. What makes Mulan a role model?
2. What are some things you've done, knowing it was the right thing to do?
3. What gifts of the Holy Spirit did you see Mulan live out?

The Lion King – Theme: Selflessness; Community

Simba "just can't wait to be king." His evil Uncle Scar, bitterly jealous of Mufasa, wants to be king, so he arranges for Mufasa to be killed and makes Simba think he's responsible. Simba runs away, thinking that he has escaped his past, but his childhood friend Nala finds him and tells him that, under Scar's leadership, the tribe has suffered badly. Simba is left with a decision to stay or return.

1. What was Simba's purpose?
2. What does Simba learn about himself from his father?
3. What examples of the gifts of the Holy Spirit did you see in Simba?

Cloudy With A Chance of Meatballs – Theme: Integrity, Choices, Temptation, Sin, Acceptance

Flint decides to try his latest invention, a machine that can turn water into food, when the community comes upon economic crisis. Something goes wrong and the machine ends up in the atmosphere, where it starts raining food. The shifty mayor tries to use this as a way to help their community, but when Flint senses something wrong, the mayor convinces him to ignore it.

1. Why does Flint try his latest invention? What were his intentions?
2. How do the townspeople turn things around?
3. What do you do when things go wrong? What choices do you make?

Confirmation Family Activities

The Spirit of God is within each of us and, as Saint Paul tells us, in the Spirit “we live, and move and have our being” (Acts 17:28). During this year try to become more conscious of the presence of the Holy Spirit in your life. Notice His presence in the everyday events of your life, in your family, and in your friends and neighbors. Here are some concrete ways to become more aware and responsive to God’s Spirit.



Remembering Baptism

We celebrate the presence of God’s Spirit within us in baptism. Confirmation is the sealing of this presence within us. Take some time to look at pictures or video from the baptism of your child/children. Talk about the whole experience: the kind of day it was; how you were feeling; who was there; the actual baptism celebration. Most importantly, tell them why you chose their name and why you chose baptism for them. Celebrate the baptism anniversary of each person in your family. Decorate with pictures of the celebration and bring out the baptismal candles you received. Display baptismal certificate, garment, make signs with the person’s name and its meaning and include a prayer of thanksgiving.

Signs of the Holy Spirit

Take time to reflect on the good qualities you see within yourself and within your child/children. Then talk with your child/children about those qualities. Start by having each person make a list of the good things you see in each other. On a cut out flame with the name of each person on it, take turns writing these good qualities (no repeats) until the flame is full. Say a prayer of thanks to God for all these signs of the Holy Spirit within your family as you place the flame on the refrigerator.

A Sign of Love

Through baptism, we are members of the church and disciples of Jesus. In confirmation, we seal this reality. Talk about ways that you and your child/children can become clearer signs of the love and care that Jesus showed those He met. Consider making a family covenant where you promise one another to try harder to be signs of Jesus’ love and care. You may also want to talk about how your family could more consciously reach out to those in need.

Storytime with Grandparents

Grandparents can be a wonderful part of this preparation time. They can share stories of the parent as a child. This is a witness that the child can cherish and it is also a very strong connection in all that makes you “family.” If grandparents are close enough, be sure to include them during this time of preparation for confirmation. A special dinner with them and then story time can enrich your appreciation of God’s Spirit in your midst.

Including Sponsors

Invite your child/children’s sponsor(s) to help with some of the activities listed above.

Talk to Your Child about the Seven Gifts of the Holy Spirit



WISDOM

- Knowing the right choice to make to live a holy life. This gift of the Holy Spirit helps us to avoid the things that lead away from God and know the right choices to make to live a holy life.
- **Discuss:** How do you keep God central in your life?

UNDERSTANDING

- Ability to grasp the meaning of the teachings of the Church. This gift of the Holy Spirit helps us to be tolerant and sympathetic of others. It helps us sense when someone is hurting or in need of compassion.
- **Discuss:** Do I understand and help when someone else is hurting?

KNOWLEDGE

- Allows us to see the circumstances of our lives the way God sees them and to choose the right path that will lead us to God. This gift of the Holy Spirit helps us to determine God's purpose for our lives and avoid obstacles that will keep us from him.
- **Discuss:** How do I know that God loves me?

COURAGE or FORTITUDE

- The power to stand up for our faith in Christ. This gift of the Holy Spirit helps us overcome any obstacles that would keep us from professing and practicing our faith.
- **Discuss:** Do I talk about Jesus with my friends?

RIGHT JUDGEMENT or COUNSEL

- Enables us to discern (judge) between right and wrong (to avoid sin and live as God would want us to live), especially in difficult situations. This gift of the Holy Spirit helps us make choices to live as faithful disciples of Jesus.
- **Discuss:** What do I do that shows I want to love Jesus?

REVERENCE or PIETY

- Enables us to have respect for God, and to rely on him completely. This gift of the Holy Spirit inspires us to joyfully want to serve God and others.
- **Discuss:** What is your favorite way to pray?

WONDER and AWE or FEAR OF THE LORD

An awareness of God's infinite grandeur and glory. This gift of the Holy Spirit moves us to so love God that we do not want to offend him by our words or actions.

- **Discuss:** What makes me know that God is there?

Fruits of the Holy Spirit Game

If you see apples on a tree, what kind of tree is it? What if you see oranges? Similarly, the fruits of the Holy Spirit show the work of the Holy Spirit. The fruits of the Holy Spirit give us a slice of heaven right here on earth. This taste of heaven is given to us and everyone that we encounter. In other words, people who do not know Jesus can come to know Him by meeting someone who is living like Him as his witness and disciple.

There are 12 fruit of the Holy Spirit (see Galatians 5:22-23 and/or the Catechism of the Catholic Church 1832). Learning the meaning of each of these will help nurture them in our lives. You can help your child learn about these fruit with this game.

Materials: a picture of a tree

Piece of cardstock with the names of the fruit on them (one for each fruit)

Make sure the fruit are removable from the tree, since they will be used more than once.

Objective: to help your child become familiar with the 12 fruit of the Holy Spirit

How to play: You can review 3-4 fruit several times a week or you can review all the fruit at one time. Name the fruit (ex. joy). Have a discussion about what this fruit is. Ask your child to give an example of a time when they experienced joy or an example of what they understand joy to be. When your child answers correctly, place the fruit on the tree. At the end of the week, the goal is to have all the fruit on the tree. The following week, take down all the fruit and start again in a different order.

Alternative: Talk about the different fruits. When your child has an experience that reflects a particular fruit, have them place that fruit on the tree. The goal is to see how many fruit he/she can place on the tree in one week. The following week, take down the fruit and start all over.

Remember: Even as adults we will not practice all the fruits of the Spirit every day or even every week. However, we can recognize those areas we in which we need to work harder.

1. Charity (love)

Loving God above all things and loving all other people. Charity is the sign that you love God as your good Father and others as Jesus loves you. Your love is so great that you show selfless service to other by your prayers, words and actions.

Example: When your Mom asks you to help clear the table and you help without complaining and have a smile on your face. You are exercising charity.

A time when I showed **charity** _____.

2. Joy

Interior, unshakable happiness. Joy is deep and constant gladness in the Lord that cannot be destroyed by other people or things. It comes from a good relationship with God and others, a relationship of genuine love.

Example: You smile even when you lose the game you are playing because you know inside your heart that it's just a game and God is with you no matter if you win or lose.

A time when I showed **joy** _____.

3. Peace

Not only the absence of fighting and violence, but also an internal presence resulting from a friendship with God and His family, the Church. Peace comes from knowing that everything will be OK because God is with us. A disciple faithful to God's will is calm, not anxious or upset.

Example: Your grandparent is sick. You have peace in your heart because you trust God and His plan for your grandparent. Whatever happens, it will be OK.

A time when I showed **peace** _____.

4. Patience

Seeing things and waiting in God's time. Patience is love that is willing to endure life's sufferings. It means not giving up when it is hard to act like Jesus. We trust that God is in control and wait for Him.

Example: You have to wait for it to snow before you can make a snowman. You do not complain each morning when you wake up and see no snow yet. You are exercising patience.

A time when I showed **patience** _____.

5. Kindness

Acting as God acts towards others, forgiving others even when they hurt us. Kindness is showing we care and doing good to others. It is showing Jesus' love to all.

Example: Your classmate fell off their bicycle and is crying. Instead of laughing at them you go to them and help them off the ground, asking if they are OK. You show them kindness.

A time when I showed **kindness** _____.

6. Goodness

All the qualities and virtues which make us what God wants us to be. Goodness is a sign that we love all people without exception and do good to them. Goodness comes from God's great love.

Example: Seeing a friend drop and spill their snack, you go over and help them clean it up and offer to share yours with them. You are exercising goodness.

A time when I showed **goodness** _____.

7. Generosity

Willingness to give all that we have received to God and others. Generosity is giving and sharing without asking or wanting something in return. It finds ways to make others happy.

Example: You hear about a family whose house burned down. They lost all their belongings. You take some of your toys and ask your parents to give them to the family. You are exercising generosity.

A time when I showed **generosity** _____.

8. Gentleness

Acting towards others with the recognition that you cannot make them follow Jesus, they need to decide for themselves. Gentleness is really strength softened by love so we can be gentle and kind. A gentle person has the power to forgive instead of getting angry.

Example: Your big brother is upset and is yelling at you. You decide not to yell back or break something of his. You are exercising gentleness.

A time when I showed **gentleness** _____.

9. Faithfulness

Following Jesus in every way. You are faithful when you show loyalty to God, trusting and obeying Him.

Example: You arrive early at Mass and there is time to go to Reconciliation. You decide to go. You are exercising faithfulness.

A time when I showed **faithfulness** _____.

10. Modesty

Dress or conduct that respects yourself and others. Modesty is moderation in all our actions, especially how we dress, talk and behave with others. Modesty is a sign that we give credit to God for our talents and successes.

Example: You scored the winning goal for your team but you decide not to show-off by doing a big victory dance. You are exercising modesty.

A time when I showed **modesty** _____.

11. Self-control

Temperance, knowing when enough is enough, right control over ones' desires. Self-control means controlling our thoughts, words and actions. We control our emotions and desires instead of letting them control us. We decide to be good.

Example: You are at the cake table and you decide to take the smallest piece because you know you will be too full if you eat any more. You are exercising self-control.

A time when I showed **self-control** _____.

12. Chastity

Purity in thought, word and action. Chastity helps us to be pure in mind, heart and body. It helps us respect ourselves and others.

Example: You see a pop-up of a naked lady or man on your Ipad. You close it right away and tell your Mom or Dad.

A time when I showed **chastity** _____.

Helping Your Child Choose a Confirmation Sponsor

Discuss with your child to talk about whom to pick for a sponsor. It is important to choose a good sponsor to serve as a role model in the Christian life and to help your child follow Jesus Christ as best as they can. Parishes may have a form to fill out in order to have a sponsor approved.

Do I really need a sponsor?

Yes. Everyone needs help living the Christian life. Sponsors, along with parents, have a duty of helping you to follow Jesus Christ. Because it is good for you, the church makes it a requirement for Confirmation.

Who can be a sponsor?

A sponsor must be willing and able to help you live your life as a Christian. Do they love Jesus with their whole heart? Do they love others? Who is your godparent from Baptism?

If your godparent is doing a good job following Jesus, it is recommended that you have him/her be your Confirmation sponsor to continue in the role they began at Baptism.

Specifically, the church requires that sponsors:

- Must be sixteen years old
- May not be the natural or adoptive parents of the one to be confirmed
- Must be fully initiated into the Catholic Faith (Baptism, Confirmation and Eucharist)
- Must be a practicing Catholic.

From these qualities, you can see that sometimes a best friend or favorite relative is not the right choice for being a sponsor. Not everyone can be a sponsor.

How do I ask someone to be my sponsor?

Just ask. Let them know why you are asking them. Your parish might schedule some sponsor sessions that they will need to attend or have other paperwork to fill out.

Once your sponsor has been chosen, invite them to be involved with your preparation. Go to Mass together; invite them to class, pray with and for one another, attend the retreat together, etc.

Practicing with your Child for Confirmation and Eucharist

This year your child will celebrate their Confirmation and First Communion within Mass. Bishop Robert Deeley will be the minister of the Sacrament of Confirmation. Your child will need your help to understand and practice for these two important sacraments. Please note the words and actions in red that you can talk about and practice with your child. The order of celebration for Confirmation within Mass is as follows:

The Celebration of the Rite of Confirmation and Eucharist

Liturgy of the Word

Sacrament of Confirmation

- **Presentation of the Candidates**

The pastor (or the Faith Formation director) will present the candidates to the bishop after the Gospel is proclaimed. **Remind your child that they should stand when their name is called.**

- **Homily**

Bishop Deeley gives a homily connecting the readings and the sacraments. He will engage children and parents by asking questions. **Encourage your child to raise their hand to answer, stand if called upon, and answer in a loud voice.**

- **Renewal of Baptismal Promises**

Children will reaffirm their faith by answering “I do” to 5 questions. **Practice answering these questions with your child.**

Bishop: Do you renounce Satan, and all his works, and all his empty show?

Candidates: **I do.**

Bishop: Do you believe in God, the Father almighty, Creator of heaven and earth?

Candidates: **I do.**

Bishop: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

Candidates: **I do.**

Bishop: Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the Apostles at Pentecost and today is given to you sacramentally in Confirmation?

Candidates: **I do.**

Bishop: Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

Candidates: I do.

Bishop: This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

All: Amen.

- **The Laying on of Hands**

The Bishop then extends his hands over the candidates asking the Holy Spirit to come upon them bestowing His gifts. Encourage your child to listen to the prayer, hear the names of the gifts and respond, “Amen”.

Bishop: All-powerful God,
Father of our Lord Jesus Christ,
by water and the Holy Spirit
you freed your sons and daughters from sin
and gave them new life.
Send your Holy Spirit upon them
to be their helper and guide.
Give them the spirit of wisdom and understanding,
the spirit of right judgment and courage,
the spirit of knowledge and reverence.
Fill them with the spirit of wonder and awe in your presence.
Through Christ our Lord.

All: Amen.

- **The Anointing with Chrism**

The bishop lays his hands on your child’s head and makes the sign of the cross on their forehead. Encourage them to move up close to the bishop and respond in a loud voice.

Bishop: (Name), be sealed with the gift of the Holy Spirit.

Candidate: Amen.

Bishop: Peace be with you.

Candidate: And with your spirit.

- **Universal Prayers** include intercessions for the newly confirmed, their families and their sponsors.

Liturgy of the Eucharist

The Mass continues as usual.

- **Communion Rite**

Your child will receive their first Communion from the pastor of the parish. To help your child be comfortable receiving Communion for the first time, it is important that you practice with them many times so they have the words and movements memorized, and can focus on what is really happening --they are receiving Jesus.

How to receive Jesus in Holy Communion

I walk to the priest with **my hands joined**, thinking about Jesus, who I will receive.

When it is my turn, the priest raises the Host, and **I bow my head**.

The priest says, "The Body of Christ" **I respond, "Amen"**.

If I choose to receive the Host in my hand, **I cup my left hand on top of my right hand**.

(or the opposite if I am left-handed).

After the Host is placed in my hand,

I step to the side and carefully place it in my mouth. I swallow it and return to my seat, singing the Communion hymn (or go to the chalice).

If I choose to receive the Host on my tongue,

I hold my head up and gently put out my tongue.

After the Host is placed on my tongue, I step to the side, swallow it,

and return to my seat, singing the Communion hymn (or go to the chalice).

If I am going to receive from the chalice, **I, first, swallow the Host, then move to the priest* holding the chalice.**

The priest* raises the chalice, **I bow my head**.

The priest* says, "Blood of Christ" **I respond, "Amen"**.

Then, **I take the chalice carefully, holding on tightly, take a sip, give it back to the priest* and return to my seat, singing the Communion hymn.**

Spend some time in quiet prayer.

- **Concluding Rite**

The bishop gives a special Blessing and Prayer over the People at the end of Mass.

Bishop: God our Father,
complete the work you have begun and keep the gifts
of your Holy Spirit active in the hearts of your people.
May they never be ashamed to proclaim to the world
Christ crucified, living and reigning for ever and ever. **Amen.**

*This may be a priest, a deacon or a Eucharistic minister.

Celebrating Eucharist



Eucharist

Scripture References

Set aside some time each week to read and talk about the following Scripture passages with your child/children. The following are New Testament passages all refer to the Eucharist.

Matthew 26: 17-30 - Last Supper
Mark 6: 34-44 - Feed the Five Thousand
Luke 11: 1-13 - The Lord's Prayer
Luke 24: 13-34 - On the Road to Emmaus
John 6: 1-13 - Multiplication of the loaves
John 6: 25-58 - Bread of Life
1 Corinthians 10: 16-17 - A Cup of Blessing



Parables on Film

How the Grinch Stole Christmas Theme: Better to give;

Conversion; Community

It's the day before Christmas, and all the Grinch can think about is how much he hates the whole Christmas season. The Grinch hates the Whos in Whoville, who decorate and celebrate, so he hatches a plot to stop Christmas from coming. But can he stop Christmas from coming? And can the love that Christmas embodies save his shriveled heart?

1. Why does the Grinch have a change of heart? What made his heart grow? In what ways does Jesus in the Eucharist help our hearts to grow?
2. The Grinch was welcomed into the Who community. How do we welcome others at Mass?
3. The Grinch tried to stop Christmas from coming. What gets in the way from allowing Jesus to enter our hearts?

Finding Nemo – Theme: Selflessness; Community

After his son is captured in the Great Barrier Reef and taken to Sydney, a timid clownfish sets out on a journey to bring him home. Lots of great characters and “people helping people.”

4. How did the characters help each other? How did this help to get Nemo back?
5. What are some things we do as family and as our Church family to help others?
6. How important is Nemo to his Dad? How important do you think you are to God?

Ice Age – Theme: Community; Trust; Doing the Right Thing

The story is set when glaciers covered much of the earth, 20,000 years ago. A clever, funny, and touching story of an unlikely trio of animals who band together to return a human baby to his family. They don't like or trust each other very much, at the beginning, and the journey becomes one where they share experiences and confidences that make them see each other and themselves very differently.

1. Why do the animals want to return the human baby? How do they work together?
2. What do the animals experience together in the movie? How does their experiences affect them?
3. How does working together help Jesus?

Eucharist Family Activity and Prayer

The Blessing Cup

The blessing cup is a family tradition you can begin in your home to build upon strengthening family bonds. Select or decorate a glass cup, or one made out of pottery (at a pottery studio). Keep it in a special place in your home. Use it when you gather as a family, especially during special times. Pray around the blessing cup, selecting a leader of prayer and someone to proclaim the Scripture reading. Let the filling of the cup be a special privilege. Fill it with a favorite beverage all can share.

Opening Prayer and the Sign of the Cross

We walk together in the light of God's blessing, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Scripture Reading: Matthew 26:26-28

Petitions

1. We are grateful for the bread of life you give us. With joy, we pray.

R. Lord Jesus, you are the bread of life.

2. We pray that we all may be filled with the grace and power of your Spirit. In a special way we pray for _____ who will receive your Holy Spirit in a special way, that s/he may joyfully serve the Church. With joy, we pray.

3. We thank you and praise you for the gift of Eucharist. In a special way we pray for _____ and all those who will receive your most precious body and blood for the first time. With joy, we pray.

4. We pray that all of us will be living examples of Christ's life for each other. With joy, we pray.

Collect

Blessed are you, Father, for all the works of your goodness, but most especially we thank you for one another in the sharing of this blessing cup. May it be a true sign of our love for one another, as we proclaim your goodness to the ends of the earth.

Sharing of the Blessing Cup

We, now, carefully pass around the blessing cup for all to share, a sign of our love and service to one another.

The Lord's Prayer

Gift Suggestions

The celebration of Confirmation and Eucharist is a very special event for your child and your family. Your extended family and friends will celebrate this event with you and your child. Gifts will be a consideration and there are many options for you to consider and suggest to those who will be celebrating with you.

Please consider suggesting gifts that have a definite connection to this event and reality. Many people may want to offer a monetary gift. This is a generous gesture but where will this kind of gift be in a few years? Will your child have any memory of that person's presence on this special occasion once the money is spent or out of sight?

Years from now, what mementos will your child have of this special day and those who celebrated with him/her? Here are some alternate gift ideas that have potential to be a more lasting remembrance the day. They can be inscribed, engraved and saved as a lasting reminder.

- A child's Bible
- A plaque
- A Crucifix
- A Medal of the Holy Spirit
- A Mass book
- A prayer book
- A patron saint medal
- A statue
- A book of Bible stories
- DVDs about Jesus or Bible heroes/heroines
- A book about Saints
- A Rosary
- A special candle decorated by the giver
- A cross and chain

You can find these items and more in the following locations:

- Your local Church store
- The Abbey Gift Shop (if you're in the greater Portland area)
- www.catholicchildrenscompany.com
- www.aquinasandmore.com
- www.christianbook.com

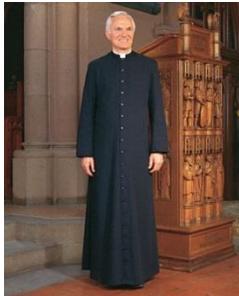
Vessels & Vestments

Below are some images and definitions. Help your child to recognize these vessels and vestments by playing a game. The point is not to have your child memorize each item, rather, the idea is to have them recognize the items as something that is part of the church or Mass.

- Take some time to go over these items with your child several times a week.
- The next time you go to Mass, you can ask your child, “What color was Father’s alb today?” or “Where/when did you see _____?”
- You can also take these pages and cover up the definition. Ask your child to name the item in the picture.

Alb: A white robe with long sleeves worn by the priest under his chasuble and the deacon under his dalmatic. Altar servers also wear an alb.

The design of the alb is based on the typical Greek and Roman clothing worn in the first century. The word *alb* comes from the Latin *albus*, which means *white*—a color symbolizing purity.



Cassock: A full length black robe worn by boys or men who serve at the altar; also worn by bishops and priests in celebrations outside of Mass. The pope’s cassock is white.

Chalice: A cup used to hold wine that will be consecrated at Mass. Chalices come in different styles, sizes and materials. Many of them are made of gold and decorated with engravings, jewels and precious stones. A priest often has his own chalice, which may have been given to him as a gift.





Chasuble: The sleeveless outer vestment worn by the priest over all other garments when he celebrates Mass. The poncho-like garment covers his entire body with only an opening for the head. There are different colors which match the Liturgical season or special day.

Purple: Lent and Advent

Rose: 3rd Sunday of Advent; 4th Sunday of Lent

Red: Good Friday, Pentecost, Confirmation, feasts of the Holy Spirit, martyrs

White: solemnities (like Christmas and Easter), weddings, baptisms

Green: ordinary time

Ciborium: A covered container that holds unconsecrated Hosts (bread) and consecrated Hosts (Body of Christ) at Mass, and in the tabernacle. Usually made from either goldplated brass or silver, lined with gold.



Cincture: A long, rope-like cord with a tassel or knot at the end that is tied at the waist over the alb. It is usually white, but the color may vary according to the liturgical season.

The cincture is symbolic of chastity and purity. Cinctures may be worn by priests, deacons or altar servers.

Corporal: A white linen cloth about 20 inches square on which the chalice, paten and ciboria are placed on at the altar during Mass.

When not in use, the corporal is folded three times each way so as to form nine equal squares and may be placed in a burse. The corporal takes its name from the Latin word *corpus* meaning *body*. A clean corporal is used at each Mass.



Cruets: Small pitchers, often with toppers, that contain the water and wine used during Mass. They are typically made of glass so the water and wine can be easily distinguished. If they are made of metal, a V (*Vinum* - Wine) and A (*Aqua* - Water) are inscribed to identify its contents.

Lavabo Set: Lavabo is the ceremonial washing of the hands in the liturgy. A lavabo set includes a vessel for water and a dish. At Mass, the priest washes his hands after the offertory. The word *lavabo* means *I shall wash* in Latin.



Pall: A small square of stiffened linen, or of cardboard covered with linen, used to cover the chalice to prevent dust or other matter from falling into it.

Paten: The paten is used in the celebration of the Mass. It's a round shallow dish with thin edges made of gold or silver. The upper surface has to be at least gold plated. The paten usually holds the large Host (bread) to be consecrated.



Purificator: The purificator is the white linen cloth used to purify the chalice and other cups after the celebration of the Eucharist. Purificators are also used to wipe the edge of the people's cups after each person receives the Blood of Christ.

Stole: A stole is a strip of cloth about seven and-a-half to nine feet long and three or four inches wide. The priest wears the stole over the alb with the center around the back of the neck and the two ends hanging in front. The deacon wears the stole over his left shoulder and it drapes across his body, clasped on the right side. Stoles are often decorated in some way and are the same color as the chasuble.



Taken from www.massexplained.com

For more information about vestments & vessels, games or an app go to www.massexplained.com

Playing “St. Simon Says” with Mass Gestures and Responses

Objective: Assist children in memorizing actions and responses used at Mass.

Directions: This game is played like “Simon Says” except we call it “St. Simon Says”. Begin with an explanation of who St. Simon is. Simon is the name for Peter, the rock upon which Jesus build His Church. Simon Peter is the head of the Twelve Apostles and the first Pope. Next, review the gestures and responses below so everyone know how to do the correct response. Finally, begin the game by saying “St. Simon says . . .” and then chose one of the gestures or responses from below.

Possible gestures

1. . . .make the Sign of the Cross
2. . . .genuflect
3. . . .kneel
4. . . .stand
5. . . .sit
6. . . .bow
7. . . .offer a sign of peace
8. . . .dip your hand in Holy Water
- 9 . . . process to communion
- 10 . . .make the sign of the cross on your forehead, lips, heart

Possible responses

1. . . .“The Lord be with you” and children should say, “And with your Spirit.”
2. . . .“Lord, have mercy” and children should say, “Lord, have mercy.”
3. . . .“The Word of the Lord” and children should say, “Thanks be to God.”
4. . . .“The Gospel of the Lord” and children should say, “Praise to you Lord Jesus Christ.”
5. . . .“We pray to the Lord” and the children say “Lord hear our prayer.”
6. . . .“Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father” and the children should say, “May the Lord accept the sacrifice at your hands, for the praise and glory of His name for our good and the good of all His holy Church.”
7. . . .“The mystery of faith” and the children should sing, “We proclaim your Death, O Lord and profess your Resurrection until you come again.”
8. . . .“The peace of the Lord be with you always” and the children should say, “And with your Spirit.”
9. . . .“Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.” And the children say, “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”
10. . . .“Go forth the Mass is ended” and the children say, “Thanks be to God.”

Possible combination gestures and responses

1. . . .“The Lord be with you” and children say, “And with your Spirit.”
“A reading from the Gospel according to Luke ”. Children should respond,
“Glory be to you O Lord” and make the three crosses (on their forehead, lips, heart).
2. . . .“The Lord be with you” and children should say, “And with your Spirit.”
“Lift up your hearts” and children should say, “We lift them up to the Lord.”
“Let us give thanks to the Lord our God” and children should say, “It is right and just.”
3. . . .“ The Body of Christ” and the children should say, “Amen” and pretend to receive on either their tongue or hand.

Glossary - Year 2

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| Absolution | This prayer, spoken by the priest, grants the penitent the forgiveness of sins. Absolution is a necessary part of the Sacrament of Penance. |
| Act of Contrition | A prayer that expresses sorrow for our sins. Prayed by penitent at Sacrament of Penance. |
| Altar | The table in the church on which a priest celebrates (offers the sacrifice of) the Mass. |
| Anointing | A blessing of people or things with oil that dedicates them to the service or care of God. |
| Beatitudes | Eight ways of life that Jesus taught us to behave so that we can live a happy Christian life. |
| Bishop | A priest chosen by the pope to lead and teach a particular diocese. |
| Blessing | A prayer that calls for God's power and care upon a person, place, thing or activity. |
| Candles | Items made of wax or using oil, which are used near the altar during worship as a reminder that Jesus is the light of the world. |
| Celebration | Worshipping and praising God with prayers and songs, especially the Eucharist. |
| Chalice | The special cup used by the priest at Mass to hold the wine that will become the Blood of Christ. |
| Chrism | Oil that scented with balsam and consecrated by the Bishop at the Chrism Mass during Holy Week; this oil is used in conferring the sacraments of Baptism, Confirmation, Ordination, and when blessing a new church and altar. |
| Christians | The name given to all who have been baptized and are followers of Christ; all Catholics are Christians, but some Christians are not Catholic (Orthodox and Protestant Christians like Anglicans, Lutherans, Methodists, Evangelicals, etc.). |
| Confession | The act of telling our sins to a priest in the Sacrament of Penance or Reconciliation. The sacrament itself is sometimes referred to as Confession. |

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| Conscience | God’s voice in our minds and hearts that tells us an action is right or wrong. |
| Consecration | The act of making a person, place or thing holy and sacred, setting it apart for the service of God. Churches and altars are consecrated for use at the liturgy. A bishop is consecrated as they receive the fullness of the Sacrament of Holy Orders. At Mass, through the words and actions of the priest and the power of the Holy Spirit, the bread and wine become the Body and Blood of Christ. |
| Contrition | The sorrow we feel when we know that we have sinned (done something wrong), knowing in our hearts that we have hurt God, ourselves and others, followed by the decision not to sin again. Contrition is a necessary part of our celebration of the Sacrament of Penance. This is also known as “sorrow for sin”. |
| Courage | The power to stand up for our faith in Christ. This gift of the Holy Spirit helps us overcome any obstacles that would keep us from professing and practicing our faith. This gift is also known as “fortitude”. |
| Creed | A prayer that summarizes what we believe as Catholics. |
| Deacon | A man ordained through the Sacrament of Holy Orders to assist the bishop and priests through a ministry of charity and service. They help by proclaiming the Gospel, preaching, assisting at the altar and through service in the parish and the community. Deacons can celebrate Baptism and witness weddings; they can preside at funerals outside of Mass. |
| Eucharistic Prayer | A prayer of praise and thanksgiving to God that is the center and high point of the Mass. As the priest celebrates what Jesus did at the Last Supper, Christ’s sacrifice is made truly present in the gifts of bread and wine that are changed into the Body and Blood of Christ. |
| Examination of Conscience | Prayerfully thinking about what we have said or done, or failed to do, that may have hurt our relationship with God or with other. It is an important part of preparing for the Sacrament of Penance. |
| Gospel | The good news of God’s mercy and love that we experience in the stories of Jesus’ life, death and resurrection. There are four Gospels in the New Testament: Matthew, Mark, Luke and John. We listen to a reading from one of the four Gospels at every Mass. |
| Grace | The gift of God’s life in us. Sanctifying grace is received in the sacraments and makes holy, that is, more Christ-like and pleasing to God. Actual grace is the prompting of the Holy Spirit that helps us to do good and to deepen our relationship with Jesus. |
| Holy Water | Water that has been blessed and is used as a sacramental to remind us of our Baptism. |

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| Homily | An explanation by the bishop, priest or deacon of the Word of God proclaimed at Mass. The homily relates the Word of God to our lives as Christians. |
| Host | The name given to the bread used at Mass that will become the Body of Christ. It comes from Latin “hostia,” which means victim and remembers Jesus’ sacrifice on the cross. |
| Indelible | The sacraments of Baptism, Confirmation and Holy Orders, in addition to grace, confer a permanent spiritual mark (character) that cannot be removed. Therefore these sacraments can never be repeated. |
| Intercessions | Prayers or petitions asking God to help others. |
| Kingdom of God | The power of God’s love active in our lives and in our world. We experience the Kingdom of God now and will experience it fully in heaven. |
| Knowledge | Allows us to see the circumstances of our lives the way God sees them and to choose the right path that will lead us to God. This gift of the Holy Spirit helps us to determine God's purpose for our lives and avoid obstacles that will keep us from him. |
| Last Supper | The last meal Jesus had with his disciples on the night before he sacrificed himself for us on the cross. At the Last Supper, Jesus took bread and wine, blessed them, and said that they were his Body and Blood. Every Mass is a remembrance of this last meal. |
| Laying on of Hands | Gesture that is a sign of the transforming power of the Holy Spirit. The priest extends his hands over us at Baptism, Confirmation and Penance. Before the consecration of the Mass, the priest extends his hands over the bread and wine. At Ordination, the bishop lays hands on the candidates for diaconate or priesthood. |
| Lectionary | The book that contains all of the Scripture readings used at Mass during the Liturgy of the Word. |
| Liturgy of the Word | First part of the Mass, during which we listen to God’s word from the Bible (as found in the Lectionary) and consider how to live it in our lives. |
| Liturgy of the Eucharist | Second part of the Mass, during which the gifts of bread and wine are consecrated and become the Body and Blood of Christ. We also receive Holy Communion. |
| Mary | Mother of Jesus. She is called “blessed” or “full of grace” because God chose her to be the mother of his Son. |

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| Penance | An action that the priest asks us to do after he absolves us from our sins in Confession, and which expresses our desire to change our lives by turning away from sin and live how God wants us to live. |
| Penitential Act | During the Introductory Rite at Mass, we reflect on the areas of our life that are in need of the healing grace of God and are reminded that God is loving, merciful and forgiving. |
| Pentecost | The fiftieth (50 th) day after Jesus was raised from the dead. On this day, the Church was born as the Holy Spirit was sent upon Jesus' apostles, Mary, and other disciples. |
| Pope | The successor of St. Peter, Bishop of Rome and leader of the Roman Catholic Church. Because he has the authority to act in the name of Christ, the pope is called the Vicar of Christ. |
| Priest | A man who has accepted God's call to serve the Church by guiding it and building it up through the ministry of the Word and the celebration of sacraments. Through Holy Orders, men receive a permanent sacramental mark that calls them to minister in the Church. |
| Psalm | A prayer in the form of a poem written to be sung in worship. The Book of Psalms in the Bible contains 150 psalms that include every expression of human prayer. |
| Real Presence | The belief that the person of Jesus Christ truly and fully comes to us in Holy Communion. It is the gift of the life of the form of the consecrated bread and wine. |
| Reconciliation Room | Small room within the church where we go to celebrate the Sacrament of Reconciliation or Penance. |
| Reconciliation | The renewal of friendship after that friendship has been broken by our Hurtful action or lack of action (sin). In the Sacrament of Penance or Reconciliation, we are reconciled (reunited) with God, the Church and others because of God's mercy and forgiveness. |
| Religious Life | Men and Women who freely respond to a call to follow Jesus by living the vows of chastity, poverty, and obedience in community with others. |
| Reverence | Enables us to have respect for God, and to rely on him completely. This gift of the Holy Spirit inspires us to joyfully want to serve God and others. This gift is also known as "piety". |
| Right Judgement | Enables us to discern between right and wrong, especially in difficult situations. This gift of the Holy Spirit helps us make choices to live as faithful disciples of Jesus. This gift is also known as "counsel". |

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| Sacrament | One of the seven sacred ways through which God’s life enters our lives through the work of the Holy Spirit. Sacraments are visible signs that convey the invisible reality of God’s grace. Jesus gave us three Sacraments of initiation that bring us into his family, the Church: Baptism, Confirmation and Eucharist. He also gave us two Sacraments of Healing: Reconciliation and Anointing of the Sick; and he gave us two Sacraments at the Service of Communion: Matrimony (marriage) and Holy Orders (becoming a deacon, priest, or bishop). |
| Sign of Peace | Ancient gesture which we offer to one another before receiving holy Communion at Mass, reminding us that we are to be a people united with one another in the peace of Christ who is present among us. |
| Sin | Ignoring, injuring or rejecting our relationship with God or others. A deliberate thought, word, deed, or failure to act that offends God and hurts our relationship with other people. Some sin is mortal (serious or deadly) and needs to be confessed in the Sacrament of Penance, also called Reconciliation. Other sin is venial, or less serious. |
| Sponsor | Confirmation sponsors bring the candidates to receive the sacrament, present them to the minister for anointing, and will later help them to fulfill faithfully their baptismal promises under the guidance of the Holy Spirit whom they have received. |
| Stole | Whenever a priest celebrates Mass or administers the sacraments, he wears the stole as a sign that he is performing an official priestly duty. |
| Temptation | Feelings, people, or things that try to turn us away from God’s love and living a holy life. |
| Ten Commandments | The rules of love that were given to Moses on Mount Sinai. The Ten Commandments sum up God’s Law and show us what is required to love God and our neighbor. |
| Trinity | The mystery of one God existing in three Persons: Father, Son and Holy Spirit. |
| Understanding | Ability to grasp the meaning of the teachings of the Church. This gift of the Holy Spirit helps us to be tolerant and sympathetic of others. It helps us sense when someone is hurting or in need of compassion. |
| Wisdom | Knowing the right choice to make to live a holy life. This gift of the Holy Spirit helps us to avoid the things that lead away from God and know the right choices to make to live a holy life. |
| Wonder and Awe | An awareness of God’s infinite grandeur and glory. This gift of the Holy Spirit moves us to so love God that we do not want to offend him by our words or actions. This gift is sometimes known as “fear of the Lord”. |

Prayers for Young Children

Please help your child learn the following prayers.

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit, Amen

The Lord's Prayer

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

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among
women, and blessed is the fruit of your womb, Jesus. Holy Mary,
mother of God, pray for us sinners, now and
at the hour of our death. Amen.

Glory Be

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.

Act of Sorrow

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.

Prayer after Communion

Jesus, thank you for coming to me in Communion.
May it strengthen my faith and help me to be a better disciple.
Help me to be grateful for each day and to stay close to you always.
I ask this in your name. Amen.