

Holy Name Sacramental Preparation Family Activities Guide



Key Dates:

Nov. 13	1st Reconciliation Service 6:30 pm, in the Church
Nov. 17	Teaching Mass 6:30, in the Church
Feb. 26	Share-A-Meal, in Hartman Hall after recognition at 9:00 am Mass
March 15	Adoration Prayer Service 6:30 pm, in the Church
April 26	1st Communion Rehearsal 6:30, in the Church
April 28	1st Communion Ceremony 11:00 am in the Church

1st Communion Ceremony Dress Code:

Girls: White dress (no strapless allowed), veils are strongly encouraged but not required; gloves may be worn for pictures but may NOT be worn to receive Communion.

Boys: Dark pants, dark tie, white shirts, dress shoes, jackets are strongly encouraged, but not required.

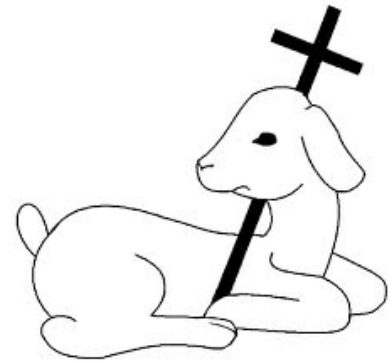
Expectations:

- * The kids are expected to memorize and basically understand the eight prayers found in their books (p. 175-177), unless directed differently by the teacher.
(Sign of the Cross, Glory Be, Hail Mary, Morning Offering, Our Father, Act of Contrition, Prayer to the Guardian Angel, Apostles' Creed)
- * Strive to love God and others
- * Conduct themselves as good students during class
- * Attend the special events for this program
- * Make a First Confession before receiving First Communion
- * Complete the Living Bible Project
- * Families are expected to attend Mass every Sunday and Holy Days of Obligation

Sacrament of Reconciliation

Text Used in the School and Religious Education: Ignatius Press, Jesus Our Life
Chapters for Reconciliation:

- 5 God Is Offended
- 6 Becoming a Child of God
- 7 Obeying God Our Father
- 8 God Gives Us His Laws
- 17 Asking Forgiveness
- 18 Jesus Forgives
- 19 The Sacrament of Penance
- 20 Making Up for Our Offenses



The Catechism of the Catholic Church has some wonderful things to say about the great Sacrament of Reconciliation. To be brief, here are a few key thoughts from the Catechism:

1423 It is called the sacrament of conversion because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father from whom one has strayed by sin. It is called the sacrament of Penance, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction.

1424 It is called the sacrament of confession, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a "confession" - acknowledgment and praise - of the holiness of God and of his mercy toward sinful man. It is called the sacrament of forgiveness, since by the priest's sacramental absolution God grants the penitent "pardon and peace." It is called the sacrament of Reconciliation, because it imparts to the sinner the love of God who reconciles: "Be reconciled to God." He who lives by God's merciful love is ready to respond to the Lord's call: "Go; first be reconciled to your brother."

1486 The forgiveness of sins committed after Baptism is conferred by a particular sacrament called the sacrament of conversion, confession, penance, or reconciliation.

1487 The sinner wounds God's honor and love, his own human dignity as a man called to be a son of God, and the spiritual well-being of the Church, of which each Christian ought to be a living stone.

1493 One who desires to obtain reconciliation with God and with the Church, must confess to a priest all the unconfessed grave sins he remembers after having carefully examined his conscience. The confession of venial faults, without being necessary in itself, is nevertheless strongly recommended by the Church.

1496 The spiritual effects of the sacrament of Penance are:
- reconciliation with God by which the penitent recovers grace;
- reconciliation with the Church;
- remission of the eternal punishment incurred by mortal sins;

- remission, at least in part, of temporal punishments resulting from sin;
- peace and serenity of conscience, and spiritual consolation;
- an increase of spiritual strength for the Christian battle.

Optional Family Enrichment Activities for Reconciliation

We Follow Jesus, Family Activities

In Matthew 22:34-40, Jesus gives us The Great Commandment, that we are to love God and love others as ourselves. As a way of encouraging love in your family, choose one of the activities below to do together.

- Look up the definition of love in the dictionary. Compare the definition to what Jesus tells us about love.
- Make a list of the ways your family helps one another to live the Great Commandment.
- Talk about how living the Great Commandment could help your family resolve disagreements peacefully.
- Make a banner of the Great Commandment. Hang it in your home to serve as a reminder to love God and to love others.
- Look at today's newspaper. Find stories about Good Samaritans.



We Are Sorry, Family Activities

Choose one of the activities below to do together as a family.

- Take turns telling about a time when you felt better after saying you were sorry for something you did.
- Talk about why it is important to say the words, "I am sorry."
- Discuss the ways that we can show that we are sorry. Pray together the Act of Contrition.
- Visit the reconciliation room at your church. Give your child time to sit in the chair and look around.
- Show by example. Go to Confession yourself and make sure your child knows you went. This is good for you and will help your child feel more comfortable going.
- After the First Reconciliation, take yourself and your child to Confession regularly.

Do I Live by God's Rules?

(An Examination of Conscience for Grade 2)

This exercise is for children, with the help of a parent or close adult. Read through this section with your child allowing time for discussion. Then allow the child some time on their own to think about what they might want to ask God to forgive them for in preparation for the Sacrament of Reconciliation.

All God's rules come from an understanding of Love.

We call this the "Great Commandment":

You shall love the Lord your God with all your heart, with all your soul, with all your strength and your entire mind, and you shall love your neighbor as yourself.

This commandment teaches us that we should love God above all else. He is to be first in our lives. Next we are to love other people. By loving others, and ourselves, we are loving God too. Can you think of ways you have not loved God or neighbor?

Let's look at some of God's rules that help us live in love.

God's Rules:

✦ **I am the Lord your God, you shall have no other gods besides me.** We no longer see people worshipping golden idols like in the time of the Bible. But we do still place many things before God, and give them greater time, attention and sometimes even want them more. This commandment reminds us to place God first.

Do I place God first in everything?

- ♦ Do I put TV, music, video games, homework, friends or other things before my time with God?
- ♦ Do I forget to make time for God alone? To pray?
- ♦ Does my behavior show I respect God's house when I am in church?

✦ **You shall not take the name of the Lord in vain.** Taking God's name in vain is serious, because God's name is holy. We use God's name to pray, to worship and to make a promise. By using God's name in other ways, we are showing disrespect to God.

Do I use God's name only in a holy way or for prayer?

- ♦ Do I say God's name in anger or in a bad way?
- ♦ Do I use bad language?

✦ **You shall honor the Lord's Day.** This means we should try to make Sundays different from the other days of the week and take time for God. We do this by going to Mass, taking time to pray and spending time with our families.

Do I keep Sunday special?

- ♦ Do I complain about going to Mass on Sunday?
- ♦ Do I fail to pay attention at Mass? During my prayers?
- ♦ Do I save all my homework for Sunday and then not have time for prayer and family?

✦ **You shall honor your mother and father.** God chose your parents for you because He knew that they are the best parents for you. He chose your family. He even chose your teachers!

God puts people in our lives that we need to respect and obey, because they are doing what is best for us. By loving them we love God's plan for us.

Do I respect my authorities?

- ♦ Do I talk back or disrespect my parents or teachers or other authorities?
- ♦ Do I fail to listen to my parents when they are talking to me?
- ♦ Do I listen to my friends more than my parents?
- ♦ Do I do my chores when I am asked to?
- ♦ Do I help with my younger brothers and sisters?

- ⚡ **You shall not kill.** Perhaps you think that because you have not killed anyone, this rule does not affect you. This rule can be about not treating others well and killing their happiness. Being very mad at others and wanting to do harm to them would be an example. Sometimes we all get angry, but we need to not act on it, we need to act in love.

Do I love life in all its forms?

- ♦ Did I get mad at someone?
- ♦ Did I have a fight, or try to hurt someone?
- ♦ Have I hurt someone's reputation by saying mean things about them?

- ⚡ **You shall not steal.** Stealing is taking something that does not belong to you without asking. It is not borrowing, or finding something. It is taking something from someone else.

Do I respect property?

- ♦ Do I steal - even small things? Or big things?
- ♦ Do I borrow things and purposely not return them?
- ♦ Do I fail to take care of my things, including my room and classroom?

- ⚡ **You should not bear false witness.** To bear false witness means to not tell the whole truth. The truth is very important because we need to be able to trust each other and understand each other. We need to guard what we say, and say what we mean by speaking the truth.

Do I guard what I say?

- ♦ Do I lie?
- ♦ Do I gossip? (Talk about others when they are not around?)
- ♦ Do I not tell the **whole** truth?

- ⚡ **You shall not covet your neighbor's goods.** Coveting means wanting something really bad. It includes jealousy, but also taking things from other people, or ruining them so they can't have them.

Do I guard my thoughts?

- ♦ Do I think a lot about things I can't have?
- ♦ Do I get mad because someone has something I cannot have?
- ♦ Do I want to destroy what others have, because I can't have it?

Lastly if you're not sure if something is a sin, ask yourself, "What would Jesus do?" If Jesus wouldn't do it, you shouldn't either. Let Jesus be your guide.

How make a Confession

- **First**, think about what you have done that is wrong, be sorry for your sins, and really want to do better.

- **Greeting**

Choose whether you want to go "Face to Face" or "Behind the Screen."

When you go in, sit in the chair for "Face to Face" or kneel if "Behind the Screen"

Make the sign of the cross and say, "Bless me father, for I have sinned. It has been (say how long it has been) since my last confession."

- **Confession of Sins and Acceptance of Penance**

Now share what you would like to ask God to forgive you for or in what ways you would like God to help you be a better person towards your family, your friends and towards God. When you finish, tell the priest that you are sorry for committing these sins.

The priest might say a few words to when you finish. He will then give you some prayers to say, or something special for you to do as your Penance. Make sure you do your Penance as soon as you can.

- **Act of Contrition**

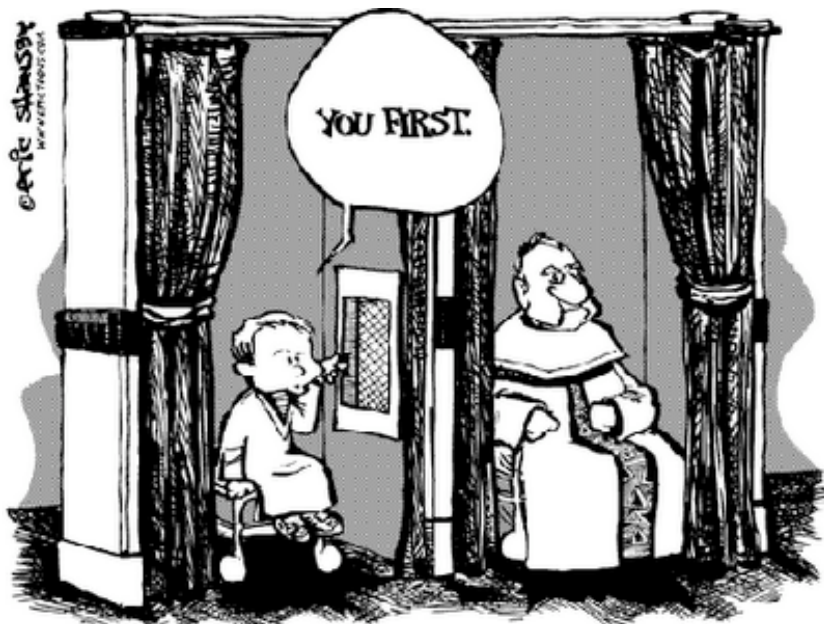
The priest will ask you to pray the Act of Contrition, which should be said from the heart.

- **Absolution**

The priest will finish by saying a special prayer of absolution, or forgiveness, and will give you a blessing from God. You respond with the word "Amen."

- **Closing Prayer**

After the priest has finished these prayers, he will say "go in peace," and you answer "thanks be to God." Please return to your seat and thank God in prayer for forgiving you.



Sacrament of Eucharist

Text Used in the School and Religious Education: Ignatius Press: Jesus Our Life

Chapters for the Eucharist:

- 22 The Last Supper
- 23 Jesus Dies for Us
- 24 He is Risen, Alleluia!
- 25 The Holy Mass
- 26 What We Do At Mass
- 27 Jesus Come to Us



The Catechism of the Catholic Church has some wonderful things to say about the great Sacrament of the Eucharist. To be brief, here are a few key thoughts from the Catechism:

1407 The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.

1409 The Eucharist is the memorial of Christ's Passover, that is, of the work of salvation accomplished by the life, death, and resurrection of Christ, a work made present by the liturgical action.

1410 It is Christ himself, the eternal high priest of the New Covenant who, acting through the ministry of the priests, offers the Eucharistic sacrifice. And it is the same Christ, really present under the species of bread and wine, who is the offering of the Eucharistic sacrifice.

1413 By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity.

1414 As sacrifice, the Eucharist is also offered in reparation for the sins of the living and the dead and to obtain spiritual or temporal benefits from God.

1415 Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the sacrament of penance.

1417 The Church warmly recommends that the faithful receive Holy Communion when they participate in the celebration of the Eucharist; she obliges them to do so at least once a year.

1418 Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration. "To visit the Blessed Sacrament is . . . a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord".

Optional Family Enrichment Activities for Eucharist

Remembering Our Baptism

The Sacrament of Eucharist is one of three sacraments of initiation (Baptism, Eucharist and Confirmation) into the Catholic Church. Help your child make this connection by sharing memories of their baptism and incorporating some of the symbols into their daily life.

- Gather the whole family together and share pictures and stories about each person's baptism.
- Place a dish of holy water on the dining room table. Before a meal, invite everyone to bless themselves as a remembrance of their baptism.
- Talk together about what each person likes best about belonging to your parish community.
- Visit the baptismal font at your church.
- Talk about what your baptism prepares you to do. What difference has it made in your life?
- Children become familiar with many of the symbols of baptism through everyday living. Make baptism books to help them make important connections between their experience and an understanding of these symbols of the sacrament. (Water, White Garment, Oil {hint: oil is used to anoint priests, kings in the OT and a sign of strength in the OT}, the Lighted Candle).
- Collect a seashell for each child in your family. Tell the children that the seashell is often used as a symbol of the water used in baptism. Print each child's name on a shell as a reminder of his or her own baptism. If possible drill a hole in the shell and lace a ribbon through the hole for hanging. Add a small piece of paper with the blessing, "May God bless you and keep you always" or "You are God's child".



Connecting the Bible to Sunday Mass

The Bible is the written word of God, and the source of reflection at the Mass. To help your child make the connection between the readings at Church and the bible, choose several of the activities below to share with them.

The Mass is broken into two main parts, the Liturgy of the Word and the Liturgy of the Eucharist. Both parts are very important and are a source of God's revelation to us.

- Place a Bible on the dining room table. You might like to place it on a nice cloth or put a candle nearby. This week, begin your meals by reading someone's favorite Bible story. If you have young children in your family, you might like to read from a children's Bible.

- Prepare for Mass as a family. On a weekday evening, read the gospel reading for the upcoming weekend. Then discuss the meaning of the story. Knowing the gospel story in advance will help your children understand and pay attention much better. You can get the readings online: usccb.org.
- Talk about how God's word can help us to live as followers of Jesus.
- Make a list of ways that you can help one another listen to God's word.

Eucharist Means Thanksgiving

A strong part of the prayers we say at Mass involve thanksgiving. Help your child learn that it is important for us to give thanks to God.

Choose some of the activities below to do together as a family.



- Look at the story of Jesus feeding the crowd in all four gospels. Compare the stories. Matthew 14:13-21; Mark 6:30-44; Luke 9:10-17; John 6:1-15.
- Make and bake bread together.
- Pray a prayer of thanksgiving together after meals.
- We are thankful for gifts. Remember that Jesus gives Himself to us in the Eucharist as a gift. Share with each other what is means in your life.
- Go to a church during Adoration and spend some time with the Eucharist. Afterwards, discuss how you felt in the presence of Jesus.
- They say, "You are what you eat." Identify ways receiving Jesus in the Eucharist can help us become saints.

Sharing Family Stories

When we read the Gospels, we share in stories of our Church Family from long ago. We learn about how to live as Christ and why we do many of the things that have become rituals in the Catholic Church. In our own families, we often recall stories of events from our past. These memories remind us of celebrations, adventures, and times we have been there for each other. At our Share-a-Meal event in March, each student will also share one of his or her family's cherished stories. Here are a few questions to help you prepare for this time of sharing:

1. What is a memory that you and your family cherish and share together?
What happened, and who was involved?
2. Why is this story important to you?
3. What could others learn from hearing your story?

"Living Bible" Project
God's Story Becomes Our Story



The next phase of the Sacramental preparation program is to help the children connect Jesus' living example of love for the suffering to their own lives. To do this your child will connect Jesus' works of mercy to actions they can take in their life works with their families, school and church.

1. Each family is being asked to participate in a service project based on a story from Jesus' life. Although the classes are also working on service projects, this is such an important lesson that families are being asked to do an additional project on their own. Pick your favorite bible story of Jesus' life and then choose a way to live that story out during Advent or the early Christmas Season. There are many teachings from Jesus you can choose from whether it is his love for the poor and outcast to his respect for God's creation, the choice is your family's. The more physically involved your child gets with this project, the more likely they are to remember it for a lifetime. There are many opportunities in our bulletin or use your handbook for a list of ideas, but you do not have to be limited to this list. Start by choosing a story of Jesus serving others, then choose your project. Talk with your children; let them participate in the planning. Parents working one on one with their children really have the opportunity to bring this lesson to life.
2. When your child has completed their project they need to tell their story. They will do this by writing up what they did, what scripture story inspired the work and illustrating their story (worksheet is provided). Be sure to include the bible story that was their inspiration, and their name. Then turn their worksheet in to their teacher or catechist. These are to be returned no later than Feb. 26, at our Share-A-Meal celebration.

Living Bible Project Story Ideas

Salt and Light (Share Your Faith)	Matthew 5:13-16
Light	Mark 4:21-25, Luke 8:16-17
How to give	Matthew 6: 1- 3
Treasures in Heaven	Matthew 6:19
Jesus Heals a Man	Matthew 8: 1-3, Mark 1:40-45, Luke 5:12-16
Jesus Heals Many People	Matthew 8:14-17, Mark 1:29-34, Luke 4:38-41
Jesus Heal a Crippled Man	Matthew 9:1-7, Mark 2:1-12, Luke 5:17-26
A Dying Girl and a Sick Women	Matthew 9:18-26, Mark 5:21-43, Luke 8:40-56
Jesus Heals Two Blind Men	Matthew 9:27-31
Jesus Feeds Five Thousand	Matthew 14:13-21, Mark 6:30-44, Luke 9:10-17, John 6:1-14
The Most Important Commandment	Matthew 22:34-40, Luke 10:25-28, Mark 12:26-34
Jesus Blesses Little Children	Luke 18:15-17, Matthew 19:13-15, Mark 10:13-16
Jesus at a Wedding in Cana	John 2:1-11

Living Bible Project Service Project Ideas/Resource

St. Vincent DePaul: The purpose of SVDP is to be of service to the needy without judging those in need. Many are needed to assist in the work of SVDP which includes taking calls once a month at your home for the help line, working at the warehouse, working at the food pantry, going out to visit those who have asked for assistance, and picking up donated items. This is truly a ministry of service that provides the basic necessities to those most in need.

Pro-Life Ministry

Giving Tree

The Lord's Pantry: The Lord's Pantry, run by Lucious Newsom, has been providing support and food for the poor in the Stringtown/Haughville area of Indianapolis. The facility that houses his food distribution efforts is named Anna's House after Anna Molloy.

Cathedral Kitchen - Soup Kitchen. Address: c/o St. Peter & Paul Cathedral. 1350 N. Pennsylvania St., LL. Indianapolis, IN 46202. Phone(s): (317) 632-4360 . Serves brunch Monday-Friday 8:45am-10am and noon meal on Sunday noon-12:45pm with coffee served at 10:30am. Located at 14th and Pennsylvania Sts.; use 14th St. entrance during the week.

Holy Family Shelter (317-635-7830) - temporary shelter, meals, counseling, child care and job assistance for homeless families (www.HolyFamilyShelter.net)

Holy Family Transitional Housing (317-636-5534) - extended residential services for families facing chronic homelessness (www.HolyFamilyShelter.net)

Crisis Office (317-236-1556) - food, clothing, limited transportation, rent and utilities money for those in emergency/critical need

The Christmas Store (317-261-3365) - Christmas gift assistance for needy families.

Refugee Resettlement Program (317-236-1553) - advocacy, family reunification, job assistance and help in setting up a household for refugees seeking to resettle in the Indianapolis area

St. Joan of Arc Neighborhood Youth Outreach Program (317-283-6710) - activities to serve urban youth and their families in the St. Joan of Arc neighborhood through after school care and summer day camp

Other Organizations in the City.

Other Charities in Indianapolis can be found on the web <http://www.charity-charities.org/charities/IN/Indianapolis.html> this is a listing.

Other Ideas on the WEB

Catholic Relief Services

- www.crsfairtrade.org Become a more informed consumer and purchase fair trade products to promote fair wages for all.
- <http://gifts.crs.org/> Choose a gift project your family would like to own a part of. The projects range from clean water in the Philippines and Ethiopia, better farming practices in Afghanistan to drugs to fight HIV virus in Africa.

USCCB Poverty in America

- http://www.usccb.org/cchd/povertyusa/involved_give.shtml Neat grid to help your family find unique ideas for your project.