

Faith Formation Handbook 2018-2019



ST. MARY'S
CATHOLIC CHURCH

301 High Ave. East, Oskaloosa, IA 52577

www.stmarysosky.com

oskystmary@mahaska.org

Phone: (641) 673-6680

Fax: (641) 676-1766

General Information

Pastor

Father John Spiegel
speiegelj@diodav.org
641.673.6680 - office
319.383.6635 - cell

Director of Faith Formation & Youth Ministry

Samantha Ridder
oskystmarydre@diodav.org
641.673.0659 - office
620.200.3255 - cell

Faith Formation Commission, Chair

Shanna Smith
shannagr45@yahoo.com
641.660.9614

Faith Formation Commission Members

Lemke Amanda
Jennifer Feudner
Becky Ingamells
Felix Lopez
Katie Rosvold, Secretary
Shanna Smith, Chair
Donna Tylkowsiki

Parish Office

301 High Ave. East
Oskaloosa, IA 52577
Phone: 641.673.6680
Fax: 641.676.1766
Email: stmosky@mahaska.org

Church Address

315 1st Ave. East
Oskaloosa, IA 52577

My Father's House Faith Formation and Fellowship Center

311 1st Ave. East
Oskaloosa, IA 52577

St. Mary's Mission Statement

St. Mary Parish in the Diocese of Davenport under the guidance and leadership of the Pastor continue the message of Jesus Christ that provides the foundation upon which a life of faith, hope, and love is built. We recognize our responsibility as a parish to provide for every member of our parish community lifelong faith formation consistent with the Diocesan guidelines and of the Universal church teaching through the ministry of Word, Worship, and Service.

Our Goal

To promote and encourage: the proclamation of the message revealed by God which the Church proclaims, community in the life of the Holy Spirit, and service to the Christian community and the entire community.

**“The Church needs YOU.
YOUR enthusiasm. YOUR
creativity and the joy that is
so characteristic of YOU!”**
-Pope Francis



If you would like to volunteer with any of St. Mary's Faith Formation programs please contact Samantha at 641.673.0659 or via email at oskystmarydre@diodav.org.

Catechist Information

Children's Liturgy of the Word

Julie Wanders

Janine Moore

Kindergartner - Amanda Lemke

amanda@butlerbrown.com

641.660.4858

Lucas Phillips

1st Grade - Sydney Katko

slkatko@icloud.com

641.660.3123

Charlotte Katko

clkatko11@gmail.com

641.660.0553

2nd Grade - Cindy Abrahamson

abefam2000@yahoo.com

641.660.2070

Carson Abrahamson

3rd Grade - Jennifer Feudner

jnjfeudner@gmail.com

563.537.0123

Skyla Phillips

4th Grade -

5th Grade - Richelle Holle

holle@mahaska.org

641.672.2784

Madie Holle

7th Grade - Jason Loner

jloner30@hotmail.com

307.256.8697

8th Grade - Steve Phillips

s_jphillips@msn.com

218.955.0014

Sacrament Preparation

Baptismal Prep

Fr. John Spiegel

641.673.6680

oskystmary@mahaska.org

1st Sacraments & Confirmation

Samantha Ridder

oskystmarydre@diodav.org

641.673.0659

Marriage Prep

Fr. John Spiegel

641.673.6680

spiegelj@diodav.org

F.R.O.G (Middle School Fellowship)

Cindy Abrahamson

abefam2000@yahoo.com

641.660.2070

Felix Lopez

Felix8662.fl@gmail.com

641.660.0095

High School Youth Group

Samantha Ridder

oskystmarydre@diodav.org

641.673.0659

Safe Environment Local Designee

Samantha Ridder

oskystmarydre@diodav.org

641.673.0659

Faith Formation 2018–2017 Calendar

Kindergarten - 5th Grade

9:15am-10:15 Sunday Morning

The Kindergarten through 5th grade classes will be using the **Alive in Christ** curriculum.

SEPTEMBER

- 9 - Knights of Columbus Breakfast*
- 16 - Regular Class
- 23 - Regular Class
- 30 - NO CLASS
(Christ Life Conference)

OCTOBER

- 7 - Fall Clean Up Day*
- 14 - Regular Class
- 21 - Youth Mass at 8am
Regular Class
- 28 - Regular Class

NOVEMBER

- 4 - All Saints Day Party*
- 11 - Regular Class
- 18 - Youth Mass at 8am
Regular Class
- 25 - NO CLASS (Happy Thanksgiving)

DECEMBER

- 2 - Family Movie, The Star*
- 9 - Regular Class
- 16 - Regular Class
- 23 - NO CLASS (Merry Christmas)
- 30 - NO CLASS (Happy New Year)

JANUARY

- 6 - Epiphany Celebration*
- 13 - Regular Class
- 20 - Regular Class
- 27 - Youth Mass at 8am
Regular Class

FEBRUARY

- 3 - Empowering God's Children*
Safe Environment Training
- 10 - Regular Class
Treat Yourself Fundraiser 2-4pm
- 17 - Youth Mass at 8am
Regular Class
- 24 - Regular Class

MARCH

- 3 - Family Day*
- 10 - NO CLASS (Spring Break)
- 17 - Regular Class
- 24 - Regular Class
- 31 - Regular Class

APRIL

- 7 - Living Stations*
- 14 - Regular Class
- 21 - NO CLASS (Happy Easter)
- 28 - Regular Class

MAY

- 5 - May Crowning
Knights of Columbus Carnival
after regular class.

*FAMILY DAYS!

The first Sunday of each month will be a family day. During these classes your entire family is invited to come, learn, live, and share our faith together.

Faith Formation 2018–2017 Calendar

Middle School Program (6-8th grade)

9:15am-10:15 Sunday Morning

SEPTEMBER

- 9 - Knights of Columbus Breakfast*
- 16 - Regular Class
- 23 - Regular Class
- 30 - NO CLASS
(Christ Life Conference)

OCTOBER

- 7 - Fall Clean Up Day*
- 14 - Regular Class
- 21 - Youth Mass at 8am
Regular Class
- 28 - Regular Class

NOVEMBER

- 4 - All Saints Day Party*
- 11 - Regular Class
- 18 - Youth Mass at 8am
Regular Class
- 25 - NO CLASS (Happy Thanksgiving)

DECEMBER

- 2 - Family Movie, The Star*
- 9 - Regular Class
- 16 - Regular Class
- 23 - NO CLASS (Merry Christmas)
- 30 - NO CLASS (Happy New Year)

JANUARY

- 6 - Epiphany Celebration*
- 13 - Group - Altaration
- 20 - Group - Altaration
- 27 - Youth Mass at 8am
Group - Altaration

FEBRUARY

- 3 - Empowering God's Children*
Safe Environment Training
- 10 - Group - Altaration
Treat Yourself Fundraiser 2-4pm
- 17 - Youth Mass at 8am
Group - Altaration
- 24 - Regular Class

MARCH

- 3 - Family Day*
- 10 - NO CLASS (Spring Break)
- 17 - Regular Class
- 24 - Group - Lent/Stations of the Cross
- 31 - Group - Lent/Stations of the Cross

APRIL

- 7 - Living Stations*
- 14 - Regular Class
- 21 - NO CLASS (Happy Easter)
- 28 - Regular Class

MAY

- 5 - May Crowning
Knights of Columbus Carnival
after regular class

*FAMILY DAYS!

The first Sunday of each month will be a family day. During these classes your entire family is invited to come, learn, live, and share our faith together.

ALTARATION

Parents will be asked to help lead small groups at least once during the five week Altaration course. This is an opportunity for you to grow in faith with your child while learning about the Mass.

Sacrament Preparation

2018 Confirmation—Classes will meet in the Fellowship Center

Regular Classes

Wed. Sept. 12, 6-8pm

Wed. Oct. 10, 6-8pm

Confirmation Retreat

Friday, Oct. 5—Saturday, Oct. 6

*Confirmation Retreat is mandatory

Confirmation Practice

Tue. Oct. 30th, 6pm

Confirmation Mass

Sunday, November 4th, 5pm

2019 Confirmation—Classes will meet in the Fellowship Center

The new Confirmation class is for those students in 7th grade or older.

Parents will attend the first half of the year and Sponsors will attend second half of the year.

This class meets twice a month — meeting on the first Sunday and first Wednesday of each month. Attendance at both nights and Faith Formation classes on Sunday is expected. Please see page 4 for the middle school faith formation schedule.

2018

October

3 - 6-8pm

7 - 10:30am - Noon

November

4 - 10:30am - Noon

7 - 6-8pm

December

5 - 6-8pm

2019

January

6 - 10:30am - Noon

9 - 6-8pm

February

3 - 10:30 - Noon

6 - 6-8pm

March

3 - 10:30am - Noon

6 - 6-8pm

April

3 - 6-8pm

7 - 10:30am - Noon

2019 Confirmation

Sunday, Nov. 3 at 5pm

Confirmation Programs Requirements

A spiritual retreat:

Holy Fire (See page 7)

Revive (See page 8)

Service Hours

7 Parish Hours

7 Home Hours

7 Community Hours

Faith Formation Class

7th grade and 8th grades

2nd Grade Sacrament Preparation—Sacraments Camp

First Penance and First Communion preparation is done through 2nd grade Faith Formation and Sacraments Camp. All students who attend Sacraments Camp are required to have completed 2nd grade Faith Formation.

Sacraments Camp will be July 29th—Aug. 2.

First Penance - Wednesday July 31st at 7pm

Family Picnic - Friday Aug. 2nd at Noon

First Communion at Weekend Mass

Middle School Activities

2018

September 19th—FROG

October 17th—FROG

October 21st—Deanery Corn Maze

October 26-27th—Holy Fire (Youth Rally)

(See page 7)

November 14th—FROG

December 3rd—Advent By Candlelight

December 16th—Christmas Caroling

(tentative)

December 19th—FROG



2019

January 16th—FROG

January 27th—Deanery Ski Trip

February 20th—FROG

March 2nd—REVIVE

(See page 8)

March 20th—FROG

April 6th—REVIVE

April 17th—FROG



Junior High Youth Fellowship Grades 6-8

3rd Wednesday of the Month 6:30-7:45pm

YOUTH PRAISE BAND



All students in 6-12th grade are welcome to join the Praise Band. If you play a music instrument or love to sing we hope you will join us!

Watch the bulletin and your email for information regarding Youth Praise Band Rehearsal Dates!

HOLY FIRE

THE PRODUCERS OF THE NATION'S LARGEST CATHOLIC YOUTH EVENT, NCYC, INVITE YOUNG PEOPLE IN GRADES 6-9 TO A ONE-DAY EXPERIENCE OF DYNAMIC SPEAKERS, MUSIC AND THE SACRAMENT OF THE EUCHARIST LIKE THEY HAVE NEVER BEFORE EXPERIENCED. AT HOLY FIRE, YOUNG PEOPLE WILL BE CALLED TO EMBRACE THEIR BAPTISM AND ENGAGE WITH THE RELEVANT AND POWERFUL GOSPEL OF JESUS.

PAUL J. KIM DEACON HAROLD BURKE-SIVERS MASS WITH CARDINAL CUPICH NOELLE GARCIA JOSH BLAKESLEY BAND

PRODUCED AND PRESENTED BY: CHICAGO HOLY FIRE, NFCYM, DWP. HOSTED BY: ARCHDIOCESE OF CHICAGO.

Why participate in Holy Fire?

Pope Francis challenges all of us to become missionary disciples who are not afraid to witness the faith. We believe that a joint witness of thousands of young people and their prayers will help them see themselves as witnesses of Christ and members of a young Church. This conference is brought to you by some of the same individuals behind NCYC and One Bread One Cup.

Who should attend?

All 6th to 9th grade students throughout the Midwest region are invited.

Cost - \$70

There will be opportunities for fundraising. If your child is interested please let me know and I can work with you to get them there!

Schedule

The St. Mary, Oskey group would drive up to Davenport Friday, Oct. 26 and spend the night at a local parish. We would then take a bus along with other parishes from our diocese to the event. The conference goes from 9am-2:30pm Saturday, Oct. 27th. The bus would then return to the parish in Davenport. From there our group would complete the drive back to Oskey returning late Saturday evening.

REVIVE

TO MAKE STRONG. HEALTHY. ACTIVE AGAIN



Come Face to Face with God!

Sat. March 2, 2019 - Middle School

Sun. March 3, 2019 - High School

Sat. April 6, 2018 - Middle School

Sun. April 7, 2019 - High School

Join us for a 3-4 hr. event that will include music, praise & worship, prayers, speakers who will witness to their faith, and opportunities to meet others. More details to come, but be sure to SAVE THE DATE!

WichitaAdore.com



High School Youth Group

SEPTEMBER

- 9 - Youth Group 6:15-7:45pm
- 16 - Youth Group 6:15-7:45pm
- 23 - Youth Group 6:15-7:45pm
- 30 - NO YOUTH GROUP
(Christ Life Conference)

OCTOBER

- 7 - Youth Group 6:15-7:45pm
- 14 - Youth Group 6:15-7:45pm
- 21 - Deanery Corn Maze
- 28 - Youth Group 6:15-7:45pm

NOVEMBER

- 4 - Youth Group 6:15-7:45pm
- 11 - Youth Group 6:15-7:45pm
- 18 - Youth Group 6:15-7:45pm
- 25 - NO YOUTH GROUP
(Happy Thanksgiving)

DECEMBER

- 2 - Youth Group 6:15-7:45pm
- 3 - Advent by Candlelight
- 9 - Youth Group 6:15-7:45pm
- 16 - Christmas Caroling (tentative)
- 16 - Youth Group 6:15-7:45pm
- 23 - NO YOUTH GROUP
(Merry Christmas)
- 30 - NO YOUTH GROUP
(Happy New Year)

JANUARY

- 6 - Youth Group 6:15-7:45pm
- 9 - Theology of the Body 6-7pm
- 13 - Youth Group 6:15-7:45pm
- 16 - Theology of the Body 6-7pm
- 20 - Youth Group 6:15-7:45pm
- 23 - Theology of the Body 6-7pm
- 27 - Deanery Ski Trip
- 30 - Theology of the Body 6-7pm

FEBRUARY

- 3 - Youth Group 6:15-7:45pm
- 10 - Treat Yourself Fundraiser 2-4pm
Youth Group 6:15-7:45pm
- 13 - Theology of the Body 6-7pm
- 17 - Youth Group 6:15-7:45pm
- 20 - Theology of the Body 6-7pm
- 24 - Youth Group 6:15-7:45pm
- 27 - Theology of the Body 6-7pm

MARCH

- 3 - REVIVE –see page 8
- 10 - NO YOUTH GROUP
(Spring Break)
- 17 - Youth Group 6:15-7:45pm
- 20 - Theology of the Body 6-7pm
- 24 - Youth Group 6:15-7:45pm
- 27 - Theology of the Body 6-7pm
- 31 - Youth Group 6:15-7:45pm

APRIL

- 7 - REVIVE - see page 8
Youth Group 6:15-7:45pm
- 14 - Youth Group 6:15-7:45pm
- 21 - NO YOUTH GROUP
(Happy Easter)
- 28 - Youth Group 6:15-7:45pm

MAY

- 5 - Youth Group 6:15-7:45pm

*All calendar events are subject to change.

THEOLOGY OF THE BODY

All High School students are Welcome!

Today's sexual confusion is not caused because the world glorifies sexuality, but because the world fails to see its glory. Join us as we look to St. John Paul II teachings on the beauty of God's plan for human love with insights from Jason Evert, Matt Fradd, and Edward Sri.

You were created for more than the selfish, counterfeit love the world offers.

GENUINE
love is
demanding.
But its
beauty
lies
PRECISELY
in the
demands
it
makes.
ST. JOHN PAUL II

Theology of the Body
Wednesday - 6-7pm
My Father's House
Formation and Fellowship Center

- Jan. 9 - Lesson One:
Created For Love
- Jan. 16 - Lesson Two:
Naked Without Shame
- Jan. 23 - Lesson Three:
Love Defined
- Jan. 30 - Lesson Four:
Hope and Redemption in Christ
- Feb. 20 - Lesson Five:
Truth and Freedom
- Feb. 27 - Lesson Six:
Free, Total, Faithful Fruitful
- Mar. 13 - Lesson Seven:
Language of the Body
- Mar. 20 - Lesson Eight:
Marriage
- Mar. 27 - Lesson Nine & Ten:
Priesthood, Consecrated Life,
and Celibacy/
Friendship, Dating, and Family

NCYC



Nov. 21-23, 2019

NCYC, the National Catholic Youth Conference, is a biennial celebration of the young Church sponsored by the National Federation for Catholic Youth Ministry. This event gathers together over 23,000 *Catholic High School youth (grades 9-12) and their adult leaders* from across the nation. The Office of Faith Formation at the Diocese of Davenport organizes and brings one of the largest groups to every NCYC.

Estimated cost: \$500-525
Jan. 15, 2019—Initial \$50
non refundable deposit
***There will be opportunities for**
fundraising and Diocesan Scholarships.



**“Let us run to Mary and as her little children cast ourselves into her arms with a perfect confidence.”
-St. Francis De Sale**



Policies and Procedures

Faith Formation Expenses

There is no direct cost for PreK-12th grade Faith Formation. As a parish, we feel it is important to offer this opportunity for our youth church to grow in understanding of their faith and relationship with God. We want to make this available to all, even those who might not otherwise be able to afford participation.

Faith Formation does have expenses. To help cover expenses request may be made for supplies during the year, we ask that each family contribute to the support of our programs through those requests.

Fundraising

Middle school and high school students have numerous opportunities to participate in local, deanery, and diocesan wide events. Some of these events are more costly than others. Once your child has reached 6th grade, they can begin fundraising. Money earned through our fundraising events is divided proportionately between those who participated. These funds are recorded on an individual basis and can be used for future events. Please consider participating in our fundraisers, as a youth earning funds or a participant attending these functions.

**Treat Yourself, Annual Fundraiser for Faith Formation Family Days
Sunday, February 10, 2-4pm
Mark your calendar now!**

Scholarships

Activities

It is the desire of St. Mary's to engage as many people in activities as possible. It is our hope that no one is turned away from an activity for financial reasons. If students participate in all the fundraising opportunities. If your family has a financial need, please do not hesitate to share this need with Fr. John or Samantha Ridder.

Graduates

St. Mary's offers graduating seniors an opportunity to apply for a post-secondary school scholarship. Application are typically emailed out in February with a due date in April. It is the sole responsibility of the applicant to submit ALL required components of the application and complete ALL the questions asked on the application. Any missing documents or unanswered question will disqualify and applicant. Recipients of these scholarships are expected to be actively engaged in their faith and parish.

Policies and Procedures

Absence

We strive for maximum attendance each week as well as from year to year. Growing in faith is a life-long process and children need the consistency of attending session on a regular basis to form a foundation for life-long learning. To insure the safety of our children, attendance is taken at the beginning of class time and recorded in the parish database.

Please notify the catechist if your child/children will not be attending class. It is the responsibility of the parent and child to gather information on what assignments need to be completed.

Sacramental Preparation and Attendance

Sacramental Preparation for 1st Reconciliation, 1st Communion, & Confirmation is taught outside of Sunday school classes. The process which we engage our youth is designed to help them grow into a deeper relationship with the Trinity. We learn to love more when we know a person more and therefore, learning about God—Father, Son, & Holy Spirit— and spending time with Him, is crucial for this growth. Therefore, class attendance is required at both Sunday school and Preparation classes.

Participation in a Sacramental prep class will only be allowed if the student is attending Sunday School classes in the years prior to the year the Sacrament is offered. If registered for a sacramental class, only 2 absences are allowed. Make up work and/or classes are expected for any absences.

End of Class Dismissal

Students in grades K-4 are required to be picked up by a parent or older sibling. Parents are asked to wait outside of the classroom until catechist opens the door.

Books and Materials

Parents are to see that their child arrives for class with all needed materials. If books are sent home, they must be returned each week along with any assigned work.

Weather Related Concerns

K-8 classes do not cancel for weather. Please use your best judgment. If you are unable to attend Mass Sunday morning due to a weather emergency or natural disaster, please do not attempt to drive into church for Faith Formation classes.

If school is dismissed early for weather related emergencies, all evening classes will be cancelled or postponed. Sacramental preparation classes will be rescheduled.

Catechetical Sunday

Catechetical Sunday is held each year in September. The purpose of catechetical Sunday is to commission the catechists and all the others who make it possible for a successful faith formation program.

Commissioning will be held on September 16, 2018

Policies and Procedures

Discipline

The educational goals, philosophy, and policies of the parish teach responsibility and self-discipline. This is the key to good conduct, consideration for others, and learning. Therefore, to provide a Christian setting and a learning environment that will benefit each person in the parish community, we follow these rules:

Code of Conduct

1. I understand that I am created by God and live in the love of the Father, Son, and Holy Spirit.
2. I understand that God does not want or cause bad things to happen.
3. I understand that God is with me even when I am hurting or sad.
4. I understand the Circle of Grace that God gives me and others.
5. I understand that I can help stamp out “bullying” by not being a silent bystander.
6. I understand that speaking out and taking positive actions when bullying occurs makes a difference.

Because of this:

1. My actions will be safe and show respect within my Circle of Grace.
2. I will act safe and show respect towards others’ Circle of Grace
3. My words and actions will represent truth
4. I will identify and maintain appropriate healthy boundaries
5. If there is a question that these boundaries are violated I will talk with my parents or a trusted adult.

Follow Through:

The first time a situation occurs where discipline is necessary it shall be handled by the classroom teacher.

The second time a situation occurs with the same student a faith formation coordinator will be notified and will then meet with the student.

The third time a situation occurs with the same student a faith formation coordinator will be notified, who will remove the student from the classroom

Drugs and Alcohol Statement

The parish recognizes the adverse effects of chemical abuse. Therefore, the parish prohibits the use, passing, or selling of tobacco, alcohol, or drugs in any form by students. Matches, cigarette lighters, knives, or weapons of any kind are also prohibited. Parent(s) or guardian (s) will be notified of any violations. The student may be suspended from the faith formation program and/or a monitoring program arranged.

Housekeeping

At the end of each class, the rooms should be returned to their original state. Please be sure that lids are put on markers and pens, papers are put away, garbage is thrown away. Please place the chairs on the tables.

Refreshment

Snacks will not be provided. It is up to each individual catechist if they would like to have snacks in their room. If the catechist decides to have the class attend coffee time or a pancake breakfast as a group, parents & guardians please remember that a free will offering is accepted.

Open Door Policy

If there is anything of concern regarding the learning environment, parish facilities, or any other factors within our jurisdiction regarding the wellbeing of your child(ren), please contact the Director of Faith Formation, Samantha Ridder via phone at 641-673-0659 or email is oskystmarydre@diodav.org.

“Prayer is in fact the recognition of our limits and our dependence: we come from God, we are of God, and to God we return.”

-St. John Paul II



Prayer

Prayer is an integral part of our faith and should be included in each class. Students will experience a variety of ways to pray including both formal memorized prayers and informal spontaneous prayer. A list of formal prayers and the grade levels at which they are taught is provided. While these prayers will be learned and reviewed in class, parents are asked to also help children learn these prayers and make them a part of their daily lives.

Prayers to be Learned at each Grade Level

Kindergarten

- The Sign of the Cross
- Hail Mary
- Our Father

Second Grade

- Review of previous years
- Act of Contrition

Fourth Grade

- Review of previous years
- The Holy Days of Obligation
- The Ten Commandments

Sixth Grade

- Review of previous years
- The Spiritual Works of Mercy
- The Corporal Works of Mercy

Eight Grade

- Review of previous years
- Nicene Creed
- Stations of the Cross
- Beatitudes

First Grade

- Review of previous year
- Glory Be To The Father
- Grace Before Meals

Third Grade

- Review of previous years
- The Apostles Creed

Fifth Grade

- Review of previous years
- Acts of Faith, Hope, and Love
- The Seven Sacraments

Seventh Grade

- Review of previous years
- The Rosary
 - The Joyful Mysteries
 - The Luminous Mysteries
 - The Sorrowful Mysteries
 - The Glorious Mysteries
- Hail Holy Queen

Common Prayers and Useful Information

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.

Grace Before Meals

Bless us, Oh Lord,
and these thy gifts which
we are about to receive from thy
bounty, through Christ, Our Lord.
Amen.

Hail Mary

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

Our Father

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.

Act of Contrition

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. Amen.

Act of Faith

O my God, I firmly believe that
Thou art one God, in three Divine
Persons, the Father, the Son and
the Holy Ghost; I believe that Thy
Divine Son became man and died
for our sins and that He will come
to judge the living and the dead. I
believe these and all the truths
which the holy Catholic Church
teaches, because Thou hast
revealed them, Who canst neither
deceive nor be deceived.

Act of Hope

O My God, relying on Thy infinite
goodness and promises, I hope to
obtain pardon of my sins, the help
of Thy grace and life everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer.

Act of Love

O my God, I love Thee above all
things with my whole heart and
soul, because Thou art all good
and worthy of all love. I love my
neighbor as myself for love of
Thee. I forgive all who have in-
jured me, and I ask pardon for all
whom I have injured.

Beatitudes

Blessed are the poor in spirit: for theirs is the kingdom of heaven.
Blessed are the meek: for they shall possess the land.
Blessed are they who mourn: for they shall be comforted.
Blessed are they that hunger and thirst after justice: for they shall have their fill.
Blessed are the merciful: for they shall obtain mercy.
Blessed are the clean of heart: for they shall see God.
Blessed are the peacemakers: for they shall be called the children of God.
Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

7 Sacraments

Baptism, 1st Reconciliation, 1st Communion
Confirmation, Marriage, Holy Orders, and
Holy Anointing

Rosary

Joyful Mysteries

Recited on Monday & Saturday

The Annunciation

The Visitation

The Nativity of the Lord

The Presentation of the Lord

The Finding in the Temple

Luminous Mysteries

Recited on Thursday

The Baptism of Jesus

The Wedding Feast of Cana

Proclamation of the Kingdom

The Transfiguration

Institution of the Eucharist

Sorrowful Mysteries

Recited on Tuesday & Friday

The Agony in the Garden

The Scourging

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion

Glorious Mysteries

Recited on Sunday & Wed.

The Resurrection

The Ascension of the Lord

Descent of the Holy Spirit

The Assumption of Our

Blessed Mother

The Crowning of Mary as

Queen of Heaven

Common Prayers and Useful Information

Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth.

I believe 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 to the dead. On the third day, He rose again. He ascended to Heaven and is seated at the right hand of the Father. He will come again 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.

Spiritual Works of Mercy

To counsel the doubtful
To instruct the ignorant
To admonish the sinner
To comfort the sorrowful
To forgive all injuries
To bear wrongs patiently
To pray for the living and the dead

Hail Holy Queen

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 vale 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! Amen.

The Stations of the Cross

- 1 - Jesus is condemned to death
- 2 - Jesus carries his cross
- 3 - Jesus falls for the first time
- 4 - Jesus meets his mother
- 5 - Simon helps Jesus carry his cross
- 6 - Veronica wipes the face of Jesus
- 7 - Jesus falls the second time
- 8 - Jesus meets the women of Jerusalem
- 9 - Jesus falls a third time
- 10 - Jesus is stripped of his clothes
- 11 - Jesus is nailed to the cross
- 12 - Jesus dies on the cross
- 13 - Jesus is taken down from the cross
- 14 - Jesus is laid in the tomb

Corporal Works of Mercy

To feed the hungry
To give drink to the thirsty
To clothe the naked
To shelter the homeless
To visit the sick
To visit the imprisoned
To bury the dead

Ten Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord God in vain
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother
5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

[At the words that follow up to and including 'and became man,' all bow.]
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Empowering God's Children/Safe Environment

Protecting God's Children

Child sexual abuse is a worldwide public health issue. Child abuse, particularly child sexual abuse, is reprehensible—especially when the wrongdoer is affiliated with the Church. The VIRTUS® programs assist the Church in being a safe haven for children and a messenger for preventing child sexual abuse within the Church and society in general. We seek to achieve this lofty goal through our child sexual abuse prevention program: Protecting God's Children®.

The Protecting God's Children Program

Most organizations that work with children have some sort of child safety program. Through the Protecting God's Children program, we maximize those efforts by helping churches and religious organizations refine their roles as child-safe environments and empowering caring adults to protect children.

Why Does It Work?

Child abusers seek to operate and abuse their power within nurturing, child-friendly environments where it is assumed that nobody would want to harm a child. Religious organizations of all faiths are an easy target. The Protecting God's Children program implements safety mechanisms that send a message to all abusers and potential abusers:

- Child abuse is not tolerated,
- Children are vigilantly protected,
- Victims are listened to, heard, and shielded from further abuse, and
- Offenders are identified and punished.

By utilizing best practices for training and loss prevention, the Protecting God's Children program helps make churches safe for all people—especially children.

How Does It Work?

Maximizing a church's role as a child-safe environment begins with making adults more aware of the ways children and adults interact with each other. The Protecting God's Children program educates and trains adults (clergy, religious, teachers, staff, volunteers, and parents) about the dangers of abuse, the warning signs of abuse, the ways to prevent abuse, the methods of properly reporting suspicions of abuse, and responding to allegations of abuse.

All VIRTUS training programs, including the PROTECTING GOD'S CHILDREN programs, are comprehensive and multi-dimensional—incorporating proven best practice standards for the prevention of child sexual abuse by clergy, staff, volunteers, and others who interact with children within the church environment. Our training programs incorporate live training, train-the-facilitator education, awareness videos, and ongoing web-based training through online training bulletins and training modules via our VIRTUS *Online* system.

Using The Church To Protect Children

For any organization, the best practice to prevent wrongdoing, including child sexual abuse, is to have an organization use its own people to facilitate awareness of the issue. The Protecting God's Children program begins with the training of internal facilitators individuals selected by the archdiocese, diocese, or religious organization to train other adults and parents on how to best protect children. We use facilitator-led awareness sessions and continuous online training so that participants learn the best methods for delivering their message, including the training for the Protecting God's Children program.

Training Adults To Protect Children

We begin by making adults of the Church that interact with children aware of how to protect children. Our Protecting God's Children program for adults is a three-hour live awareness session instructing adults of the Church that to protect children you must have continuous awareness and vigilance. This awareness session makes trainees understand the signs of child sexual abuse, the methods and means by which offenders commit abuse, and five empowerment steps one can use to prevent child sexual abuse. Continuing online training is a valuable component of the Protecting God's Children program for the continued awareness of child abuse.