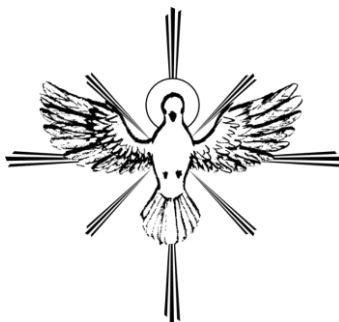


Sacraments of 1st Reconciliation, Confirmation and 1st Eucharist Student Notebook Year 1



Fall 2024 – Spring 2025



Sacraments Candidate Name _____

"I have competed well; I have finished the race; I have kept the faith." (2 Timothy 4:7)

Parish Mission - We, St. Scholastica Catholic Parish, follow Jesus Christ and His Church in obedience to His command: "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you." (Mt 28:19) Grounded in the eternal love of the Most Holy Trinity, we evangelize the people of Erie Colorado, revealing the Kingdom of God on earth as it is in heaven!

Sacraments Class Student Notebook

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Sacraments Class Student Notebook

Check-off Lists and Sticker Sheets

1st Reconciliation

Paperwork

- ☐ Registration Form*
- ☐ Photo Release Form*
- ☐ Parental/Guardian Consent and Liability Waiver Form*
- ☐ Baptismal Certificate

*Available by clicking on the registration link of the website

Sacraments Class Student Notebook

First Reconciliation Interview Checkoff List

Theology	OLR Lesson	Date Achieved
God's Attributes	1	
✠ Imperfections	5	
✠ Original Sin	5	
Vices or Seven Deadly Sins	5	
Mortal and Venial Sin	6	
Sin	6	
Grace, sanctifying grace, and actual grace	10	
The cardinal virtues	10	
The theological virtues	10	
The Sacrament of Holy Orders	17	
Act of Contrition	18	
✠ Examination of conscience	18	
Corporal and Spiritual Works of Mercy	19	
The Sacrament of Reconciliation	19&20	
5 Steps of Lectio Divina	n/a	
Bible Basics	n/a	
Know: Our Father, Hail Mary, Glory Be, Sign of the Cross	28 (also 1&2)	
Prayer from the heart	28	
Ten Commandments	29	
The 1 st , 2 nd , and 3 rd precept	35&36	

✠ Only tested in the Sacrament of First Reconciliation (other theology is also tested in the sacraments of Confirmation and 1st Eucharist)

Preparing for the sacrament at home:

To access the Our Lady of the Rosary Family Catechism (OLRFC) at home, [click here to sign-up for a free account](#). Each lesson contains a video and a packet that consists of the Baltimore Catechism questions and lesson activities. To skip ahead a lesson, advance the lesson video to play the last second or two, then answer "yes" to all the quiz questions. Please note that the Cardinal Virtues are not explained in the videos. For these and all elements please refer to this notebook when preparing for your interview. The following interview check-off list indicates which OLRFC lesson to view and study for each piece of the required theology.

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Sacraments Class Student Notebook

Confirmation

Paperwork Check-off List

		Description	
Paperwork Due by First Encounter	Registration Paperwork	On the website under Faith Formation, RE Registration	
	Confirmation Saint	See page 26	
	Baptismal Certificate	Request from the parish where your child was baptized	
	Confirmation Sponsor & Saint Name Proposal	Form located on page 28	
	Confirmation Sponsor Report	Form located on page 29	
	Parish Sponsor Form	Form located on page 30	
Paperwork Due by Third Encounter	Letter to Bishop	Student writes 1-2 paragraphs (3-4 sentences each)	
	Saint Report	see page 31	

1st Confirmation Encounter Interview Theology Check-off List

Encounter	THEOLOGY	OLR #	DATE ACHIEVED
First Encounter, Jesus Faithful Servant	Required Paperwork -registration packet, Baptismal and First Communion certificates, read confirmation sponsor and saint name requirements, confirmation sponsor and saint name proposal, and confirmation sponsor report, example parish sponsor form (only needed if sponsor is a member of another parish), this notebook, and any other artifacts that will help you demonstrate your readiness.	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 1	n/a	
	God's Attributes	1	
	5 Steps of Lectio Divina	28*	
	Bible Basics	28*	
	Covenants	24	
	Prayer from the heart	28*	
	Glory Be	1	
	Prayer	1	
	Prayer from the Heart	1	
	Sign of the Cross	1	
	Hail Mary	1	
	Our Father	2	
	Apostles Creed	1	
	Ten Commandments	29*	
	Holy Days of Obligation	35, 36	
	Precepts	35, 36	
	Nicene Creed - What does consubstantial mean?	3	
	Sin Definition	6*	
	Types of Sin	6*	
	Vices/7 Deadly Sins	5 & 6*	

Sacraments Class Student Notebook

2nd Confirmation Encounter Interview Theology Check-off List

Encounter	THEOLOGY	OLR LESSON #	DATE ACHIEVED
Second Encounter, Jesus Proclaiming Truth	Required Paperwork – any past due paperwork, this notebook and any other artifacts that will help you demonstrate your readiness.	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 2	n/a	
	Rosary Mysteries	7	
	The Church the People of God	7	
	Gifts of the Holy Spirit Come Holy Spirit Prayer	9,16	
	Cardinal Virtues	n/a	
	Define actual grace	10*	
	Define sanctifying grace	10*	
	Grace	10*	
	Theological Virtues	10*	
	Virtues Definition	10*	
	Nicene Creed - Who founded the Church?	11	
	Nicene Creed - What does One, Holy, Catholic, Apostolic Church mean?	12	
	Sacraments	13	
	Beatitudes	16	
	Fruits of the Holy Spirit	16	
	Act of Contrition	18*	
	Corporal and Spiritual Works of Mercy	19*	

Sacraments Class Student Notebook


























3rd Confirmation Encounter Interview Theology Check-off List

Encounter	THEOLOGY	OLR LESSON #	DATE ACHIEVED
Third Encounter, Jesus Triumphant Sacrifice	Required Paperwork - A letter to the bishop, the saint report, this notebook, and any other artifacts that will help you demonstrate your readiness.	n/a	
	75% on Quizlet or Kahoot Exam for Encounter 3	n/a	
	Nicene Creed - Who founded the Church?	11	
	Nicene Creed - What does One, Holy, Catholic, Apostolic Church mean?	12	
	Chaplet of Divine Mercy	27	
	Confirmation <ol style="list-style-type: none"> 1. Why do you want to be confirmed? 2. What is your mission after confirmation? 3. What does the sacrament of confirmation mean to you? 4. What is the difference between an apostle and a disciple? 5. Why did you choose your confirmation saint? What are their virtues? 6. Why did you choose your sponsor? 	15	
	First Eucharist <ol style="list-style-type: none"> 1. Tell me about the story of the Passover and the Exodus from Egypt? 2. How is that related to the Last Supper? 3. How is that related to the Mass? 4. What is the Eucharist? 5. What are the bread and wine transformed into? 6. Why is receiving the Eucharist important? 7. What do you believe the Eucharist is? 8. What are the two main parts of the Mass? 9. What do we do in the first part of Mass? 10. What do we do in the second part of Mass? 11. Why do you want to receive Jesus in the Eucharist? 12. What do you hope receiving the Eucharist will do for you? 13. Tell me about an experience of prayer that you have had while preparing for this sacrament. 14. What should we do after receiving Jesus in Holy Communion? 	22 & 23	

*Included in the 1st Reconciliation Curriculum, revisited for review in the Confirmation and First Eucharist Class. If a confirmation candidate needs to also receive the sacrament of 1st Reconciliation, the student and their family should either study the lessons from the 1st Reconciliation notebook that are not included in confirmation, or attend the 1st Reconciliation class first (it is held at the same time as the confirmation class).

Sacraments Class Student Notebook

Weekly Practice of My Faith in Class Progress Reports:

Prize levels: level 1 = 3 stamps, level 2 = 6 stamps level 3 = 9+ stamps	<u>I'm imitating Jesus and Mary!</u>
Beatitude - Blessed are those who hunger and thirst for righteousness: (I desire not to offend God or others, and want to do what is right)	<div>    </div> <div> On time, find my seat Begin the starter activity pray with the class </div>
Cardinal Virtue of Temperance: (I am in control of my behavior)	<div>    </div> <div> I raise my hand Stay in Seat Clean up after myself </div>
Cardinal Virtue of Justice (I give God and neighbor what they deserve)	<div>    </div> <div> I do not blurt out, disrupt, or distract I have a quiet mouth I listen to others with respect </div>
Cardinal Virtue of Prudence (I choose to do good)	<div>    </div> <div> I will talk about appropriate topics. I help others to learn the faith </div>
Sacrament of Holy Orders (I recognize Christ's representative on Earth)	<div>     </div> <div> I rise (stand up) listen with my heart when a Priest or Deacon enter our classroom </div>
Beatitude of Being Merciful and a Peacemaker (as part of God's family, I want to be more like him)	<div>  </div> <div> † If I am upset with a classmate, I will pray for them and ask God to help me make peace with them </div>
First Commandment – I am the Lord your God, you shall not have strange gods before me Gift of the Holy Spirit Theological virtues of Faith, Hope, and Charity (I love God, am in awe of him and show it by honoring him)	<div>     </div> <div> † In Church - I enter and leave quietly; I listen in prayer, I genuflect/sit/kneel/stand as instructed I am respectful of church property Pray or sing out loud as instructed </div>
Fourth Commandment – Honor your Father and Mother (my behavior shows I desire what Ephesians 6 promises about following this command: "that it may go well with you and that you may have a long life on earth.")	<div>     </div> <div> † At the end of class, I will help to clean up my area and the class Participate in the closing prayer I leave quietly and respectfully when dismissed by the teacher </div>

Weekly Practice of My Faith *at Home* Progress Reports

Students and their families will use will the following report to measure how they are progressing in practicing their faith at home. This training will help your child understand that just as in academics, the arts, or sports, mastery of faith requires practice. The difference is the rewards are eternal for them and the whole family!

Cardinal Virtues of Faith, Hope, and Love

(To help you build a relationship with God the Father, Jesus, The Holy Spirit, Mary, The Saints, Angels, and your family)

✚ This week my family prayed the following prayers together (circle or highlight number of times):

- ✚ *Sign of the Cross* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Hail Mary* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Our Father* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Glory Be* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Act of Contrition* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Come Holy Spirit Prayer* - 1x, 2x, 3x, 4x, 5x, 6x, 7x
- ✚ *Apostles Creed* - - 1x, 2x, 3x, 4x, 5x, 6x, 7x

✚ This week I either planned for or took part in an activity to live-out my faith in my home, I saved a memento from this in the back of my confirmation notebook to share with the class and Father during my Encounter interview. Suggested activities include: pray the rosary as a family, pray morning or evening prayer as a family, participate in a at-home stations of the cross or Marian procession, watch and discuss a theologically based video from formed.org, celebrate the birthday of your patron saint, read and discuss a bible story or teaching from the catechism, study confirmation materials together, etc.

Third Commandment – Remember to keep Holy the Lord’s Day

✚ My family and I attended mass on Sunday (circle one): 4pm Sat, 8:30am Sun, 11:30am Sun, 5:30 pm Sun OR Other Parish Name and Time: _____

Sacrament of Confirmation

- ✚ I have submitted all the required paperwork for confirmation, and if applicable baptism
- ✚ I have made sure that I am signed up for Flocknote and am receiving the confirmation class messages, I have signed up for the confirmation class quizlet, and am prepared to take both the quizlet and kahoot challenges
- ✚ I have scheduled two meeting times to meet with Father Rob and demonstrate what I’ve learned about and how I’ve practiced my faith (parent’s please note that the first meeting is usually an ice-breaker as most students have never met with a priest before and are a bit nervous. So, please schedule at least two meeting times).
- ✚ I have listened to the foundations of my faith stories , completed any activities, and taken the quizlet and kahoot challenges for the week. I have discussed what I have learned with my family.

The mission of St. Scholastica - We, St. Scholastica Catholic Parish, follow Jesus Christ and His Church in obedience to His command: “Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you.” (Mt 28:19) Grounded in the eternal love of the Most Holy Trinity, we evangelize the people of Erie Colorado, revealing the Kingdom of God on earth as it is in heaven!

✚ This week I will share what I have learned in class with my family, my friends, and my community!

Study Materials for 1st Reconciliation Interview & Confirmation Encounters

Encounter One - Jesus, Faithful Servant



Sacraments Class Student Notebook

Week 1 - Prayer Book Cover and Instructions

AOD Objective: Should have a sense of prayer and a need for God.

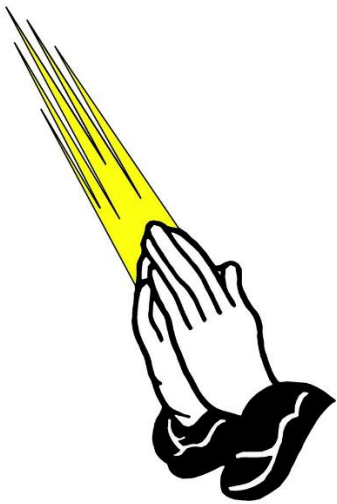
St. Joseph Baltimore Catechism Vol 2 page 5

Instructions:

1. Assemble your notebook:
 - A. Cover
 - a. Put your name on the cover sheet
 - b. Color it
 - c. Place it in the plastic cover of your binder
 - B. Songs
 - a. Fold back the three tabs
 - b. Glue the 3 tabs to the page labeled "songs"
 - C. About God
 - a. You'll find the content for these pages below
 - b. Fold each attribute in half so that the attribute is hidden
 - c. Paste the back side of the attribute (the words) onto the page
 - d. Draw a picture or write a word that will help you remember the attribute
2. Play Truth or Error – God's Attributes
3. Prepare to visit Jesus – talk about how going to visit grandma in person is very different from talking with her on the phone, she has a presence, and how much more God! Go to church sit and see if you can sense Jesus' presence, and pray the prayers you learned this week.

Sacraments Class Student Notebook

Encounter One Prayers



Instructions for prayer book:

1. Cut-out cover and prayer book pages
2. Use two to three staples along the left-side edge to attach the pages together.
3. Use small dots of glue on the back page to add to your folder/notebook

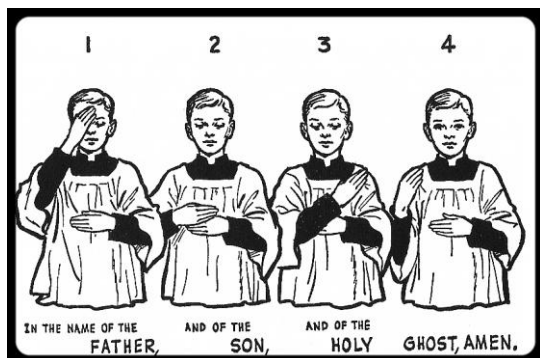
AOD Objective: Should have a sense of prayer and a need for God.

Sacraments Class Student Notebook

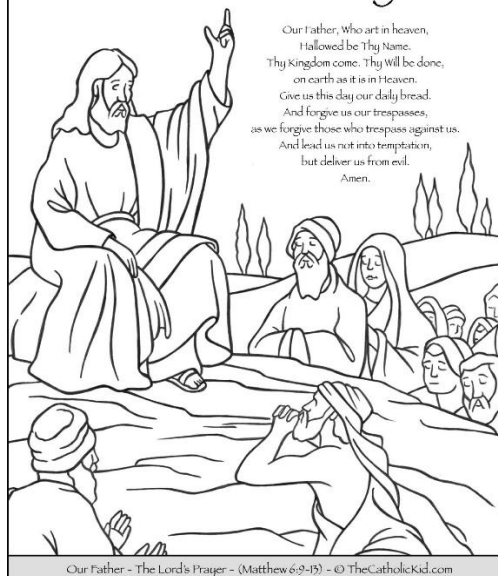
Prayer Book Pages 1 and 2

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

Our Father, who art in Heaven;
hallowed by 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

Sacraments Class Student Notebook

Prayer Book Pages 3 and 4



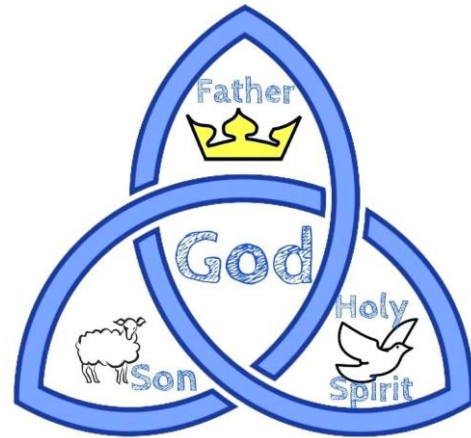
Hail Mary

Hail Mary, full of grace, the Lord is with you.

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

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Glory Be

Glory be to the Father, to the Son and to the
Holy Spirit. As it was in the beginning is now
and ever shall be, world without end, Amen.

Sacraments Class Student Notebook

Prayer Book Pages 5 and 6

Communion of the Saints

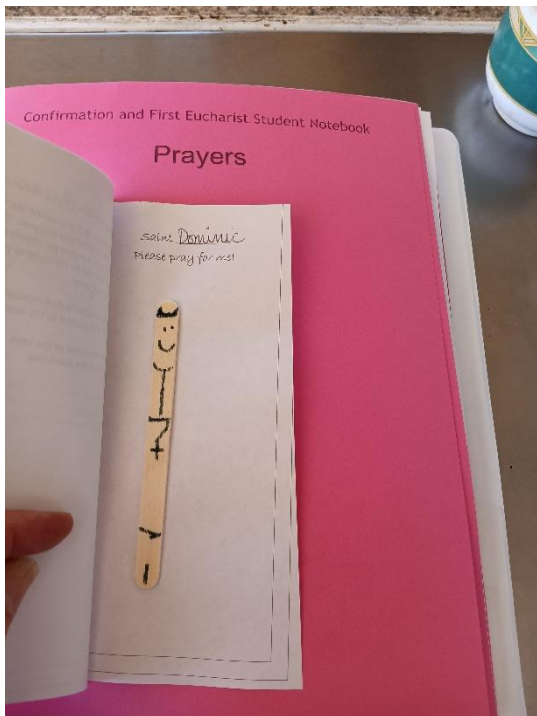
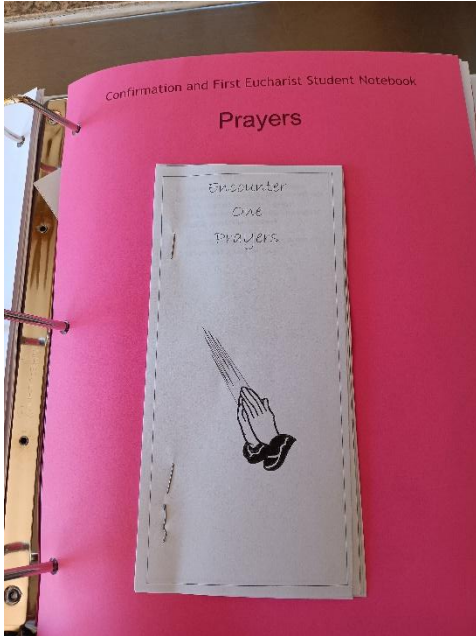
1. Pick a saint that you would like to have pray to God for you this year. They can eventually become your confirmation saint and can be the same as your baptismal saint.
2. Make a popsicle stick representation of them and paste it to the next page
3. Fill in the name of the saint you have picked in the blank line.

Saint _____,
Please pray for me!

Paste your saint here

Sacraments Class Student Notebook

Prayers



Sacraments Class Student Notebook

Week 1 - Song Book

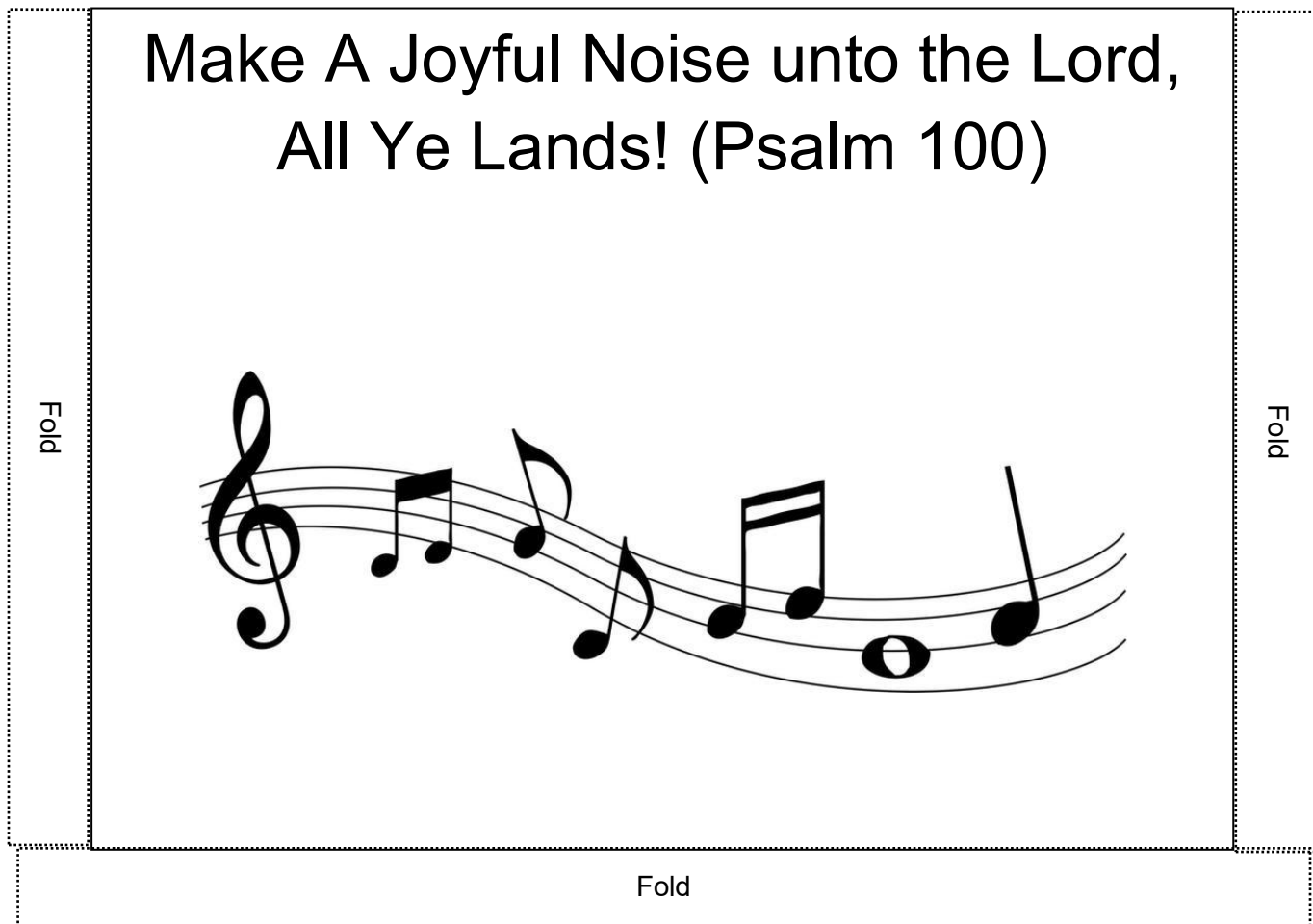
AOD Objective: Should have a sense of prayer and a need for God.

St. Joseph Baltimore Catechism n/a

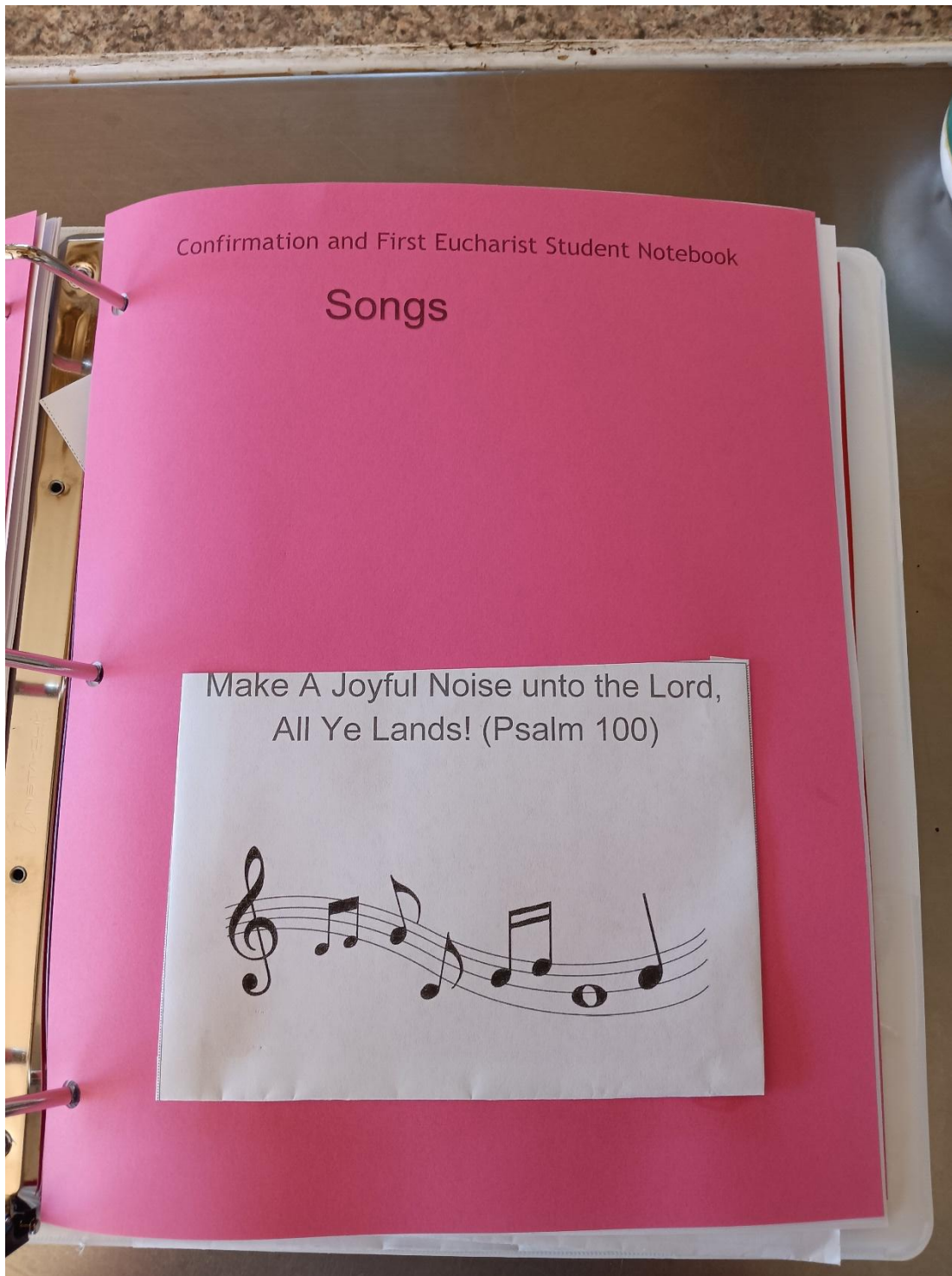
Instructions:

You'll make a sleeve to store your song book

- Cut out the outline of the pocket below including the flaps
- Fold the flaps at the dotted line
- Glue the 3 flaps to your page to create an open pocket.
- You'll find sung versions of the prayers on Formed.org under Christine in Action volume 1 - <https://app.formed.org/app/collections/903610>



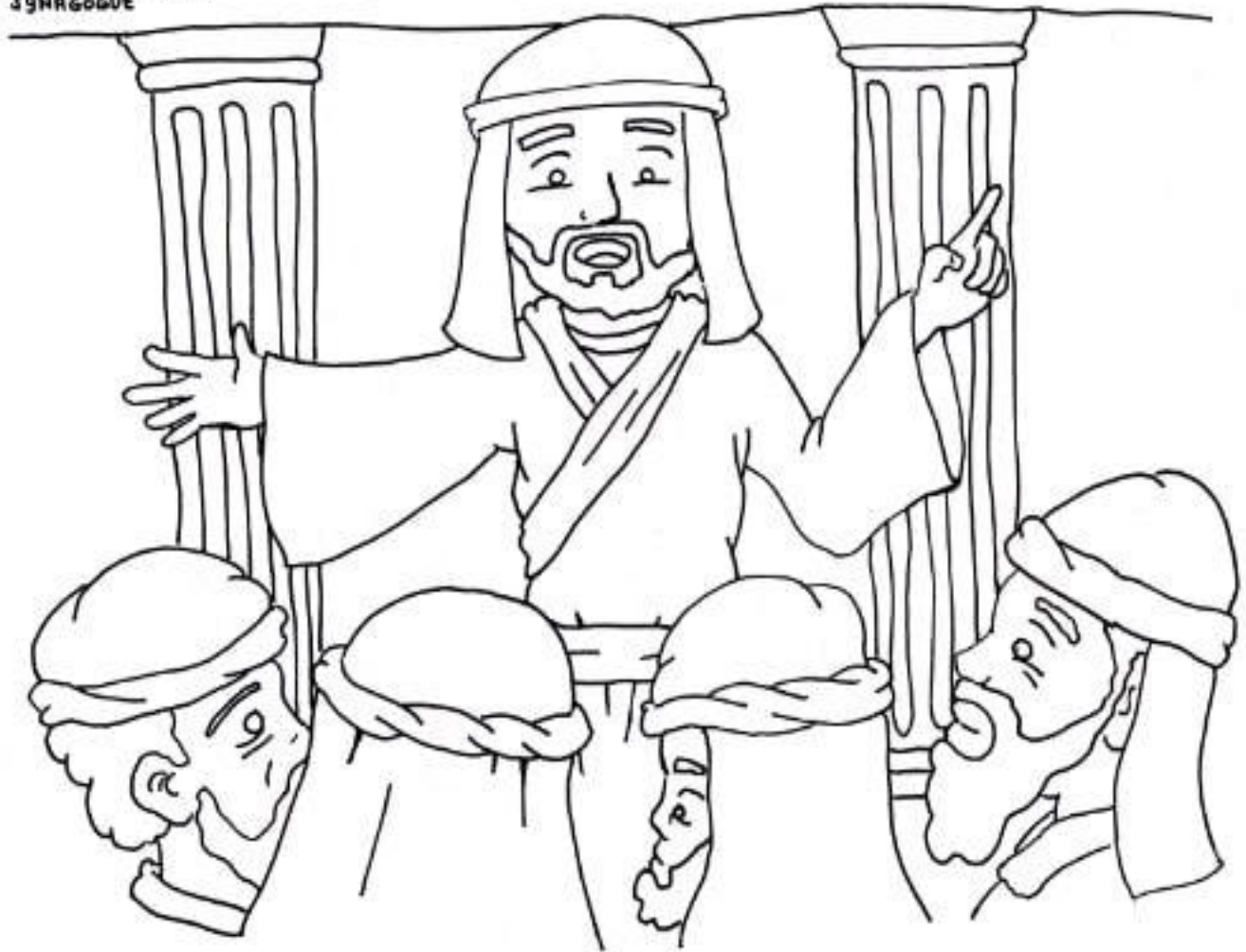
Sacraments Class Student Notebook



Sacraments Class Student Notebook

Encounter One Theology

PAUL PREACHING AT THE
SYNAGOGUE



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Sacraments Class Student Notebook

Week 1 - God's Attributes and Nature

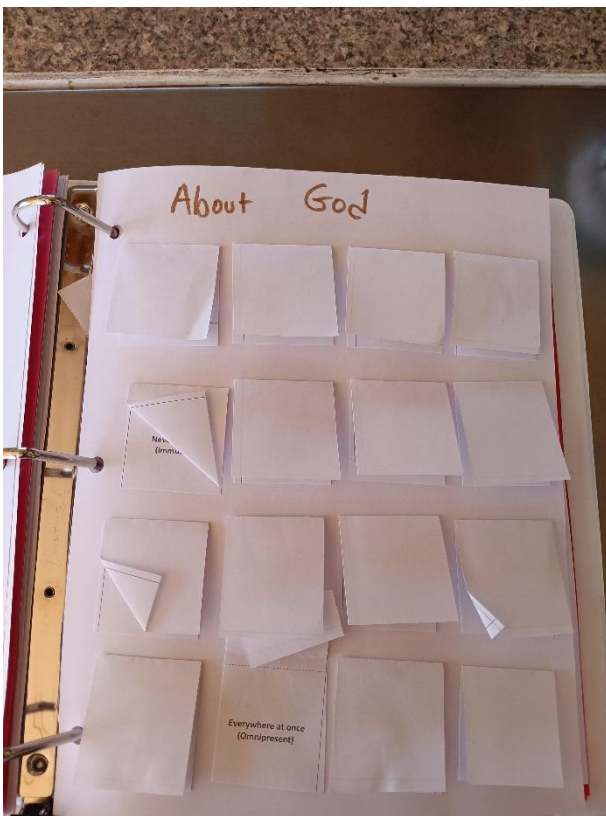
AOD Objective: Should have a sense of prayer and a need for God.

St. Joseph Baltimore Catechism Vol 2 Lessons 2 and 3

Instructions

You'll make little matchbooks to help you see if you can remember all of God's attributes.

- 1) Cut out all of the matchbooks
- 2) Fold at the dotted line
- 3) Paste the back-side onto your notebook
- 4) Draw a picture or write a letter that will help you remember God's Attributes and nature on the front cover



Sacraments Class Student Notebook

About God

Infinite	Knowledge of All Things (omniscient)	Perfect	Absolute Meaning
Everywhere at once (Omnipresent)	All Powerful (omnipotent)	Self-Sufficient	Self-Existing

Sacraments Class Student Notebook

All Majesty (Beauty)	Never Changes (immutable)	Power to Change Substances	Has No Opposite
All Loving	All Good	All Merciful	All Just

Sacraments Class Student Notebook

All Holy	Faithful (and all other virtues)	Pure Spirit	God the Father, God the Son, The Holy Spirit are one Substance – God (consubstantial)



Sacraments Class Student Notebook

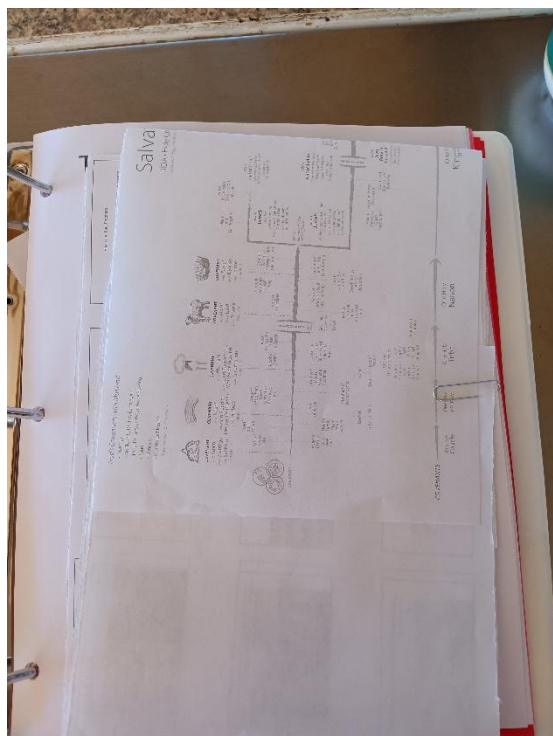
Week 2 - Bible Basics

AOD Objective: To learn the two main parts of the bible, who wrote the Gospels, and the basic story of Salvation History.

St. Joseph Baltimore Catechism Vol 2 Lesson 4

Instructions: You'll create a salvation history timeline which will help you to learn bible basics.

1. Print out both the salvation history timeline poster and the salvation history timeline for notebook landscape
2. The poster will be your first page (used with permission)
3. Fold each page at the column break
4. Tape the first page to your notebook
5. Tape subsequent pages together
6. Note the beginning of the Old Testament, and that time counts down until Jesus arrives
7. Note the beginning of the New Testament, and that time begins to count up at Jesus' birth
8. Learn the four gospel writers (Matthew, Mark, Luke, John), and some of the stories they recorded
9. Sing along with Christine in Action – The Gospel Means Good News
10. Find some of the stories from the timeline in the bible



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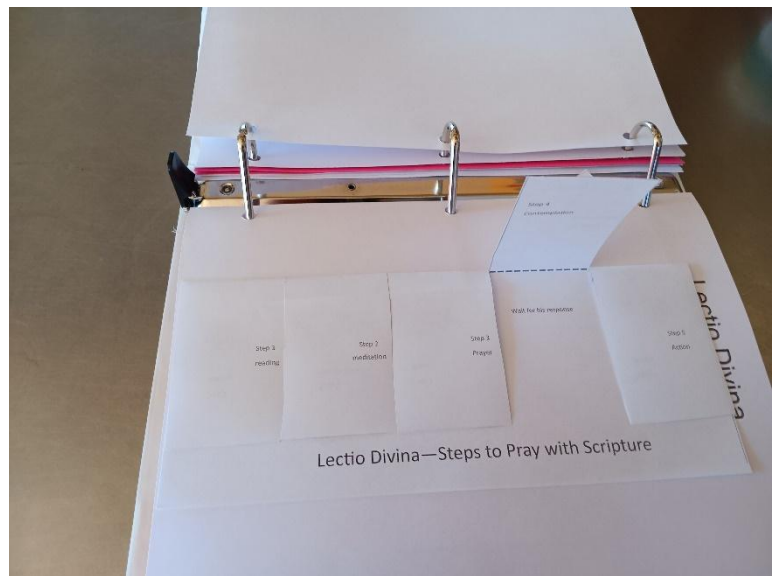
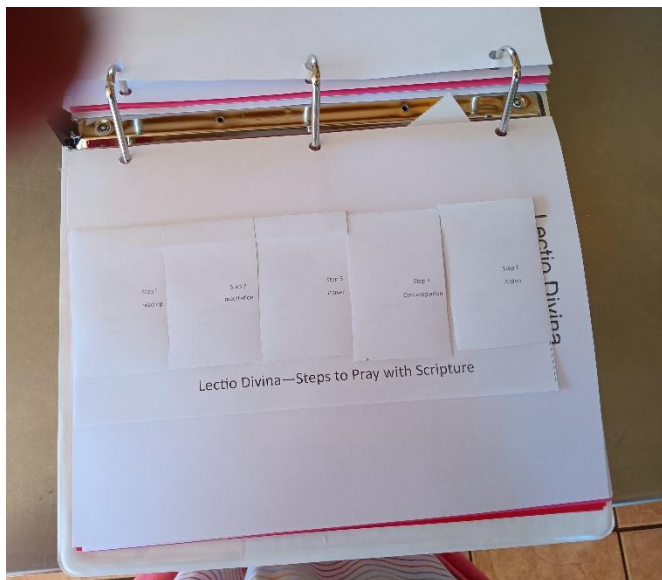
Sacraments Class Student Notebook

Week 2 - Lectio Divina

AOD Objective: Should have experience with Lectio Divina
St. Joseph Baltimore Catechism Vol 2 - n/a

Instructions:

1. Using the attached template, you'll create a 5-tab book with the steps for lectio Divina with tab titles and insides as follows:



Sacraments Class Student Notebook

2. Visit Jesus, and Practice Lectio, by praying with the Psalm, students can draw while they hear it in the classroom, pray with it in church, and sing it at the end of class.
3. The psalm can be stored in the pocket on the “Songs” pocket

Psalm 139

R. (24b) **Guide me, Lord, along the everlasting way.**

O LORD, you have probed me and you know me;
you know when I sit and when I stand;
you understand my thoughts from afar.
My journeys and my rest you scrutinize,
with all my ways you are familiar.

R. **Guide me, Lord, along the everlasting way.**

Truly you have formed my inmost being;
you knit me in my mother's womb.
I give you thanks that I am fearfully, wonderfully made;
wonderful are your works.

R. **Guide me, Lord, along the everlasting way.**

Probe me, O God, and know my heart;
try me, and know my thoughts;
See if my way is crooked,
and lead me in the way of old.

R. **Guide me, Lord, along the everlasting way**

Sacraments Class Student Notebook

Week 2 - Dictionary

AOD Objective: To learn basic definitions for the 1st Encounter

St. Joseph's Baltimore Catechism Vol 2 pgs. 244-251

Instructions: You'll create a pocketbook page to store definitions flash cards that you'll learn throughout the year (see the example below).

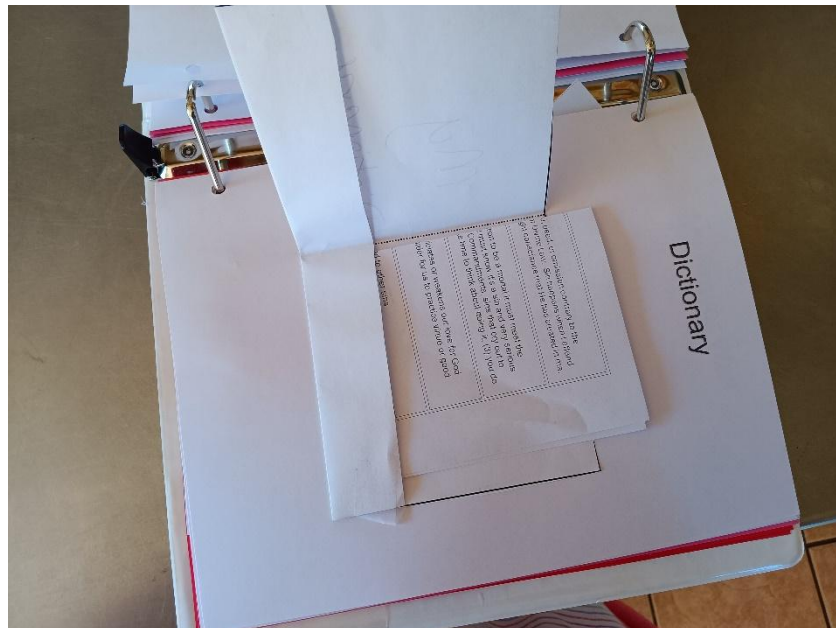
1. Create a pocket book page using the attached template
2. Label the two sides "Need to Know" and "Know"
3. Create a flash card for the definitions for the encounter that appear below. Please note that you can print and cut-out the definitions (rather than writing them).

Covenant - a bond between God and human beings, or between human beings that is created with an exchange of words and ritual actions. The vows of the commitment mean that you must live and fulfill the promises that you have made. Involves an exchange of words and persons as opposed to a contract which involves an exchange of words and goods.

Prayer from the Heart – the lifting up of your heart and mind to God in praise of his glory (see Catechism of the Catholic Church, glossary).

Original Sin - According to the glossary of the Catechism of the Catholic, original sin is Adam and Eve's abuse of human freedom in disobeying God's commandment not to eat of the tree of knowledge of good and evil.

Results of original sin - human nature became disordered, original holiness and justice were lost, humans became subject to the law of death, sin became universally present in the world, and every one of their descendants are born into this condition.



Sacraments Class Student Notebook

Week 3 - The Fall of the Angels

AOD Objective: Know about Original Sin and its effects on our relationship with God and one another.

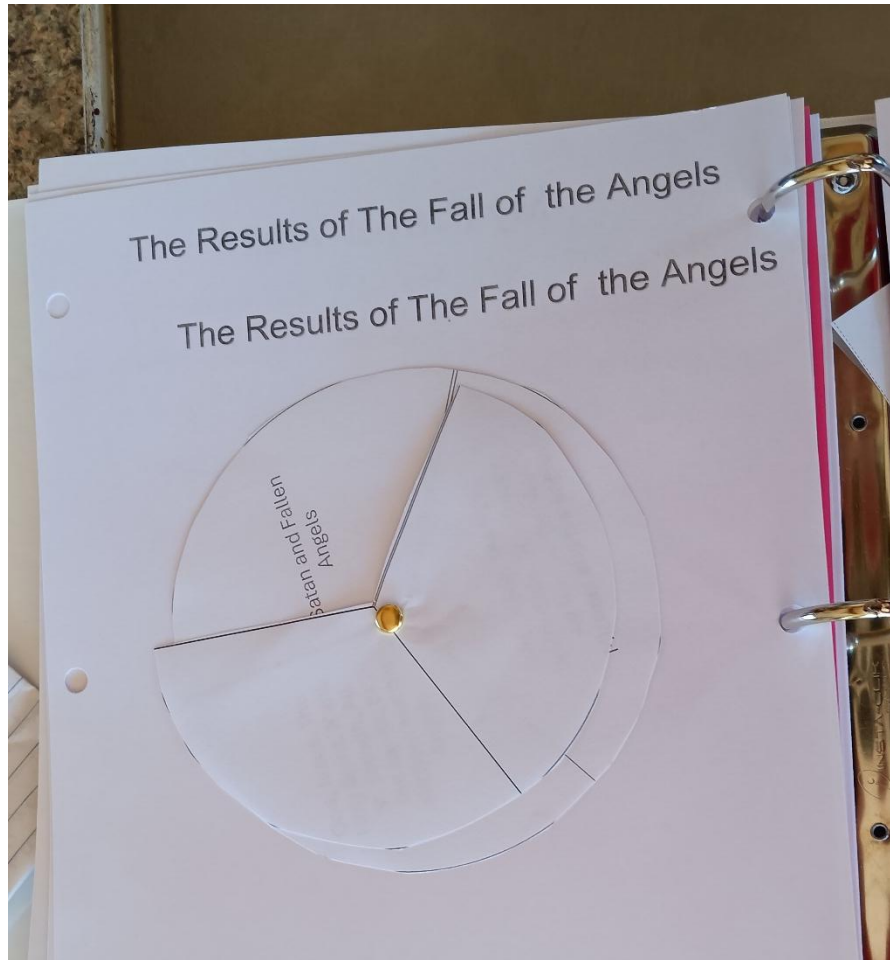
St. Joseph Baltimore Catechism Vol 2 lessons 4

Day 1 of Creation The Fall of the Angels

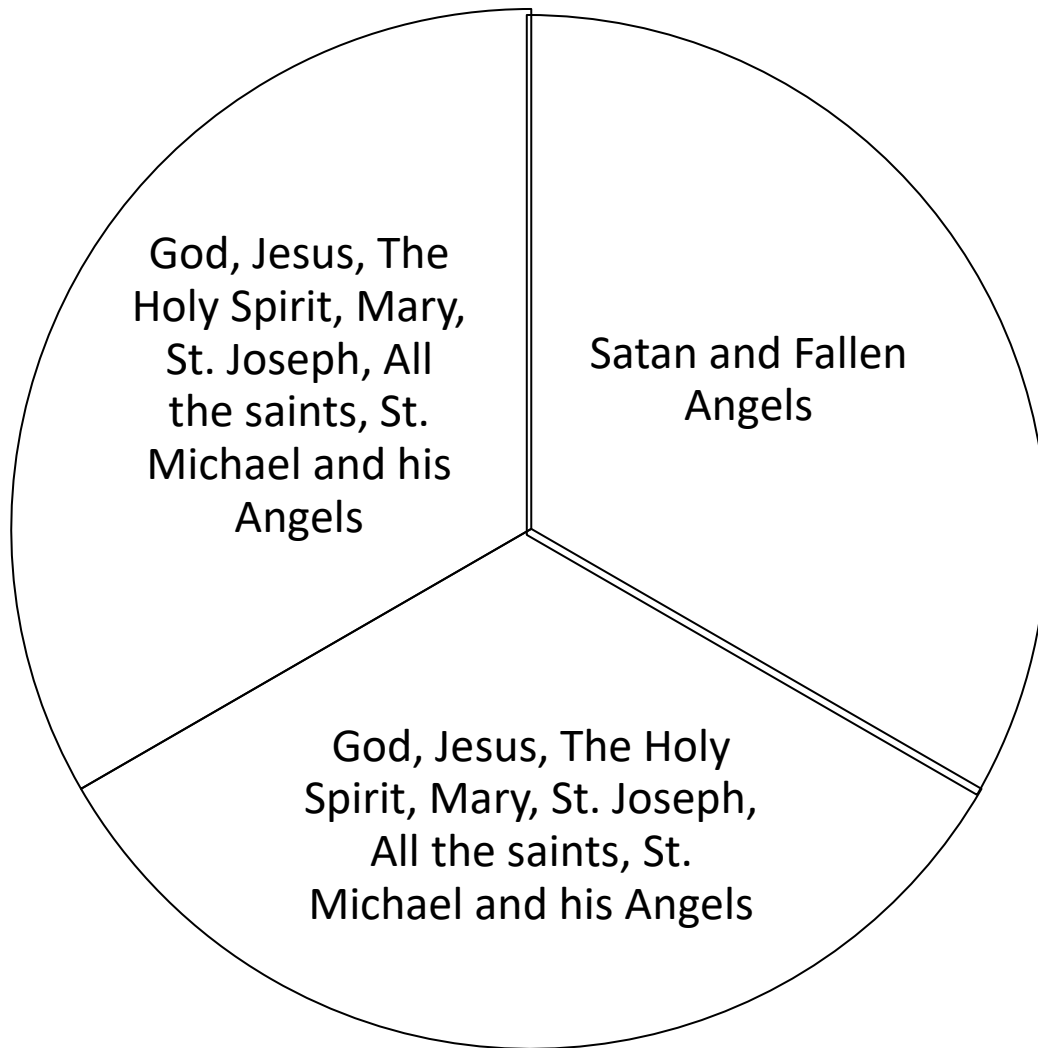
Instructions:

1. Read or tell the story of the fall of the angels about how on day 1 of creation 1/3 of the angels fell with satan (see Revelations 11:19-12), this is the "light" of day 1 of creation. The sun and moon are created on day 4 (Genesis 1).
2. Hold up 3 fingers, then put a finger down and hold it up on the other hand to represent satan and all the angels that fell with him.
3. Create a circle graph as instructed below (circles on next two pages.) Cut out 1 slice of the top blank circle
4. Point out whose team (God's vs Satan's) has more power and ask which team do you want to be on? Remind students that they also get a Guardian Angel, one of the good angels to help them.
5. Sing the St Michael the Archangel song along with Christine in Action - <https://app.formed.org/app/collections/903610>
6. Fix the circles to a page in your notebook using a brad or paper clip

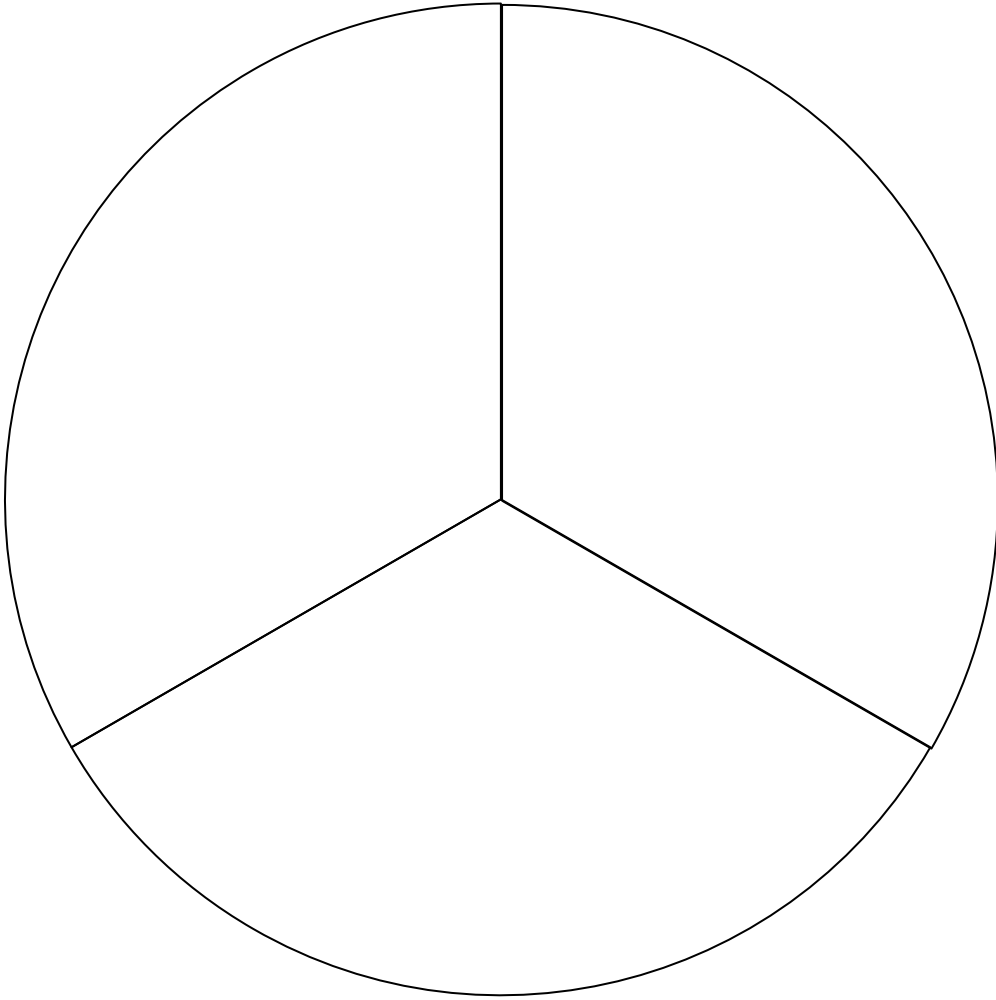
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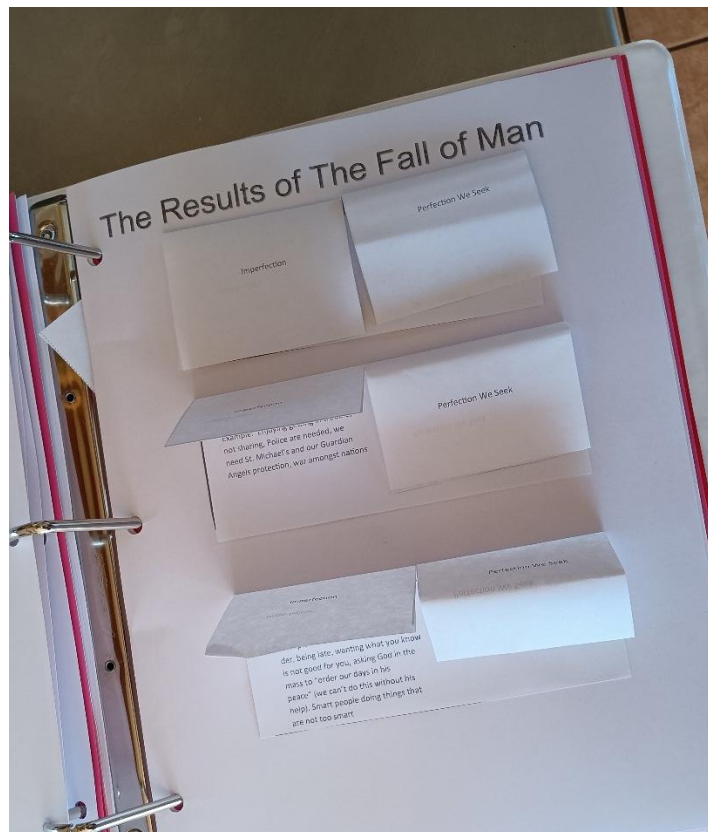
Week 3 - The Fall of Man

AOD Objective: know about Original Sin and its effects on our relationship with God and one another.

St. Joseph Baltimore Catechism Vol 2 lessons 5

Instructions:

1. You will create 5 compare and contrasts foldables and glue them to two pages
2. Print the attached template, then cut on the solid lines and fold on the dashed line so that you have a compare and contrast of the perfections and the imperfections.
3. Blow up a balloon and talk about how Adam and Eve were filled with God's grace before the fall, then let the air out to show how they lost God's grace and suffered from pains and disorders know as imperfections as a result. Finally, poke a hole in the balloon and talk about how they also suffered death of their bodies, all though they still had eternal souls that had to wait for Jesus before they could go to Heaven. Talk about how Jesus eventually gave us the sacraments, to fill us again. However, we still have these imperfections that cause us to seek the perfections of God and hopefully revisit the sacraments to be filled again and again.
4. Tape the popped balloon to your page.
5. Cut out and fold the Perfections and Imperfections foldable (cut on the solid line, fold on the dotted line)
6. Tape or glue the imperfections and perfections to your page that is titled "The Fall of Man"



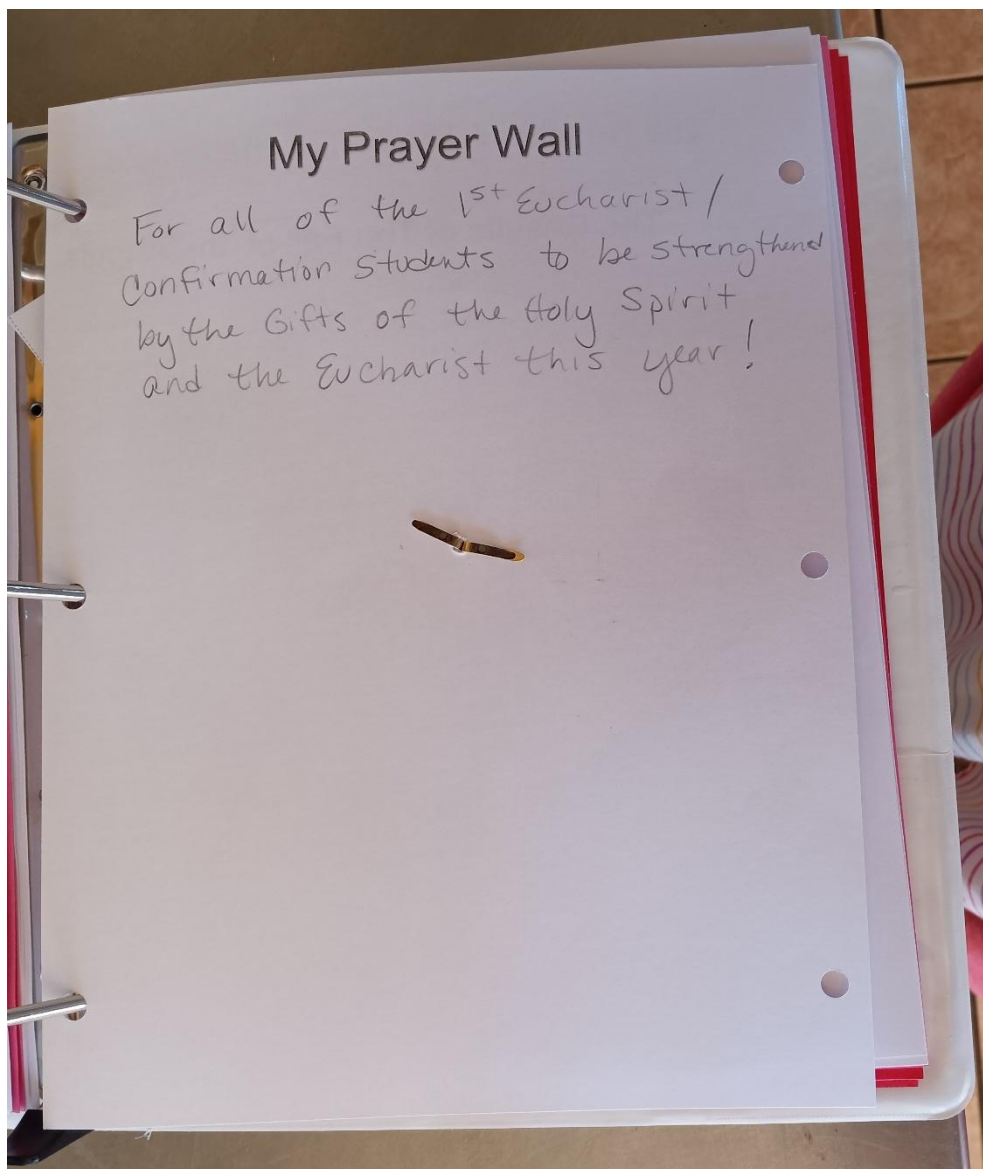
Sacraments Class Student Notebook

Week 3 - Prayer Wall

AOD Objective: Should have a sense of prayer and a need for God.

Instructions

2. You'll either write your prayer intentions on the piece of card stock, or on a sticky note and stick them to your prayer wall. Revisit your intentions at least weekly, so you can see God at work answering your prayers.
3. Play "Aiming for Perfections" ring toss
4. Sing the Salvation History Song along with Christine in Action - <https://app.formed.org/app/collections/903610>
5. Go to the church and pray, ask God how you can use what you've learned?



Sacraments Class Student Notebook

Week 4 - Sin

AOD Objective: Know what sin is and the difference between venial and mortal sin. Know how sin breaks our love for God and neighbor.

St. Joseph Baltimore Catechism Vol 2 lesson 6

Instructions:

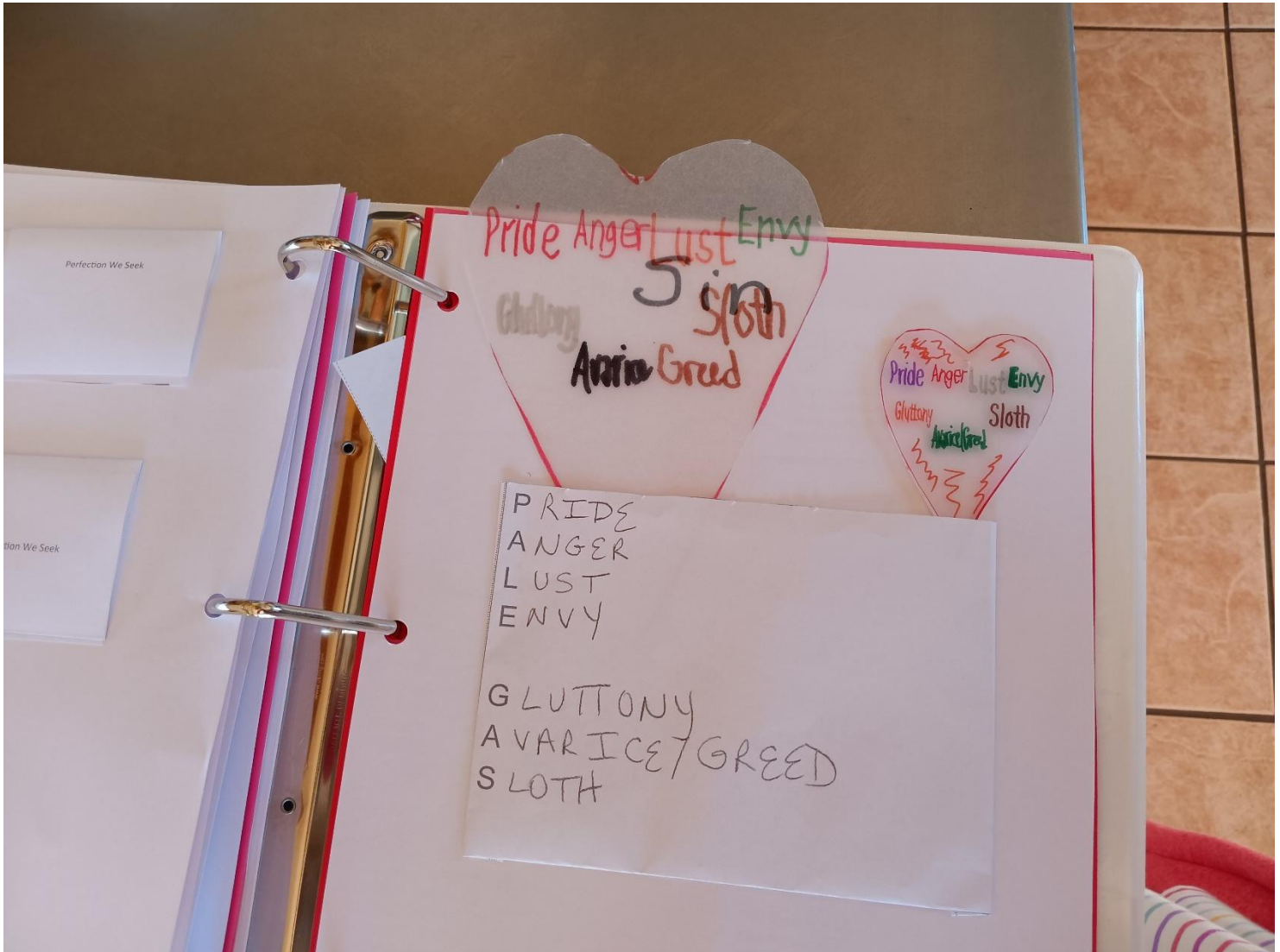
- e) Cut out flash cards for the following four definitions and place them in your dictionary

a) Sin is a deliberate thought, word, deed, or omission contrary to the Eternal Law, Natural Law and/or Divine Law. Sin happens when I offend God or the reason, truth, and right conscience that He has created in me.
b) Mortal Sin – in order for an action to be a mortal it must meet the following three criteria: (1) you must know it's a sin and very serious (such as: a violation of the 10 Commandments, sins that cry out to God), (2) you must plan or take time to think about doing it, (3) you do
c) Venial Sin – an action which violates or weakens our love for God and/or others and makes it harder for us to practice virtue or good behavior.
d) Vices – bad behaviors that lead to other sins

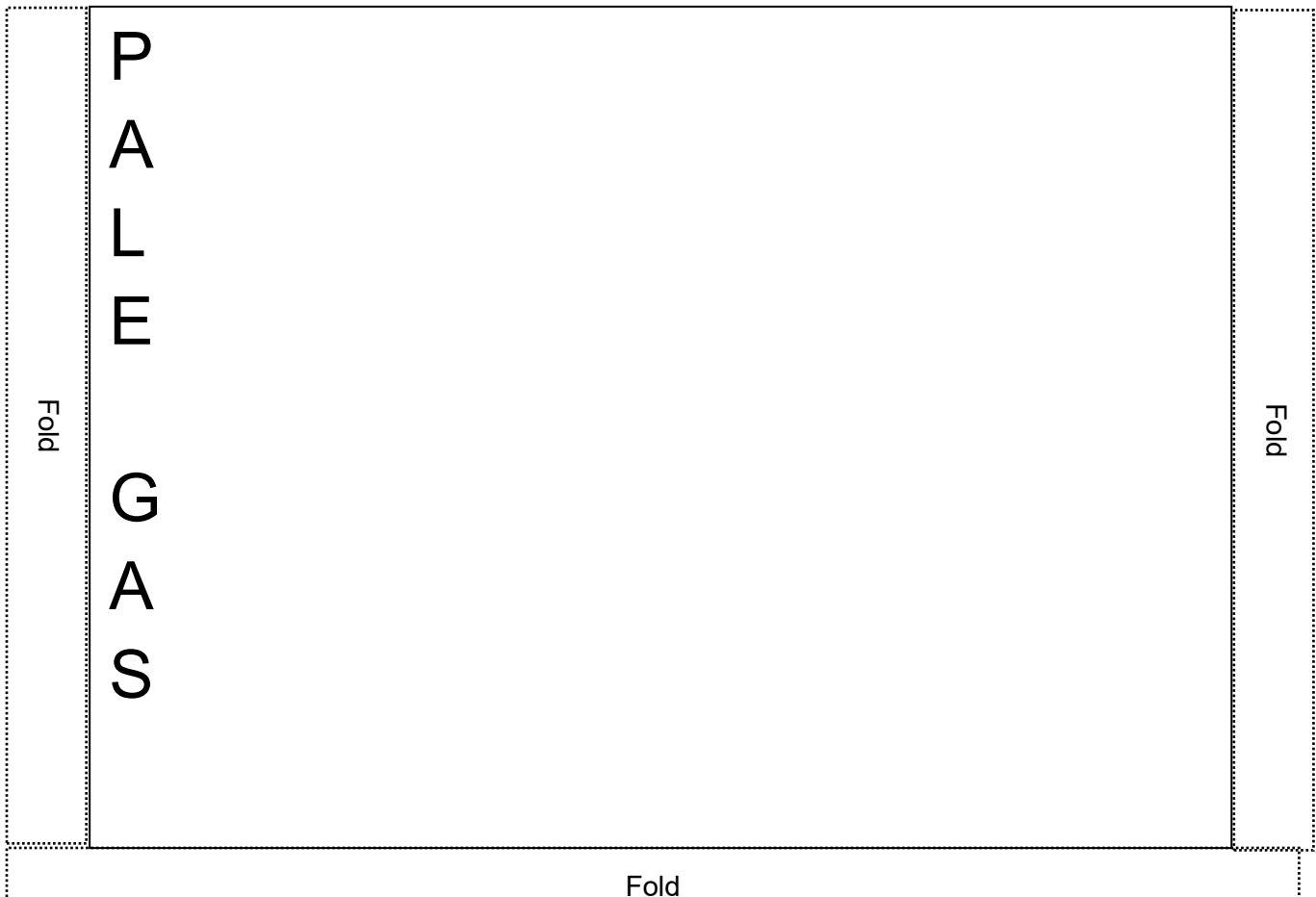
- e) Write out the 7 deadly sins on the pocket below – Pride, Anger, Lust, Envy, Gluttony, Avarice (greed), and Sloth.
- f) Cut out the outline of the pocket below including the flaps
- g) Fold the flaps at the dotted line
- h) Glue the 3 flaps to your page to create an open pocket.
- i) Trace the heart and the names of the 7 deadly sins onto a piece of shrink art
- j) then bake at 300° for 2-3 minutes or until shrinking has stopped.
- k) About the 7 Deadly Sins:
 - a. The deadly sins are bad behavior habits. Think about your day, do you do the same thing in the morning, for lunch, at night? These are habits. Now think of any that you need to change. Jesus calls us to “repent” or change our bad habits to stay on the path to Heaven. We get off of the path by committing sins or trespassing by leaving the path.
 - b. the deadly sins are the roots or beginning of other sins, so you want to stop them before they grow! When they are not stopped, the life of grace in your soul is shrunk and the sin grows bigger.

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- c. The first letter of each sin spells "Pale Gas" there are saints that could smell a bad odor coming from some poor sinner stuck in the habit of committing these sins.
- l) Place your shrink art in the pocket.
- m) Note to parents – you can purchase shrink art paper inexpensively at Hobby Lobby, Walmart, Michael's, Amazon, etc.
- n) Practice the basic prayers with Christine in Action songs
- o) Play the 7 deadly sins game
- p) Go to the church and pray, ask God how you can use what you've learned



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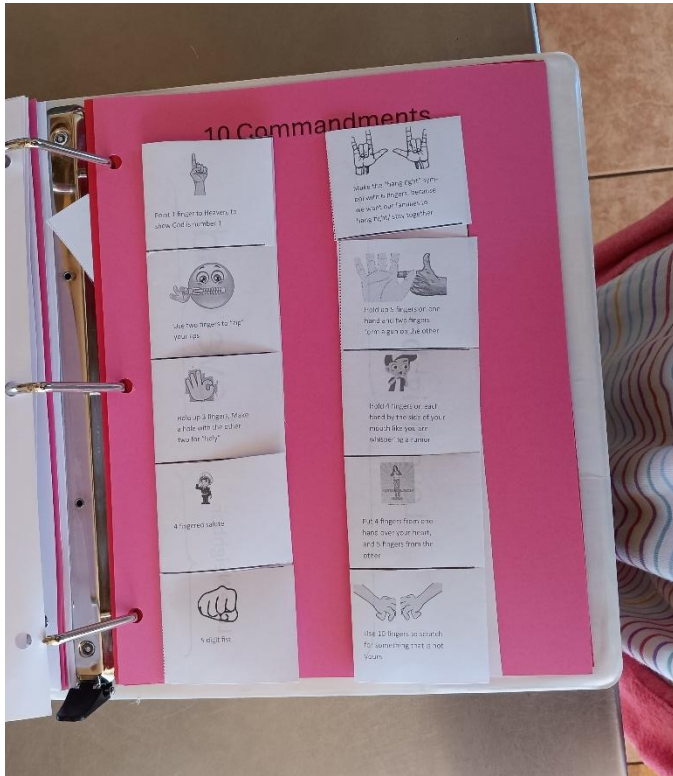
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Week 5 -The Ten Commandments

AOD Objective: Know the 10 commandments.

St. Joseph Baltimore Catechism Vol 2 lessons 15-22

Exodus 20:2–17, or Deuteronomy 5:6–21, or A Traditional Catechetical Formula



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Instructions:

1. 10 Commandments Foldable

- Use the 10 Commandments foldable, cut on the solid line, fold on the dotted lines, tape or paste into your notebook
- Sing the songs along with Christine in Action on Formed.org
- Read the story Daniel and His Friends
- Play games – 10 Commandment hopscotch, 10 Commandment bowling, and 10 Commandments Truth or Error
- Visit Jesus, ask Him if you should keep the commandments (sometimes it is easier to hear His voice if you ask yes or no questions)

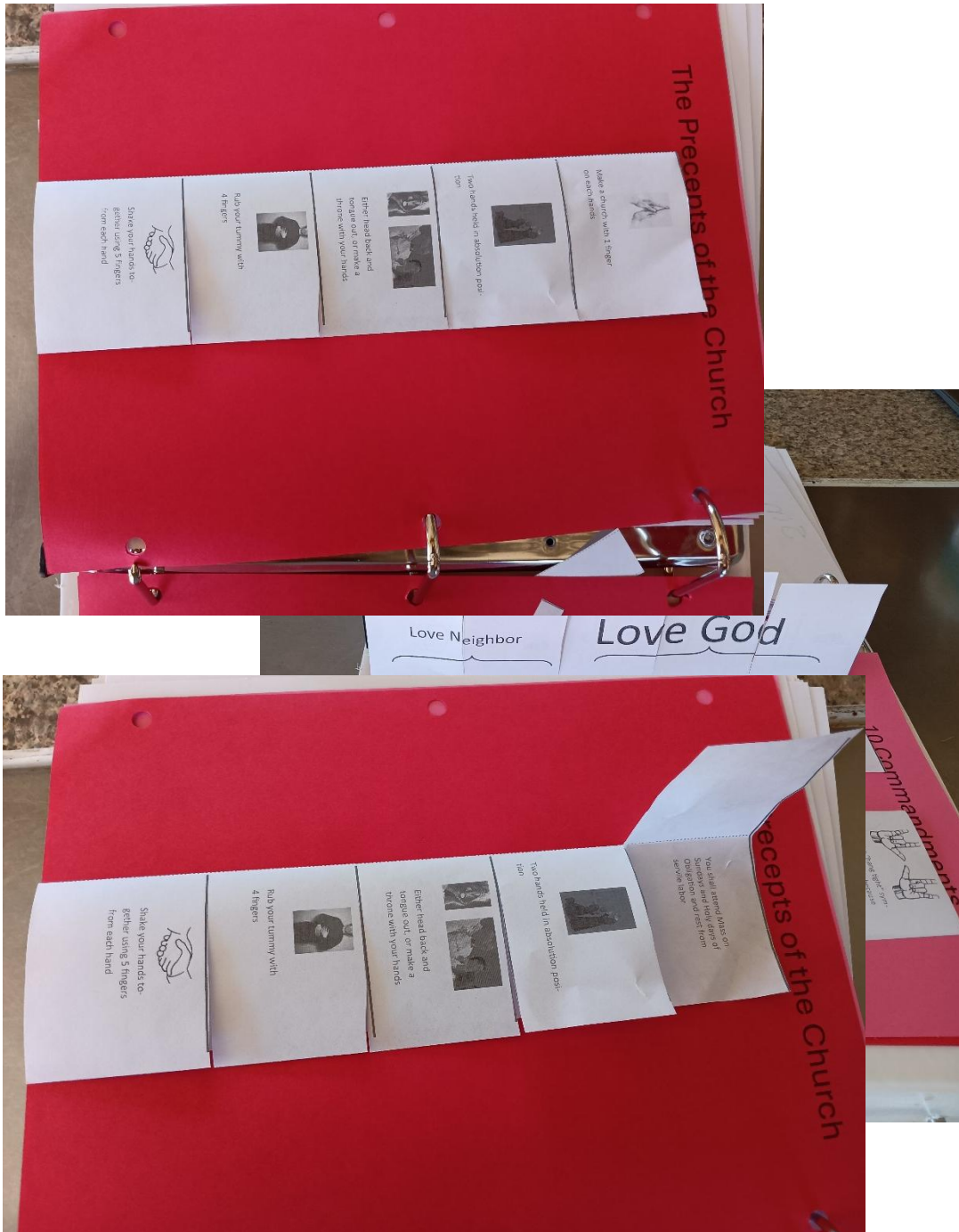
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Week 6 - Precepts of the Church

AOD Objective: Know about Original Sin and its effects on our relationship with God and one another.
St. Joseph Baltimore Catechism Vol 2 - lessons 21

Instructions:

1. Follow the instructions on the attached "Precepts Foldable"
2. Tape or glue your foldable to a card stock page and place it in your notebook



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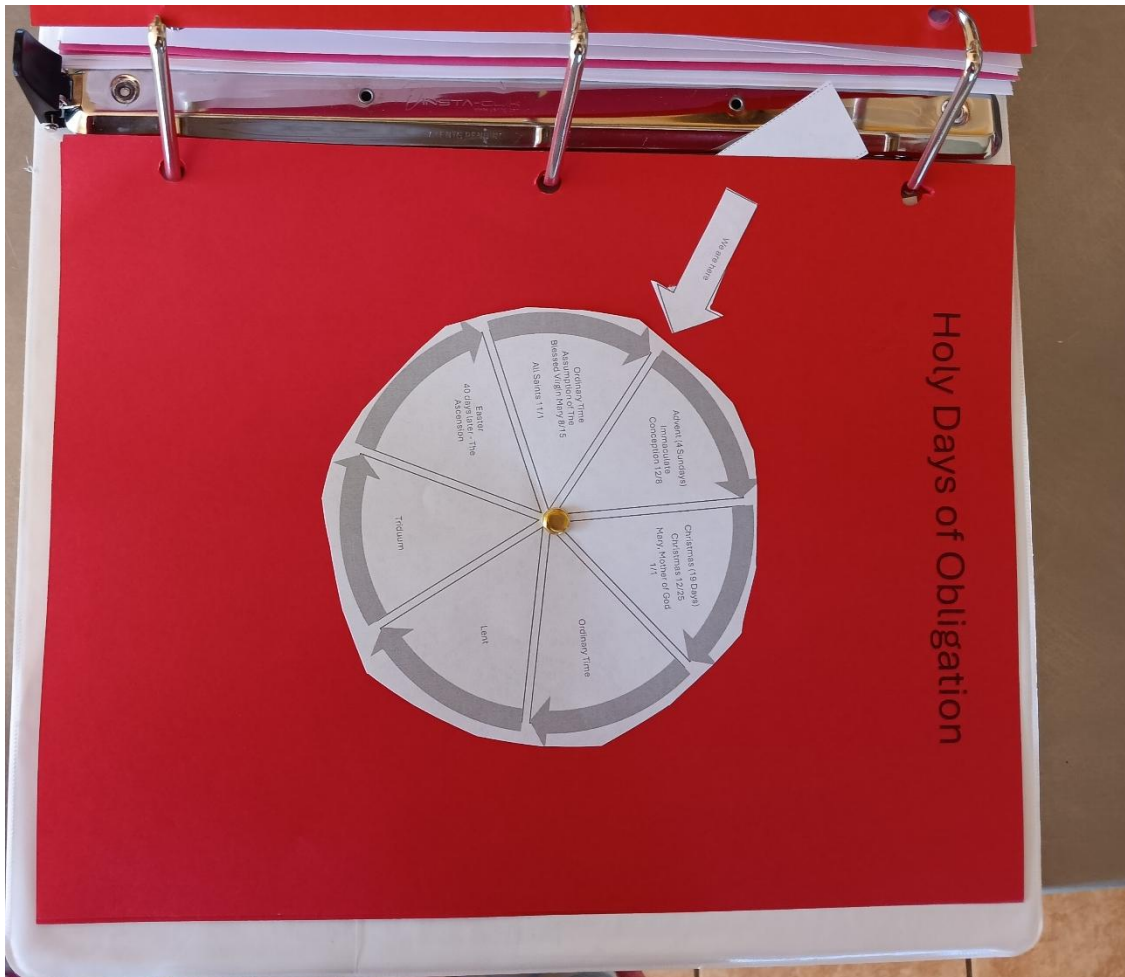
Week 6 -Holy Days of Obligation

AOD Objective: Should express belief in the teaching of the real presence of Christ in the Eucharist.

St. Joseph Baltimore Catechism Vol 2 lessons 21

Instructions:

1. Follow the instructions on the attached "Holy Days of Obligation Spinner" document to create a spinner to help you navigate the church calendar!
2. Read the Story Moses receives the 10 Commandments
3. Sing along with Christine in Actions "Precepts of the Church" song
<https://app.formed.org/app/collections/1096336>
4. Play Games - Sheep and Shepherds tag, Liturgical Year Relay Race, and the Precepts Relay Race
5. Visit Jesus and ask Him to help you follow the precepts of the church at a minimum



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Week 7 - Apostle's Creed

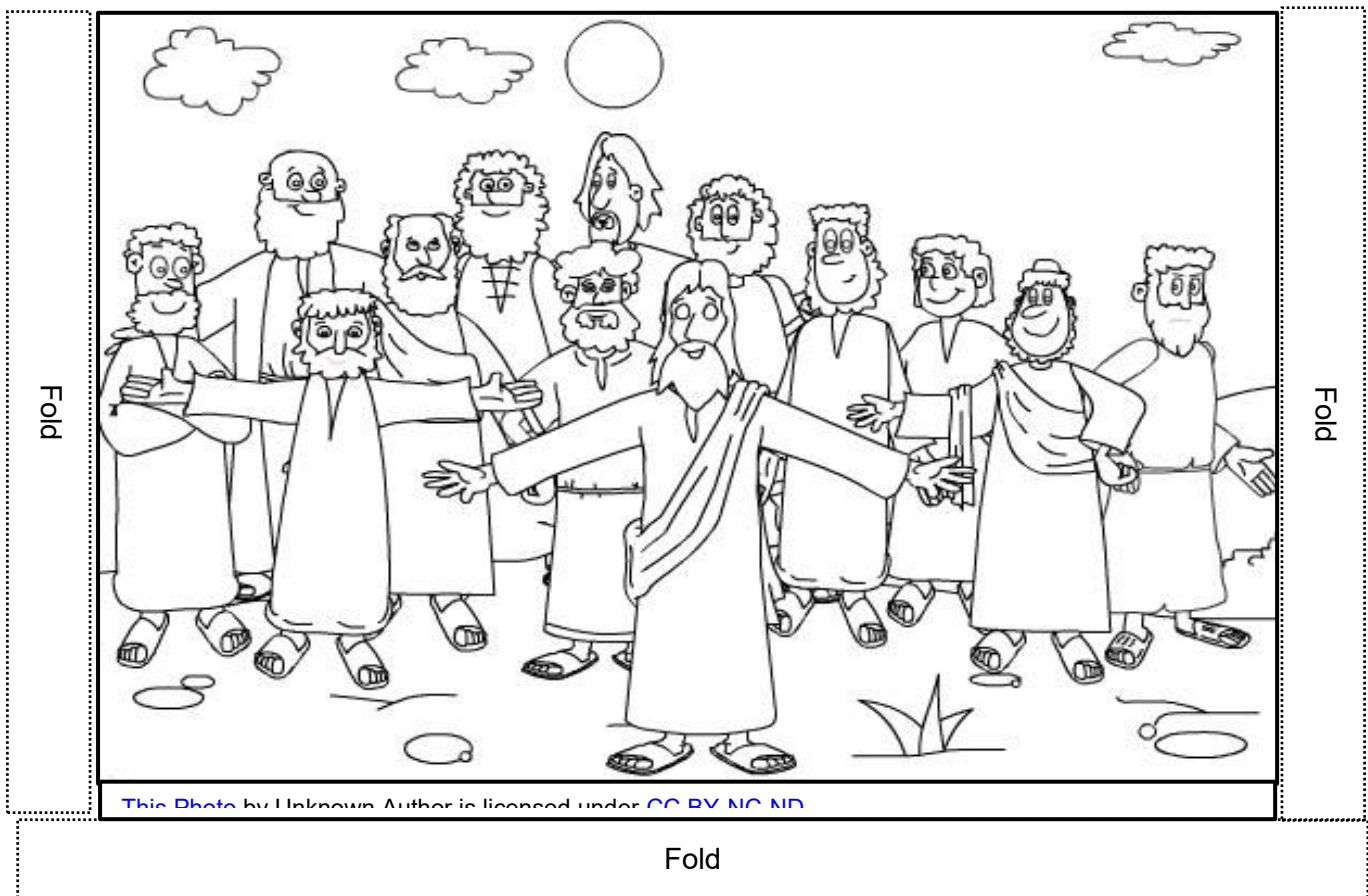
AOD Objective: Should have experience with Mass and desire to participate fully in it.

St. Joseph Baltimore Catechism Vol 2 lessons 1 through 14

Instructions:

- 1) You'll create an apostle's creed puzzle to see if you can remember how to pray the creed
 - A. Cut out the pocket below
 - B. Tape, glue, or staple each flap to your notebook
 - C. Cut the Apostles Creed into strips
 - D. Store the strips in the pocket
- 2) Sing the Apostle's Creed Song - <https://app.formed.org/app/collections/903610>
- 3) Move along with the story of the Apostle Peter in Prison
- 4) Play the Apostles Creed Truth or Error
- 5) Visit Jesus, thank Him for giving us the Apostles, feel His presence, ask Him to help you this week

The Apostle' s Creed



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Apostles' Creed

I believe in God, the Father Almighty,

Creator of Heaven and earth;

and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died, and was buried.

He descended into Hell;

the third day He rose again from the dead;

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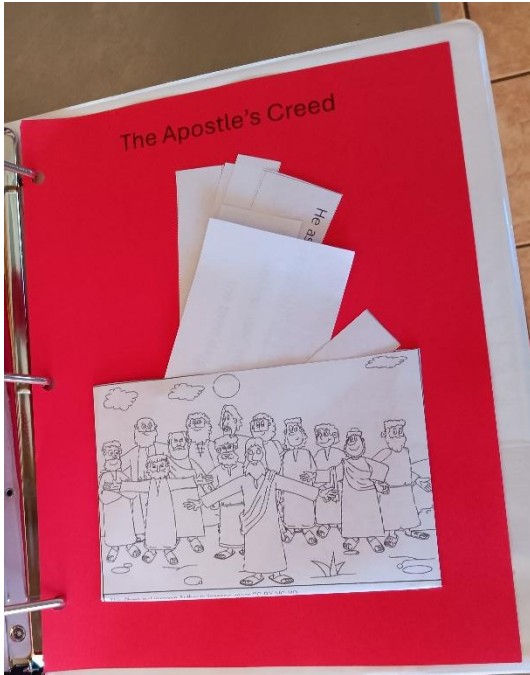
He ascended into Heaven, and sits at the right hand of
God, the Father almighty;

from there He shall come to judge the living and the
dead.

I believe in the Holy Spirit, the holy Catholic Church, the
communion of saints, the forgiveness of sins, the
resurrection of the body and life everlasting.

Amen.

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Week 8 - Review for your Encounter

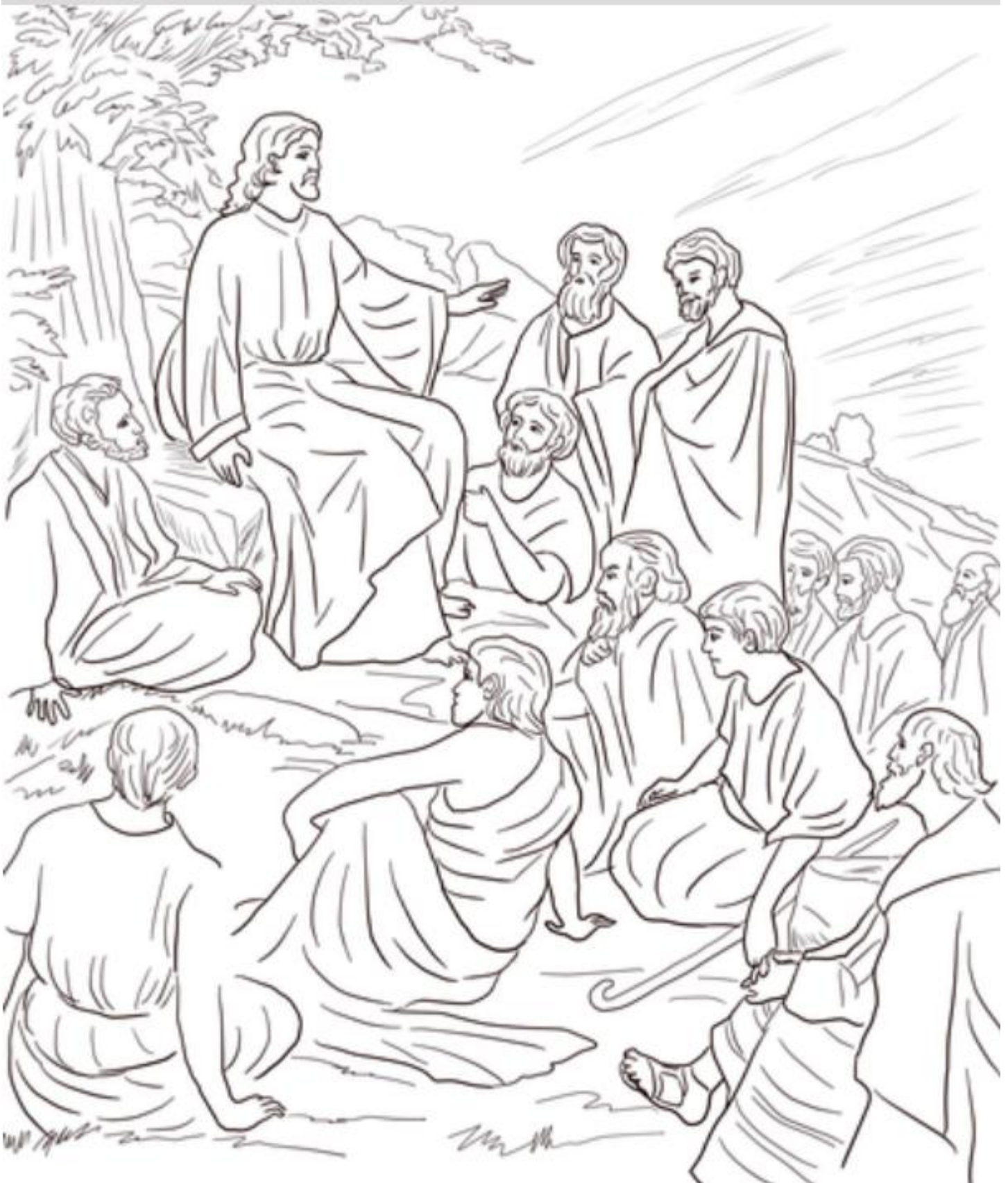
Instructions:

- A. Look back over the last several weeks, and study materials that you have learned so far
- B. Print out the Station Signs, and Station Materials, 10 Commandment hopscotch, aiming for perfection ring toss, Station Materials, Station Materials Deadly Sins
- C. Setup the stations according to the sign
- D. Follow the activities listed in the 1st Encounter Review Activities document



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Encounter Two - Jesus, Proclaiming Truth



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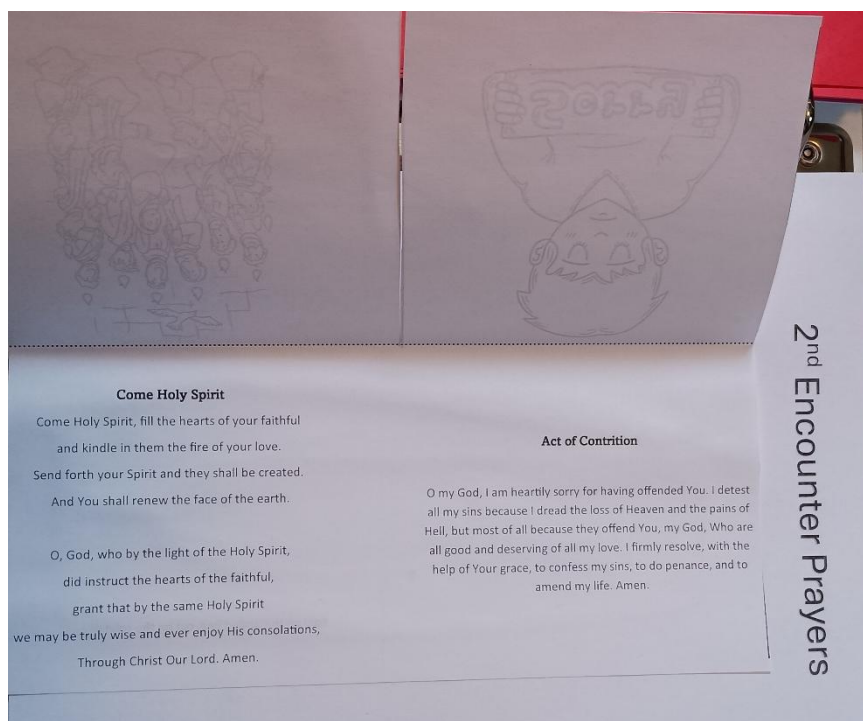
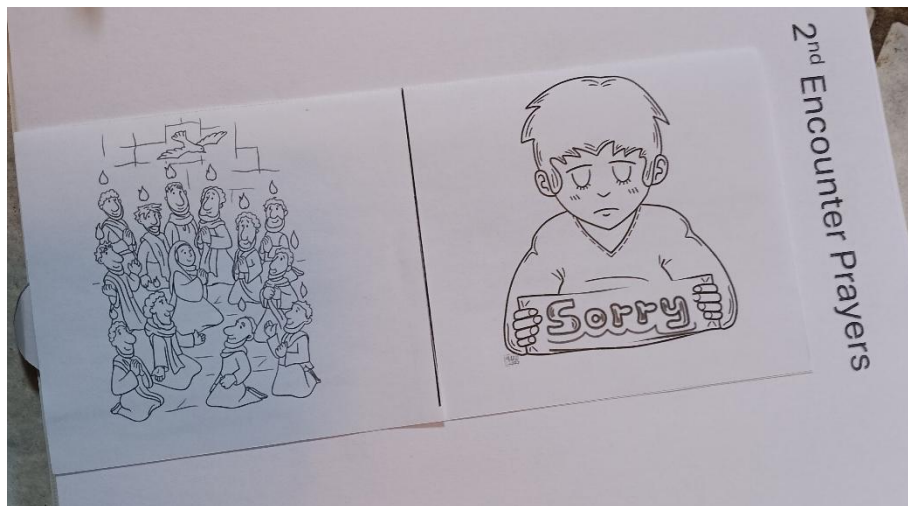
Week 9 - Prayers

AOD Objective: Should have a sense of prayer and a need for God.

St. Joseph Baltimore Catechism Vol 2 lessons 30, 37

Instructions:

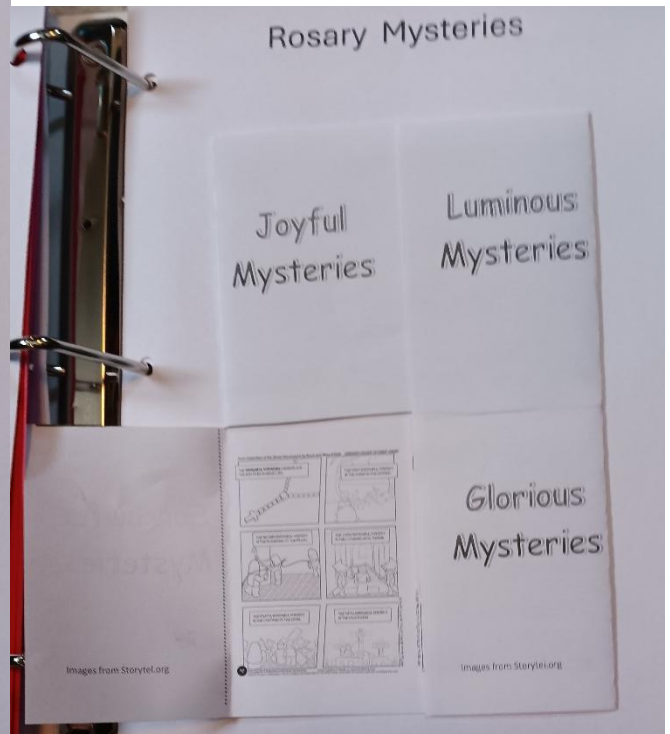
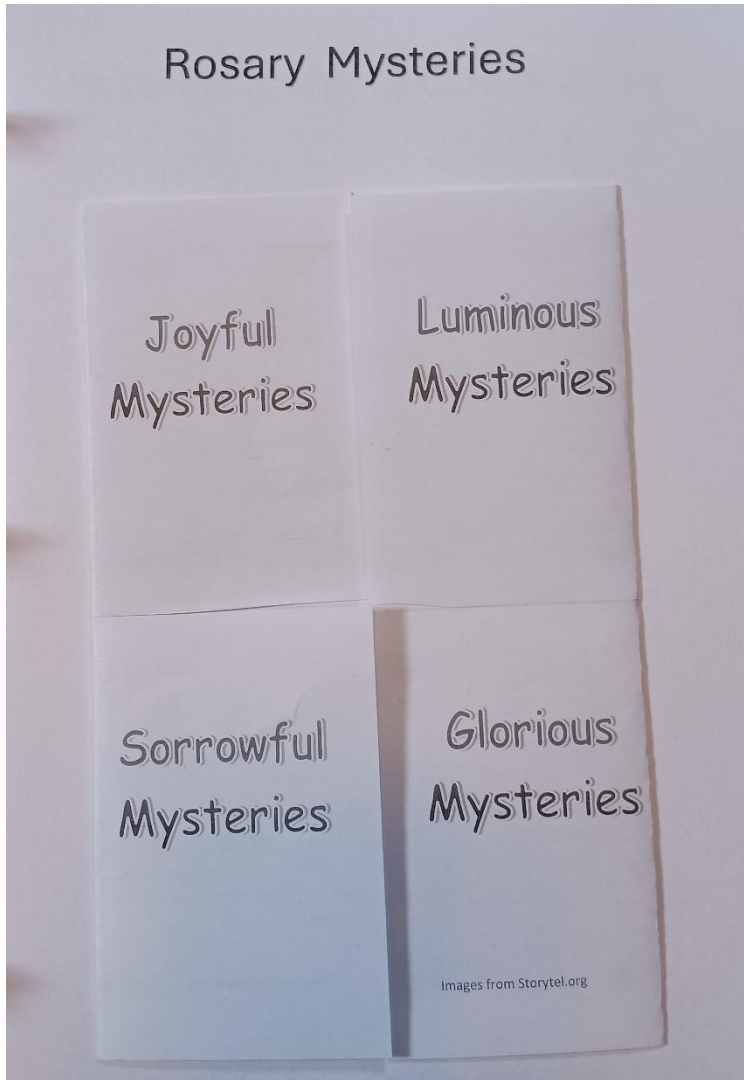
1. Create the Rosary Mysteries Foldable
2. Print out the attached prayer foldables (Rosary Mysteries and Second Encounter Foldables) as follows:- on double-sided, landscape, flip on short edge
 - a. Steps for going to confession foldable – on double-sided, portrait, flip on long edge
3. Fold on the dotted line, cut on the solid line
4. Tape or paste the foldables to a card stock page
5. Put these in your notebook
6. Print out the Rosary Fitness course, and complete the course



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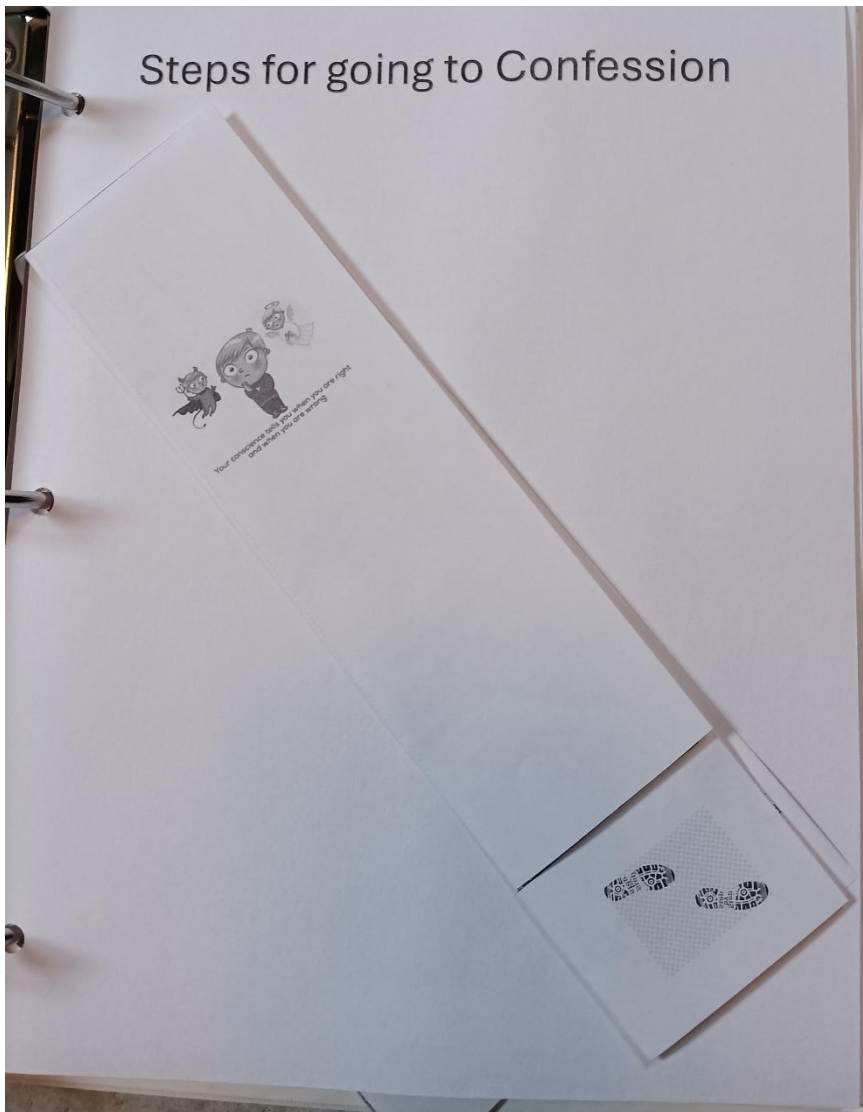
Week 9 - Steps for going to confession

AOD Objective: Should have a sense of sorrow for their sins.

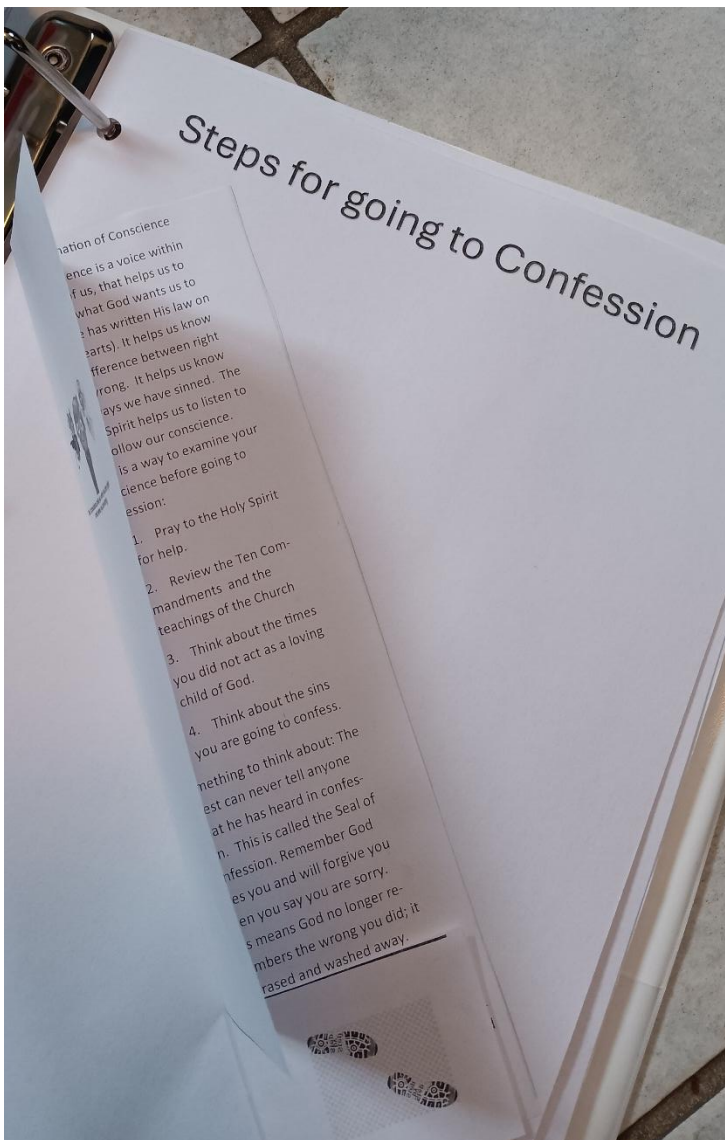
St. Joseph Baltimore Catechism No 1 lessons 29-31

Instructions:

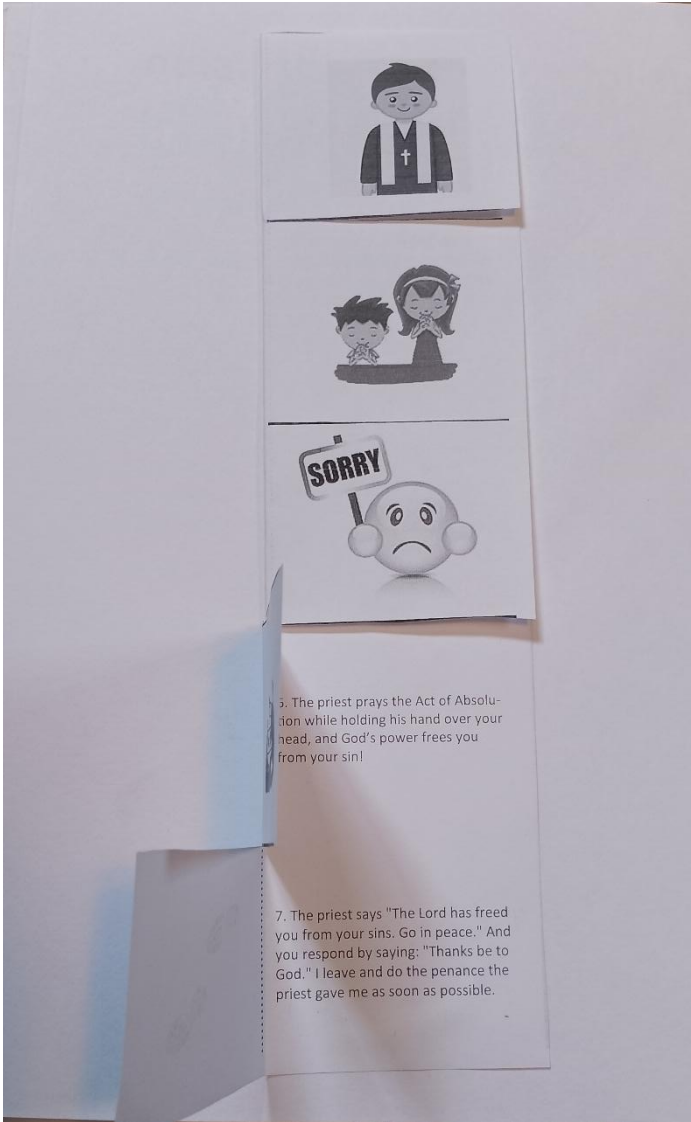
1. Steps for going to confession foldable
 - a. print out the attached Steps for going to confession foldable – on double-sided, portrait, flip on long edge (or create your own)
 - b. Fold on the dotted line, cut on the solid line
 - c. Tape or paste the foldables to a card stock page
2. Create the Encounter 2 Prayers foldable
3. Play Sheep and Shepherds tag
4. Sing the Act of Contrition prayer along with Christine in Action - <https://app.formed.org/app/collections/903610>
5. Visit Jesus, review the Gospels as found in the rosary mysteries



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5. The priest prays the Act of Absolution while holding his hand over your head, and God's power frees you from your sin!

7. The priest says "The Lord has freed you from your sins. Go in peace." And you respond by saying: "Thanks be to God." I leave and do the penance the priest gave me as soon as possible.

Sacraments Class Student Notebook

Week 10 - Grace and the Sacraments

AOD Objective: Know what a sacrament is.

St. Joseph Baltimore Catechism Vol 2 lessons 9, 23-26

Following are instructions to learn about grace and the sacraments.

Instructions to learn about Grace:

Objective: To demonstrate the grace that we now receive from the sacraments thanks to Jesus,

1. Say, in an earlier less on the fall, we learned how Adam and Eve lost God's Divine Life (you can fill a balloon with air and let it out as a reminder)
2. Say, today we'll demonstrate how Jesus refills us with a better grace via the sacraments. To demonstrate this grace will refill the balloons with a stronger substance. This grace is called "Sanctifying Grace"

a. Materials:

- i. Balloons (12")
- ii. Rice or Flour
- iii. Funnel
- iv. Spoon or pencil (optional)
- v. Permanent marker (optional)

b. Instructions:

- i. Blow up the balloon to stretch it out and let the air out.
- ii. Insert the funnel into the balloon and hold it in place with one



hand.

- iii. Slowly pour rice or flour into the funnel because you don't want the funnel to overflow.
- iv. Shake or tap the funnel gently to encourage the rice or flour to go down. Use a spoon or pencil if necessary to help push it through the funnel.
- v. Continue until the balloon is full.
- vi. Tie a knot.
- vii. Decorate your balloon with sharpies, and tape or staple the end to your notebook.
- viii. Create the "about grace" foldable, and discuss the definition of grace, sanctifying grace, and actual grace

Instructions to learn about the sacraments:

1. To help you learn about the Sacraments, we're going to perform several science experiments (see the list below)! You'll create 3 foldables/lab books to record what you've learned about the effects of each (see example the next page). These are pictured below.

Materials Needed:

1. Print the Sacraments and grace foldables with "Landscape, flip on short edge, double-sided"
2. Baptism
 - a. Two clear disposable cups or glasses
 - b. Red Food Coloring
 - c. 1tsp Baking Soda
 - d. ¼ cup bleach

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- e. $\frac{3}{4}$ cup water
- f. Invisible ink pen or you can make your own (<https://researchparent.com/color-changing-invisible-ink/>)
- 3. Confirmation:
 - g. Clear cup
 - h. Water (1 to 2 inches)
 - i. Clear oil (1 inch from the top, baby oil or vegetable oil)
 - j. Drop of food coloring (any color)
 - k. Alka-Seltzer effervescent antacid tablets (regular, cold and flu, etc.)

Instructions:

1. Foldables – prepare the attached foldables for the Sacraments and Roles. Cut on the solid line, fold on the dotted line. Glue to a piece of card-stock
2. Conduct the following science experiments

Baptism – three experiments:

1. You become a new creation and receive an indelible mark
 - a. Use invisible ink pen to trace cross on student's heads, Talk about how this is a permanent mark on your soul, can only happen once.
2. Saved from original sin
 - a. Write "sin" on one glass, and draw a cross on the other to represent sanctifying grace given in the sacrament of confession
 - b. Fill the sin cup with $\frac{3}{4}$ cup water, a drop of red food coloring and baking sode
 - c. Fill the grace cup with $\frac{1}{4}$ cup bleach
 - d. Talk about how our sins are forgiven in the sacrament of confession and our soul becomes free from the "stain of sin." Pour the bleach into the sin cup to demonstrate this.
3. Adopted by God as His child (you could draw an adoption certificate of you and your Heavenly Father)
4. Receive the Gifts of the Holy Spirit (we'll see this experiment with the Sacrament of Confirmation)
5. Share in Jesus' roles of Priest, Prophet, King

Confirmation:

1. Fill the glass with 1 to 2 inches of water.
2. Add your favorite food coloring.
3. Fill the rest of the glass with oil but stop at about 1 inch from the top so that it won't bubble over.
4. Drop an antacid tablet into the mixture and watch
5. Point out that your soul (the water) received the Gifts of the Holy Spirit (oil) at baptism, then in confirmation these gifts get enflamed so that you can share and witness to the faith.

Eucharist:

1. Since only God can change one substance into another, there is really not an experiment that we can perform to learn about this. We will take a look at the Eucharistic Miracles display to understand this great miracle that takes place at each mass.
http://www.therealpresence.org/eucharst/mir/engl_mir.htm
2. Extra bonus if time allows - Play Sophia institute video:
<https://www.youtube.com/watch?v=QcB7Uem00n4> Entire Sacraments playlist:
https://www.youtube.com/playlist?list=PLBdBxtht3DgeyGzlo4lX3_YLicfaloVu

3. Play the game of Graces

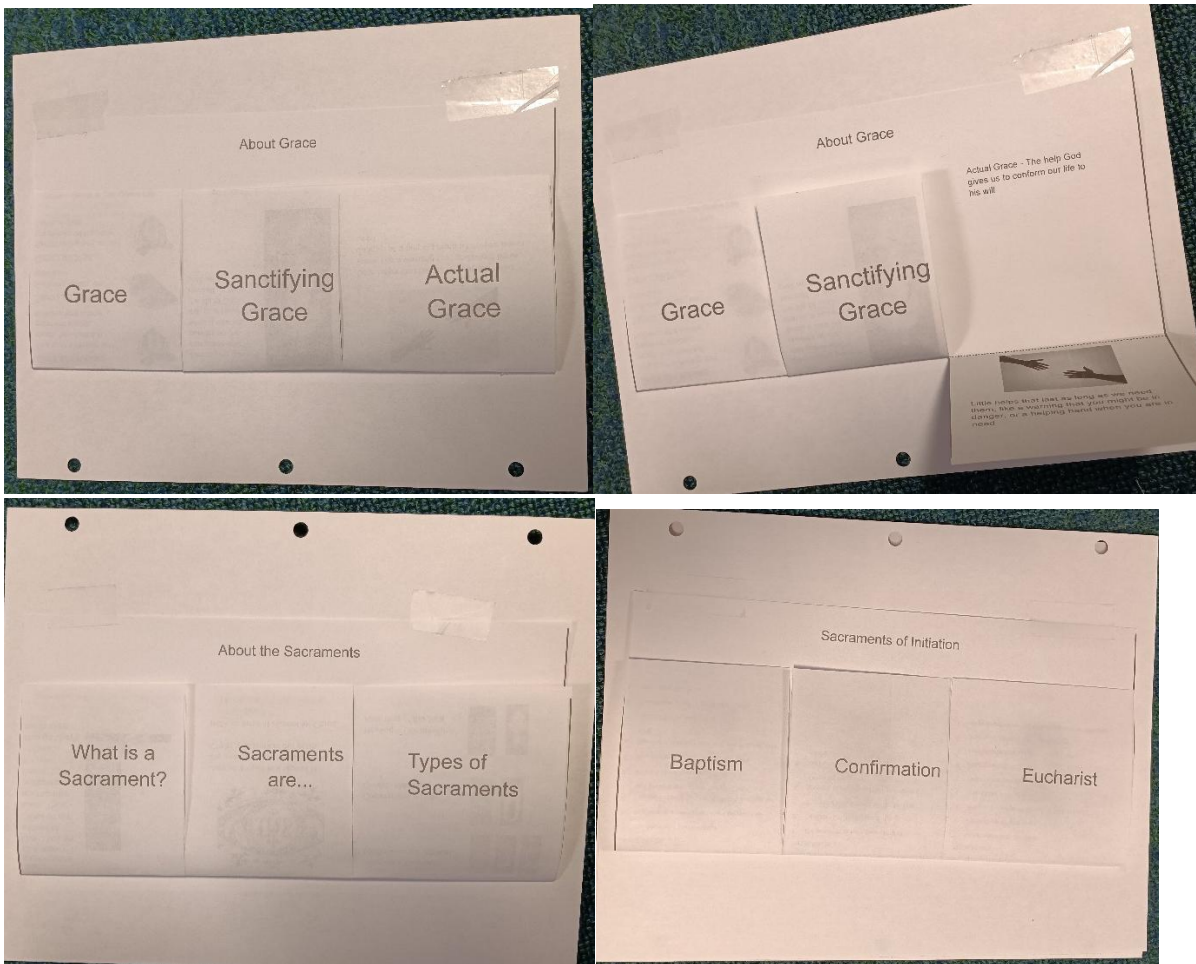
4. Sing the 7 Sacraments Song along with Christine in Action - <https://app.formed.org/app/collections/903610>

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5. Visit Jesus, and thank him for the Sacraments, notice the Sacraments stained glass windows



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Week 11 - The Church the People of God and the Sacraments

AOD Objective: To understand that at baptism, we become part of the “mystical body of Christ,” and that we share in Christ’s roles of priest, prophet, and king.

AOD Objective: Know what a sacrament is.

St. Joseph Baltimore Catechism Vol 2 lesson 24

To help you learn about the Sacraments, we’re going to perform several science experiments (see the list below)! You’ll create 2 foldables/lab books to record what you’ve learned about the effects of each (see example the next page)

Materials Needed:

1. Foldables –print foldables for the Sacraments and Roles with “Landscape, flip on short edge, double-sided”
2. Marriage:
 - a. Two pieces of paper
 - b. Glue
3. Anointing of the Sick
 - a. 1 tspn Vaseline or petroleum jelly
 - b. 1 tissue, ripped into 1 inch pieces
 - c. 1 tspn Coco powder
 - d. 1 plastic spoons
 - e. 1 plastic cup (I used a Dixie cup but small plastic cups work better)
 - f. drop of red food coloring
 - g. 1 Q-Tip

Instructions:

1. Foldables – prepare the attached foldables for the Sacraments and Roles. Cut on the solid line, fold on the dotted line. Glue to a piece of card-stock.
2. Perform the following science experiments:

Confession:

- a. Write “sin” on one glass, and draw a cross on the other to represent sanctifying grace given in the sacrament of confession
- b. Fill the sin cup with $\frac{3}{4}$ cup water, a drop of red food coloring and baking sode
- c. Fill the grace cup with $\frac{1}{4}$ cup bleach
- d. Talk about how our sins are forgiven in the sacrament of confession and our soul becomes free from the “stain of sin.” Pour the bleach into the sin cup to demonstrate this.

Marriage

1. Glue together two pieces of paper to represent the marriage bond, let dry, try to take apart. Emphasize, God’s bond only works if it is a male and female. The “glue” of the bond is the grace that helps the couple stay together for the benefit of their children. It is a permanent bond, you can’t take the two people apart without doing damage

Holy Orders

1. Bleach trick one more time (emphasize only priests have this power to forgive sins) Read John 20:21-23

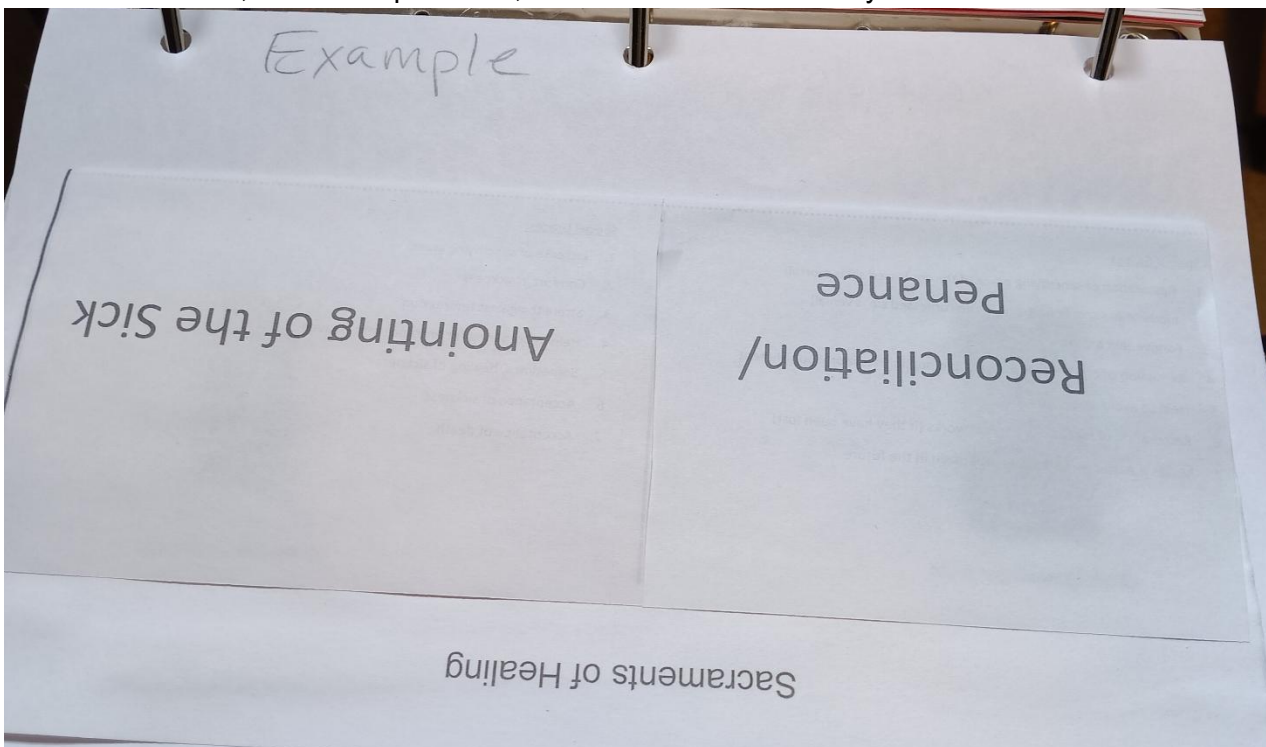


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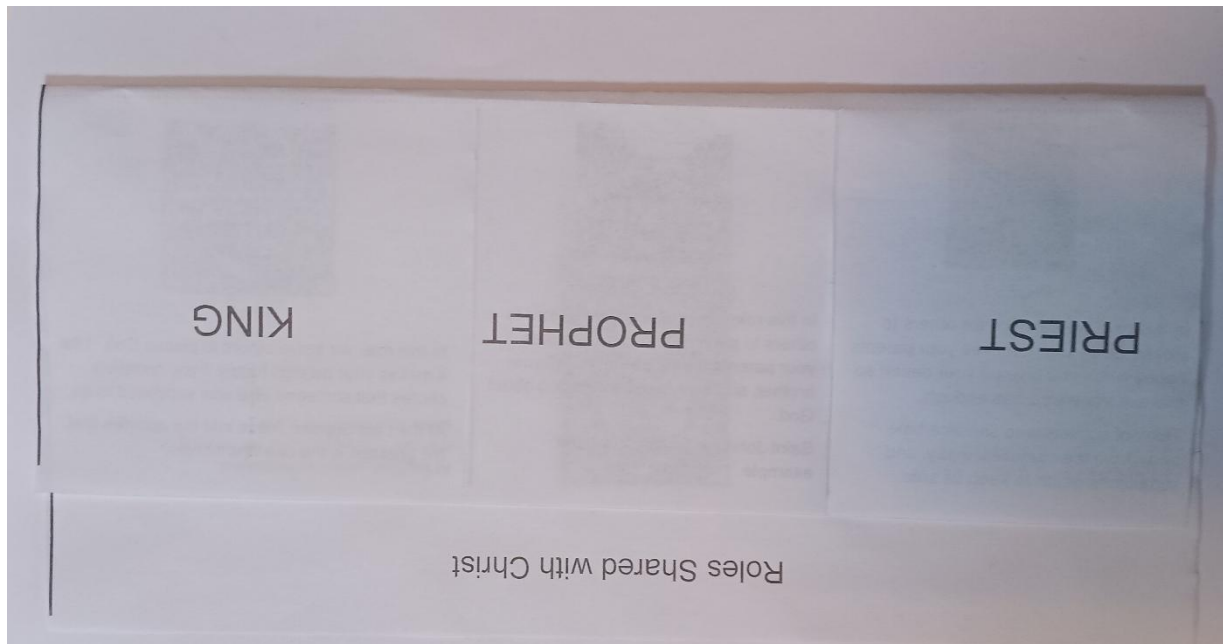
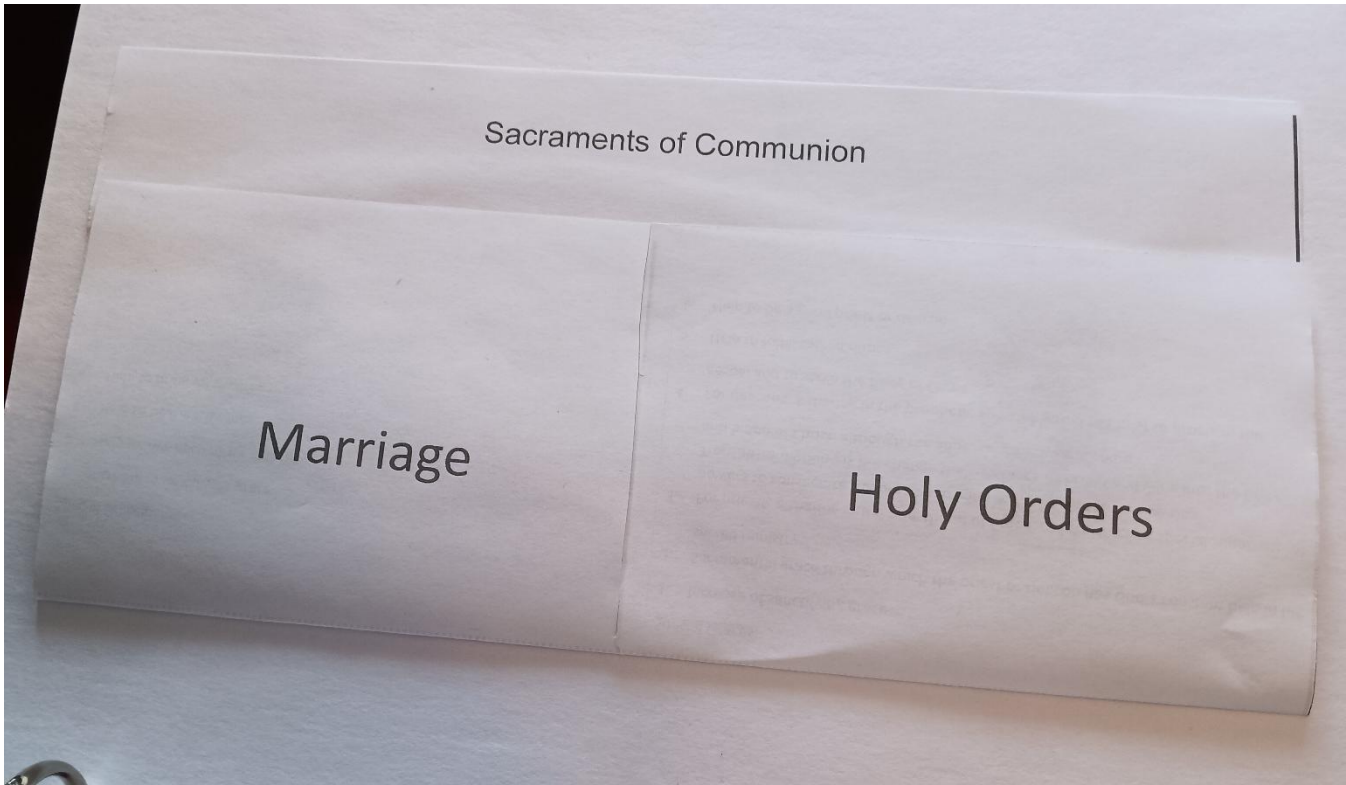
2. Play Padre Pio Clip <https://youtu.be/RPM95QUMPHE?t=1546>
3. Show the "Holy Hand" of Saint Francis Xavier, explains that God's power works through the hands of the priest - <https://thesheaf.com/2018/01/19/handling-a-relic-a-historical-look-at-st-francis-xavier-and-his-arm-now-touring-canada/>

Anointing of the Sick

- A. Do the bleach trick (sins are forgiven)
 - B. Fake Wound:
 - a. In a cup mix Vaseline and pieces of tissue paper
 - b. To change the skin tone, add some coco powder
 - c. Apply to your skin to form a wound
 - d. Drop red food coloring in the center and spread with a Q-Tip
 - C. Talk about how Jesus healed with elements from the earth, dirt in the eyes of the blind man, dirt and spit in the ear of the death man.
 - D. God has power that is greater than science (he created the world and knows all the science of all the scientists)
 - E. Show Padre Pio Clip on sick people who were healed:
<https://www.youtube.com/watch?v=Q2R14Z3ncWM> or talk about miraculous healings that you know about
1. Practice going to confession using the Confession Station Penance Events and the Steps for going to confession foldable
 2. Play Sheep and Shepherds tag
 3. Read the story "Namaan is healed of leprosy"
 4. Sing along with Christine in Action, the 7 Sacraments Song - <https://app.formed.org/app/collections/903610>
 5. Visit Jesus, sense His presence, ask Him how to use what you've learned this week



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Week 12 - Virtues

Week 12 - Theological Virtues:

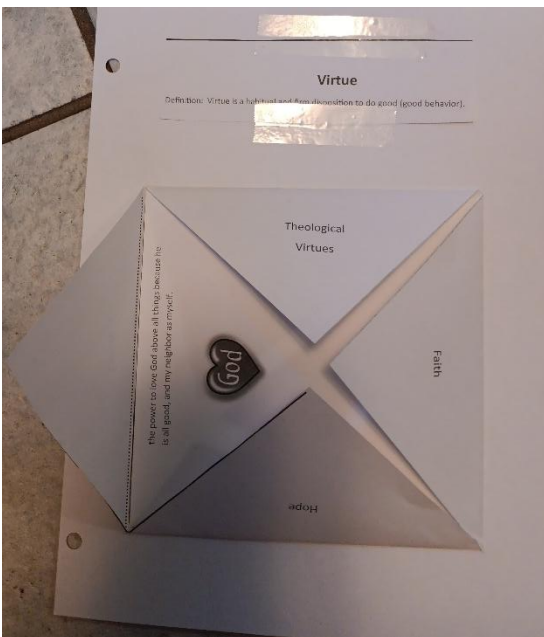
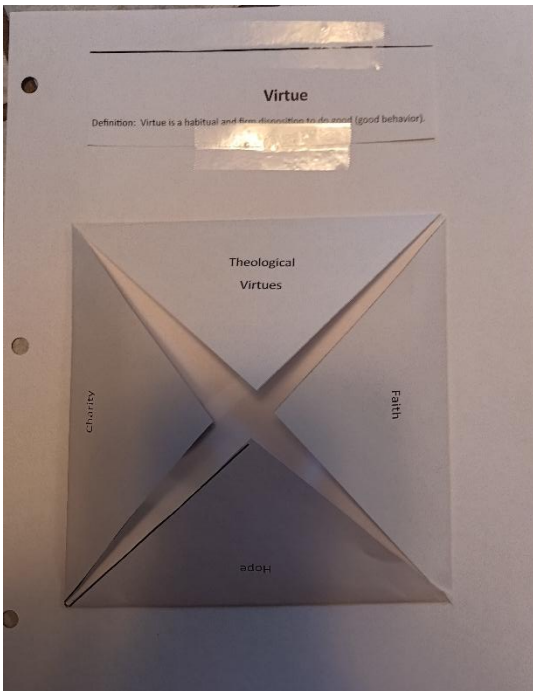
AOD Objective: Should desire to build a relationship with Jesus Christ.

AOD Objective: Have an awareness of Baptism and our true identity in Jesus Christ.

St. Joseph Baltimore Catechism Vol 2 lesson 10

- a. Theological virtues foldable - Follow the instructions on the attached "Theological Virtues Foldable" to create a page in your notebook to help you remember what virtue and a theological virtue specifically is. You'll find a picture of the completed foldable on the next page.
- b. Decorate the inside flaps of your foldable with the following images
 - a. Theological Virtues – you can add a picture of your baptism here
 - b. Virtue Faith – draw a picture of someone doing something that goes has said is possible to do if you have faith: moving a mountain with your finger, receiving whatever you ask for in prayer, Jesus healing an illness or condition like blindness, being able to move a tree from the land to the sea. For more examples and scripture passages, go here and search the new testament for the word "faith."
 - c. Write the virtue Hope – Draw a picture of God helping someone believing God making them a promise such as Abraham, David, St. Peter, St. Paul, or you can find bible stories here <https://www.catholiccrossreference.online/bible/nab-search.cgi>
 - d. Write the virtue Charity – Draw a picture of: 1) someone being willing to give God their favorite toy, and to also share their other toys with their family and friends. 2) someone spending all their free time praying to God and serving others
- c. Move along with the story of Deacon Stephen
- d. Play Sheep and Shepherds tag
- e. Visit Jesus and pray, thank Him for the SUPER NATURAL theological virtues that you received at baptism

Sacraments Class Student Notebook



Sacraments Class Student Notebook

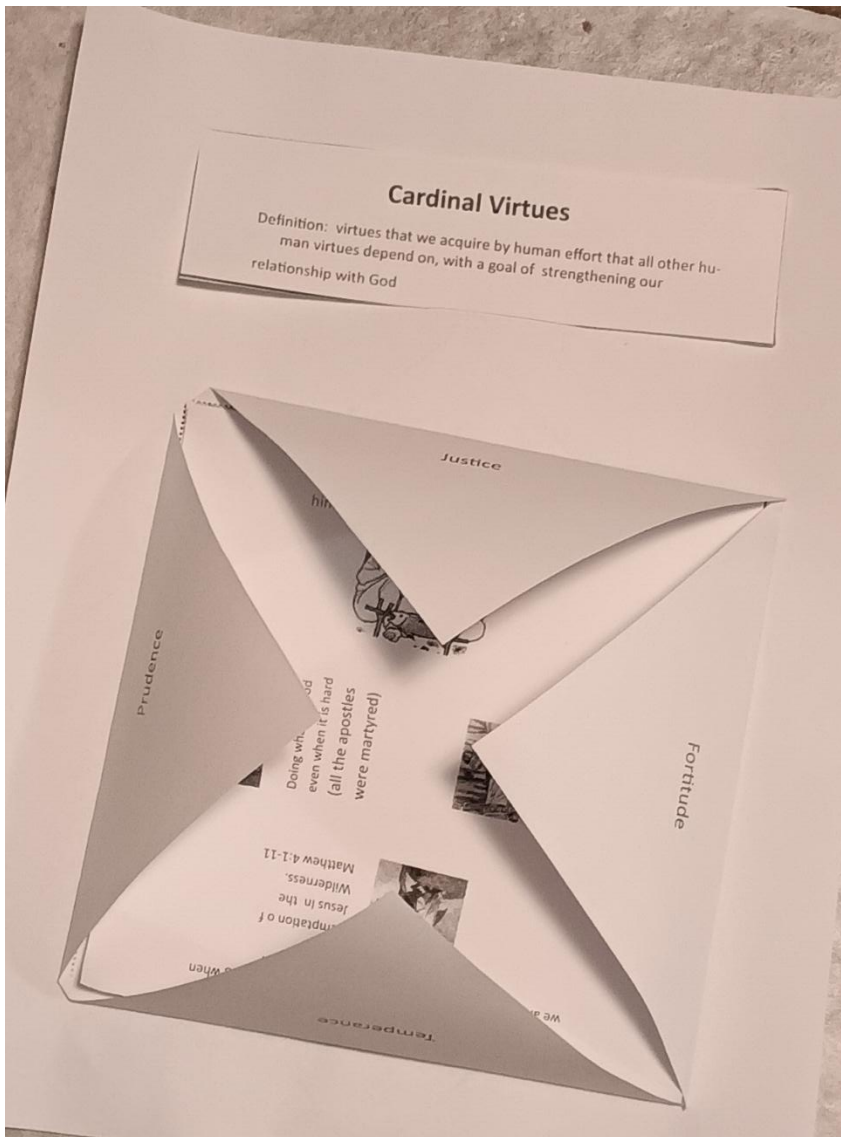
Week 13 - Cardinal Virtues:

AOD Objective: Should desire to build a relationship with Jesus Christ.

AOD Objective: Have an awareness of Baptism and our true identity in Jesus Christ.

St. Joseph Baltimore Catechism Vol 2 lesson 10

- Cardinal Virtues Foldable - Follow the instructions on the attached "Cardinal Virtues Foldable" to create a page in your notebook to help you remember what a cardinal virtue specifically. You'll find a picture of the completed foldable below.
- Move along with the story of St. Peter and the Cardinal Virtues
- Play Cardinal Virtues Games
- Sing along with the
- Play Sheep and Shepherds tag



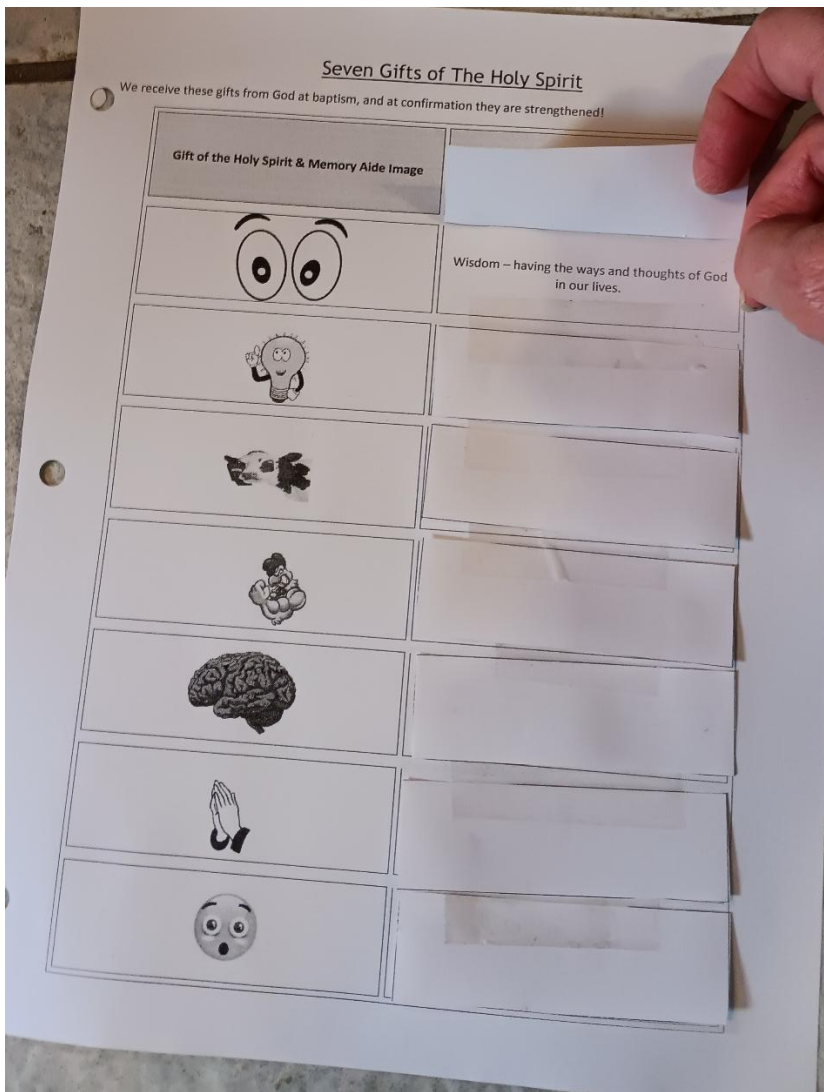
Sacraments Class Student Notebook

Week 14 - Gifts of the Holy Spirit

AOD Objective: Know the 7 gifts of the Holy Spirit

St. Joseph Baltimore Catechism Vol 2 lesson 10

- A. Gifts of the Holy Spirit Foldable - Follow the instructions on the attached foldable to create the “Gifts of the Holy Spirit” page in your notebook (see the example below).
- B. Move along with the story of Saints Peter and John and the Sacraments
- C. Play the games - Gifts of the Holy Spirit games, Sheep and Shepherds Tag
- D. Sing along with Christine in Actions 7 Gifts of the Holy Spirit song, <https://app.formed.org/app/collections/903610> and the Come Holy Spirit Song <https://app.formed.org/app/collections/1089957>
- E. Visit Jesus and ask Him to you prepare for confirmation and the strengthening of the Gifts of the Holy Spirit

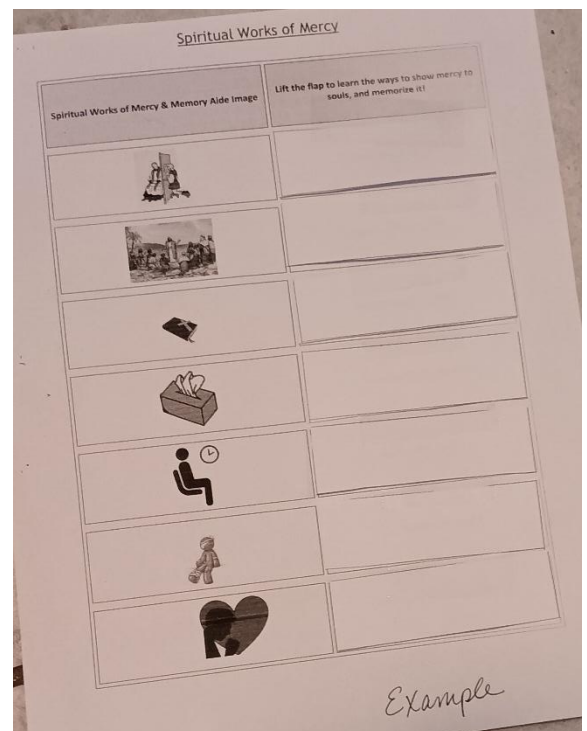
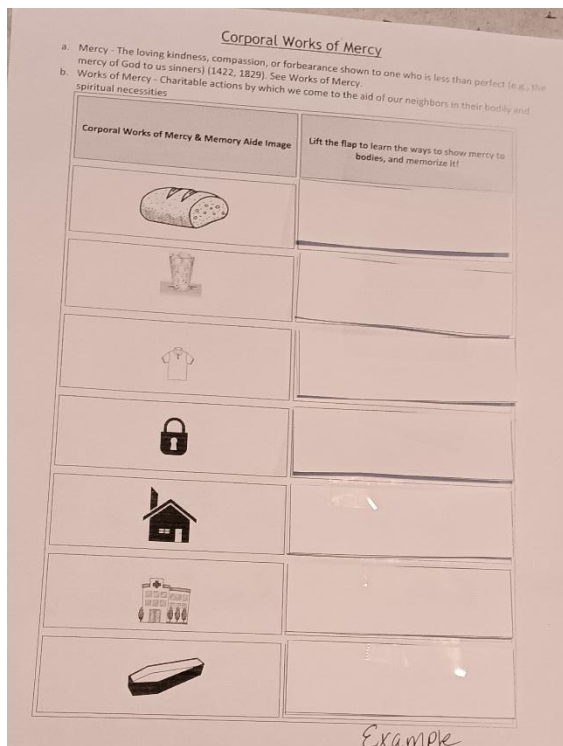


Week 15 - Mercy and Works of Mercy

AOD Objective: Should desire to build a relationship with Jesus Christ.

St. Joseph Baltimore Catechism Vol 2 lesson 13

1. Follow the instructions on the attached foldables to create both the “Corporal Works of Mercy” and “Spiritual Works of Mercy” pages in your notebook (see the example below).
2. Practice the Works of mercy using the attached “Barque of Peter Simulation” as a guide. In class, we set up a ship which represents “Peter’s Boat” the Catholic Church. In each compartment, students practice one or more work of mercy. If you are teaching this lesson at home, different rooms in your house could represent each compartment.
3. Move along with the story of St Paul’s Conversion
4. Play Sheep and Shepherd’s tag
5. Sing along with Christine in Action - The Corporal Works of Mercy and the Spiritual Works of Mercy - <https://app.formed.org/app/collections/903610>
6. Visit Jesus and ask review the Works of Mercy with Him, ask Him which one you can practice?



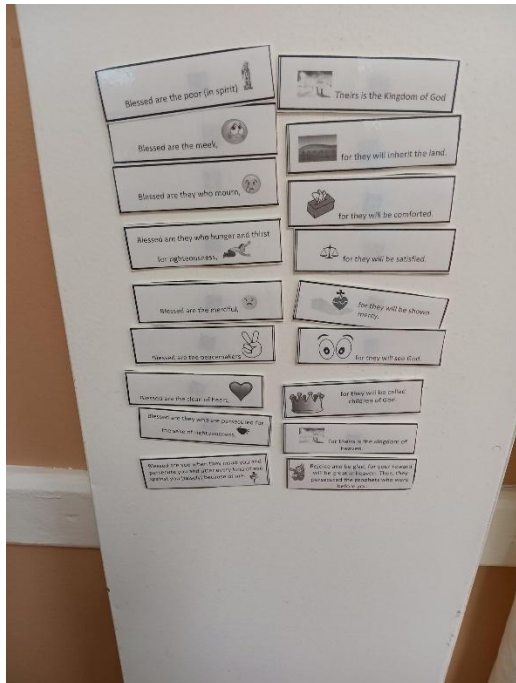
Sacraments Class Student Notebook

Week 16 - Beatitudes

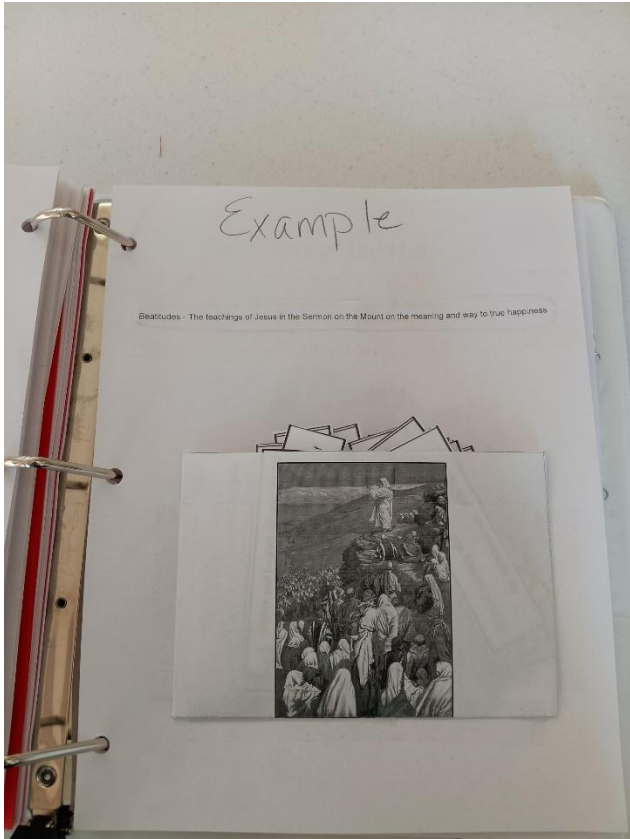
AOD Objective: Should desire to build a relationship with Jesus Christ.

St. Joseph Baltimore Catechism Vol 2 lesson 13 (note there are 9 beatitudes, please refer to Matthew 5:1-2)

1. Cut out the pocket and definition on the next page. Fold the flaps and paste the pocket to a piece of card stock
2. Cut out the attached beatitudes memory game, and see if you can match the beatitude to it's blessing. Store your pieces in the pocket below
3. Play the attached "Slip and Soar" with your friends and family
4. Play Sheep and Shepherds tag
5. Move along with the story of St Paul's Conversion
6. Sing along with Christine in Action, the Beatitudes song - <https://app.formed.org/app/collections/903610> (note Father and several saints of the Church recognize 9 beatitudes. It is something different to be persecuted for our own goodness (#8), then to be persecuted for Jesus (#9)).
7. Visit Jesus, review the beatitudes with him, ask Him which one you should work on practicing



Sacraments Class Student Notebook

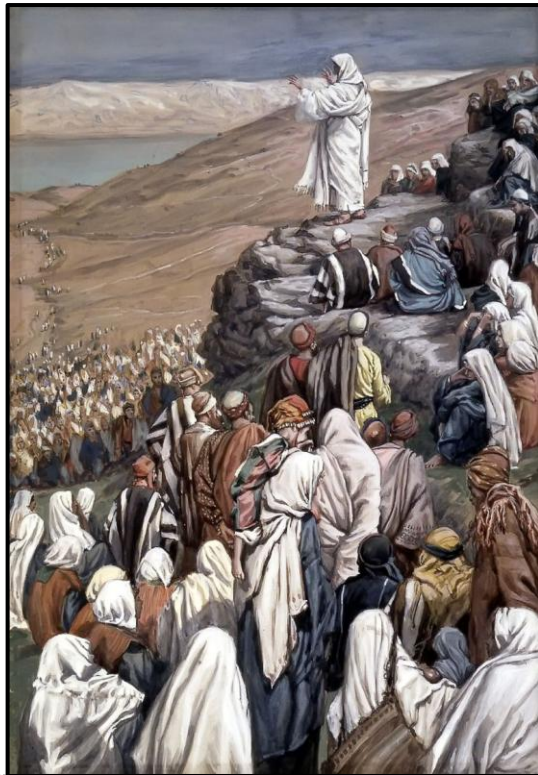


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Sacraments Class Student Notebook

Beatitudes - The teachings of Jesus in the Sermon on the Mount on the meaning and way to true happiness
When we are “way of being” reflects the beatitudes, we become more like Christ.



Fold

Fold

Fold

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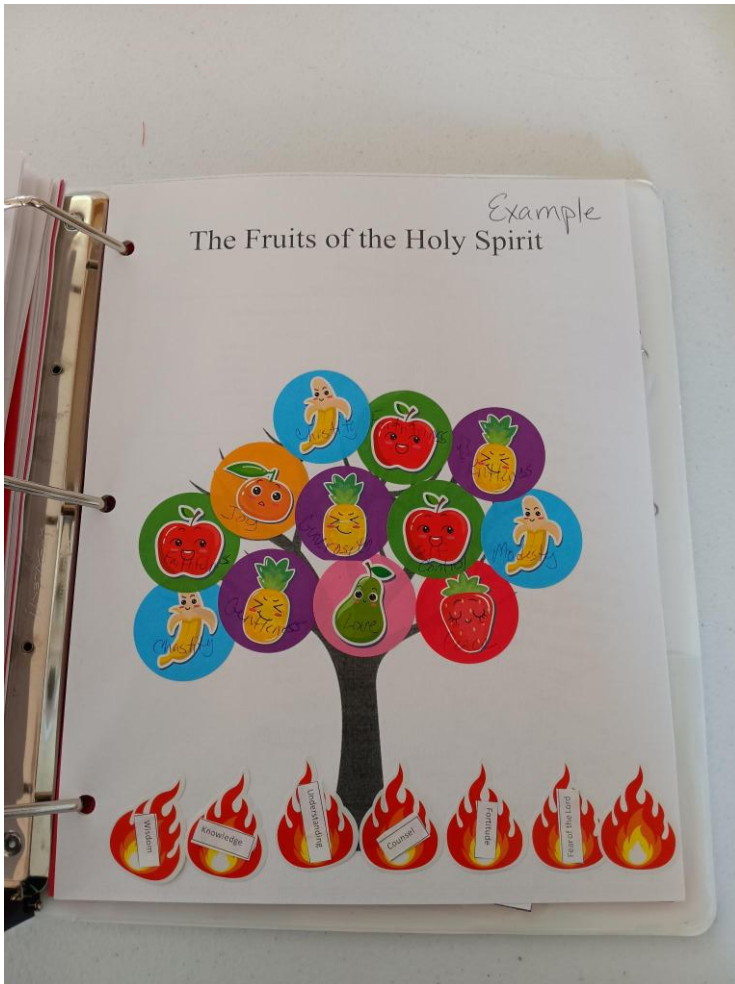
Week 17 - Fruits of the Holy Spirit

AOD Objective: Know the 7 gifts of the Holy Spirit.

St. Joseph Baltimore Catechism Vol 2 lesson 10

Instructions:

1. Create the notebook pages using the attached "Fruits of the Holy Spirit" Foldable
2. Read the Active Story – The Parable of the Sower
3. Play Sheep and Shepherds Tag
4. Sing along with Christine in Action – The Fruits of the Holy Spirit Song - <https://app.formed.org/app/collections/1089957>
5. Visit Jesus, review the Fruits of the Holy Spirit with Him, ask Him which fruit is the most important for you to produce



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Sacraments Class Student Notebook

Week 18 - Review

please review what you have learned so far this year!

- A. You can use the documents in the attached supplements to review everything that you've learned for the 2nd Encounter. Complete ½ the activities this week and ½ the next
- B. Review with the flash cards

Visit Jesus and go over what you've learned with Him, ask him what you can practice this week

Week 19 - Review

please review what you have learned so far this year!

- A. You can use the documents in the attached supplements to review everything that you've learned for the 2nd Encounter. Complete the 2nd half of the activities this week.
- B. Review with the flash cards

Visit Jesus and go over what you've learned with Him, ask him what you can practice this week

Sacraments Class Student Notebook

Encounter Three - Jesus, Triumphant Sacrifice

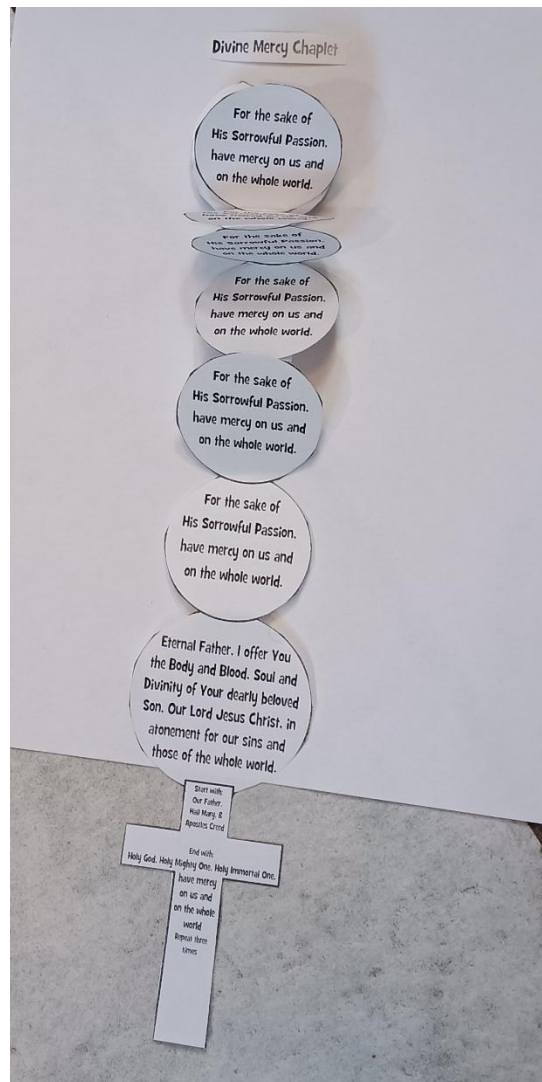
Week 20 - Prayers

Week 20 - Divine Mercy Chaplet

You will need to know what the chaplet is and why Jesus gave it to us.

Instructions:

- 1) Cut out the attached Divine Mercy Foldable, tape the first bead to a card stock page as pictured below
- 2) Glue the title to the page (or write "Divine Mercy" on the page)
- 3) Learn the story of St. Faustina and Jesus' message of mercy
- 4) Use the letter to the Bishop template, sentence starters, and example to compose a letter to the Bishop stating why you'd like to be confirmed.



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Sacraments Class Student Notebook

Week 20 - Nicene Creed

AOD Objective: to understand that the Nicene Creed is prayed at mass, students should know the 4 Marks of the Church and what they mean, and that to fulfill God's will, Jesus founded the church by making St. Peter the 1st Pope. St. Joseph Baltimore Catechism Vol 2 lesson 12

Instructions:

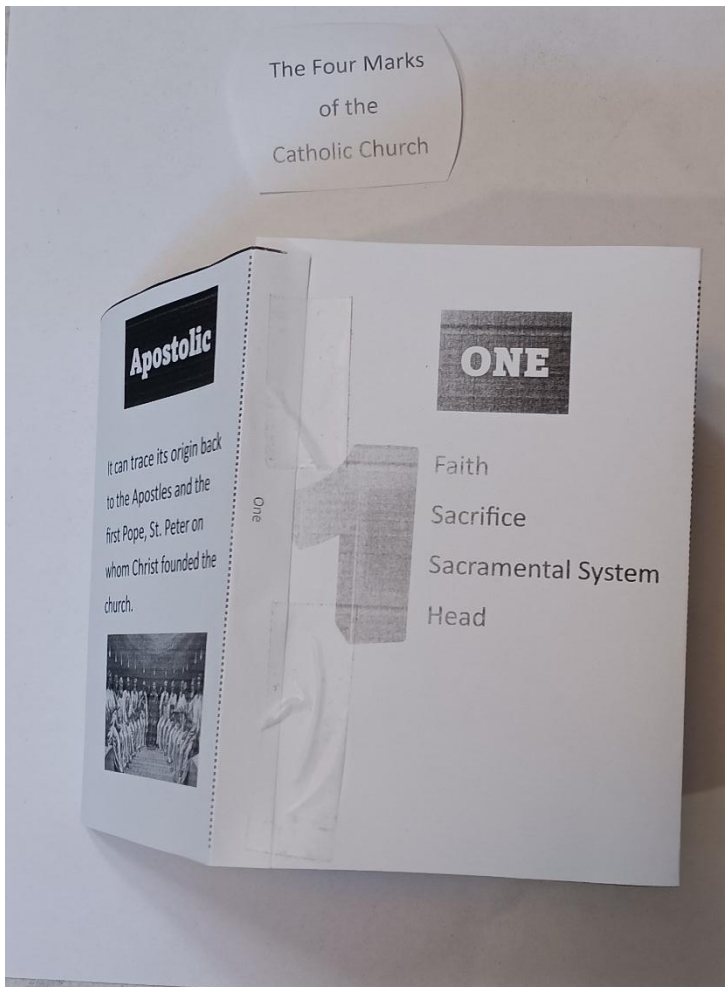
4 Marks foldable

- 5) Create a standing cube to help you remember why we say the church is "one, holy, catholic, and apostolic church" when we pray the Nicene Creed during the mass (see instructions below for making the cube)
- 6) Follow the instructions on the attached "4 Marks Foldable" to create a cube as pictured below

Move along with the story of the sacrament of confession and Jesus' mercy

Play Sheep and Shepherds tag

Visit Jesus, contemplate the image of Divine Mercy hanging in the church



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Sacraments Class Student Notebook

Week 21 - Sacraments of Confirmation and 1st Eucharist

St. Joseph Baltimore Catechism Vol 2 lessons 26-28

A. The Sacrament of the Eucharist and Confirmation Question Cards

- a. During the Confirmation and 1st Eucharist 3rd Encounter, you'll be asked the following questions. The flash cards will help you prepare to answer them. Print page 1 & 2 single-sided, and print out pages 3-10 double-sided, portrait. Cut out the pocket and paste to a piece of card stock. Then cut down the middle of the page, and then individual cards. Cut out the pocket page, and store your cards in the pocket.

B. Play truth or error - Confirmation and 1st Eucharist Questions

C. Visit Jesus and review your flashcards with Him, note what He asks you to pay attention to



Fold

Fold

Fold

Sacraments Class Student Notebook

Week 22 - End of the Year Project

1. If you are going to receive the Sacrament of 1st Reconciliation only this year, please complete the Reconciliation Project.
2. If you are receiving the Sacraments of Confirmation and 1st Holy Eucharist this year, please complete the Saint Project
3. Play Sheep and Shepherds tag
4. Visit Jesus, and review what you've learned this year with Him

Week 23 - End of the Year Project

1. Finish working on the project that you started last week, optionally, you can present it and be filmed for the parish YouTube channel.
2. If you are going to receive the Sacrament of 1st Reconciliation only this year, please complete the Reconciliation Project.
3. If you are receiving the Sacraments of Confirmation and 1st Holy Eucharist this year, please complete the Saint Project
4. Play Sheep and Shepherds tag
5. Visit Jesus, and review what you've learned this year with Him

Sacraments Class Student Notebook

Confirmation Required Paperwork

Paperwork - Encounter One - Jesus, Faithful Servant

Registration Forms

The required registration forms are found on the parish website, and include the online registration form, adult photo release, consent form, and the Safe Environment Opt-out.

Baptismal and First Eucharist Certificates

(If not already in the parish office)

Confirmation Sponsor Requirements, read by **end of September**, due in office by **1st Encounter Appointment** (see page 23)

One part of the preparation for this Divine Encounter is the requirement of a Confirmation Sponsor – someone who guides and directs your faith journey. The choice of a confirmation sponsor is a two-step process.

Step 1 – Parents help confirmand select someone who meets the listed requirements and submit a proposal to the Pastor (see page 23).

Step 2 - the Pastor reviews your proposal and either approves the choice or asks you to find someone else.

The following are the minimum requirements to be a Sponsor for the Sacrament of Confirmation:

1. The Sponsor must be an active practicing Catholic which means that the Sponsor:
 - a. Be at least 16 years old and preferably not one of your parents
 - b. Attends Mass on Sundays and on holy days of obligation and rests from servile labor
 - c. Confess his/her sins at least once a year.
 - d. Receives the sacrament of the Eucharist at least during the Easter season
 - e. Observes the days of fasting and abstinence established by the Church
 - f. Helps to provide for the needs of the Church (CCC 2042-3)
 - g. Has received the Sacraments of Baptism and Confirmation, and is currently able to receive the sacrament of Eucharist and Reconciliation
 - h. If the sponsor is married, then they must have been married in the Catholic Church or had their wedding blessed in the Catholic Church - NO EXCEPTIONS.
 - i. The sponsor needs to be someone other than a parent

When you are selecting a sponsor, a few things to keep in mind would be:

1. Is this person a living model of Catholic faith? Do you admire their relationship with you, the church and God?
2. How has this person prayed for you, given you spiritual support, guidance or encouragement?
3. Will this person give of his/her time and share their spiritual gifts with you?

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Sacraments Class Student Notebook

Parents, being chosen as a Confirmation Sponsor is a great honor that comes with great responsibility. You, as the parent, are encouraged to help select a Sponsor that you trust and know that this person will always be there for your child on their faith journey from Earth to Heaven.

Resources for finding Sponsors:

1. Your baptismal Godparent
2. Your own family (an aunt, uncle, cousin, grandparent, etc.)
3. Your parish family (someone that you know is a faithful parishioner, that you see taking active part in Church)
4. Your community (a friend or leader in the community who may belong to another parish)

Requirements and Resources for Choosing a Saint, read by 9/30/23, due 11/29/23 (see page 23)

Choosing a Saint:

During the Confirmation ceremony, the Bishop addresses each candidate by their "Confirmation Saints Name". This may be your existing baptismal name if this is the name of a saint. Most candidates choose a new Confirmation Saint name, this also must be the name of a saint. The important thing is that you know something about the saint, develop a relationship with the saint, and pray to that saint for help and guidance. As a result, they will become your best friend!

Resources:

formed.org

Web Resources:

patron saint index, www.catholic.org saints & angels information www.americancatholic.org patron saint database, www.catholic.org/saints/sofd.php Saint of the Day, Catholicsaints.info Saints by Calendar date and category, <http://saintsnamegenerator.com/index.php> Catholic Saints generated randomly to help familiarize you with other unknown saints [Saint Video Series](#), [Benzinger's Lives of the Saints](#) Foxes' Book of Martyrs <https://www.sacred-texts.com/chr/martyrs/fox101.htm>

The church library has several great books and videos depicting the lives of various saints!

Sacraments Class Student Notebook

Confirmation Sponsor and Saint Name Proposal, due by **1st Encounter**

1. Candidate Name:
2. Proposed Saint Name:
3. Name and Date of Birth of proposed Sponsor:
4. Name of Church where the proposed Sponsor is a parishioner:
5. Address of proposed Sponsor:
6. Phone # of proposed Sponsor:
7. Email of the proposed Sponsor:
8. Relationship to Candidate for Confirmation:
9. As far as I am aware, the confirmation sponsor meets the minimum requirements (circle one):

Yes No

Approved by: _____ Date: _____

Sacraments Class Student Notebook

Confirmation Sponsor Report, due by **First Encounter**

Please complete the following information about your choice of your confirmation sponsor. Two to three sentences per question are adequate.

1. What made you, the candidate, decide to ask this person to be your sponsor?
2. What qualities in this person do you feel will help you on your faith journey?
3. Describe the daily prayer life of the proposed sponsor?

Sacraments Class Student Notebook

Paperwork 2nd Encounter - Example Confirmation Sponsor Form, due by 2nd Encounter

(only required when sponsor attends a different parish, that parish will provide)

Date _____

Dear Father Robert Wedow Pastor at St. Scholastica Catholic Church in Erie Colorado,

My parishioner _____ has been asked to be a
Name of Sponsor

Sponsor for the Confirmation of _____.
Candidate for Confirmation

I, _____, certify that:
Pastor

Sponsor

____ Is a parishioner in good standing at my parish and actively practices the faith.

____ Is at least 16 years old

____ Has received the sacraments of Initiation: Baptism, Confirmation and Eucharist.

____ Follows the "Precepts of the Church" (Catechism of Catholic Church, Second Edition, Part Three, Section One, Chapter Three, Article 3, II. 2042-3)

____ Is the parishioner married? Yes No

If yes, are they married according to the norms of the Catholic Church? Yes No

Parish Pastor Signature

Date

Parish Seal

Sacraments Class Student Notebook

Paperwork Encounter Three - Jesus, Triumphant Sacrifice

Letter to Bishop due by **third encounter (completed in class)**

In class, students will write a letter to the Bishop explaining why they want to be confirmed. If they do not make class on that day, please explain in 3-4 sentences why you would like to be confirmed.

Saint Report due by **last class (completed in class)**

In class, students will prepare a video about their saint for the virtual Saint Fair, at-home students can either submit a video, a poster, or a report

Resources for completing the report:

formed.org

Web Resources www.catholic-forum.com patron saint index , www.catholic.org saints & angels, information www.americancatholic.org patron saint database, www.catholic.org/saints/sofd.php Saint of the Day, Catholicsaints.info Saints by Calendar date and category, <http://saintsnamegenerator.com/index.php> Catholic Saints generated randomly, Saint Video Series, Benzinger's Lives of the Saints , <https://www.sacred-texts.com/chr/martyrs/fox101.htm> Foxes' Book of Martry

Additionally, the church library has several great books and videos depicting the lives of various saints!

Project Description:

You child should gather the information to present about their saint to the virtual saint fair. Ideas include:

1. General Information: Name, Birthday, Feast Day, where they were from, are they a patron saint and if so, who do they represent.
2. Some background information: such as what are some of the things they are known for or important events in their lives.
3. A Picture: A Picture of the Saint.
4. Quotation:
5. Interesting Facts: some interesting facts about the saint
6. Prayer: a specific prayer either for the Saint's intercession or written by the saint.
7. How does this Saint inspire you: An explanation of why you chose this saint and how this saint may pertain to your life, things about the saint that you found to be inspirational to you?

For the video, students can use props such as a poster, book, musical instruments, and items that represent their saint. If you are completing this at home, please send a video of your child presenting their Saint's information to the teacher so that it can be added to the fair.

Sacraments Class Student Notebook

Appendix

Archdiocese of Denver Confirmation and First Eucharist Sacramental AOD Objectives Cross Reference

AOD AOD Objective	Potential questions	Theology	OLR Lesson#
1. Know the connection between Passover/Exodus and the Last Supper.	2. Tell me about the story of the Passover and the Exodus from Egypt? 3. How is that related to the Last Supper? 4. How is that related to the Mass?	Covenants	24
1. Know the teaching of Jesus' real presence in the Eucharist: body, blood, soul, and divinity of Jesus. Know the Eucharist is truly the body, blood, soul, and divinity of Jesus.	What is the Eucharist? What are the bread and wine transformed into? Why is receiving the Eucharist important?	Practice of my Faith at Home	22
2. Know that the Mass is made up of the Liturgy of the Word and the Liturgy of the Eucharist.	1. What are the two main parts of the Mass? 2. What do we do in the first part of Mass? 3. What do we do in the second part of Mass?	Practice of my Faith at Home	23
3. Should express belief in the teaching of the real presence of Christ in the Eucharist.	1. What do you believe the Eucharist is? 2. Do you believe Jesus is truly present in the Eucharist? 3. What does that mean for you?	Precepts Holy Days of Obligation	35, 36
4. Should desire to build a relationship with Jesus Christ.	1. How does receiving the Eucharist help you grow in your relationship with Jesus?	Prayer from the heart	22 & 23
5. Should have experience with Mass and desire to participate fully in it.	1. Why do you want to receive Jesus in the Eucharist? 2. What do you hope receiving the Eucharist will do for you? 3. Tell me about an experience of prayer that you have had while preparing for this sacrament.	Apostles Creed Nicene Creed What does One, Holy, Catholic, Apostolic Church mean? Who founded the Church?	1 24 12 11

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Sacraments Class Student Notebook

AOD AOD Objective	Potential questions	Theology	OLR Lesson#
6. Know how to have prayer with Jesus after receiving Holy Communion; how to have a heart-to-heart conversation with Jesus.	1. What should we do after receiving Jesus in Holy Communion?	Grace Define sanctifying grace Define actual grace	10
7. Know what a sacrament is.	1. What is a sacrament? 2. Why do we receive sacraments?	Sacraments	13
8. Have an awareness of Baptism and our true identity in Jesus Christ.	1. What happens to a soul when a person is baptized? 3. Whose life do we receive in baptism?	The Church the People of God What does consubstantial mean?	7 3
9. Know that we receive the Holy Spirit in Baptism and are strengthened through Confirmation.	1. What does the Holy Spirit have to do with Baptism and Confirmation? 2. When do we receive the Holy Spirit for the first time? 3. Where do we get strengthened by the Holy Spirit? 4. What are we strengthened for?	Confirmation Why do you want to be confirmed? What is your mission after confirmation? What does the sacrament of confirmation mean to you? What is the difference between an apostle and a disciple? Why did you choose your confirmation saint? What are their virtues? Why did you choose your sponsor?	15
10. Should have a sense of prayer and a need for God.	1. Why is it important to pray?	Prayer Prayer from the heart	28 28 27 (added)

Sacraments Class Student Notebook

AOD AOD Objective	Potential questions	Theology	OLR Lesson#
	2. What does it mean to you to pray to the Father? To the Son? To the Holy Spirit?	Chaplet of Divine Mercy Sign of the Cross Hail Mary Glory Be Our Father Rosary Mysteries	27 1 5 1 2
11. Should desire to build a relationship with Jesus Christ.	1. Do you want Jesus to be in your life? Why? 2. How is Jesus calling you, like the disciples, to share your faith with others (at home, school, friends, etc.)?	Beatitudes Virtues Definition Theological Virtues Cardinal Virtues Mercy Definition Corporal and Spiritual Works of Mercy	16 10 10 10 (added) 2 19
12. Know the 7 gifts of the Holy Spirit.	1. What are the seven gifts of the Holy Spirit? 2. What do the gifts help to do? 3. Who do they help us to know?	Gifts of the Holy Spirit Fruits of the Holy Spirit Come Holy Spirit Prayer	9 16 16 (added)
13. Know that we need to be faithful to God's commandments.	1. Why is it important to follow God's Commandments?	Ten Commandments Sin Definition Types of Sin Vices/7 Deadly Sins Act of Contrition	29 6 6 6 18
14. Should have experience with Ictio Divina.	1. Tell me about an experience in prayer and/or reading of 2. Scripture that you have had while preparing for this sacrament. 3. How have you gotten to know God better while preparing for this sacrament?	Bible Basics 5 Steps of Lectio Divina	28 (added) 28 (added)