

## Adult Faith Formation Opportunities

*“Adult faith formation, must be the central task in catechetical enterprise, becoming the axis around which revolves the catechesis of childhood and adolescence as well as that of old age.”  
(Our Hearts Were Burning Within Us, #5)*

**We want to support you, as parents in your own journey of faith. We invite you to participate in as many of these formation opportunities that fit your schedule and needs.**

### **\*Parent/Catechist Enrichment Nights**

October 6, 2010: @ St. Pius 6:30-8:30pm

January 19, 2011: @ St. Elizabeth 6:30-8:30pm

**\*Small Faith Sharing Groups – Fall & Lent (watch for info. on this)**

**\*Advent/Lent Reflections**

**\*Parish Renewal—February 2011**

**\*Adult Education Classes—2nd Thursday of the month, 7pm-9pm,  
at St. Pius**

**RCIA Program**-contact Sr. Annette

**Adult Confirmation Program**-contact Sr. Annette

\*Our parish website: [www.seasp.org](http://www.seasp.org) (Adult Formation tab)

# St. Elizabeth Ann Seton Religious Education

## 2010-2011

## Parent Handbook



**Religious Education Office**  
**1350 Lyndhurst Drive**  
**Hiawatha, IA 52233**  
**Telephone: 319-393-3778**  
**[www.seasp.org](http://www.seasp.org)**

## PROMISE OF ST. ELIZABETH ANN SETON RELIGIOUS EDUCATION STAFF

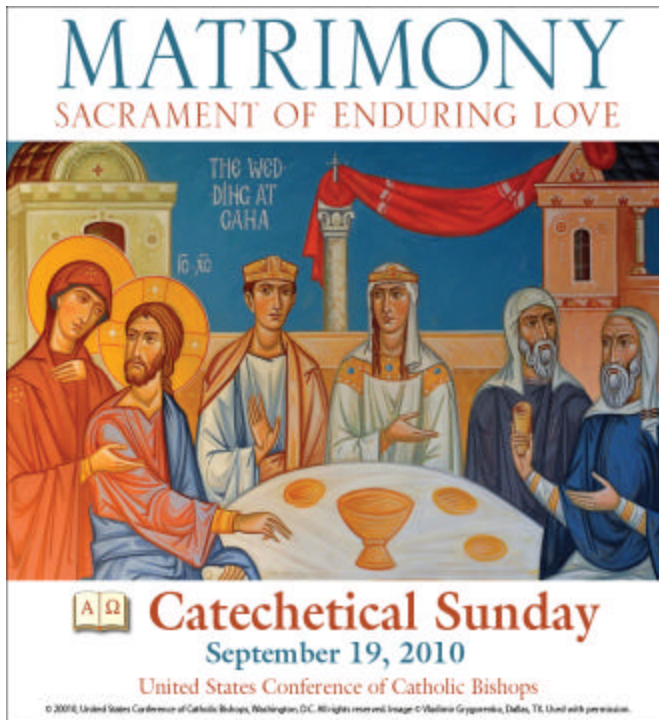
We, the staff of St. Elizabeth Ann Seton Religious Education, promise to be a strong support by being a faith-filled parish community, with many prayer and worship opportunities.

We, the catechists and faith formation directors, accept our awesome privilege and promise to provide:

- ✘ enriching educational programs for all ages.
- ✘ a caring community ready to serve others.
- ✘ a caring atmosphere so that our students will experience Christian community.
- ✘ a religious education program based on Scripture and the tradition of our Church.
- ✘ activities that will lead our children to develop a relationship with Jesus, a life of prayer, and a life of service for others.

Tricia Lokmer  
Director of Faith Formation  
Coordinator of Gr. 1-8 RE

Angie Bulman  
Youth Minister  
Coordinator of High School RE



**PARENTS COVENANT**

As we enroll our children in the religious education program, we pledge our power as parents to assist them in their growth as Catholic Christians in today’s world by:

- ⇒ Being an example of Christian morality in daily living
  - ⇒ Making daily prayer a regular part of our family’s life
  - ⇒ Attending Sunday Mass with our children
  - ⇒ Making the connection between RE and the “real world”
  - ⇒ Modeling for them that faith formation is a life-long process by attending the following events or others of my own choosing:

***Grades 1-5:***

**\*Required for both Summer RE and Traditional RE Families:**

- Oct. 6, 2010– Fall Parent Formation Night– for parents
- Nov. 3 or 10, 2010– RE Family Event– family
- Attendance at 1 night of the Parish Renewal:  
(February, 2011 TBD)- family

\*\*\*\**Families that attend the 3 required events will be given preference in Summer RE registration.*

***Middle School/High School:***

**\*Required for BOTH Summer RE and Traditional RE Families:**

- Oct. 6, 2010-Fall Parent Formation Night -for parents
- Attendance at 1 night of the Parish Renewal:  
(February, 2011 TBD)-for parents & students
- Participation in 1 youth ministry event during the school year-students

**St. Elizabeth Ann Seton Religious Education  
Parent Handbook 2010-2011**

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**Contact Information for Religious Education**

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## A Note from The Director of Faith Formation

Dear Religious Education Families,

Welcome! This handbook is designed to provide you with Religious Education information for the 2010-11 school year. We as a staff are devoted to helping your child/children deepen their faith in the Lord and the Church. Making you aware of important Religious Education dates for the year is one way. There is an RE calendar available on our parish website: [www.seasp.org](http://www.seasp.org). Please go through it as a family and highlight those dates that are important for your family.

The General Directory for Catechesis explains that “The definitive aim of catechesis is to put people not only in touch, but also in communion and intimacy, with Jesus Christ. (#80) As the Director of Faith Formation I feel very blessed to have a very dedicated and generous staff of catechists and a youth minister with this aim in mind. I will be coordinating the elementary and middle school programs and Angie Bulman will be coordinating the high school program. What we provide in Religious Education sessions for your children is only to compliment what you are doing at home regarding prayer, faith values, and being part of a parish community. As parents, you are the primary educator of your child’s faith development. We want to support you in empowering your children to grow and become both rooted and grounded in Christ.

All children/youth will have a folder to bring back and forth from home to class each week. We are encouraging our catechists to email you at the end of each week. This will provide updates and information for your child’s RE class. We will also be sending parent newsletters home on a regular basis. If you are not receiving them, please let us know. Again, fostering good communication is extremely important to us. Please contact your child’s teacher or one of the coordinators if you have questions or concerns.

As we begin our Religious Education year please pray for the growth of not only your children’s faith but for those who teach your children.

May the Peace of Christ be with you and your families,

*Trish Lokmer*  
*Director of Faith Formation*

## The Seven Sacraments of the Church

Sacraments are the effective signs of Jesus; Presence in our Community.

**1. Baptism:** This is the first and basic sacrament. Through it we receive the Spirit of God, are born again as children of God, cleansed from sin; we become members of the Church, and begin our life’s journey in God’s presence and favor.

**2. Confirmation:** We are confirmed in the Holy Spirit and strengthened with His gifts, helping us to follow Jesus and supporting our minds and wills. The gifts of the Spirit are: wisdom, understanding, right judgment courage, knowledge, reverence and awe for our God.

**3. Eucharist:** Eucharist is the third sacrament of initiation. The Eucharistic celebration is the Mass, and it is both meal and sacrifice. We receive Jesus Christ’s presence into our bodies under the form of bread and wine.

**4. Reconciliation:** Reconciliation is the sacrament of God’s mercy, a formal celebration of forgiveness. We are called to examine our conscience, admit our faults, and ask for and receive God’s loving forgiveness.

**5. Anointing of the Sick:** This sacrament has been viewed in a new light, and is not just for the dying, but for all who suffer in a physical, mental, or spiritual way. Anointing offers healing and forgiveness.

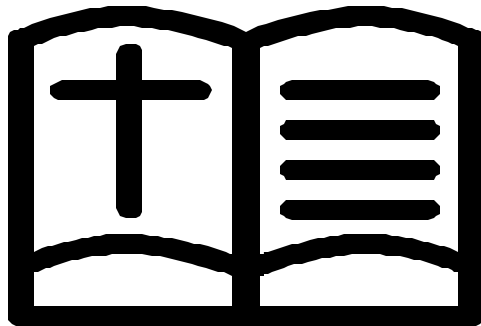
**6. Marriage:** Marriage has been identified as a sacramental way of life, in which a man and woman commit themselves to faithfulness to each other for their lifetime, accept the children God sends them, and to work out their love for God and their salvation in Christ together.

**7. Holy Orders:** The sacrament by which men are ordained and given special responsibilities and powers. They carry special assignment of service for building up the Body of Christ. Deacons and priests are thus ordained.

# Laws and Sacraments

## The Laws of the Church

- Celebrate Christ's Resurrection every Sunday (or Saturday evening) and on Holy Days of Obligation by taking part in Mass and avoiding unnecessary work.
- Lead a holy and sacramental life; receive Holy Communion regularly, and the Sacrament of Reconciliation regularly. We must receive Holy Communion at least once a year during Lent – Easter. We must go to Reconciliation if we have committed a serious sin.
- Study Catholic teaching throughout life, especially when preparing for sacramental initiation.
- Observe the laws of marriage within the Church, and give religious training to your children.
- Strengthen and support the Church, within your parish, and worldwide.
- Do penance, and observe the rules of fasting and abstinence.
- Support the missionary work of the Church.



## *Mission Statement*

*The mission of St. Elizabeth Ann Seton Education Programs is to promulgate Catholic identity based on Vatican II ideas that generate Christ-centered spiritual growth.*

*An atmosphere is fostered that enhances a student's ability to receive a quality education which instills life-long love of learning, growth in self-awareness, acceptance of the diversity of people, and provides opportunities for service to God and Neighbor.*

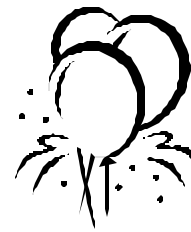
# Policies

## Attendance:

If a student misses two or more classes during the school year without notifying the Religious Education Office of an illness or another appropriate reason, parents or guardians will be notified. Families will be called either by the catechist or the Formation Staff. We encourage you to call the Formation Office at 393-3778 if your child cannot attend class for any reason. At the high school level, grades 9-12, calling to notify absence is equally important. During the summer program, students are asked to make up sessions missed during the school year.

## Parties:

Community building is certainly an important part of Christian fellowship. And fun should certainly be a part of why our young people gather. Guidelines are, therefore, presented for in-class parties. Catechists and students are asked to keep parties to a maximum of two per year, lasting no more than 20 minutes. There is no objection to treats on occasion, particularly at Halloween or Valentines Day; but treats need not take valuable class time. Parents may be asked to bring treats or a beverage. Should you wish to help your child's catechist with parties, notify him or her at the beginning of the year. Parents may act much the same as a homeroom parent. Your help is always appreciated!



## **Discipline:**

In the Religious Education Classes one of our goals is to help students be the best they can be. We have one expectation and guideline for everyone involved in the Religious Education program...RESPECT:

- Respect for self.
- Respect for catechist.
- Respect for classmates.
- Respect for the space they are in.

This respect comes in the way catechist/student listen to each other, speak to each other, and act toward each other and their environment.

In the first class every fall, the catechist will work with the students to develop some class rules so that a respectful learning environment in which each person will be able to learn, share and grow will be fostered.

Positive affirmations and special individual/class privileges will be given to the students to encourage respectful behavior.

For recurring or major discipline problems the catechist will notify the Faith Formation Staff.

- A simple behavior contract will be drawn up with the student and the catechist or Faith Formation Staff.
- If inappropriate or disruptive behaviors continue, parents will be notified.

We believe that every person is good and wants to belong and learn. The Faith Formation Staff will work with the parents to discover ways to help students be successful.

## **The Ten Commandments**

1. I am the Lord your God. You shall not have strange gods before me.
2. You shall not take the name of the Lord your 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 against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## **The Beatitudes**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

### **Hail Holy Queen**

Hail Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God.

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

Let us pray. O GOD, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech You, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

### **Works of Mercy**

#### *Corporal Works*

Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Help those imprisoned.  
Shelter the homeless.  
Care for the sick.  
Bury the dead.

### **Spiritual Works**

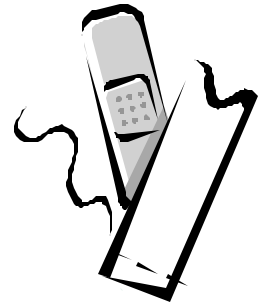
Share our knowledge with others.  
Give counsel to those who need it.  
Comfort those who suffer.  
Be patient with others.  
Forgive those who hurt us.  
Give correction to those who need it.  
Pray for the living and the dead.

### **First Aid Procedures:**

All catechists receive in-service concerning appropriate first aid procedures to prevent the spread of blood borne pathogens. Since children can and do have accidents such as nosebleeds, loss of teeth or vomiting, all catechists are provided with first aid materials. Universal precautions should be used at any time a person may come into contact with another person's blood or body fluids containing blood or open wounds. Such precautions are taken for the safety of both the teacher and other students present. In the state of Iowa, mandating universal precautions to stop the threat of blood borne pathogens is necessary due to the spread of a strain of hepatitis. The threat of this disease to your children is extremely slim. Nevertheless, the inclusion of first aid measures into the training of catechists is still necessary. Safe and healthy classroom procedures make for safe and healthy children.

In every tub that holds each catechist's teaching supplies, there is a plastic bag that contains bandages, gauze, alcohol swabs and disposable gloves. If there is a first aid situation, catechists are asked to put on the gloves and get immediate assistance through the hall monitor or a staff member.

In the event your child has any special health concerns or injuries that may be of importance during class time, do let the Religious Education Office know.



### **Help for Victims of Sexual Abuse:**

The Archdiocese of Dubuque has established a program of pastoral assistance to people who believe they or those in their care have been sexually abused as minors by clergy or other Church personnel. This assistance will include help in informing civil and Church authorities. Victim Assistance Coordinators are trained to facilitate access to appropriate professional mental health services, social service agencies, support groups and/or individuals who can provide spiritual care. Any individual desiring help from this program is invited to call toll free 800-803-6758 or 866-319-4636 to report an allegation or receive assistance. This program is part of the new "Policy for the Protection of Minors."

### **Praise & Worship Time:**

Since communal worship and prayer are essential to the Christian faith formation process, religious education students and catechists regularly come together for a praise and worship time in the church. During the summer classes this takes place periodically throughout each day Monday-Friday. During the school year RE sessions, this will take place at the beginning of each session (the first 10 minutes). It is often based on a theme from the liturgical year or upcoming holiday. The praise and worship time is designed to help students think, sing, pray, and rejoice in thanksgiving for what our God has provided us.

Parents are welcome to come and join in this prayerful experience that the staff/students organize. In fact, your presence as a parent is very much encouraged. It is a wonderful witness to your child to pray with family as well as classmates and teachers. It is the ideal place for catechesis in the home and religious education to meet.



### **Grade Level Prayer Lists:**

Each grade level will receive a list of grade appropriate prayers that students will work on during religious education. This is something that is part of the program, but is to be continued outside of religious education programs. The best way to use the prayer list your child is given is through practical means throughout the day. Also, when children come to Mass on Sunday and hear the prayers this helps in their development of understanding and memory. We provide lists at each grade level and continued support in helping your child to learn these important prayers that are part of our Catholic faith.

### **Praying the Rosary**

The Rosary is a prayer instrument that invokes the love of God, and implores the prayers of the Virgin Mary. The prayers begin at the cross, when the *Apostles Creed* is prayed, the single beads recall the *Our Father*, and the series of beads (3 and 10) each recalls the Hail Mary. The space after is the Glory Be. The *Our Father*, 10 *Hail Mary's*, and the *Glory Be* are called a decade, and bring remembrance of events (Mysteries) in the life of the Lord Jesus, and His blessed Mother. The ending prayer is *Hail Holy Queen*.

#### **The Five Joyful Mysteries**

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation in the Temple
5. Finding Jesus in the Temple

#### **The Five Sorrowful Mysteries**

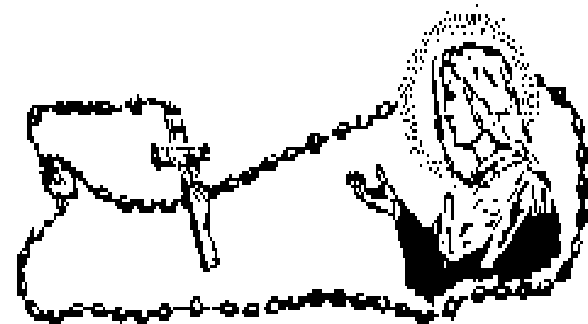
1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. Carrying the Cross
5. The Crucifixion

#### **The Five Glorious Mysteries**

1. The Resurrection of Jesus Christ from the Dead
2. The Ascension of Jesus Christ into Heaven
3. The Coming of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Coronation of Mary in Heaven

#### **The Five Luminous Mysteries**

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist



### **Grace Before Meals**

Bless us, O Lord  
And these your gifts,  
Which we are about to receive,  
Through your bounty,  
Through Christ, our Lord.  
Amen.

### **Grace After Meals**

We give you thanks,  
Almighty God,  
For these and all your gifts  
Which we have received  
Through Christ our Lord.  
Amen.

### **Peace Prayer of Saint Francis**

Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
Oh, Divine Master, grant that I may not so much seek  
To be consoled as to console,  
To be understood as to understand,  
To be loved as to love.  
For is in giving that we receive,  
In pardoning that we are pardoned,  
And in dying we are born to eternal life.

## **Elementary Curriculum**

### **Grade 1:**

**Text used:** Finding God – One/God – (Loyola Press)

God is our Creator and loves us as our Father. Jesus came to tell us about God the Father and saves us through his life, death, and resurrection. The Holy Spirit shares the life of the risen Jesus Christ and forms the community of the Church. We know Jesus through personal prayer and by worshipping God together, especially in the celebration of the Eucharist. We can thank Jesus for the gift of himself and the Holy Spirit by obeying the Commandments, caring for one another, and caring for our world.

### **Grade 2:**

**Text used:** Finding God – Two/Jesus – (Loyola Press)

God loves each of us and we are called to act on God's love for us by loving one another, by living as Jesus wants us to live. As we prepare for the Sacraments of Penance and Eucharist, we give special attention to examination of conscience, how to make a good confession and importance of preparation to receive Jesus Christ in Holy Communion.

### **Grade 3:**

**Text used:** Finding God – One/God – (Loyola Press)

God calls us good and calls us to live in community. We emphasize the role of the Jesus calling us to a new way of life – what it means to be a faithful follower of Jesus and how close Jesus wants us to be with our Father. We learn how each of the sacraments depends on our relationship with God and how the theological virtues of faith, hope, and charity are the foundation for the moral choices we make as we grow to be like Jesus.

### **Grade 4:**

**Text used:** Finding God – One/God – (Loyola Press)

God calls us to lead a moral life. He revealed the Ten Commandments to provide us with the parameters to live a life for God and others. Jesus taught us the Beatitudes and their relationship to living a Christian life. We give special attention to Sacraments of Healing and Sacraments at the Service of Communion as part of the moral dimension of our faith.

### **Grade 5:**

**Text used:** Finding God – One/God – (Loyola Press)

Strengthened in sacramental life of the Church, we are better able to live like Jesus in making choices for God and others. We enter into a new way of life when we celebrate the Sacraments of Initiation. Through the sacraments we live more fully in the Holy Spirit as members of the Church, united in diversity under the magisterium. The fullness of our life in Jesus Christ will find completion at the Last Judgment when we face our Savior.

### Required Family Activities

As part of our program this year, all RE families, both traditional and summer of students in grades 1-5 are required to attend three family activities in addition to our regular classes.

The activities offered are as follows:

- **Oct. 6, 2010– Fall Parent Formation Night 6:30-8:30 at St. Pius— for parents**
- **Nov. 3 or 10, 2010—RE Family Event—for family**
- **February 2011 (TBD)—Parish Renewal (attend one of the three nights)—for parents and student**

### Middle School—Grades 6, 7 & 8

This year St. Elizabeth Middle School RE will be using a new curriculum from St. Mary's Press: "Catholic Connections". This is a parish religious education program for sixth, seventh and eighth graders. Catholic Connections will strengthen the participants' Catholic identity and inspire them to participate more fully in the Church's mission. The sessions in the six courses will help young adolescents to make connections between the Catholic faith and everyday life and to strengthen their connection to the faith community.

#### These are the topics for the sessions in each grade level:

- Grade 6 ----- Book 1:** God, Revelation and Faith  
**Book 2:** Jesus the Christ
- Grade 7- Book 1:** The Holy Spirit and the Church  
**Book 2:** Sacraments & Prayer
- Grade 8----- Book 1:** The Eucharist  
**Book 2:** Christian Morality & Justice

#### Required for both Summer RE and Traditional RE Families:

- ⇒ Oct. 6, 2010- Fall Parent Formation Night– for parents
- ⇒ Attendance at one night of the Parish Renewal (February, 2011)  
-for parents and students
- ⇒ Participation in 1 youth ministry event during the school year-students

#### Required for Summer RE Families:

- ⇒ Family Event (October 24, 2010: 9:30-11AM)-for parents and students

### Act of Faith

Oh, my God, I firmly believe  
That you are one God in three divine persons;  
Father, Son, and Holy Spirit.  
I believe that your 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 your Holy Catholic Church teaches,  
Because you who can neither  
Deceive nor be deceived, have revealed them.

### Act of Hope

Oh, my God,  
Relying on your infinite goodness and promises  
I hope to obtain pardon for my sins,  
The help of your grace, and life everlasting,  
Through the merits of Jesus Christ,  
My Lord and Redeemer.

### Act of Love

Oh, my God, I love you above all things, with my whole heart and soul,  
Because you are all good  
And deserving of all my love,  
I love my neighbor as myself for love of you.  
I forgive all who have injured me,  
And I ask pardon of all whom I have injured.

### Serenity Prayer

God, grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.

### **Apostles Creed**

I believe in God, the Father almighty,  
Creator of heaven and earth.  
I believe in Jesus Christ,  
His only son, our Lord.  
He was conceived by the Holy Spirit  
And born of the Virgin Mary.  
He suffered under Pontius Pilate,  
Was crucified, died, and was buried.  
On the third day He rose again.  
He ascended into heaven,  
And is seated at the right hand of the Father.  
He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
The Holy Catholic Church, the communion of saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting.  
Amen.

### **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.  
Amen.

## **High School RE Course Descriptions**

### **1) Catholic Identity**

**Offered: Summer & Trad. Wednesday Evenings**

### **2) Liturgy, Sacraments and Prayer or Catholic Christian Morality**

**Offered: Summer & Trad. Wednesday Evenings**

### **3) T3: The Teen Timeline**

**Offered: Summer Only**

Middle School and High School students have the option of enrolling in our Summer Religious Education program or the Traditional Wednesday Night program. Both programs fulfill the requirements set through the Archdiocese for faith formation. The Summer Program runs for one week: 4.5 hours a day for 5 days. The Traditional Program runs Sept.-April twice a month for 1.25 hours. There are extra events throughout the school year for both programs and attendance is required at those extra events.

## **Sacramental Programs**

### **First Reconciliation—Second Grade:**

According to the National Catechetical Directory, “Children are normally to be prepared for the sacrament of Reconciliation prior to receiving First Communion.” Our second graders will be prepared for Reconciliation in the fall. There will be a parent meeting in the fall to provide adult formation and updated information on the sacrament. Parents will receive the materials needed to prepare their children at home. Contact Sr. Annette for more information.

### **First Communion—Second Grade:**

First Communion is part of the regular second grade curriculum, but the primary preparation is completed at home with the family. A parent meeting will be held in January for the parents of First Communion students. At this meeting, parents will be given the materials to prepare their children at home.

Jesus Day will be conducted in the spring with the 2nd grader and parent attending. The session provides a special time for parents and children to prepare for First Communion.

All the second graders in the parish will celebrate their First Communion at special group celebrations beginning a few weeks after Easter of their second grade year. Please contact Trish Lokmer, if you need more information.

**Reconciliation**—There will be a Family Reconciliation Service for Grades 2-5 on Wednesday, February 9th. This will be a special time to celebrate the sacrament as a family and parish community. Please plan to attend. The time has not yet been determined.

## Confirmation Program

### Prerequisite:

- **Religious Education Students:** All students will have completed two courses of High School Religious Education. RE students can begin to accumulate high school courses beginning the summer before their freshman year.
- **Catholic School Students:** All students will have completed three semesters of high school religion and be in the process of their fourth semester in order to begin preparation.

### Immediate Preparation:

Each year a Confirmation Class will begin immediate preparation in January. A student may begin preparation only as early as January their sophomore year and only if all prerequisites are met. Prior to Confirmation preparation they should have been involved in a continuing formation program. The schedule will look somewhat like the following:

**January** – Six hour catechetical retreat session to introduce Confirmation preparation

**February** – Attend the Parish Renewal (parents and students); Four catechetical sessions held on Sunday mornings for parents and candidates.

**March-April** – Participate in an interview w/ Angie or a member of the Pastoral Staff

**May**– Sponsor and candidate reflection retreat

**June** - Celebration of the Sacrament

*Contact Angie Bulman at St. Elizabeth's for further details.*

# Prayers and Catholic Traditions

### Sign of the Cross

In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
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.

### Glory Be To The Father

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.

### Hail Mary

Hail Mary, Full of Grace.  
The Lord is with you.  
Blessed are you among women,  
And blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners,  
Now and at the hour of our death.  
Amen.