

Pre-Kindergarten

SIGN OF THE CROSS



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



ANGEL OF GOD

Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

Kindergarten

GLORY BE

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

GRACE BEFORE MEALS

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty through Christ our Lord. Amen.

GRACE AFTER MEALS

We give Thee thanks for all Thy benefits, O almighty God, who livest and reignest forever. May the souls of the faithful departed through the mercy of God rest in peace. Amen.

Grade 1

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.

HAIL MARY

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

Grade 2

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen

THE 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 arose again from the dead; He ascended into heaven sitteth at the right hand of God, the Father Almighty; from thence 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.

THE SEVEN SACRAMENTS

Baptism, Confirmation, Holy Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, Matrimony.

CONFESSION OF SINS

The precept of the Church to confess at least once a year is a reminder to receive the Sacrament of Reconciliation on a regular basis. Frequent Reconciliation is of great value; it makes us more deeply conformed to Christ and more submissive to the voice of the Spirit. Reconciliation is a personal encounter with Jesus Christ represented by the priest. The person seeking Reconciliation admits to God that he/she has sinned, makes an act of contrition, accepts a penance (prayers, acts of self-denial, or works of service to others), and resolves to do better in the future.

Rite of Penance: Make the Sign of the Cross, Then say "Bless me Father, for I have sinned, my last confession was _____.
I... (confess your sins.) I am sorry for these sins and all of my sins." After the priest gives necessary spiritual counsel, he will impose a penance. The penitent makes an Act of Contrition and the priest gives absolution. The priest then offers a prayer of dismissal.



HOW TO RECEIVE COMMUNION

Catholics fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive the Eucharist, the person should not be conscious of grave sin, have fasted for an hour (except for water and necessary medications), and seek to live in charity and love with their neighbors.

Communion may be received on the tongue. It may also be received in the hand. When receiving in the hand, raise your open hands, one over the other. The minister of the Eucharist will raise the host and say: The Body of Christ. Your response is: Amen. A clear and meaningful Amen is your way of saying you believe in the presence of Christ in the Eucharist.

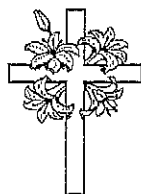
Grade 3

THE ANGELUS

- V. The angel of the Lord declared to Mary.
R. And she conceived of the Holy Spirit. Hail Mary, etc...
V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word. Hail Mary, etc.
V. And the Word was made flesh.
R. And dwelt among us. Hail Mary, etc...
V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ, Your Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection. Through the same Christ our Lord. Amen.

REGINA COELI (During Easter Time)



- Queen of heaven, rejoice. Alleluia.
For He whom thou didst deserve to bear. Alleluia.
Has risen as He said. Alleluia.
Pray for us to God. Alleluia.
V. Rejoice and be glad, O Virgin Mary. Alleluia.
R. Because Our Lord is truly risen. Alleluia.

Let us pray. O God, who by the resurrection of Your Son, Our Lord Jesus Christ, hast vouchsafed to make glad the whole world; grant, we beseech You, that through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ Our Lord. Amen.

THE TEN COMMANDMENTS

1. I am the Lord Thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord Thy God in vain.
3. Remember thou keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart; the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our Bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.



GRADE 4

COME HOLY SPIRIT

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

- V. Send forth Thy Spirit and they shall be created.
- R. And Thou shalt renew the face of the earth.

Let us pray. O God Who by the light of the Holy Spirit didst instruct the heart of the faithful, grant us by the same Holy Spirit, a love and relish of what is right and just, and a constant enjoyment of His comforts. Through Christ Our Lord. Amen.

CORPORAL WORKS OF MERCY

1. To feed the hungry
2. To give drink to the thirsty.
3. To clothe the naked.
4. To visit the imprisoned.
5. To shelter the homeless.
6. To visit the sick
7. To bury the dead.

SPIRITUAL WORKS OF MERCY

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive all injuries.
7. To pray for the living and the dead.



GIFTS OF THE HOLY SPIRIT

The seven gifts of the Holy Spirit are:

- + Wisdom + Understanding + Counsel +
- + Fortitude + Knowledge +
- + Piety + Fear of the Lord +

GRADE 5

HAIL, HOLY QUEEN

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

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

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



MYSTERIES OF THE ROSARY



JOYFUL MYSTERIES

(Monday & Saturdays)

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

LUMINOUS MYSTERIES

(Thursdays)

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

SORROWFUL MYSTERIES

(Tuesday & Fridays)

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



GLORIOUS MYSTERIES

(Wednesday & Sundays)

1. The Resurrection.
2. The Ascension.
3. The Descent of the Holy Spirit upon the Apostles.
4. The Assumption of Mary into Heaven.
5. The Coronation of Mary in Heaven.

Grade 6

THE MEMORARE

Remember, O most gracious Virgin Mary that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you O Virgin of Virgins, my Mother. To you I come, before you I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.



PRECEPTS OF THE CHURCH

1. To keep holy the day of the Lord's resurrection; to worship God by participating in Mass every Sunday and holy day of obligation; to avoid those activities that would hinder renewal of soul and body on the sabbath.
2. To lead a sacramental life; to receive Holy communion frequently and the Sacrament of reconciliation regularly- minimally, to receive the Sacrament of reconciliation at least once a year (annual confession is obligatory only if serious sin is involved); minimally also to receive Holy Communion at least once a year, between the First Sunday of Lent and Trinity Sunday.
3. To study Catholic teaching in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training, by example and word, to one's children; to use parish schools and catechetical programs.
5. To strengthen and support the Church-one's own parish community and parish priests, the worldwide Church and the pope.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

HOLY DAYS OF OBLIGATION

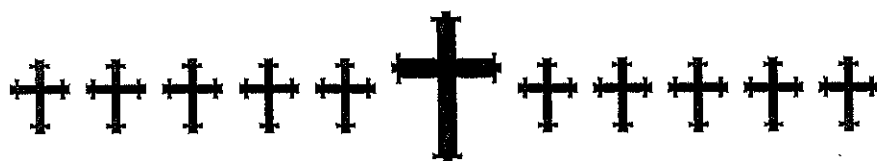
The Holy days in the United States are six:

1. Solemnity of Mary, Mother of God (January 1)
2. The Ascension (40 days after Easter)
3. The Assumption of the Blessed Virgin Mary (August 15)
4. Solemnity of All Saints (November 1)
5. The Immaculate Conception (December 8)
6. Christmas (December 25)

GRADE 7

THE BEATITUDES

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall possess the earth.
3. Blessed are they who mourn, for they shall be comforted.
4. Blessed are they who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the clean of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called children of God.
8. Blessed are those who suffer persecution for justice's sake, for theirs is the kingdom of heaven.



GRADE 8

ACT OF FAITH

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

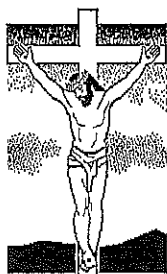
ACT OF HOPE

O my God, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and redeemer. Amen.

ACT OF LOVE

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

STATIONS OF THE CROSS



1. Jesus is condemned to death.
2. Jesus accepts His cross.
3. Jesus falls the first time under the Cross.
4. Jesus meets His Mother.
5. Simon helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the holy women.
9. Jesus falls a third time.
10. Jesus is stripped of His clothes.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.