

OLMC Religious Education Parent Resource Manual



Our Lady of Mount Carmel Parish Chicago, Illinois

The purpose of this manual is to serve as a resource for parents/guardians to support the weekly religious education program at home and reinforce classroom learning.

Memorization

While the content of the faith cannot be reduced to formulas that are repeated without being properly understood, learning by heart has had a special place in catechesis and should continue to have that place today. Memorization should be introduced through a process that, begun early, continues gradually, flexibly and never slavishly. In this way, certain elements of the Catholic faith, tradition and practice are learned for a lifetime, form a basis for communication, allow people to pray together in a common language and contribute to the individual's continued growth in understanding and living the faith. The components of faith that we memorize are not the faith. Faith is a gift that is lived which deepens as one matures. But they are the "grammar" of faith. They give us common language and structure. They also connect us to the foundation of our tradition.

What can you do to reinforce your child's faith journey?

- Become acquainted with the material that will be covered in your child's class
- Find out what your child already knows to help bridge the gap between what they know and what they should know
- Be sure your child has memorized the material from previous grades
- Read the Sunday gospel with your children and discuss it with him/her.
- Help your child make time to read the Bible.
- Discuss the Sunday readings and homily as a family

The Bible

The Bible both expresses and nourishes our faith. It tells us of God's great deeds and how our ancestors in faith discovered the actions of the God who created and loves us. The easiest way to help your child with a basic knowledge of the Bible is to have them read it to you (or you read to them if they can't yet read). **You should have a Bible in your home that has language children can understand.** Students should be able to:

- Distinguish between the Old and New Testament
- Locate books of the Bible and specific passages
- Be familiar with the major stories in the Old Testament
- Be familiar with the story of Jesus' birth, preaching, healings, death and resurrection
- Recount specific stories from Jesus' life and ministry, miracles and parables
- Be familiar with specific stories from the Acts of the Apostles and the life of Paul
- Locate the psalms and understand how they are used for prayer in the church and practice using them

Online Support

Loyola Press Publishing provides the textbooks used in class. In addition, online resources are available to parents specifically. This information can be referenced at the following link:

www.loyolapress.com

Click on the “Faith Formation Programs” button at the upper left of the screen and then

Click on the “Family Resources” button at the upper right of the screen

Service Activities

Each grade level will have an expectation of service hours to complete each year. Students can do service at Church, at home, at school and through outreach ministries. The goal of service is for the children to develop a spirit of helping and serving others. Outlined below are the grade level appropriate assigned hours that students should complete each year:

1st and 2nd Years: Complete a minimum of 6 hours of service each year

3rd and 4th Years: Complete a minimum of 8 hours of service each year

5th and 6th Years: Complete a minimum of 10 hours of service each year

7th and 8th Years: Complete a minimum of 20 hours of service each year

Parents should speak to their child’s teacher or the Director of Religious Education if they need any assistance to identify a service activity. Some examples are shown below:

Lakeview Pantry – all religious education families are asked to take a grocery bag and fill it with non-perishable food for the poor. Bags are to be brought to Our Lady of Mount Carmel on the 3rd Sunday of the month.

Advent / Christmas – The Christmas Giving Tree is a great opportunity for the students and their families to participate in the outreach to others at this happy time. The names and ages of the recipients will be on the bulletin board during Advent. You can pick a name and pray for the person and their family during this Holy season and bring your gift to church on the 3rd Sunday of Advent.

Lent and Easter – The Rice Bowl Project is a way for each family to contribute to our global family with funds going to make lives a little easier. The bowl can be put on your dinner table so that you can pray for the cause for which you are saving and contributing.

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Sign of the Cross

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

Our Father (Lord's Prayer)

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 are 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

Glory Be

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

Prayer Before a Meal

In the Name of the Father, the Son and the Holy Spirit
Bless us O Lord and these thy gifts which we are about to receive
In thy bounty, through Christ our Lord
Amen.

Ten Commandments (Exodus 20)

1. I am the Lord your God. You shall not have strange Gods before me.
2. Do not take the name of the Lord in vain.
3. Remember to keep holy the Sabbath.
4. Honor your father and your mother.
5. Do not kill.
6. Do not commit adultery.
7. Do not steal.
8. Do not lie. (Do not bear false witness.)
9. Do not covet your neighbor's wife or husband.
10. Do not covet your neighbor's goods.

Act of Contrition

O 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 avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. Amen

Basic Responses at the Mass

Please refer to the Order of Mass in the hymnals in Church.

Prayer after Communion

Soul of Christ, make me holy. Body of Christ, save me. Blood of Christ, let me drink your wine. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within your wounds, hide me. Do not let me be separated from you. From every evil, defend me. At the hour of my death, call me and take me with you. That I may praise you in the company of your saints, for all eternity. Amen

Take Lord and receive all my liberty, my memory, my understanding and my entire will. All I have and call my own. Whatever I have or hold, you have given it to me. I return it all to you to be used according to your will. Give me only your love and grace and I am rich enough and ask for nothing more. Amen

THIRD YEAR LEARNING EXPECTATIONS RESOURCE

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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty, from there 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.

Church Roles

Please refer to student's textbook.

Church Structure

Please refer to student's textbook.

Ten Commandments (Exodus 20)

1. I am the Lord your God. You shall not have strange Gods before me.
2. Do not take the name of the Lord in vain.
3. Remember to keep holy the Sabbath.
4. Honor your father and your mother.
5. Do not kill.
6. Do not commit adultery.
7. Do not steal.
8. Do not lie. (Do not bear false witness.)
9. Do not covet your neighbor's wife or husband.
10. Do 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.

The Precepts of the Church

1. You shall attend Mass every week and on holy days of obligation. You should also rest from unnecessary labor on Sunday.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence prescribed by the Church.
5. The faithful also have the duty of providing for the material needs of the Church, each according to his or her abilities.
6. To obey the laws of the church regarding marriage.
7. To participate in the Church's mission of spreading the Gospel.

FOURTH YEAR EXPECTATIONS RESOURCE (CONTINUED)

The Corporal Works of Mercy (taking care of the body)

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Visit the imprisoned
5. Shelter the homeless
6. Visit the sick
7. Bury the dead

The Spiritual Works of Mercy (taking care of the soul or spirit)

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead

Major Seasons of the Church Year

- Advent
- Christmas
- Ordinary Time
- Lent
- Easter Triduum
- Easter

Holy Days of Obligation

- Solemnity of Mary, Mother of God
- Ascension of Jesus
- Assumption of the Blessed Virgin Mary
- All Saint's Day
- Feast of the Immaculate Conception
- Christmas

Seven Sacraments

1. **Baptism** – water is poured while baptizing in the name of the Father, Son and Holy Spirit
 - a. Original Sin and all sins committed up to this point are forgiven
 - b. Beginning of a new life in Christ
 - c. Become a member of the church
2. **Eucharist** – We receive the Body and Blood of Christ under the appearances of bread and wine.
3. **Confirmation** – The bishop lays hands on the candidate and calls down the Holy Spirit
4. **Reconciliation or Penance** – The priest prays the words of absolution – all sins are forgiven by Christ if one is truly sorry
5. **Anointing of the sick** – one is anointed with the Oil of the Sick
 - a. Healing of one's spirit
 - b. Healing of one's body if that is God's will
 - c. Forgiveness of sins
6. **Marriage** – A man and woman promise to love and to be faithful to each other for their entire lives. In their love for each other, they grow closer to Christ
7. **Holy Orders** – A man becomes a deacon, a priest or a bishop. In a life of service to the church, a man grows closer to Christ.

Nicene Creed

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

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages, God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

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

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Identify and Describe in Chronological Order the Major Events in the Old Testament

Please refer to your family Bible

Major events in the life, death and resurrection of Jesus Christ

Please refer to your family Bible

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and you shall renew the face of the earth. O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, our Lord. Amen.

Theological Virtues

1. Chastity
2. Temperance
3. Charity
4. Diligence
5. Patience
6. Kindness
7. Humility

Cardinal Virtues

1. Prudence
2. Justice
3. Temperance
4. Fortitude

Spiritual Works of Mercy

1. To instruct the ignorant
2. To counsel the doubtful
3. To admonish sinners
4. To bear wrongs patiently
5. To forgive offences willingly
6. To comfort the afflicted
7. To pray for the living and the dead

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Visit the imprisoned
5. Shelter the homeless
6. Visit the sick
7. Bury the dead

Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Right Judgment (Counsel)
4. Courage
5. Knowledge
6. Reverence (Piety)
7. Wonder and Awe in God's presence (Fear of the Lord)

Fruits of the Spirit

1. Charity
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-Control
12. Chastity

ADDITIONAL RESOURCES

All students should also know the following in addition to the outlined learning above:

Structure of the Mass

- Gathering rites – Procession
 - Greeting
 - Penitential Rite
 - Gloria (omitted in Advent and Lent)
 - Opening Pray
- Liturgy of the Word
 - First reading / Response
 - Second reading
 - Gospel Acclamation
 - Gospel Proclamation
 - Homily
 - Profession of Faith
 - Prayer of the Faithful
- Liturgy of the Eucharist
 - Preparation of the Gifts
 - Eucharistic Prayer
 - Preface
 - Holy, Holy, Holy
 - Canon
 - Amen
 - Communion Rite
 - Lord's Prayer
 - Sign of Peace
 - Breaking of the Bread (Lamb of God)
 - Communion
 - Prayer after Communion
- Concluding Rite
 - Blessing
 - Dismissal

Stations of the Cross

First Station: Jesus is condemned to death (*Mark 15:6-15*)

Second Station: Jesus bears His cross (*Matthew 27:31*)

Third Station: Jesus falls for the first time (*Isaiah 50:6-7*)

Fourth Station: Jesus meets His mother (*Luke 2:33-35*)

Fifth Station: Jesus is helped by Simon of Cyrene (*Matthew 27:32*)

Sixth Station: Veronica helps Jesus (*Matthew 25:35-40*)

Seventh Station: Jesus falls the second time (*Isaiah 53:3-5*)

Eighth Station: Jesus meets the women of Jerusalem (*Luke 23:27-28*)

Ninth Station: Jesus falls the third time (*Isaiah 53:7-8*)

Tenth Station: Jesus is stripped of his clothing (*John 19:23-24*)

Eleventh Station: Jesus is crucified (*Luke 23:32-34*)

Twelfth Station: Jesus dies on the cross (*Luke 23:44-46*)

Thirteenth Station: Jesus is taken down from the cross (*Matthew 27:58-59*)

Fourteenth Station: Jesus is laid in the tomb (*John 19:39-42*)

Mysteries of the Rosary

Joyful Mysteries: Monday and Saturday

- The Annunciation
- The Visitation
- The Nativity
- The Presentation of Jesus in the Temple
- The Finding of Jesus in the Temple

Sorrowful Mysteries: Tuesday and Friday

- The Agony in the Garden
- The Scourging at the pillar
- The Crowning with Thorns
- The carrying of the Cross
- The Crucifixion

Glorious Mysteries: Wednesday and Sunday

- The Resurrection
- The Ascension
- The Coming of the Holy Spirit
- The Assumption of Mary
- The Coronation of Mary

Mysteries of Light: Thursday

- The Baptism of Jesus in the River Jordan
- The Wedding Feast of Cana
- The Proclamation of the Kingdom of God
- The Transfiguration of Jesus
- The Institution of the Eucharist

What is the Sacrament of Reconciliation?

- It is an encounter of God's grace
- It is a way to experience the mercy of the living Christ
- We can actually hear words of forgiveness
- Celebrating reconciliation reminds us that we are meant to move in the direction of God's call for us

What isn't the Sacrament of Reconciliation?

- It is NOT an appearance before a judge
- It is NOT a punishment for our sins
- It is NOT an "easy in, easy out" way to continue in our sins

