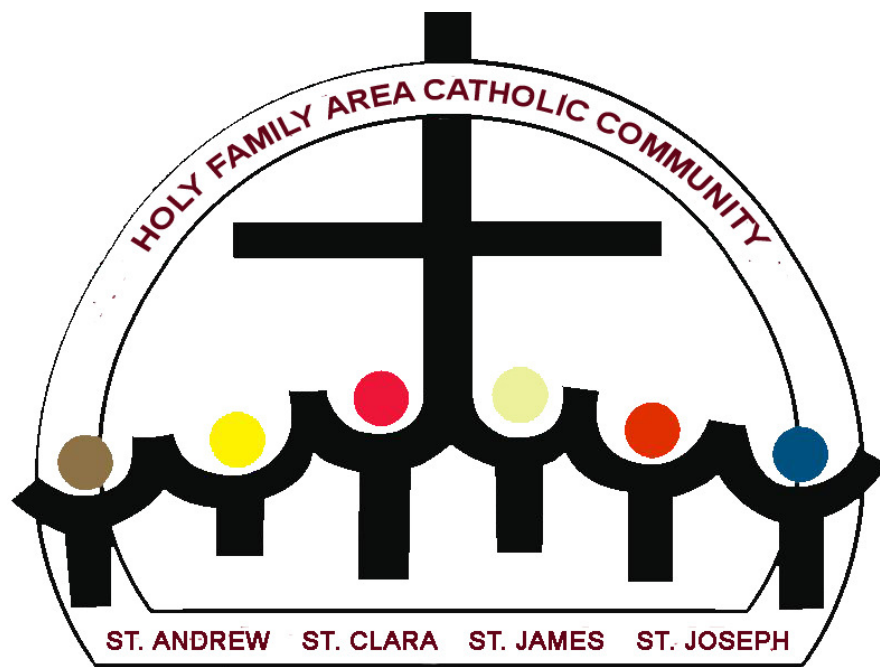


"Prayer: The Faith Prayed"



Faith Formation
Parent Handbook
2016-2017

Faith Formation Staff

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Sacraments

Participating in the life of the church is a large part of any good Faith Formation Program. The expectation of this program is that you agree to attend Sunday Mass and Reconciliation on a regular basis. Here are the scheduled times for your convenience.

Area Reconciliation Schedule

Check the Area Website (www.holyfamilyare.org) for the current Reconciliation Times. Also available by appointment

Area Mass Schedule

July through December: (Starting September 17/18 this year)

Saturday:

5:00pm St. Andrew, Granite Falls
7:00pm Spanish Mass at St. Joseph, Montevideo

Sunday:

8:30am St. Clara, Clara City
9:30am St. James, Dawson
10:30am St. Joseph, Montevideo

January through June

Saturday:

5:00pm St. James, Dawson
7:00pm Spanish Mass at St. Joseph, Montevideo

Sunday:

8:30am St. Clara, Clara City
9:30am St. Andrew, Granite Falls
10:30am St. Joseph, Montevideo

Guidelines for the Journey

ATTENDANCE

Regular attendance at Faith Formation classes is very important for the continual spiritual growth of the child. Please have children arrive 5 minutes before class begins so that class can begin and end on time; arriving late is disruptive to the rest of the class. But if you know that your child is going to be gone for a class please make sure to contact the Faith Formation Coordinator so they are not making calls to see where your child is. You have registered your child to be with us for class so we are responsible for them unless you tell us differently. The calendar for class sessions and parent participation events in the back of this handbook is for your convenience. Please keep it handy for referral throughout the year.

CLASS TIME

St. Andrew	Grade K-11	Wednesday – 6:45-8:00 PM
St. Clara	Grade K-11	Wednesday – 6:45-8:00 PM
St. James	Grade 1-6	Wednesday – 2:00-2:50 PM
	Grade 7-9	Wednesday 6:30-7:45 PM
	Grade 10-11	Wednesday 6:45-8:00 PM at St. Joseph, Montevideo
St. Joseph	Grade K-6	Sunday – 9:00-10:15 AM
	Grade 7-11	Wednesday – 6:45-8:00 PM

CLASS CANCELLATION/CHANGES

The rule of thumb is that when there is no school or students are sent home from school early due to severe weather there will NOT be Faith Formation classes that evening. If a storm develops later in the day, be sure to listen to the radio to hear of a cancellation; we inform 102.5fm in Willmar and KDMA. If other changes in the schedule are necessary, you will be notified by an announcement in the church bulletin or by a note/newsletter sent home with your child. **Please check with your child *after each class session* as to materials/letters/notices they might have for you.**

COMMUNICATION

We want to be communicating with at all times about all events that are going on. To help us with this we are asking that you Like us on Facebook search Holy Family Area Faith Formation (www.facebook.com/HolyFamilyArea) or Follow us on Twitter @HolyFamilyArea.

DISCIPLINE

Ideally in a Christian educational program, discipline would not even be a topic of conversation. Realistically, we are dealing with young people who sometimes need help setting priorities. We recognize that learning cannot take place unless the environment is one with order and purpose, where every person and all property are respected. Furthermore, faith formation classes are short in length. In order for catechists to have enough time to teach the necessary concepts, they are not expected to spend a lot of time on discipline.

Our volunteer catechists have an important and awesome task – the task of helping parents to impart the light of faith to young Christians in a way that will give meaning and joy to their lives now and in the future. This task can best be accomplished in an atmosphere that speaks of GOD’s presence – an atmosphere in which there is peace, order, love and joy. Catechists try to model respectful and compassionate behavior so that children, too, will respect and value themselves and others as children of GOD. Catechists and students will take time to discuss conduct that is appropriate to maintain this type of atmosphere in the classroom.

The Discipline Policy:

1. Minor discipline problems are handled directly by the catechist in the classroom.
2. The first time a major problem occurs, the student is dismissed from class and reports to the Faith Formation Coordinator’s (FFC) office. The FFC meets with the student to discuss the problem and possible solutions. The student remains in the office for the remainder of that class. The FFC also visits with the catechist after class that night. Parents will be contacted regarding the disciplinary action.
3. If the student is asked to leave class a second time, he or she again reports to the FFC’s office. The FFC again visits with the student and talks to the catechist. Parents are contacted, and the student will not be allowed to attend class again until a conference has been held with the parent, student, FFC and catechist. At this conference, options on disciplinary actions in the future will be presented and agreed upon by all present.

For any concerns regarding the learning environment, parish facilities, or any other factors regarding the well-being of the child, parents are encouraged to communicate these concerns to the FFC.

Enhancing the Journey

The journey of faith involves much more than classrooms, textbooks, desks and papers! Young people will best “take to heart” the message of Christ when they have good Christian models all around them and when they have been given opportunities to practice their beliefs in real life situations. They will benefit greatly if the teachings that they receive on Wednesday evenings concerning our Christian beliefs, values and practices are exemplified at home and carried over into their daily lives. Special opportunities to help young people live out their faith include:

FAMILY LEARNING:

Parents are welcome to join us at any time in the classroom. Occasionally materials for enriching faith at home will be made available. Families are **strongly encouraged** to make use of these resources as a way of opening the door for quality conversation within your family circle. Students may be asked to bring pieces of these back to class the following week to share with peers what was learned in the home. Please take the home lessons seriously. It is a great learning experience for the entire family.

FAITH-IN-ACTION NIGHTS:

As an Area Faith Community it is our goal to help students understand the beauty of living in community and supporting our fellow members of the Body of Christ! For this reason, there will be opportunities for students and families to participate in service projects. Our parish has been active in road ditch pick-up the past number of years. This is done every spring and fall. Be sure to watch the bulleting when this is scheduled and do your part to help. Another project we have been doing in the past is the Feed My Starving Children trip to Chanhassen usually in July. Stuff the Bus in December, they will be taking a collection for warm coats, etc from Thanksgiving to Christmas. Watch for more information to be sent home with children and in the bulletin; please support your child in their acts of service!

YOUTH ACTIVITIES:

One of the events that we will be doing as a Holy Family Area Youth Group is taking a group to NET Ministry Lifeline Masses. Join NET Ministries and over 1,000 young people on the first Saturday of every month for Lifeline Mass. With contemporary music, energetic crowds, and powerful presentations, Lifeline is focused on giving 8-12th graders in the Minnesota area the chance to experience the beauty of Mass with their peers. Lifeline Programs take place at the NET Center at 110 Crusader Avenue West, West St. Paul, MN 55118. Doors open at 5:15pm and the event begins at 6:00pm.

All Junior/Senior High Students are **strongly encouraged** to attend these special events, as well as to watch the calendar for other youth activities to help students grow in their faith outside of the classroom.

YOUR VOCATION AS A PARENT:

Parents are the primary religious educators of their children (CCC 1653). The home is where a child first experiences the Catholic faith. You teach primarily by the example you set. It is extremely important for children to experience the love of God in their homes. The Faith Formation Program aims to work in partnership with parents in order to assist them in living their vocation as educators of their children. The Faith Formation Program should merely complement, not replace, the catechesis that your children should receive in the home.

Please ensure that your children are able to participate in the life of the Church by attending Mass on Sundays and Holy Days of Obligation. Finally, please make every effort to have your child arrive on time for their Faith Formation session. This is particularly important because our sessions are held only once a week. Your child(ren) should arrive no earlier than 5 minutes prior to the start of the session.

We remind you that the role of a Faith Formation program can only be secondary to you, the parent. We encourage you to do all you can, and we promise to do the best we can to aide and guide the sacramental preparation of your child. We do not prepare children to receive their first Communion. Instead, we prepare children to receive their 500th Communion. In the same way we do not prepare children for their first penance, but instead to receive the grace and forgiveness of God through the Sacrament of Reconciliation on a regular basis for the rest of their lives.

- Attend Sunday Mass together.
- Receive the Sacrament of Reconciliation with your child.
- Do an examination of conscience with your child.
- Help your child to fully participate in the Mass. Remember if you do not sing or recite the responses, neither will your child(ren).
- Pray with your children, you are their first example of the faith.

ADULT FAITH FORMATION:

Our faith is a complex and mature faith that takes a lifetime to develop and understand. For this reason, the Bishops of the Catholic Church tell us that adult faith formation is not only important, but is necessary – to the extent that it is considered the *primary* way to pass on the faith. “*Catechesis for adults, since it deals with persons who are capable of an adherence that is fully responsible, must be considered the chief form of catechesis*” (General directory for Catechesis). We agree that adult faith formation is necessary, and so we will be focusing on adult education at multiple times during the year.

Traditional Catholic Prayers and Practices

Sign of the Cross

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

Guardian Angel Prayer

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

Prayer Before Meals

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

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.

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.

The Lord's Prayer (Our Father)

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Act of Contrition

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

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.

Ten Commandments (Exodus 20:2-17 or Deuteronomy 5:6-21)

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 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 covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Great Commandment

“You shall love the Lord your God
with all your heart,
with all your soul,
and with all your mind.
You shall love your neighbor as yourself.”
(Matthew 22:37, 39)

The New Commandment

“This is my commandment:
Love one another as I love you.”
(John 15:21)

The Seven Sacraments

Sacraments of Initiation

Baptism
Confirmation
Eucharist

Sacraments of Healing

Reconciliation
Anointing of the Sick

Sacraments of Service of Communion

Holy Orders
Matrimony

The Beatitudes (Matthew 5:3-10)

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 earth.
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.

Seasons of Church and Colors

Advent	Purple (Blue)
Christmas	White
Ordinary Time	Green
Lent	Purple
Easter	White
Ordinary Time	Green

Corporal Works of Mercy

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

Spiritual Works of Mercy

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

Six Holy Days of Obligation

Dec 8—Immaculate Conception
Dec 25—Christmas
Jan 1—Solemnity of Mary Mother
40 days after Easter—Ascension Thursday
Aug 15—Assumption
Nov 1—All Saints Day

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women.
9. Jesus falls the 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 buried in the tomb.
15. Jesus is raised from the dead.

Precepts of the Church

1. Participate in Mass on Sunday and Holy days.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during Easter season.
4. Keep holy Sunday and the holy days of obligation.
5. Observe the prescribed days of fasting and abstinence.
6. Provide for the material needs of the Church, according to one's abilities.

How to Pray the Rosary

1. Pray the Sign of the Cross and the Apostles' Creed.
2. Pray the Lord's Prayer.
3. Pray three Hail Marys.
4. Pray the Glory Be.
5. Pray the Fatima Prayer
6. Say the first mystery; then pray the Lord's Prayer.
7. Pray ten Hail Marys while meditating on the mystery.
8. Pray the Glory Be.
9. Pray the Fatima Prayer
10. Say the second mystery; then pray the Lord's Prayer.
(Repeat 7, 8 and 9 and continue with the third, fourth, and fifth mysteries of the day in the same manner.)
11. Pray the Hail, Holy Queen.

Fatima Prayer

O my Jesus, forgive us our sins,
save us from the fires of hell,
lead all souls to heaven,
especially those who have most need of your mercy.

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy,
hail, our life, our sweetness, and our hope.
To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping in this land of exile.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed fruit of your womb, Jesus:
O clement, O loving, O sweet Virgin Mary.

The Joyful Mysteries of the Rosary

1. The Annunciation of the Angel Gabriel
2. The Visitation of Elizabeth
3. The Birth of Our Lord Jesus
4. The Presentation of Jesus in the Temple
5. Finding Jesus in the Temple

The Sorrowful Mysteries of the Rosary

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

The Luminous Mysteries of the Rosary

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

The Glorious Mysteries of the Rosary

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the apostles
4. The Assumption of the Blessed Virgin Mary
5. The Crowning of Mary as Queen of Heaven and Earth

The 7 Capital Sins

Sloth	Envy	Gluttony
Lust	Greed	Anger
Pride		

Fruits of the Holy Spirit

Love	Generosity	Joy
Gentleness	Peace	Faithfulness
Patience	Modesty	Kindness
Self—Control	Goodness	Chastity

The Nicene Creed

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

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(At the words that follow, up to and including "and became man" all bow.)
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

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

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

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

Gifts of the Holy Spirit

Wisdom	Understanding	Counsel
Courage	Knowledge	Reverence
Fear of the Lord		

Fun Prayer Ideas for Your Family

Your family can pray together in fun and unique ways with the four types of prayer:

1. Adoration (praise)
2. Confession (sorry)
3. Thanksgiving (thank you)
4. Supplication (please - praying for needs of others and self)

Pray together at meal time or another time you gather together.

Complete the Sentence Prayer: Pray a prayer that has all four types listed above! For example:

- “Lord, you are...(praise and worship);
- “Lord, forgive me for...(confession of sin);
- “Lord, thank you for...(thanking God);
- “Lord please help...(praying for other’s needs);
- “Lord, I need...(pray for your needs).

ABC Prayers: Take turns offering a prayer about something starting with each letter of the alphabet.

Global Prayer: Spin a globe (or flip through pages of a world atlas). Where your finger lands, you’ll pray for that place in the world.

Bonfire Prayer: Each person holds a stick or small piece of wood. Say a prayer (silently or out loud), then toss your stick in the fire, symbolizing our prayers are given up in trust to God.

Bubble Gum Prayer: Give each person a colored gum ball and ask them to pray for something represented by the color they chose. Close with a big bubble AMEN!

Cube Prayers: On a wooden block or small square cardboard box, draw or stamp a different symbol on each of the six sides. Each person rolls the cube like a dice, then offers a prayer according to the symbol on top.

Ball Toss Prayer: Have a group of people stand in a circle. One person begins by holding a soft object like a Nerf ball or bean bag (be creative—go outdoors and use a water balloon!). The person holding the object offers a prayer then tosses it to someone else, who prays, and tosses to someone else. Continue until everyone has had the ball and offered a prayer.

Headline Prayer: With older kids, lay out the newspaper and let each person choose a story to pray about.

Hand Squeeze Prayer: Gather as a group in a circle. Hold hands and close your eyes. Choose someone to say a prayer. When they are done, they squeeze the hand of the person next to them and you go all the way around. (Give the option to “pass.”)

Flashlight Prayer: In a dark room, give everyone a flashlight (you can also hand out colored tissue paper to cover the flashlight). With each prayer that is offered, the flight is flipped on then turned off. This can be done randomly or in a circle.

Paper Airplane Prayer: Ask each person to write a simple prayer on a sheet of paper. Form each sheet into an airplane and shoot it across the room after each prayer is read.

Paper Towel Prayer: Take a roll of paper towels and spend some time putting a prayer concern on each sheet. Re-roll! Every day tear off one sheet and live up prayers for that particular concern or person.

Parachute Prayer: Gather around a large sheet, with people holding on to the edges. Each time a prayer is offered, raise the sheet high, then lower it slowly.

Prayers of Healing/Blessing: One person kneels in the center of the circle and all others gather around to lay their hands on his head/shoulders/arms. Offer prayers of thanksgiving, healing, comfort, or whatever is needed.

Hat Prayer: Each person writes a prayer concern or joy on a slip of paper. All the prayers are tossed into a hat. Every person draws out a slip of paper and prays for that request. Be creative on the hat (could be baseball, cowboy hat, sombrero, etc.).

Washed Away: Each person is given a washable marker to write on their palm one sin they want washed away. Pray a prayer of confession. Bring out a basin of water, soap and a towel. Have each person wash their own hand OR another person's. Through baptism and Jesus' death on the cross, our sins are forgiven! Pray a prayer of thankfulness as you raise your clean hands!

Candle Prayer: Light a tea light candle for every prayer that's offered. (Can be done as thanksgiving or as prayers for others' needs.)

Prayer Journal: Designate a notebook as your family's prayer journal to track prayer concerns and joys.

Chocolate Chip Prayer: Make chocolate chip cookies. At snack time, each person gets a cookie and offers a prayer of thanks for every chocolate chip they discover! E-Mail Prayer: Use technology to keep in prayer connection with far-off relatives! Create a family prayer chain that goes throughout your relatives' e-mail addresses. It 's a great way to share faith and learn about each others' lives.

Hand Prayer: Use your fingers to remind children of people to pray for:

- Thumb - those closest to you (family and friends)
- Pointer - those who lead and guide you (teachers, pastors, police, coaches)
- Middle - those in authority (city, nation and world leaders)
- Ring - this weakest finger reminds us of those who are sick, lonely or sad
- Pinky - this smallest finger reminds us to pray for ourselves last

Prayer Calendar: At the beginning of each month, fill in a blank calendar with at least one prayer concern for each day. Use it every day, such as at dinner time.

Prayer Walk: Choose a specific location to walk around in. As you walk, pray for the needs of those associated with the site (i.e., school, hospital, etc.).

Signs of the Cross on my Body Prayer: This can be done individually or in pairs, each one making the sign of the cross as directed:

- On the ears (that I might listen for God's voice and hear God's Word)
- On the eyes (that I might see God's glory in all of life)
- On the lips (that I might say the name of Christ and speak of God to others)
- On the heart (that I might remember that I am loved by God and belong to Him)
- On the hands (that I might show God to others through my work and deeds)
- On the feet (that I might follow Christ and walk in His way)

Siren Prayer: When you hear the siren of a fire truck, ambulance or police car, offer a prayer for the driver, the person needing help, and their families.

Nature Prayer: On a gorgeous day, go outside and lie on the grass. Use all of your senses to experience God's goodness. Offer prayers for what you hear, see and feel in nature.

Prayer Chains: Cut strips of paper and write a prayer on it. Link them together! They can simply be a reminder of your day's (week's/month's) prayers or you could unlink them one-by-one as you pray together the prayer concern listed.