

# Church of St. Catharine

## Religious Education Program

*"Growing in Faith and Service"*

2018-2019

Summer Program Parent Handbook

**Please read in its entirety!**  
**Signature page must be returned by June 15!**



**\*Please contact the Religious Education Office for a printed copy, if needed\***

## A Parent's Prayer on the First Day of School

HERE WE ARE AGAIN, LORD. THEIR BACKPACKS ARE LOADED AND THEIR FACES ARE SCRUBBED AND THEIR LUNCH ACCOUNTS ARE FULL.

AND I KNOW YOU'LL WALK WITH THEM, LORD. YOU ALWAYS DO.

BUT A PARENT STILL HAS TO ASK.

WILL YOU WALK WITH THEM? WILL YOU WHISPER TO THEM WHAT THEY NEED TO HEAR, WHEN I'M NOT THERE TO WHISPER IT?

WILL YOU PLEASE, OH PLEASE, COVER THEIR SCHOOL WITH THE PROTECTION ONLY YOU CAN GIVE, AND WILL YOU KEEP HARM FAR AWAY?

WILL YOU MAKE THEIR MINDS STRONG AND READY TO LEARN? WILL YOU HELP THEM UNDERSTAND THAT HARD WORK HONORS THE ONE WHO CREATED THEM?

WILL YOU GUIDE THEIR TEACHERS, GIVING THEM PATIENCE AND WISDOM AND CREATIVITY AND MORE PATIENCE? WILL YOU BLESS THEM FOR THEIR EFFORTS?

WILL YOU LOVE ALL THOSE CHILDREN THERE, THE ONES WHOSE LUNCH ACCOUNTS AREN'T FULL, THE ONES WHO FEEL ALONE? WILL YOU TEACH MY CHILDREN TO BE KIND AND UNSELFISH AND TO LOVE THOSE WHO ARE DIFFERENT FROM THEM?

WILL YOU POINT THEM BACK TOWARD HOME JUST AS SOON AS YOU CAN?

LORD, I GIVE THEM TO YOU TODAY AND EVERYDAY, TRUSTING THEM TO YOUR CARE.

Amen



# CHURCH OF ST. CATHARINE

## *Growing in Faith & Service*

"This is what God asks of you, only this: to act justly, to love tenderly and to walk humbly with your God" Micah 6:8

### PARISH

### PARISH MINISTRIES

### PRESCHOOL

### RELIGIOUS EDUCATION

### YOUTH GROUP

[Church of St. Catharine](#) » [Religious Education](#) » [Summer Program](#)

## Summer Program

### Church of St. Catharine Summer Religious Education Program General Information, Rules & Procedures



#### Staff:

**Dominica Vullo – Coordinator**

**Dee Waggner & Joanne Chiusano – Secretaries**

**Office Phone Number & Email:** 732-758-8568, [religious\\_ed@stcatharine.net](mailto:religious_ed@stcatharine.net)

#### Summer Program Office Hours:

Monday – Thursday: 7:30 am–2:30 pm, Friday: 7:30 am-1:00 pm

#### Class Times:

Session I: **Monday**, June 25 – July 6 from 8:30 am – 12:30 pm (no class on July 4)

Session II: **Tuesday**, July 10 – July 20 from 8:30 am – 12:30 pm

#### Eligibility Requirements:

- You must be a registered parishioner of the Church of St. Catharine.
- Registration is taken on a first come first served basis. (*registration details are given in January*)
- Grades 2 & 8 are not eligible for the summer program.
- All parents will be asked to sign a consent form agreeing to all eligibility requirements & program rules.

- 2018 Fall Program Registration
- 2018 Summer Program Registration
- Catechist Development
- Family Home Study Program
- Family Monthly Articles
- Upcoming Events
- Calendar
- Parent Resources
- Sunday Mornings
- Fall Program
- **Summer Program**
  - Curriculum Grades 1-7
  - Volunteer Descriptions For The Summer Program
- Confirmation Program
- Sacramental Preparation
- Photo Gallery
- Parent Letters & Paperwork
- Teachers' Lounge

**Religious Education Summer Program Rules:**

All students are expected to arrive on-time and prepared for class. No late arrivals or early dismissals allowed.

**Attendance:**

- All students are expected to attend class each day. No absences allowed.

**Arrival Procedures:****\*\*New Traffic Pattern as per Holmdel Police Department\*\*****Choice A – Drop-off/Valet:**

Enter the parking lot, using only the "Middletown Road Entrance by the Chapel". Follow the one-way traffic pattern around the back of the building and drop off your child/children at the Main (Atrium) Entrance of the Religious Education Building.

(PLEASE NO PETS – volunteers will not open car doors with a pet in the car.)

**Choice B – Parking**

Enter the parking lot, using only the "Middletown Road Entrance by the Chapel". Park in the back parking lot and walk your child/children through the Back Entrance of the Religious Education Building.

(All PETS must remain in the car while you walk your child/children into the building.)

Click on the link below to review the new the traffic pattern map provided by Holmdel Police Department

[Holmdel Police Traffic Map](#)

**Dismissal Procedures:**

All Classes will be dismissed intermittently by grade from the back of the Religious Education Building. (Please park your cars and meet your child/children at the Back Entrance.)

**Cell Phone Policy:**

All cell phones will be collected by the teacher before class begins and will be returned to the students at dismissal time. For any emergencies, please contact the Religious Education Office at 732-758-8568.

**Communication:**

- [www.stcatharine.net](http://www.stcatharine.net) for all calendar and parent information, etc.
- All communications with parents/guardians will come via the website.
- We will send you an email alerting you to go to the website for any pertinent information or calendar changes.

**Cancellations:**

In case of an emergency closing, we will post on the website and send out an email alert.

**Fire/Evacuation & Lock Down Plans:**

In case of an emergency, we have implemented a Fire, Evacuation & Lock Down Plans. During the course of each program we will run a test drill on the above plans. For further information please contact us at 732-758-8568.

**Miscellaneous:**

Each child is given the books he/she needs. If a child loses a book, a fee of \$20.00 will be charged to replace the book.

**Snacks:**

Peanut free snacks are provided during the summer program. If your child has any food allergies/special needs, please send a snack, labeled with his/her name on it. *(Please do not send any snacks with peanut as an ingredient.)*

**Volunteering:**

All parents are expected to volunteer for a minimum of 2 hours per year. There are many opportunities for parents to be active and involved. Please contact us for information.

**Family Information:**

- Please be sure to notify us if any of your contact information changes, example: address, phone number, cell phone number, email address or emergency contact information.
- Please be sure to notify us if any of your child/children's information changes, examples: learning, medical or allergy information.

**Curriculum:**

Finding God Series, by Loyola Press.

[www.findinggod.com](http://www.findinggod.com) (excellent family resource tool)

3 Lessons are learned each day.

- Lesson 1 = class time (1<sup>st</sup> chapter)
- Lesson 2 = prayer/music & yearly theme project/lesson
- Lesson 3 = class time (2<sup>nd</sup> chapter)

Talk to your child/children every day about what they learned. Reinforcing what your child learns, will ensure that they retain the information and also show the importance of the connection between home and class.

Prayer. Please establish prayer-time each day with your child/children. Help them to remember their prayers and to learn to talk with Jesus each day.

**Parents are the Primary Educators of the Faith:**

As the primary educators of your children and being the role models for their faith, it is important to attend Mass regularly so that what is taught at home and at religious education classes is reinforced in Church.

**Together:**

**We can all make a difference in the life of a child!**



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## *Growing in Faith & Service*

"This is what God asks of you, only this: to act justly, to love tenderly and to walk humbly with your God" Micah 6:8

### PARISH

[Church of St. Catharine](#) » [Religious Education](#) » [Summer Program](#) » [Curriculum Grades 1-7](#)

### PARISH MINISTRIES

#### Curriculum Grades 1-7

Finding God Series, by Loyola Press.

[www.findinggod.com](http://www.findinggod.com) – access code = FG-2013 (excellent family resource tool)

3 Lessons are learned each day.

### PRESCHOOL

Lesson 1 = class time (1st chapter)

Lesson 2 = prayer/music & craft-time (coincides with lessons)

Lesson 3 = class time (2nd chapter)

### RELIGIOUS EDUCATION

Talk to your child/children every day about what they learned. Reinforcing what your child learns, will ensure that they retain the information and also show the importance of the connection between home and class.

### YOUTH GROUP

Prayer. Please establish prayer-time each day with your child/children. Help them to remember their prayers and to learn to talk with Jesus each day.

#### Parents are the Primary Educators of the Faith:

As the primary educators of your children and being the role models for their faith, it is important to attend Mass regularly so that what is taught at home and at religious education classes is reinforced in Church.

#### Together:

We can all make a difference in the life of a child!

#### Religious Education Summer Curriculum & Program Overview Grades 1 – 7

#### Finding God – Our Response to God's Gifts

By Loyola Press

*"The desire for God is written in the human heart."*

Catechism of the Catholic Church (CCC27)

We desire to know God in a personal way in order to find meaning and purpose in our lives. This is the aim of catechesis as expressed in the General Directory for Catechesis: "to put people, not only in touch, but also in communion with Jesus Christ" (GDC 80).

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Parent Letters & Paperwork

Teachers' Lounge

Volunteer

**Curriculum:**

The Finding God: Our Response to God's Gifts program invites all who experience the program to recognize the presence of God in the sacraments and in their communities of faith, and realize the presence of God in their experiences of God's creation in their lives as people for others.

Finding God: Our Response to God's Gifts is an authentic expression of the Catholic faith, found to be in conformity with the Catechism of the Catholic Church by the Subcommittee on the Catechism. The program reflects a vision of our Catholic faith grounded in Scripture and Tradition. The expression of the vision is based on our Catholic belief that effective catechesis:

- Reflects the love of the Father, the Son, and the Holy Spirit.
- Centers on the Person of Jesus Christ.
- Proclaims the liberating good news of Salvation through Jesus Christ.
- Leads the Christian into the world in mission and action.
- Addresses the needs of the culture in which it is presented.
- Invites believers to reflect on personal experience as they grow in relationship with God.
- Leads to a full, conscious, active participation in the liturgical life of the Church.
- Fosters a climate of prayer and nurtures a faith that is expressed in prayer

Finding God: Our Response to God's Gifts helps children and families experience the full and authentic teaching of the Church while entering more deeply into a meaningful, lifelong relationship with God.

**Catholicism is more than just an interesting theological proposition-it's the way you live your life.**

Our faith is meant to be lived out in our homes, at school, on our jobs, and in the community. Finding God: Our Response to God's Gifts provides an invitation into a way of living in relationship to God, family, parish and neighbor. This compelling and comprehensive program provides sound and substantial lessons in the faith and delivers those lessons through experiential activities that make these essential lessons part of a lifelong practice.

**This program involves the whole child: mind, and heart, body and soul.**

**Diversity:**

This program helps all children recognize themselves in the story of Salvation History and celebrate the Church's diversity through:

- Art
- Saints & Holy People
- Music
- Ritual & Tradition

**Inclusion:**

Among the many children in our parish community, some have special needs. The Finding God: Our Response to God's Gifts includes activities in each Catechist Guide that adapt teaching approaches so that all children are included and can enter into the faith experience.

**Families:**

The continuation of faith formation at home and the ability to monitor progress are key elements of this curriculum.

With My Family has three suggestions that families can work together through each session: activity; faith on the go; family prayer

Online family resources and newsletters

[www.findinggod.com](http://www.findinggod.com) - (access code = FG-2013)



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### PARISH

[Church of St. Catharine](#) > [Religious Education](#) > [Summer Program](#) > [Volunteer Descriptions For The Summer Program](#)

### PARISH MINISTRIES

## Volunteer Descriptions For The Summer Program

### PRESCHOOL

### Catechist

A catechist must be a practicing Catholic who is in good standing and must be open and willing to share their faith with the children. Closely following the classroom workbook, a daily curriculum needs to be made and a full two-week commitment to teaching the class is mandatory. Catechists are required to be fingerprinted, attend Virtus Training (Protecting God's Children) and attend Catechist Training Classes.

### RELIGIOUS EDUCATION

### Hall Monitors

Volunteers are a constant "familiar face" during the full two-week session. You are responsible for monitoring the traffic in the hallways and maintaining safety and order in the halls at all times. Hall Monitors are required to be fingerprinted and attend Virtus Training (Protecting God's Children).

### YOUTH GROUP

### Snack

Volunteers are needed during the program to assist with set-up, distributing the snacks, clean-up and supervising the children during snack time.

### Safety

We must maintain a safe environment for close to 300 children in the parking lot at both drop off and pick up. Volunteers are asked to commit to 15-20 minutes daily, for one full week, for arrival and/or dismissal times, to assist the children and monitor the safety in the parking lot.

### Decorating

Volunteers to decorate the hallways prior to the program and to take the decorations down at end of the program.

### Evenings/Weekends

Volunteers who *cannot* volunteer during class-time will help out in the evenings or weekends to assist at parent meetings, teacher meetings or for miscellaneous sign-ups, etc.

For Summer volunteer opportunities contact [religious\\_ed@stcatharine.net](mailto:religious_ed@stcatharine.net)

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Dear Parents,

We can pray with any words that come to mind. Sometimes, when we find that choosing our own words is difficult, we can use traditional prayers. Likewise, when we pray aloud with others, we rely on traditional prayers to unite our minds, hearts, and voices. Memorizing traditional prayers can be very helpful. When we memorize prayers, we take them to heart, meaning that we not only learn the words but also try to understand and live them.

Listed below are all the Prayers by grade. For your convenience we have listed all the Prayers in one file: "Prayers to Take to Heart" on our website.

**Grade 1 - Prayers to Take to Heart**

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be to the Father
- Grace Before Meals

**Grade 4 - Prayers to Take to Heart**

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be to the Father
- Grace Before Meals
- Act of Contrition
- Apostles' Creed
- Nicene Creed

**Grade 2 - Prayers to Take to Heart**

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be to the Father
- Grace Before Meals
- Act of Contrition

**Grade 5 - Prayers to Take to Heart**

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be to the Father
- Grace Before Meals
- Act of Contrition
- Apostles' Creed
- Nicene Creed

**Grade 3 - Prayers to Take to Heart**

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be to the Father
- Grace Before Meals
- Act of Contrition
- Apostles' Creed

**Grade 6 - Prayers to Take to Heart**

- \_\_\_ Sign of the Cross
- \_\_\_ Lord's Prayer
- \_\_\_ Hail Mary
- \_\_\_ Glory Be to the Father
- \_\_\_ Grace Before Meals
- \_\_\_ Act of Contrition
- \_\_\_ Apostles' Creed
- \_\_\_ Nicene Creed

**Grade 7 - Prayers to Take to Heart**

- \_\_\_ Sign of the Cross
- \_\_\_ Lord's Prayer
- \_\_\_ Hail Mary
- \_\_\_ Glory Be to the Father
- \_\_\_ Grace Before Meals
- \_\_\_ Act of Contrition
- \_\_\_ Prayer to the Holy Spirit
- \_\_\_ Apostles' Creed
- \_\_\_ Nicene Creed

**Grade 8 - Prayers to Take to Heart**

- \_\_\_ Sign of the Cross
- \_\_\_ Lord's Prayer
- \_\_\_ Hail Mary
- \_\_\_ Glory Be to the Father
- \_\_\_ Grace Before Meals
- \_\_\_ Act of Contrition
- \_\_\_ Prayer to the Holy Spirit
- \_\_\_ Apostles' Creed
- \_\_\_ Nicene Creed

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

Date: \_\_\_\_\_

***\*\*\*Please send in with your child/children on the first day of class\*\*\****

# Prayers to Take to Heart

## Sign of the Cross

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

## 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 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.*



# Prayers to Take to Heart

## 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.*

## Grace Before Meals

*Bless us, O Lord, and these your gifts  
which we are about to receive from your goodness.  
Through Christ our Lord.  
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.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.*

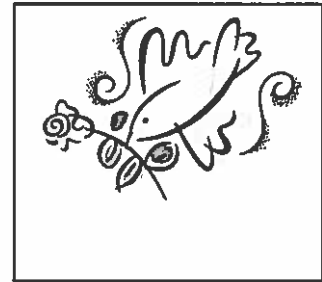


# Prayers to Take to Heart

## 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 will renew the face of the earth.  
Let us pray.*

*Lord,  
By the light of the Holy Spirit  
You have taught the hearts of your faithful.  
In the same Spirit  
Help us to relish what is right  
And always rejoice in your consolation.  
We ask this through Christ our Lord.  
Amen.*



# Prayers to Take to Heart

## 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.*



## Prayers to Take to Heart

### 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 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.*



# Celebrating Our Faith

## *The Seven Sacraments*

Jesus touches our lives through the *sacraments*. Our celebrations of the sacraments are *signs* of Jesus' presence in our lives and a means for receiving his *grace*. The Church celebrates seven sacraments, which are divided into three categories.

### *Sacraments of Initiation*



These sacraments lay the foundation for our lives as Catholics.

#### 1. Baptism

In Baptism we receive *new life in Christ*. Baptism takes away Original sin and gives us a new birth in the Holy Spirit. Its sign is the *pouring of water*.

#### 2. Confirmation

Confirmation *seals* our life of faith in Jesus. Its signs are the *laying on of hands* on a person's head, most often by a bishop, and the *anointing with oil*. Like Baptism, Confirmation is only received once.

#### 3. Eucharist

The Eucharist *nourishes* our life of faith. Its signs are the Bread and Wine we receive- *the Body and Blood of Christ*.



### *Sacraments of Healing*

These sacraments celebrate the healing power of Jesus.

#### 4. Penance and Reconciliation

Through Penance we receive God's *forgiveness*. Forgiveness requires being sorry for our sins. In Penance we receive Jesus' healing grace through absolution by a priest. The signs of this sacrament are our *confession of sins* and the words of *absolution*.

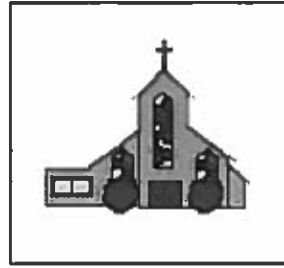
#### 5. Anointing of the Sick

This sacrament unites a *sick person's suffering* with that of Jesus and brings forgiveness of sins. Oil, a symbol of strength, is the sign of this sacrament. A person is *anointed* with oil and receives the laying on of hands from a priest.



## *Sacraments at the Service of Communion*

These sacraments help members serve the community.



### 6. Holy Orders

In Holy Orders men are *ordained* as priests, deacons, or bishops. Priests serve as spiritual leaders of their communities, and deacons serve to remind us of our baptismal call to help others. Bishops carry on the teachings of the apostles. The signs of this sacrament are the laying on of hands and the anointing with oil by the bishop.

### 7. Matrimony

In *Matrimony* a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple as expressed in the marriage promises. The couple and their wedding rings are the signs of this sacrament.

## **Celebrating the Lord's Day**

*Sunday* is the day on which we celebrate the *Resurrection of Jesus*. Sunday is the Lord's Day. We gather for Mass, rest from work, and perform works of mercy. People all over the world gather at God's Eucharistic table as brothers and sisters.

### *The Order of the Mass*

The *Mass* is the high point of the Catholic life, and it always follows a set order.

- **Introductory Rites – preparing to celebrate the Eucharist**

*Entrance Chant* – We gather as a community and praise God in song.

*Greeting* – We pray the Sign of the Cross. The priest welcomes us.

*Penitential Act* – We remember our sins and ask God for mercy.

*Gloria* – We praise God in song.

*Collect* – We ask God to hear our prayers.

- **Liturgy of the Word – hearing God's plan of Salvation**

*First Reading* – We listen to God's Word, usually from the Old Testament.

*Responsorial Psalm* – We respond to God’s Word in song.

*Second Reading* – We listen to God’s Word from the New Testament.

*Gospel Acclamation* – We sing “Alleluia!” to praise God for the Good News.  
During Lent we use a different acclamation.

*Gospel Reading* – We stand and listen to the Gospel of the Lord.

*Homily* – The priest or deacon explains God’s Word.

*Profession of Faith* – We proclaim our faith through the Nicene Creed.

*Prayer of the Faithful* – We pray for our needs and the needs of others.

The Liturgy of the Eucharist – celebrating Christ’s presence in the Eucharist

*Presentation and Preparation of the Gifts* – We bring gifts of bread and wine to the altar.

*Prayer over the Offerings* – The priest prays that God will accept our sacrifice.

*Eucharistic Prayer* – This prayer of thanksgiving is the center and high point of the entire celebration.

✚ Preface – We give thanks and praise to God.

✚ Holy, Holy, Holy – We sing an acclamation of praise.

✚ Institution Narrative – The Bread and Wine become the Body and Blood of Jesus Christ.

✚ The Mystery of Faith – We proclaim the mystery of our faith.

✚ Amen – We affirm the words and actions of the Eucharistic Prayer.

- **Communion Rite – preparing to receive the Body and Blood of Jesus Christ**

*The Lord’s Prayer* – We pray the Lord’s Prayer.

*Sign of Peace* – We offer one another Christ’s peace.

*Lamb of God* – We pray for forgiveness, mercy and peace.

*Communion* – We receive the Body and Blood of Jesus Christ.

*Prayer after Communion* – We pray that the Eucharist will strengthen us to live as Jesus did.

- **Concluding Rites – going forth to glorify the Lord by our life**

*Final Blessing* – We receive God’s blessing.

*Dismissal* – We go in peace, glorifying the Lord by our lives.

## Holy Days of Obligation

The Holy Days of Obligation are the days other than Sundays on which we celebrate the great things God has done for us through Jesus and the saints. On Holy Days of Obligation, Catholics attend Mass. Six Holy Days of Obligation are celebrated in the United States.

1. *January 1* – Mary, Mother of God
2. *40 days after Easter* – Ascension
3. *August 15* – Assumption of the Blessed Virgin Mary
4. *November 1* – All Saints Day
5. *December 8* – Immaculate Conception
6. *December 25* – Nativity of Our Lord Jesus Christ

## Precepts of the Church

The Precepts of the Church describes the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor. The Precepts are as follows:

Attendance at Mass on Sundays and Holy Days of Obligation

Confession of sin at least once a year

Reception of Holy Communion at least once a year during the Easter season

Observance of the days of fast and abstinence

Providing for the needs of the Church



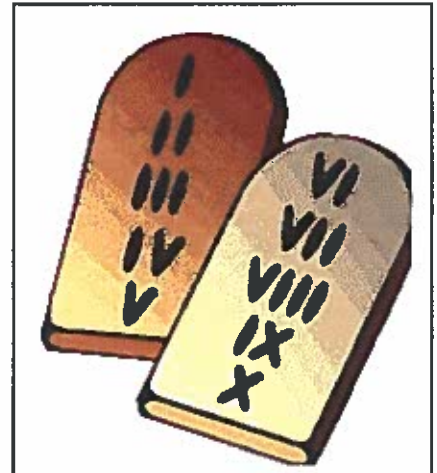
## Living Our Faith

### *The Ten Commandments*

As believers in Jesus Christ, we are called to a new life and are asked to make moral choices that keep us united with God. With the help and grace of the Holy Spirit, we can choose ways to act to keep us close to God, to help other people, and to be witnesses to Jesus.

The *Ten Commandments* guide us in making choices that help us to live as God wants us to live. The first three commandments tell us how to love God; the other seven tell us how to love our neighbor.

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 neighbors' goods.



### *The Great Commandment*

The *Ten Commandments* are fulfilled in *Jesus' Great Commandment*:

*"You shall love God with all your heart, with all your soul, with all your mind, and with all your strength. You shall love your neighbor as yourself."*

Adapted from Mark 12:30-31

### *The New Commandment*

Before his Death on the cross, Jesus gave his disciples a new commandment:

*"Love one another. As I have loved you, so you also should love one another."*

John 13:34

## *The Beatitudes*

The *Beatitudes* are the teachings of Jesus in the Sermon on the Mount (Matthew 5:3-10). Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The *Beatitudes* fulfill God's promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

1. Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
2. Blessed are they who mourn,  
for they will be comforted.
3. Blessed are the meek,  
for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness,  
for they will be satisfied.
5. Blessed are the merciful,  
for they will be shown mercy.
6. Blessed are the clean of heart,  
for they will see God.
7. Blessed are the peacemakers,  
for they will be called the children of God.
8. Blessed are they who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven.



## Making Good Choices

Our conscience is the inner voice that helps us to know the law of God has placed in our hearts. Our conscience helps us to judge the moral qualities of our own actions. It guides us to do good and to avoid evil.

The *Holy Spirit* can help us form a good conscience. We form our conscience by studying the teachings of the Church and by following the guidance of our parents and pastoral leaders.

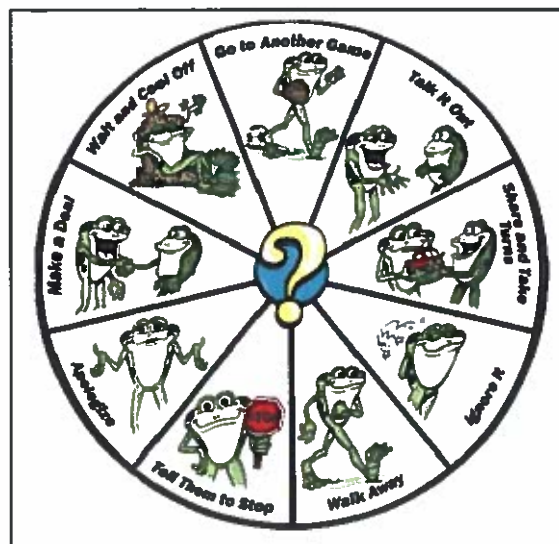
God has given every human being freedom of choice. This does not mean that we have the right to do whatever we please. We can live in true freedom if we cooperate with the *Holy Spirit*, who gives us the *virtue of prudence*. This virtue helps us recognize what is good in every situation and make correct choices. The *Holy Spirit* gives us the gifts of wisdom and understanding to help us make the right choices in life in relationship to God and others. The gift of counsel helps us reflect on making correct choices in life.

The *Ten Commandments* help us to make *moral choices* that are pleasing to God. We have the grace of the sacraments, the teachings of the Church, and the good example of saints and fellow Christians to help us make good choices.

Making moral choices involves the following steps:

1. Ask the Holy Spirit for help.
2. Think about God's law and the teachings of the Church.
3. Think about what will happen as a result of your choice. Ask yourself, will the consequences be pleasing to God? Will my choice hurt someone else?
4. Seek advice from someone you respect and remember that Jesus is with you.
5. Ask yourself how your choice will affect your relationships with God and with others.

Making moral choices take into consideration the object of the choice, our intention in making the choice, and the circumstances in which the choice is made. It is never right to make an evil choice in the hope of gaining something good.



## Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like habits. They need to be practiced; they can be lost if they are neglected. The three most important virtues are called *Theological Virtues*, because they come from God and lead to God. The *Cardinal Virtues* are human virtues, acquired by education and good actions. *Cardinal* comes from *cardo*, the Latin word for *hinge*, meaning “that on which other things depend.”

### *Theological Virtues*

faith                      hope                      charity

### *Cardinal Virtues*

prudence              justice                  fortitude              temperance



### *Gifts of the Holy Spirit*

The Holy Spirit makes it possible for us to do what God asks of us by giving us these *gifts*.

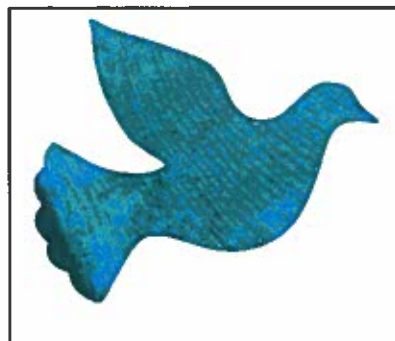
wisdom                  understanding              counsel                  fortitude                  knowledge  
piety                      fear of the Lord

### *Fruits of the Holy Spirit*

*The Fruits of the Holy Spirit* are signs of the Holy Spirit’s action in our lives.

love                      joy                      peace                      patience                  kindness  
generosity              faithfulness              gentleness              self-control

*Church Tradition* also includes goodness, modesty, and chastity as *Fruits of the Holy Spirit*.



## **Works of Mercy**

*The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.*

### *Corporal Works of Mercy*

feed the hungry      shelter the homeless      clothe the naked  
visit the sick and imprisoned      bury the dead      give alms to the poor

### *Spiritual Works of Mercy*

*The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs.*

instruct      advise      console      comfort      forgive      bear wrongs patiently

## **Showing Our Love for the World**

In the story of the Good Samaritan (Luke 10:29-37), Jesus makes clear our responsibility to care for those in need. The Catholic Church teaches this responsibility in the following themes of *Catholic Social Teaching*.

### *Life and Dignity of the Human Person*

All human life is sacred and all people must be respected and valued over material goods. We are called to ask whether our actions as a society respect or threaten the life and dignity of the human person.

### *Call to Family, Community, and Participation*

Participation in family and community is central to our faith and to a healthy society. Families must be supported so that people can participate in society, build a community spirit, and promote the well-being of all, especially those who are poor and vulnerable.

### *Rights and Responsibilities*

Every person has a right to life as well as a right to those things required for human decency. As Catholics we have a responsibility to protect these basic human rights in order to achieve a healthy society.



### *Option for the Poor and Vulnerable*

In our world many people are very rich while at the same time many are extremely poor. As Catholics, we are called to pay special attention to the needs of those who are poor by defending and promoting their dignity and by meeting their immediate material needs.

### *The Dignity of Work and the Rights of Workers*

The basic rights of workers must be respected: the right to productive work, fair wages, and private property; and the right to organize, join unions, and pursue economic opportunity. Catholics believe that the economy is meant to serve the people and that work is not merely a way to make a living but an important way in which we participate in God's creation.

### *Solidarity*

Because God is our Father, we are all brothers and sisters with the responsibility to care for one another. Solidarity is the attitude that leads Christians to share spiritual and material goods. Solidarity unites rich and poor, weak and strong, and helps to make a society that recognizes that we all depend upon one another.

### *Care for God's Creation*

God is the Creator of all people and all things, and he wants us to enjoy his creation. The responsibility to care for all God has made is a requirement of our faith.



*(excerpts from the Catechist handbook)*

## **Discipline**

The goal of all discipline is not just to keep order, but rather to instill within the student the ability for self-discipline. Our role is to guide each student to discover the inner resource within him/her self. The ultimate Christian goal is to move the student from self-discipline to discipleship.

### **Guidelines for Discipline**

- ✓ Be consistent. Children need to know what is expected of them in order to develop their own values and ideals. Inconsistency leads to discipline problems.
- ✓ Be fair: fairness is very important to children, so it is essential that rules and regulations are made with this point in mind.
- ✓ Praise good behavior: children respond to praise and it is important to do so as frequently as possible. This offers an incentive to those who may be acting out.
- ✓ Confront bad behavior. Do not allow bad behavior to rule the class. Confront it and expect a change of behavior. If there is no change, have an alternative way of dealing with the problem.
- ✓ Have as few rules as possible, but as many as necessary: children appreciate knowing the boundaries that are expected of them. If they are clear and concise, they will respond to them.
- ✓ Use “I” message: let the students know how you feel, “I feel angry because you are disrupting the class.”
- ✓ Focus on inner strengths: we as catechists are called to bring forth in each child the gifts and strengths that he/she possesses. Make this an aim in each class.
- ✓ Know your students’ names: this is vital. If the students feel you do not know them, they feel unimportant and may proceed to act out in order to get attention.

- ✓ Keep students actively engaged: all classes should have various activities planned in which all participate.
- ✓ Lessons should be well-planned: many problems arise because the teacher is not well prepared. The key to good discipline is well prepared lessons.

Sometimes it happens that even with the most well prepared lessons and activities a student does not respond and causes constant disruption in a class. When this happens, the following guidelines should be followed:

- Speak to the student and ask for his/her cooperation.
- Ask the student to leave the room and sit with the Hall Monitor in the hall until he/she can behave.
- Parents should be contacted by the teacher.
- If there is no change in behavior, the student is then referred to Mrs. Vullo who will contact the parents and work with them toward a solution to the problem. If there is no improvement in behavior, the student will be asked to finish the rest of the semester on home instruction.



**The Church of St. Catharine**  
**Religious Education Program**  
**Behavior Contract**

Our religious education program is one where kindness counts, and positive learning take place! There is no room for negative thoughts or actions. In order for everyone in our program to have the opportunity to be the best he/she can be, these rules will govern the environment.

- ❖ **Follow the Golden Rule at all times.**  
**TREAT OTHERS THE WAY YOU WANT TO BE TREATED.**
- ❖ **LISTEN, and stay quiet while others are speaking.**
- ❖ **Always raise your hand to share your ideas.**
- ❖ **Have fun, and enjoy learning!!**

**As much as we will focus on positive behavior, there may be times when there is a need to track negative behavior. A class list will keep track of the following negative behaviors:**

- ❖ Talking while another student or adult is speaking
- ❖ Getting up out of your seat while a teacher is presenting a lesson
- ❖ Excessive talking while the class is working independently
- ❖ Coming into or leaving the classroom in a disruptive manner

**A check will be placed by your name if you present any of these behaviors. The following will be the consequences:**

- ❖ If you receive ONE check you will be given a warning.
- ❖ If you receive TWO checks you will need to complete a behavior slip, and have a parent sign it to show accountability for your actions. You will *NOT* be able to return to class the next day without it signed.
- ❖ If you receive THREE checks on any given day, a meeting will be scheduled for you and your parents, as well as both of us in order to discuss a plan to help you get back on track.
- ❖ If you receive THREE additional checks on any day after the meeting, you will be **REMOVED** from the program and will need to complete Religious Instruction in the Fall. There will be NO exceptions!

**Remember that each day is a chance to start fresh. We KNOW that this will help us to enjoy our time together!**

Religious Education can be an educationally worthwhile and fun time! Let's work together to help your child succeed. If you have any questions or concerns, please don't hesitate to call or email us.

*Dominica Vullo*

[dvullo@stcatharine.net](mailto:dvullo@stcatharine.net)

732-758-8568

Behavior Slip

Date: \_\_\_\_\_

\_\_\_\_\_ 's behavior has been unacceptable in our classroom today. Please discuss how he/she will come back tomorrow with a positive attitude, which includes respect for his/her classmates and teacher.

Sincerely,

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Parent Signature\*

\_\_\_\_\_  
Dominica Vullo

**\*Must be signed and return to your child's teacher before your child can return to class\***

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Teacher

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Parent Signature\*

\_\_\_\_\_  
Dominica Vullo

**\*Must be signed and return to your child's teacher before your child can return to class\***

## Signature Page

To ensure that our program is a positive learning environment for all, signed behavior contracts must be received before your child/children begins his/her first day of class.

**Parent Handbook:**

**I have read and understand the contents of the Parent Handbook.**

**Behavior Contract:**

**I have read, understand and agree to comply to the behavior contract for all Religious Education programs. I have discussed this contract and consequences with my child/children.**

\_\_\_\_\_  
**(Parent Name)**

\_\_\_\_\_  
**(Parent Signature)**

\_\_\_\_\_  
**Student Name**

\_\_\_\_\_  
**Grade**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Student Name**

\_\_\_\_\_  
**Grade**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Student Name**

\_\_\_\_\_  
**Grade**

\_\_\_\_\_  
**Student Signature**

**All Signed Contracts must be returned  
to the Religious Education Program  
by: June 15, 2018**

