

## **Liturgy and Sacraments**

### **Content Standard**

Students in the Diocese of Marquette will recognize that the transforming power of God's grace is received primarily through the Holy Sacrifice of the Mass and the sacraments. They will know that the sacraments are God's gift to us, instituted by Christ and entrusted to his Church. They will know that the Holy Spirit works through the Seven Sacraments to help us to live holy lives.

### **Rationale**

Christ invites us to be in union with him through the sacraments. We respond to his invitation for spiritual nourishment because of our basic need for sanctification, purification, forgiveness, healing, and strength. Sacraments touch all stages and key moments of Christian life. Most importantly, because God has made us for himself and we belong to him (St. Augustine), Christ's Body and Blood form us more and more according to his image, thereby enabling the Church to become the sacrament of Christ.

*They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. (Acts 2:42)*

*Catechesis is intrinsically linked with the whole of liturgical and sacramental activity, for it is in the sacraments, especially in the Eucharist, that Christ Jesus works in fullness for the transformation of people. (1074; CT 23)*

### **Performance Standards — Liturgy and Sacraments**

1. Students will know that Christ gave the Church the Eucharist to show his constant and enduring love for us. (1337)
2. Students will realize that the Mass is central to the communal and personal lives of Catholics because it makes present the very act of redemption, which Jesus accomplished in his life, death and resurrection. (1067, 1140, 1141, 1323, 1327, 1382-1396, 1402-1405)
3. Students will understand that the Seven Sacraments are visible signs that give grace, are given to us by Christ and found in Sacred Scripture and in Sacred Tradition. (1114, 1123, 1127)
4. Students will understand that through the sacraments God calls them to a vocation to holiness and to the mission of evangelizing the world. (1533)
5. Students will come to a greater knowledge of the signs, symbols, music, and beauty of the Catholic faith. (1146-1162)
6. Students will better understand sacramentals and how they aid the life of faith. (1667-79)
7. Students will know and understand the significance of liturgical seasons and feasts of the Church. (1168, 2177, Appendix 7)

### **Liturgy and Sacraments Objectives — Kindergarten**

By the end of Kindergarten, students will have learned:

1. That the Church obliges us to go to Mass every Sunday and that going to Sunday Mass is very important and very good for us. (2180-2182) **Note to Catechist: Unfortunately,**

**some children have no one to take them to Mass. In such a case, the children should know that they themselves are not guilty of committing sin. Sin always implies a deliberate act or omission.**

2. That we owe God our worship, and that the greatest and highest form of worship is the Holy Mass. (1324)
3. The two main parts of Mass are the Liturgy of the Word and the Liturgy of the Eucharist. (*GIRM*) **Note to Catechist: At this age, the two parts should be presented simply. The Liturgy of the Word includes reading and explaining the stories of our faith found in the Bible. The Liturgy of the Eucharist includes the memorial of the Last Supper and the changing of bread and wine into the Body and Blood of Jesus.**
4. That the church building is a sacred place where we must behave and be reverent. (1198, 1387)
5. That through Baptism we become sons and daughters of God the Father. (1213)
6. That when we bless ourselves with holy water, it helps us to remember our Baptism. (1668)
7. That we must say we are sorry when we have done something wrong, and we must forgive one another. (2839-2843)
8. That Advent is a time to prepare for Christmas — the Birth of Jesus. (524)
9. That Lent is a time to prepare for Easter — the Resurrection of Jesus. (1095)
10. That Holy Thursday is when Jesus celebrated the Last Supper. (1329,1350)
11. That Good Friday is the day that Jesus died on the cross for us. (Tradition)
12. That the Holy Eucharist is the Body and Blood of Jesus. (1353)
13. That the lighted sanctuary lamp indicates that Jesus is present in the tabernacle. (CIC 940) **Note to Catechist: Be sure to take the children into the church and show them the sanctuary lamp and the tabernacle. Point out that there are times when the sanctuary lamp is not lit, which indicates that Jesus is not present in the tabernacle.**
14. That we genuflect toward the tabernacle as a sign of adoration of Jesus present in the tabernacle. (1378 and Glossary of *CCC* under Genuflection) **Note to Catechist: Teach the children where the tabernacle is located in the church and to genuflect on the right knee toward the tabernacle because Jesus is there. If the sanctuary lamp is not lit, they should not genuflect.**

Expressions of Faith:

- Attending Mass each Sunday with family members.
- Being attentive and reverent in church.
- Talking about the Holy Eucharist as being the Body and Blood of Jesus.
- Genuflecting on the right knee toward the tabernacle as a sign of reverence to Jesus.
- Blessing themselves with holy water as they enter and leave the church.
- Exhibiting an awareness that the church is God’s house by not running or speaking out of turn.

Vocabulary Words:

|            |         |        |         |
|------------|---------|--------|---------|
| holy water | Mass    | Sunday | worship |
| Lord's Day | Sabbath |        |         |

## Liturgy and Sacraments Objectives — Grade One

By the end of 1<sup>st</sup> grade, students will have learned:

1. That Baptism is the sacrament by which we receive the gift of God's life within us, have our sins wiped away, become adopted sons or daughters of God the Father, and become members of the Church. (1267-1270, 1279)
2. That Baptism is the gateway to all other sacraments and is the first Sacrament of Initiation. (1212-1213)
3. That Baptism is birth into new life in Christ. (1277)
4. That the baptismal font, the holy water, the candle, the Oil of the Catechumens, Sacred Chrism, and the white garment are the signs and symbols of the Sacrament of Baptism. (1238-43)
5. That Jesus shares himself with us in a special way during Mass. (1323)
6. The two main parts of Mass are the Liturgy of the Word and the Liturgy of the Eucharist. (GIRM 28) **Note to Catechist: At this age, the two parts should be presented simply. The Liturgy of the Word includes reading and explaining the stories of our faith found in the Bible. The Liturgy of the Eucharist includes the memorial of the Last Supper and the changing of bread and wine into the Body and Blood of Jesus.**
7. That the Holy Eucharist is Jesus. (1244, 1331, 1353)
8. That we prepare for the Sacrament of Penance and Reconciliation by forgiving others and by saying that we are sorry after we do something that we know we should not have done. (1450-1451)
9. That the church building is a sacred place where Jesus is truly present and where God's people gather to worship him. (1198)
10. That the sanctuary lamp identifies that Jesus is present in the tabernacle. (CIC 940) **Note to Catechist: Be sure to take the children into the church and show them the sanctuary lamp and tabernacle. Point out that there are times when the sanctuary lamp is not lit, which indicates that Jesus is not present in the tabernacle.**
11. That we show reverence to Jesus present in the tabernacle by genuflecting. **Note to Catechist: Teach children where the tabernacle is located in the church and to genuflect on the right knee toward the tabernacle because Jesus is there. (1378) If the sanctuary lamp is not lit, they should not genuflect.**
12. That the colors for the liturgical seasons are as follows: Advent—Purple; Christmas—White; Ordinary Time—Green; Lent—Purple; Easter—White. Other colors are used for certain days during the year. (Tradition, GIRM 346) **Note to Catechist: Be sure that the prayer space/liturgical space in your classroom reflect the color of the liturgical season.**
13. That Holy Days of Obligation are special days when we come together to worship God at Mass, in addition to Sundays. (2177-2180)  
**Note to Catechist: The bishops of various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular countries. In the United States, the following is the norm:**
  - (a) Immaculate Conception (December 8) and Christmas (December 25) are always Holy Days of Obligation, regardless of the day of the week on which they fall;
  - (b) Solemnity of Mary, Mother of God (January 1), Ascension (40 days after Easter), Assumption of Mary (August 15), and All Saints Day (November 1) are normally Holy Days of Obligation but not when they fall on a Monday or Saturday, although,

**attendance at Mass is always to be encouraged;**  
**(c) In some dioceses including the Diocese of Marquette, the celebration of Ascension Thursday is transferred to the Seventh Sunday of Easter. (2043-2180)**

Expressions of Faith:

- Participating at the Mass.
- Displaying an awareness of the meaning of the individual signs and symbols of Baptism: font, holy water, candle, oils, and the white garment.
- Talking about how Jesus is present on the altar, in the priest, in the Word, and in the assembly.
- Genuflecting on the right knee toward the tabernacle as a sign of reverence to Jesus.
- Blessing themselves with holy water as they enter and leave the church.
- Displaying an awareness that the church is God’s house by not running or speaking out of turn.
- Being quiet and reverent in church, showing reverence for the items used for worship.
- Talking about the Holy Eucharist as being the Body and Blood of Jesus.

Vocabulary Words:

|                |                        |                    |                       |
|----------------|------------------------|--------------------|-----------------------|
| Advent         | colors, liturgical     | Lent               | Sacrament             |
| All Saints Day | genuflect              | liturgical seasons | Stations of the Cross |
| blessing       | Holy Day of Obligation | Liturgy            | Way of the Cross      |
| Chrism         | holy oils              |                    |                       |

**Liturgy and Sacraments Objectives — Grade Two**

By the end of 2<sup>nd</sup> grade, students will have learned:

1. That a sacrament is an outward sign instituted by Christ and entrusted to the Church, by which he shares his divine life with us. This divine life is called grace. (1131, 1997) **Note to Catechist: To shorten this so as to make it easier for young children to memorize, one could simply have the students memorize the following: *A sacrament is a sign, instituted by Christ that gives grace.***
2. That Jesus instituted (started) all of the sacraments. (1114)
3. That Baptism is the gateway to all other sacraments and is the first of the three Sacraments of Initiation. (1212-1213)
4. That Baptism, Confirmation, and the Eucharist are the Sacraments of Initiation. (1212) **Note to Catechist: The Sacraments of Initiation bring us into full membership in the Church and “lay the foundations of every Christian life.” (1212)**
5. The signs, symbols, and sacramentals associated with the Sacraments of Initiation. (1234-1245, 1293-1296, 1333)

6. That when we choose to do wrong, we have sinned against God, whom we should love above all things, and against our neighbor. (1849, 1850)
7. That Jesus gave us the Sacrament of Penance and Reconciliation to forgive our sins and to give us grace to do good and avoid future sins. (1446)
8. That the Sacrament of Penance and Reconciliation grants forgiveness and “wipes out” both mortal and venial sins. (1496)
9. That they must receive the Sacrament of Penance and Reconciliation before receiving First Holy Communion. (CIC 914)
10. That anyone who desires to receive Holy Communion must be in a state of grace. (1415)
11. That Jesus gives us grace, love, and mercy in the Sacrament of Penance and Reconciliation and the Sacrament of the Holy Eucharist. God wants us to receive these sacraments frequently. (1484, 2837)
12. That when we gather at Mass we listen to God’s Word contained in the Bible, celebrate what Jesus has done for us, and receive his gift of the Holy Eucharist, which is his Body and Blood. (1348-1355, 1408)
13. That the Last Supper was the first Mass and that Jesus celebrated the Last Supper with the apostles the night before he died. (1323)
14. That during the Last Supper (celebrated on Holy Thursday), Jesus changed bread and wine into his Body and Blood. (1323)
15. That we gather as a parish family at Mass to celebrate the Passion, Death, Resurrection, and Ascension of Jesus. (1362-72) **Note to Catechist: The Paschal Mystery is the Passion, Death, Resurrection and Ascension of Jesus Christ, true God and true man. The Paschal Mystery is re-presented at every Mass. That is, we are present at the one, saving Paschal Mystery every time we are at Mass.**
16. That Jesus, through the priest, makes present his one sacrifice at every Mass. (1382)
17. That the Mass is both a memorial of Jesus’ sacrifice and a sacred banquet in which, if we are in a state of grace, we may receive the Body and Blood of Jesus. In doing so, we become more like him. (1366, 1382)
18. That the Holy Eucharist, which is the Real Presence of Jesus, nourishes and strengthens us to follow Jesus. (1392-1394) **Note to Catechist: Jesus is God, so it is true that as God he is really present everywhere. However, when we refer to the *Real Presence*, we are referring to Jesus’ substantial, incarnate presence in the Holy Eucharist—Body, Blood, Soul, and Divinity—fully God and fully man. *The Holy Eucharist is the Body, Blood, Soul, and Divinity of Jesus Christ, under the appearances of bread and wine.* This formula in italics is a good one to have the second graders memorize. The vast majority of second-grade students will be, with practice, very capable of memorizing it and repeating it. Do not worry if they do not completely understand it. Two points to be made here: (1) Nobody on this earth fully understands it, or it would cease to be a Mystery! (2) While we cannot fully understand this mystery, we do come to a greater understanding of it over time provided we practice the faith, especially by regular Mass attendance and reception of the sacraments and through on-going catechetical formation.**
19. That the time of consecration during the Mass is when the bread and wine become the Body and Blood of Jesus. (1376) **Note to Catechist: This is a second grade definition of transubstantiation.**
20. That the Holy Eucharist is at the center of our Catholic Faith. (1324)

21. That the Mass is made up of four individual parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. (GIRM 46-90)
22. How to participate actively in Mass: when to sit, stand, kneel and bow. (GIRM 42-45)
23. To recognize the parts of the church, especially those items used in the celebration of the Eucharist and other sacraments, e.g., ciborium, chalice, vestments (alb, stole, cincture, dalmatic, chasuble), baptismal font, altar, lectern (ambo), lectionary, tabernacle, et. al.  
**Note to Catechist: This is most effectively taught while conducting a tour of the church.**
24. That the colors for the liturgical seasons are as follows: Advent—Purple; Christmas—White; Ordinary Time—Green; Lent—Purple; Easter—White. Other colors are used for certain days during the year. (Tradition, GIRM 346, See Appendix 7 on Liturgy) **Note to Catechist: Be sure that your prayer space/liturgical space reflect the color of the liturgical season.**

Expressions of Faith:

- Participating at the Mass each Sunday with family; sitting, standing, kneeling, singing, and bowing at the appropriate times.
- Expressing love for family members, forgiving them as necessary, and saying they are sorry when they hurt someone else.
- Preparing for and receiving the Sacrament of Penance and Reconciliation for the first time.
- Preparing for and receiving the Holy Eucharist for the first time.
- Talking about and displaying the various colors of the liturgical seasons.
- Blessing themselves correctly with holy water as they enter and leave the church.
- Displaying awareness that the church is God’s house by not running or speaking out of turn.
- Being attentive and reverent in church.

Vocabulary Words:

|                 |                 |                          |                |
|-----------------|-----------------|--------------------------|----------------|
| alb             | Communion, Holy | Host                     | sanctuary      |
| altar           | Corporal        | lector (reader)          | sanctuary lamp |
| ambo            | Dalmatic        | Liturgy of the Eucharist | server, altar  |
| Blood of Christ | Easter Vigil    | Liturgy of the Word      | sign           |
| Body of Christ  | Feast           | Memorial                 | solemnity      |
| chalice         | font, baptismal | paten                    | stole          |
| chasuble        | Good Friday     | purificator              | symbol         |
| ciborium        | Holy Thursday   | Real Presence            | tabernacle     |
| cincture        |                 |                          | vestments      |

## Liturgy and Sacraments Objectives — Grade Three

By the end of 3<sup>rd</sup> grade, students will have learned:

1. That a sacrament is an outward sign instituted by Christ and entrusted to the Church, by which he shares his divine life with us. This divine life is called grace. (1131, 1997)
2. That there are seven sacraments and be able to name them. (1113, 1210)
3. That Baptism, Confirmation, and the Eucharist are the Sacraments of Initiation. (1212)  
**Note to Catechist: The Sacraments of Initiation bring us into full membership in the Church and “lay the foundations of every Christian life.” (1212)**
4. That vocation is the call of Christ to all the baptized to follow him. (897, 941)
5. That the Sacraments of Penance and Reconciliation and Anointing of the Sick are the Sacraments of Healing. (1421) **Note to Catechist: These sacraments continue Jesus’ healing and salvific ministry through the power of the Holy Spirit. In these sacraments the Church celebrates its mission of spiritual and physical healing. (1421)**
6. That the Sacraments of Holy Orders and of Matrimony are the Sacraments of Service. (1210-1211) **Note to Catechist: These sacraments are primarily directed toward the salvation of others. The recipients of these sacraments grow in holiness through their service to the People of God. (1534, USCCA 263)**
7. That the reception of the Sacraments of Holy Orders and Matrimony are a response of the faithful to a particular vocation within the Church. (1534)
8. That each sacrament has signs and symbols associated with it, and the students will be able to name them. (1234-1235, 1293-1296, 1333, 1449, 1559, 1597, 1661-1662)
9. That the Holy Eucharist, the center of our Catholic faith, is the greatest gift—Christ himself—that we can receive in this life. (1324-1325)
10. That we gather as a parish family at Mass to celebrate the Passion, Death, Resurrection and Ascension of Jesus (1362-72) **Note to Catechist: The Paschal Mystery is the Passion, Death, Resurrection and Ascension of Jesus Christ, true God and true man. The Paschal Mystery is re-presented at every Mass. That is, we are present at the one, saving Paschal Mystery every time we are at Mass.**
11. That during the Mass, through the power of the Holy Spirit and the words and actions of the priest, the bread and wine becomes the Eucharist. (1352-1353, 1412)
12. That the Eucharist is the Body, Blood, Soul and Divinity of Jesus Christ, under the appearance of bread and wine. (1374, 1413)
13. That the Eucharist, which is the Real Presence of Jesus, nourishes and strengthens us to follow him. (1392-1394) **Note to Catechist: Jesus is God, so it is true that he is present everywhere. When we refer to the “Real Presence,” we are referring to the Holy Eucharist as the Body, Blood, Soul, and Divinity of Jesus Christ, under the appearances of bread and wine.**
14. That Jesus, through the priest, makes present his one sacrifice at every Mass. (1382, 1548-1549)
15. That the Mass is both a memorial of Jesus’ sacrifice and a sacred banquet in which we may receive the Body and Blood of Jesus. In doing so, we become more like him. (1348-1355, 1357, 1366, 1382) **Note to Catechist: Review with your students the teaching on reconciliation regarding the faithful needing to be in a state of sanctifying grace prior to receiving Eucharist.**
16. That we should receive the Eucharist often but at least once a year, if possible during the Easter Season. (1388-1389) **Note to Catechist: The Easter Season begins with the**

**Easter Vigil on the night of Holy Saturday and continues until Pentecost.**

17. That we are to fast from food and drink for at least one hour prior to the reception of Holy Communion. (CIC 919) **Note to Catechist: Water and/or medicine do not break the Eucharistic fast.**
18. That Jesus is also present at Mass in the Word and in the assembly. (103-104, 1088, 1Thes 2:13)
19. That the Mass is made up of four individual parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. ( GIRM 46-90)
20. That after reaching the age of reason (usually considered to be age 7), Catholics have an obligation to attend Mass every Sunday (weekend) and on every Holy Day of Obligation. Those who choose to miss Mass without a serious reason commit a grave sin. (2181) **Note to Catechist: Unfortunately, some children have no one to take them to Mass. In such a case, the children should know that they themselves are not guilty of committing sin. Sin always implies deliberate action or omission.**
21. That the Church has liturgical seasons. Students should understand the significance of each season and know the colors of the seasons. **Note to Catechist: See Appendix 7 on Liturgy.**
22. That the events of the Paschal Mystery are celebrated during the Easter Triduum which consists of the Last Supper, Jesus’ suffering, death and burial, and the Resurrection. (1168-1169)

Expressions of Faith:

- Participating at Mass each Sunday with family; singing, sitting, standing, bowing, and kneeling at appropriate times.
- Celebrating the anniversary of their baptism with their family.
- Going to the Sacrament of Penance and Reconciliation with their parent(s).
- Explaining and observing the fast before receiving Holy Communion; receiving Holy Communion with understanding and reverence.
- Participating at home in family traditions that celebrate the liturgical seasons.
- Serving in a liturgical ministry at Mass, e.g., altar server, gift bearer, etc.
- Being attentive and reverent during Mass.

Vocabulary Words:

|               |             |                 |            |
|---------------|-------------|-----------------|------------|
| age of reason | Easter duty | liturgical year | obligation |
| assembly      | Fast        | ministry        | Triduum    |

**Liturgy and Sacraments Objectives — Grade Four**

By the end of 4<sup>th</sup> grade, students will have learned:

1. That a sacrament is an outward sign instituted by Christ and entrusted to the Church, by which he shares his divine life with us. This divine life is called grace. (1131, 1997)
2. That there are seven sacraments and be able to name them. (1113, 1210)
3. That the Sacraments of Initiation: Baptism, Confirmation, and the Eucharist, bring us into full membership in the Church. (1212) **Note to Catechist: The Sacraments of Initiation “lay the foundations of every Christian life.” (1212)**

4. That vocation is the call of Christ to all the baptized to follow him. (897, 941)
5. That the Sacraments of Healing—Penance and Reconciliation and the Anointing of the Sick—continue Jesus’ healing ministry through the power of the Holy Spirit. (1421) **Note to Catechist: In these sacraments, the Church celebrates its mission of spiritual and physical healing.**
6. That the Sacraments of Service—Holy Orders and Matrimony—are primarily directed toward the salvation of others. (1533-1535) **Note to Catechist: The recipients of these sacraments grow in holiness through their service to the People of God. (1534, USCCA 263)**
7. That the reception of the Sacraments of Holy Orders and Matrimony are a response of the faithful to a particular vocation within the Church. (1534)
8. That each sacrament has signs and symbols associated with it and be able to name each of them. (1234-1235, 1293-1296, 1333, 1449, 1559, 1597, 1661-1662)
9. That the Holy Eucharist is the Body, Blood, Soul, and Divinity of Christ. It is at the center of our Catholic Faith. (1074, 1324-1325, 1374, 1413)
10. That the Eucharist, which is the Real Presence of Jesus, nourishes and strengthens us to follow Jesus. (1378-1379)
11. That Jesus, through the priest, makes present his one sacrifice at every Mass. (1382)
12. That the Mass is also a sacred banquet at which, if we are in a state of grace (i.e., free of mortal sin), we may receive the Body and Blood of Jesus. In doing so, we become more like him. (1382)
13. That anyone who desires to receive Holy Communion must be in a state of grace. Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance and Reconciliation before receiving Communion. (1415)
14. That we are to fast from food and drink for at least one hour prior to the reception of Holy Communion. (1387, CIC 919) **Note to Catechist: Water and/or medicine do not break the Eucharistic fast.**
15. That the Mass is made up of four individual parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. (GIRM 46-90)
16. That the parts of the Introductory Rites are the Entrance, the Greeting, the Penitential Act, the *Kyrie*, the *Gloria*, and the Collect. (GIRM 46) **Note to Catechist: These parts are for a “regular” Sunday Mass. Certain celebrations of the Mass may vary from this; for example, a funeral Mass does not have a Penitential Act. On Sunday Masses during Lent, the *Gloria* is omitted.**
17. That the parts of the Liturgy of the Word are the First Reading, Responsorial Psalm, Second Reading, Gospel Acclamation, Gospel, Homily, Profession of Faith, and the Universal Prayers (Prayer of the Faithful). (GIRM 55) **Note to Catechist: These parts are for a “regular” Sunday Mass. Certain celebrations of the Mass may vary from this; for example, Masses on most weekdays do not include a Second Reading or the Profession of Faith.**
18. That the parts of the Liturgy of the Eucharist are Preparation of the Altar and Gifts, Prayer over the Offerings, Eucharistic Prayer, and the Communion Rite (which includes the Lord’s Prayer and the Sign of Peace). (GIRM 72)
19. That the parts of the Concluding Rites are Greeting, Blessing, and Dismissal. (GIRM 90)
20. That the Church has liturgical seasons, be able to name them in order, understand the significance of each season, and know the colors of the seasons. (Appendix 7) **Note to**

**Catechist: Advent begins the liturgical year.**

Expressions of Faith:

- Participating at the Mass each Sunday and Holy Day of Obligation with family, singing and responding when appropriate.
- Showing reverence for the Real Presence of Jesus in the Eucharist.
- Serving in a liturgical ministry at Mass, e.g., altar server, gift bearer, etc.
- Expressing sorrow for their sins (failures to do God’s will) and praying for forgiveness.
- Participating with family in devotions at church.

Vocabulary Words:

|                    |                     |        |               |
|--------------------|---------------------|--------|---------------|
| Agnus Dei          | disposition, proper | gifts  | Lord's Prayer |
| Assumption of Mary | fast, Eucharistic   | homily | Original Sin  |
|                    |                     |        |               |

**Liturgy and Sacraments Objectives — Grade Five**

By the end of 5<sup>th</sup> grade, students will have learned:

1. The Paschal Mystery is the Passion, Death, Resurrection and Ascension of Jesus Christ, true God and true man. The Paschal Mystery is re-presented at every Mass. That is, we are present at the one, saving Paschal Mystery every time we are at Mass. (1067)
2. That a sacrament is an outward sign instituted by Christ and entrusted to the Church, by which he shares his divine life with us. This divine life is called grace. (1131)
3. That the Church celebrates the presence and actions of Christ in the Seven Sacraments. (1114-1116)
4. That the names of the Seven Sacraments are: Baptism, Confirmation, Holy Eucharist, Penance and Reconciliation, Anointing of the Sick, Matrimony, and Holy Orders (1113, 1210)
5. That the Sacraments of Initiation—Baptism, Confirmation, and the Eucharist—bring us into full membership in the Church and “lay the foundations of every Christian life.” (1212)
6. That vocation is the call of Christ to all the baptized to follow him. (897, 941)
7. That the Sacraments of Healing—Penance and Reconciliation and the Anointing of the Sick—continue Jesus’ healing and saving ministry through the power of the Holy Spirit and the Church. (1421)
8. That the Sacraments of Service—Holy Orders and Matrimony—are primarily directed toward the salvation of others and the recipients of these sacraments grow in holiness through their service to the People of God. (1534, USCCA 263)
9. That the reception of the Sacraments of Holy Orders and Matrimony are a response of the faithful to a particular vocation within the Church. (1534)
10. That the effects of Baptism are cleansing from Original Sin and all personal sin; becoming a son or daughter of God; becoming a member of the Church; becoming a temple of the Holy Spirit; and receiving the gifts of the Holy Spirit. (1241, 1263-1266)
11. That the effects of Confirmation are an increase of the gifts of the Holy Spirit and a deepening of the graces received at Baptism. The Sacrament of Confirmation also gives

- the person a special strength to witness to Christ in the world, both in word and in deed. (1303-1305)
12. That the effects of the Holy Eucharist are uniting us more deeply with Christ and his Church; nourishing us spiritually; removing venial sin; strengthening us against mortal sin; and transforming and strengthening us to love and serve one another. (1391-1398)
  13. That the effects of Penance and Reconciliation are the forgiveness of sins, reconciliation with God and the Church; strengthening of the resolve to do good and to avoid sin in the future; and the restoration of the penitent (the person) to sanctifying grace. (980, 1468-1469)
  14. That the effects of Anointing of the Sick are strengthening, consolation, and courage in the face of illness and the frailty of old age; union with Christ's suffering on the cross; spiritual healing; physical healing if it is conducive to the sick person's salvation; wiping away of sins if the person is unable to confess them; and preparation for those near death. (1520-1523)
  15. That the effects of Holy Orders are that the men who receive this sacrament are configured to Christ (made like unto Christ) so that they may serve as Christ's instruments for his Church. (1581)
  16. That in the Sacrament of Holy Orders there are three degrees of ordination: episcopate (bishop), presbyterate (priest), and diaconate (deacon). (1536, 1554) **Note to Catechist: "Pope" and "cardinal" are not degrees of ordination but are titles given to selected bishops. Similarly, "monsignor" is not a degree of ordination but a title given to selected priests.**
  17. That the effects of Matrimony are the creation of a covenantal bond between a man and a woman sealed by God himself that is irrevocable, perpetual, and exclusive; strengthening of a couple's love and unity; and receiving the grace to help each other attain holiness. (1638-1641)
  18. That the Sacraments of Service—Holy Orders and Matrimony—are sacramental vocations (states of life) to which people commit themselves permanently to build up the Church. (1583, 1640)
  19. That some of the baptized are called follow Christ by being ordained and some are called to follow Christ as lay persons. (1591) **Note to Catechist: See Appendix 9 on Vocations.**
  20. That God calls some of the baptized to a life consecrated to God and the mission of the Church by professing vows of poverty, chastity, and obedience. This is called religious life. (934) **Note to Catechist: Religious life includes sisters, nuns, priests, brothers, and monks. See Appendix 9 on Vocations.**
  21. That Baptism, Confirmation, and Holy Orders may be received only once because, through them, the Holy Spirit confers an indelible spiritual mark on the soul. (1272, 1304, 1582)
  22. That the Holy Eucharist is the Body, Blood, Soul, and Divinity of Christ. It is at the center of our Catholic Faith. (1074, 1324-1325, 1374, 1413)
  23. That the Mass is a sacrifice because it re-presents (makes present) Christ's saving and sacrificial death on the cross. (1365-1366)
  24. That the Mass is at the same time the sacrificial memorial and a sacred banquet culminating in Holy Communion. (1382)
  25. That Jesus instituted the Eucharist on Holy Thursday, "the night when he was betrayed" (1 Cor 11:23), as he celebrated the Last Supper with his apostles. (1323)
  26. That during the celebration of the Mass, bread and wine are changed into the Body and

Blood of Christ by the power of the Holy Spirit and the proclamation of Jesus' words by the priest. This is the consecration. (1353) **Note to Catechist: The words of consecration spoken by the priest are the words spoken by Jesus at the Last Supper: "This is my body which will be given up for you...This is the cup of my blood..." (1412)**

27. That by the consecration, the substance of bread and wine is changed into the substance of Christ's Body and Blood. This unique change is called transubstantiation. (1376, 1413) **Note to Catechist: Breaking down the word transubstantiation—trans meaning across, change, convert, cross over; substance meaning the substance of bread and wine becomes the substance of the Body and the Blood of Jesus—will assist in the students' understanding.**
28. That at Mass the assembly is called to actively participate by saying or singing aloud prayers, hymns, psalms, responses; by standing, sitting, kneeling, and performing gestures in union with other members of the assembly; and by making a genuine inner self-offering along with Christ to the Father. (1141, 1273)
29. That all who are properly prepared can receive Holy Communion, by which we unite ourselves with Christ so as to be transformed to witness the gospel in the world. (1074, 1384-1385)
30. That anyone who desires to receive Holy Communion must be in a state of grace. Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance and Reconciliation before receiving Communion. (1385, 1415)
31. That we are to fast from food and drink, excluding water and medicine, for at least one hour prior to the reception of Holy Communion. (1387, CIC 919)
32. That the Paschal Triduum, which is celebrated from Holy Thursday evening through Evening Prayer on Easter Sunday, is the most sacred time of the liturgical year. (1168, 1169)
33. That the liturgical year and its seasons commemorate the saving action of God. Students will have learned the significance of the Liturgical seasons of Advent, Christmas, Lent, Easter, and Ordinary Time. (1163, See Appendix 7)

Expressions of Faith:

- Participating in the Mass (praying, singing, responding) each Sunday and Holy Day of Obligation and receiving Holy Communion with reverence.
- Participating in sacramental celebrations.
- Exhibiting the proper disposition needed to receive Holy Communion.
- Serving in a liturgical ministry at Mass, e.g., altar server, gift bearer, etc.
- Participating with family in devotions at church.

Vocabulary Words:

|                       |              |                              |                           |
|-----------------------|--------------|------------------------------|---------------------------|
| absolution            | Consecration | Initiation,<br>Sacraments of | Service,<br>Sacraments of |
| Anointing of the Sick | Eucharist    | Matrimony                    | transubstantiation        |
| Baptism               | Healing,     | Ordinary Time                |                           |

|              |               |                            |  |
|--------------|---------------|----------------------------|--|
|              | Sacraments of |                            |  |
| Confirmation | Holy Orders   | Penance and Reconciliation |  |

### Liturgy and Sacraments Objectives — Grade Six

By the end of 6<sup>th</sup> grade, students will have learned:

1. That a sacrament is an outward sign instituted by Christ and entrusted to the Church, by which grace and divine life are given to us. (1131)
2. That the names of the Seven Sacraments are: Baptism, Confirmation, Eucharist, Penance and Reconciliation, Anointing of the Sick, Holy Orders, and Matrimony. (1113, 1210)
3. That Baptism, Confirmation, and the Eucharist are the Sacraments of Initiation; that Penance and Reconciliation and the Anointing of the Sick are the Sacraments of Healing; and that Holy Orders and Matrimony are the Sacraments of Service. (1212, 1421, 1534)
4. That the parts of the Mass include: the Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, and the Concluding Rites. (GIRM 46-90) **Note to Catechist: The catechist should reiterate (“re-teach”) the subsections of the parts of the Mass. See the learning objectives for Grade 4.**
5. That listening attentively to the words of Scripture and its explanation at Mass, as well as receiving the Holy Eucharist reverently helps us to become more Christ-like. (1101, 1394-1395)
6. That the Holy Eucharist is the Body, Blood, Soul, and Divinity of Christ. It is at the center of our Catholic Faith. (1074, 1324-1325, 1374, 1413)
7. The Paschal Mystery is the Passion, Death, Resurrection and Ascension of Jesus Christ, true God and true man. The Paschal Mystery is re-presented at every Mass. That is, we are present at the one, saving Paschal Mystery every time we are at Mass. (1067)
8. That the Mass is a sacrifice because it re-presents (makes present) Christ’s saving and sacrificial death on the cross. (1365-1366)
9. That the Mass is at the same time the sacrificial memorial and a sacred banquet culminating in Holy Communion. (1382)
10. That Jesus instituted the Eucharist on Holy Thursday, “the night when he was betrayed” (1 Cor 11:23), as he celebrated the Last Supper with his apostles. (1323)
11. That during the celebration of the Mass, the bread and wine are changed into the Body and Blood of Christ by the power of the Holy Spirit and the proclamation of Jesus’ words by the priest. This is the consecration. (1353) **Note to Catechist: The words of consecration spoken by the priest are the words spoken by Jesus at the Last Supper: “This is my body which will be given up for you...This is the cup of my blood...” (1412)**
12. That by the consecration, the substance of bread and wine is changed into the substance of Christ’s Body and Blood. This unique change is called transubstantiation. (1376, 1413) **Note to Catechist: Breaking down the word transubstantiation—trans meaning across, change, convert, cross over; substance meaning the substance of bread and wine becomes the substance of the Body and the Blood of Jesus—will assist in the students’ understanding.**
13. That all the members of the Church, those here on earth *and* those in heaven, are united to

- the offering of Christ in the Mass. (1370)
14. That the Eucharistic sacrifice is also offered for those in purgatory that they may enter into the glory of heaven. (1371)
  15. That at Mass the assembly is called to participate actively and reverently in the celebration of the Mass through proper gestures, verbal responses, and songs. (1141, 1273, 1348)
  16. That all who are properly prepared can receive Holy Communion, by which we unite ourselves with Christ so as to be transformed to witness the gospel in the world. (1074, 1384-1385)
  17. That anyone who desires to receive Holy Communion must be in a state of grace. Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance and Reconciliation before receiving Communion. (1385, 1415)
  18. That we are to fast from food and drink, excluding water and/or medicine, for at least one hour prior to the reception of Holy Communion. (CIC 919)
  19. That sacramentals are sacred signs, objects, actions, or blessings that help people grow in faith and holiness. The students will be able to name several sacramentals. (1668, 1677)  
**Note to Catechist: Some examples of sacramentals are rosary beads, holy water, blessed palms, and a crucifix.**
  20. That there is a difference between sacraments and sacramentals and be able to define each. (1131, 1667)
  21. That the sacramental life of the Church was prefigured in the Old Testament. The liturgy of the Church has retained and adopted many elements of worship found in the Old Covenant and Jewish faith. (1093) **Note to Catechist: Examples are readings from the Old Testament, including the singing or praying of the Psalms, and recalling the events of salvation history.**
  22. That the season of Advent helps us to recall important persons and events in Scripture before the birth of Christ. Students should know some of the symbols and people associated with Advent, e.g., Jesse tree, Advent wreath, John the Baptist, etc. (524)
  23. That at the blessing of baptismal water during the Easter Vigil, the Church remembers the great events of salvation history that pointed to Baptism: Water—Source of Life, Noah—Salvation, Red Sea—Liberation and Crossing the Jordan—New Life. (1217-1222)
  24. That the Eucharist is prefigured in the annual Jewish remembering of Passover. (1331-1335)
  25. That the ordained ministry of priesthood in the Church today is prefigured in the Old Covenant's priesthood of Aaron and the service of the Levites. (1541)
  26. That Jesus is the fulfillment of the priesthood of the Old Covenant. Jesus is the mediator between God and humanity. (1544)
  27. That the story of creation in Sacred Scripture declares that man and woman were created for each other. (1605)
  28. That Easter is the most important Christian feast. Students should know some of the symbols associated with it, e.g., the crucifix, Jesus as the Paschal Lamb, the Paschal candle, and the Easter lily. (1169)
  29. That it is a serious obligation for Catholics to attend Mass every Sunday (or Saturday vigil) and Holy Day of Obligation. (2180)
  30. The names of the Holy Days of Obligation and the dates they are celebrated. (CIC 1246)  
**Note to Catechist: The bishops of various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular**

countries. In the United States, the following is the norm:

- (a) Immaculate Conception (December 8) and Christmas (December 25) are always Holy Days of Obligation, regardless of the day of the week on which they fall;
- (b) Solemnity of Mary, Mother of God (January 1), Ascension Thursday (40 days after Easter), Assumption of Mary (August 15), and All Saints Day (November 1) are normally Holy Days of Obligation but not when they fall on a Monday or Saturday, although, attendance at Mass is always to be encouraged;
- (c) In some dioceses including the Diocese of Marquette, the celebration of Ascension Thursday is transferred to the Seventh Sunday of Easter. (2043-2180)

Expressions of Faith:

- Participating in Mass (praying, singing, responding) each Sunday and Holy Day of Obligation and receiving Holy Communion with reverence.
- Regularly participating in the Sacrament of Penance and Reconciliation with the whole family.
- Exhibiting a genuine understanding and belief in the Real Presence.
- Using sacramentals correctly.
- Serving in a liturgical ministry at Mass, e.g., altar server, gift bearer, etc.
- Participating with family in devotions at church.

Vocabulary Words:

|            |            |              |                |
|------------|------------|--------------|----------------|
| confession | Jesse tree | Paschal Lamb | sacramental(s) |
|------------|------------|--------------|----------------|

**Liturgy and Sacraments Objectives — Grade Seven**

By the end of 7<sup>th</sup> grade, students will have learned:

1. That the Holy Eucharist is the Body, Blood, Soul, and Divinity of Christ. It is at the center of our Catholic Faith. (1074, 1324-1325, 1374, 1413)
2. That at Mass the assembly is called to participate actively and reverently in the celebration of the Mass through proper gestures, responses, and songs. (1141, 1273, 1348)
3. That the Mass is made up of four individual parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. (GIRM 46-90)
4. That the parts of the Introductory Rites are the Entrance, the Greeting, the Penitential Act, the *Kyrie*, the *Gloria*, and the Collect. (GIRM 46) **Note to Catechist: These parts are for a “regular” Sunday Mass. Certain celebrations of the Mass may vary from this; for example, a funeral Mass does not have a Penitential Act. On Sunday Masses during Lent, the *Gloria* is omitted.**
5. That the parts of the Liturgy of the Word are the First Reading, Responsorial Psalm, Second Reading, Gospel Acclamation, Gospel, Homily, Profession of Faith, and the Universal Prayers (Prayer of the Faithful). (1346, 1348-1349, GIRM 55) **Note to Catechist: These parts are for a “regular” Sunday Mass. Certain celebrations of the Mass may vary from this; for example, Masses on most weekdays do not include a Second Reading or the Profession of Faith.**

6. That the Lectionary is the official book of Scripture readings, with Sunday Mass readings arranged in a three-year cycle and weekday Mass readings arranged in a two-year cycle. The Lectionary is used at Mass during the Liturgy of the Word. (1154)
7. That the parts of the Liturgy of the Eucharist are Preparation of the Altar and Gifts, Prayer over the Offerings, Eucharistic Prayer, and the Communion Rite (which includes the Lord's Prayer and the Sign of Peace). (1346, 1350-1355, GIRM 72)
8. That within the Liturgy of the Eucharist, we offer thanks and praise to the Father through, with, and in Jesus, by the power of the Holy Spirit. (1358)
9. That the parts of the Concluding Rites of the Mass are the Greeting, Blessing, and Dismissal. (GIRM 90)
10. That the Mass is a sacrifice because, through the priest celebrating the Mass, it re-presents (makes present sacramentally) Christ's saving and sacrificial death on the cross by which he redeemed us from our sins. (1365-1366)
11. That the Mass is at the same time the sacrificial memorial and a sacred banquet culminating in Holy Communion. (1382)
12. That Jesus instituted the Eucharist on Holy Thursday, "the night when he was betrayed" (1 Cor 11:23), as he celebrated the Last Supper with his apostles. (1323)
13. That during the celebration of the Mass, the bread and wine are changed into the Body and Blood of Christ, which is offered in an unbloody manner by the power of the Holy Spirit and the proclamation of Jesus' words by the priest. This is the consecration. (1353) **Note to Catechist: The words of consecration spoken by the priest are the words spoken by Jesus at the Last Supper: "This is my body which will be given up for you... This is the cup of my blood..." (1412)**
14. That by the consecration, the substance of bread and wine is changed into the substance of Christ's Body and Blood. This unique change is called transubstantiation. (1376, 1413) **Note to Catechist: Breaking down the word transubstantiation—trans meaning across, change, convert, cross over; substance meaning the substance of bread and wine becomes the substance of the Body and the Blood of Jesus—will assist in the students' understanding.**
15. That all who are properly prepared and free of mortal sin can receive Holy Communion, by which we unite ourselves with Christ so as to be transformed to witness the gospel in the world. (1074, 1384-1385)
16. That all the members of the Church, those here on earth *and* those in heaven, are united to the offering of Christ in the Mass. (1370)
17. That the Eucharistic sacrifice is also offered for those in purgatory that they may enter into the glory of heaven. (1371)
18. That anyone who desires to receive Holy Communion must be in a state of grace. Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance and Reconciliation before receiving Communion. (1385, 1415)
19. That we are to fast from food and drink for at least one hour prior to the reception of Holy Communion. (CIC 919) **Note to Catechist: Water and/or medicine do not break the Eucharistic fast.**
20. That the sacraments are sacred mysteries and that Jesus continues to care for us through the sacraments. (1076) **Note to Catechist: When we use the word "mystery" in the theological sense, i.e., sacred mysteries, we do not mean by "mystery" something that one cannot know anything about. Rather, we mean something one cannot know**

**everything about. Thus, when we speak of the sacred mysteries, there is a great deal that we can know about them. It is just that we can never completely “plumb the depths” of these mysteries.**

21. That Baptism, Confirmation, and Eucharist are the three Sacraments of Initiation; that Penance and Reconciliation and the Anointing of the Sick are the Sacraments of Healing; and that Holy Orders and Matrimony are the Sacraments of Service. (1212, 1421, 1534)
22. That the liturgical year and its seasons commemorate the saving action of God, and they will learn the significance of the liturgical seasons of Advent, Christmas, Lent, Easter and Ordinary Time. (1163, See Appendix 7 on Liturgy)
23. That the liturgical (Church) year begins with the First Sunday of Advent and ends with the Solemnity of Christ the King. (See Appendix 7 on Liturgy)
24. The names of the Holy Days of Obligation and the dates they are celebrated. (CIC 1246)  
**Note to Catechist: The bishops of various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular countries. In the United States, the following is the norm:**  
**(a) Immaculate Conception (December 8) and Christmas (December 25) are always Holy Days of Obligation, regardless of the day of the week on which they fall;**  
**(b) Solemnity of Mary, Mother of God (January 1), Ascension Thursday (40 days after Easter), Assumption of Mary (August 15), and All Saints Day (November 1) are normally Holy Days of Obligation but not when they fall on a Monday or Saturday, although, attendance at Mass is always to be encouraged;**  
**(c) In some dioceses including the Diocese of Marquette, the celebration of Ascension Thursday is transferred to the Seventh Sunday of Easter. (2043-2180)**
25. That the Mass of Christian Burial (funeral liturgy) celebrates the triumph of Christ over sin and death. The funeral rites of the Church include the funeral vigil, the funeral Mass, and the interment. They serve a twofold purpose: to pray for the soul of the deceased and to bring comfort to the living. (1680-1686)
26. That human life is changed at death but not ended, and that our bodies will rise again. (1016)

Expressions of Faith:

- Participating in Mass (praying, singing, responding) each Sunday and each Holy Day of Obligation and receiving Holy Communion with reverence.
- Accepting and performing various liturgical roles when asked.
- Regularly participating in the Sacrament of Penance and Reconciliation with family members.
- Making the liturgical seasons a real part their lives, e.g., following an appropriate penitential practice during Lent, using an Advent wreath during Advent.
- Participating with the family in Catholic devotions, e.g., Eucharistic Adoration, Stations of the Cross, etc.
- Using sacramentals correctly.

Vocabulary Words:

|              |            |              |           |
|--------------|------------|--------------|-----------|
| funeral Mass | Lectionary | Roman Missal | sacrifice |
|--------------|------------|--------------|-----------|

## Liturgy and Sacraments Objectives — Grade Eight

By the end of 8<sup>th</sup> grade, students will have learned:

1. That Jesus instituted the Eucharist, which is the Body, Blood, Soul, and Divinity of Christ and is the source and summit of Catholic life, worship, and unity. (1324-1325, 1374, 1413)
2. That the Holy Eucharist is the source of living the Christian life and that it commits us to the poor. (864, 1324, 1397)
3. That the Mass is made up of four individual parts: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. (GIRM 46-90)
4. That the Introductory Rites of the Mass are the Entrance, the Greeting, the Penitential Act, the *Kyrie*, the *Gloria*, the Collect. (GIRM 46) **Note to Catechist: The student should have a good overall understanding of the Mass and be able to name/identify each of the parts the Introductory Rites.**
5. That the Liturgy of the Word is made up of the First Reading, Responsorial Psalm, Second Reading, Gospel Acclamation, Gospel, Homily, Profession of Faith, and the Universal Prayers (Prayer of the Faithful). (1346, 1348-49, GIRM 55) **Note to Catechist: The student should have a good overall understanding of the Mass and be able to name/identify each of the parts the Liturgy of the Word.**
6. That the Lectionary is the official book of scripture readings, with Sunday readings arranged in a three-year cycle. The Lectionary is used at Mass during the Liturgy of the Word. (1154)
7. That the Liturgy of the Eucharist is made up of the Preparation of the Altar and Gifts, Prayer over the Offerings, Eucharistic Prayer, and the Communion Rite (which includes the Lord's Prayer and the Sign of Peace). (1346, 1350-1355, GIRM 72) **Note to Catechist: The student should have a good overall understanding of the Mass and be able to name/identify the parts of the Liturgy of the Eucharist.**
8. That within the Liturgy of the Eucharist we offer thanks and praise to the Father through, with, and in Jesus, by the power of the Holy Spirit. (1358)
9. That the Concluding Rites of the Mass are the Greeting, Blessing, and Dismissal. (GIRM 90) **Note to Catechist: The student should have a good overall understanding of the Mass and be able to name each of the parts of the Concluding Rites.**
10. That the Mass is a sacrifice because, through the priest celebrating the Mass, it re-presents (makes present sacramentally) Christ's saving and sacrificial death on the cross by which he redeemed us from our sins. (1365-1366)
11. That the Mass is at the same time the sacrificial memorial and a sacred banquet culminating in Holy Communion. (1382)
12. That Jesus instituted the Eucharist on Holy Thursday, "the night when he was betrayed" (1 Cor 11:23), as he celebrated the Last Supper with his apostles. (1323)
13. That during the celebration of the Mass, the bread and wine are changed into the Body and Blood of Christ which is offered in an unbloody manner by the power of the Holy Spirit and the proclamation of Jesus' words by the priest. This is the consecration. (1353) **Note to Catechist: The words of consecration spoken by the priest are the words spoken by Jesus at the Last Supper: "This is my body which will be given up for you... This is the cup of my blood..." (1412)**
14. That by the consecration, the substance of bread and wine is changed into the substance of Christ's Body and Blood. This unique change is called transubstantiation. (1376, 1413) **Note to Catechist: Breaking down the word transubstantiation—trans meaning**

**across, change, convert, cross over; substance meaning the substance of bread and wine becomes the substance of the Body and the Blood of Jesus—will assist in the students' understanding.**

15. That all who are properly prepared can receive Holy Communion, by which we unite ourselves with Christ so as to be transformed to witness the gospel in the world. (1074, 1384-1385)
16. That all the members of the Church, those here on earth and those in heaven, are united to the offering of Christ in the Mass. (1370)
17. That the Eucharistic sacrifice is also offered for those in purgatory that they may enter into the glory of heaven. (1371)
18. That anyone who desires to receive Holy Communion must be in a state of grace. Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance and Reconciliation before receiving Communion. (1385, 1415)
19. That we are to fast from food and drink for at least one hour prior to the reception of Holy Communion. (CIC 919) **Note to Catechist: Water and/or medicine do not break the Eucharistic fast.**
20. That Sunday is the Lord's Day, set aside for worship, family, and relaxation, and that Catholics have a binding obligation to attend Mass every Sunday. Knowingly and deliberately choosing to miss Mass on Sunday without a serious reason is a grave sin. (2181, 2185)
21. That Catholics have an obligation to attend Mass on certain prescribed days called Holy Days of Obligation. Students will memorize the names of the Holy Days and the dates/times on which they occur. (2180) **Note to Catechist: The bishops of various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular countries. In the United States, the following is the norm:**
  - (a) **Immaculate Conception (December 8) and Christmas (December 25) are always Holy Days of Obligation, regardless of the day of the week on which they fall;**
  - (b) **Solemnity of Mary, Mother of God (January 1), Ascension Thursday (40 days after Easter), Assumption of Mary (August 15), and All Saints Day (November 1) are normally Holy Days of Obligation but not when they fall on a Monday or Saturday, although, attendance at Mass is always to be encouraged;**
  - (c) **In some dioceses including the Diocese of Marquette, the celebration of Ascension Thursday is transferred to the Seventh Sunday of Easter. (2043-2180)**
22. That throughout history, Catholics have expressed their faith through song, drama, art, architecture, literature, and prayer. (2513)
23. That the sacraments strengthen our faith, hope, and charity (love) in order for us to participate in the mission of the Church. (1123, 1134) **Note to Catechist: It is in the Church, in communion with all the baptized that the Christian fulfills their vocation. (863, 2030)**
24. That all the baptized have a particular vocation which support the mission of the Church, to spread the Kingdom of Christ over all the earth. (863, 873) **Note to Catechist: This speaks to the universal call (vocation) of the baptized to holiness. See Appendix 9 on Vocations.**

25. That the particular vocations of the baptized include ordained ministry, married life, consecrated life, and the single life. (871-873) **Note to Catechist: See Appendix 9 on Vocations.**
26. That Baptism, Confirmation, and the Eucharist are the three Sacraments of Initiation; that Penance and Reconciliation and the Anointing of the Sick are the Sacraments of Healing; and that Holy Orders and Matrimony are the Sacraments of Service. (1212, 1421, 1534)
27. That the Rite of Christian Initiation of Adults (RCIA) is the formation process for those who wish to become members of the Roman Catholic Church. (1232) **Note to Catechist: In the United States, this process is mandatory for all those over the age of reason, including children who did not receive the sacraments at the usual time.**
28. That the Sacrament of Confirmation strengthens/completes/perfects the graces imparted by Baptism and imparts the fullness of the Spirit through the gifts of the Holy Spirit. (1285, 1303) **Note to Catechist: The gifts of the Holy Spirit are received at Baptism but become increased (fully manifested) with Confirmation.**

Expressions of Faith:

- Participating in Mass (praying, singing, responding) on Sundays and Holy Days of Obligation and receiving Holy Communion with reverence; offering themselves to God through the Mass.
- Accepting and performing various liturgical roles when asked.
- Participating regularly in the Sacrament of Penance and Reconciliation with understanding.
- Recognizing the Real Presence of Christ in the Eucharist, exhibiting proper reverence for Christ in the tabernacle.
- Discussing with family and friends the Church’s teachings on faith and morals.
- Participating with the family in Catholic devotions, e.g., Eucharistic Adoration, Stations of the Cross, etc.
- Using sacramentals correctly.

Vocabulary Words:

|      |  |  |  |
|------|--|--|--|
| RCIA |  |  |  |
|------|--|--|--|