

Policy Manual Study Guide 2015-16

St. Luke Parish



Long Valley, NJ

Rev. Michael J. Drury
Paterson Diocese
Bishop Arthur J. Serratelli
Pope Francis

Dear Parents,

Thank you for registering your children in our parish's religious education formation program. The feeling of Catholic identity starts and is best nurtured within the family. The purpose of a religious education program is to enhance what is happening in the home as you are the prime educator of your child.

Sending your children to a Catholic school or religious education classes, celebrating in weekly Mass and participating in parish activities by volunteering your time and talents in one of our many ministries will have the greatest impact on the faith formation of your child.

Cultivating our Catholic life and faith and values within your family deepens love of God and love of God deepens knowledge of God. St. Luke Parish's religious education program exists because as a parish community, we desire all that is good for our children. Their attaining what is good – intellectually, morally and spiritually – is cause for great joy! To share in their growing into the beauty and wonder of their humanity is a great privilege.

That we are soul-filled beings reveals the beauty and wonder of our humanity. And so in prayer, both personal and communal, in virtue and in love of God and neighbor, our humanity shines.

May God's love continue to shine from within you and may He give you more blessings than you can count,

Maureen Murtagh

Maureen Murtagh
Director of Religious Education

Clear policies and procedures for running the religious education program convey our care for those with whom we work and our professionalism regarding our task. Listed policies and procedures are to serve as a starting point or guide.

ATTENDANCE ~ Attendance is taken each week. The attendance record for the day is kept in the teacher's folder and returned to the office after class. This record is checked on a weekly basis. If there is a concern regarding absences a notification is sent to the parents to ensure that there is no problem. Parents are encouraged to follow up with the teacher concerning any missed lessons.

In order to achieve the maximum benefit from religious education, it is essential that class attendance is a priority. We realize that all children have a variety of other activities in which they are involved in. However, as parents, if our faith is seen as an ongoing, important part of our daily life, this will help our children find time for it in their own life.

In order for your child to receive credit for attendance they must be in class for the beginning of class and stay for the entire time. If there is a valid reason for your child to leave early, the parent must notify the religious education office – 908-876-3515.

BEHAVIOR ~ We encourage the children to take pride in the Church building and the religious education center. This is their Church home. All children are expected to treat the entire campus with respect and consideration. Parents accept financial responsibility for any damage incurred by their child.

It is very important that the short amount of time we have with your children is spent in a positive environment. For this reason, we expect positive behavior and participation. In the classroom, the teacher will handle any disruptions. If the problem continues, the child will be referred to the Religious Education Director. If further disruptions continue, the *parents will be contacted* and a meeting scheduled with the director of the program.

PUNCTUALITY ~ IT IS IMPORTANT THAT THE CHILDREN ARRIVE ON TIME EACH WEEK, STAY FOR THE ENTIRE CLASS AND BE PICKED UP PROMPTLY AFTER CLASS. For your child's safety, we ask that they not arrive more than 10 minutes before class starts. Children not picked up promptly from class can be picked up in the parish office. It is necessary to be prompt in picking up your child as there are other classes/meetings scheduled after your child's CCD class. *Please keep in mind that your child's teacher is a volunteer and they have other things planned and scheduled for their day.*

REGISTRATION ~ Registration for all sessions, including sacrament preparation, takes place in the early spring for the following fall. Registration is conducted in person only. Specific requests are handled on a first come first serve basis. Fees related to the religious education program are used for supplies, books and administrative costs. Payment is due at the time of registration. However, NO ONE will be denied religious education for financial reasons. Any information shared is kept strictly confidential.

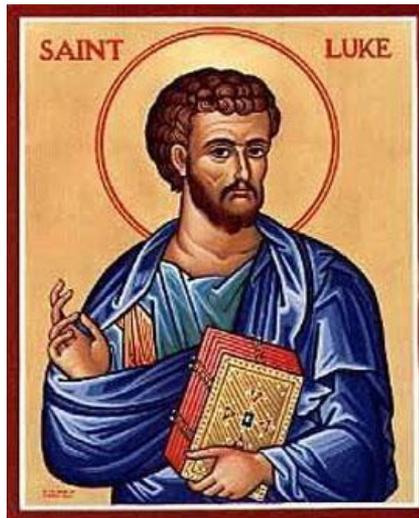
COMMUNICATION ~ We will keep you informed about the activities for our religious education program via the religious education page in the bulletin and the St. Luke website – www.stlukeparishlv.com. Click religious education on the homepage and then your specific area of interest.

EMERGENCY CANCELLATIONS ~ BEFORE arriving with your child: **1.** Call the parish office 908-876-3515 – the outgoing message will reflect a CCD cancellation. **2.** Check the parish website - www.stlukeparishlv.com – the homepage will reflect a CCD cancellation. **3.** The St. Luke Religious Education page on Facebook will also reflect a cancellation.

PARKING LOT SAFETY ~ We ask that parents of children grades K-5 park their car and walk their child to their religious education classroom. The reason for this is twofold. First and foremost is the safety of the children. Secondly, if you mistakenly bring your child on a day

when no class is scheduled, your child will not be left unattended. Please be aware of ALL the children in the parking lot, not just your own. Your total cooperation with these instructions is required in order that a safe environment will be provided for our children.

HEALTH CONCERNS AND MEDICATION ~ Teachers and staff will not dispense or administer medications to students. Health concerns should be brought to the attention of the director of the program. All information shared is kept strictly confidential.

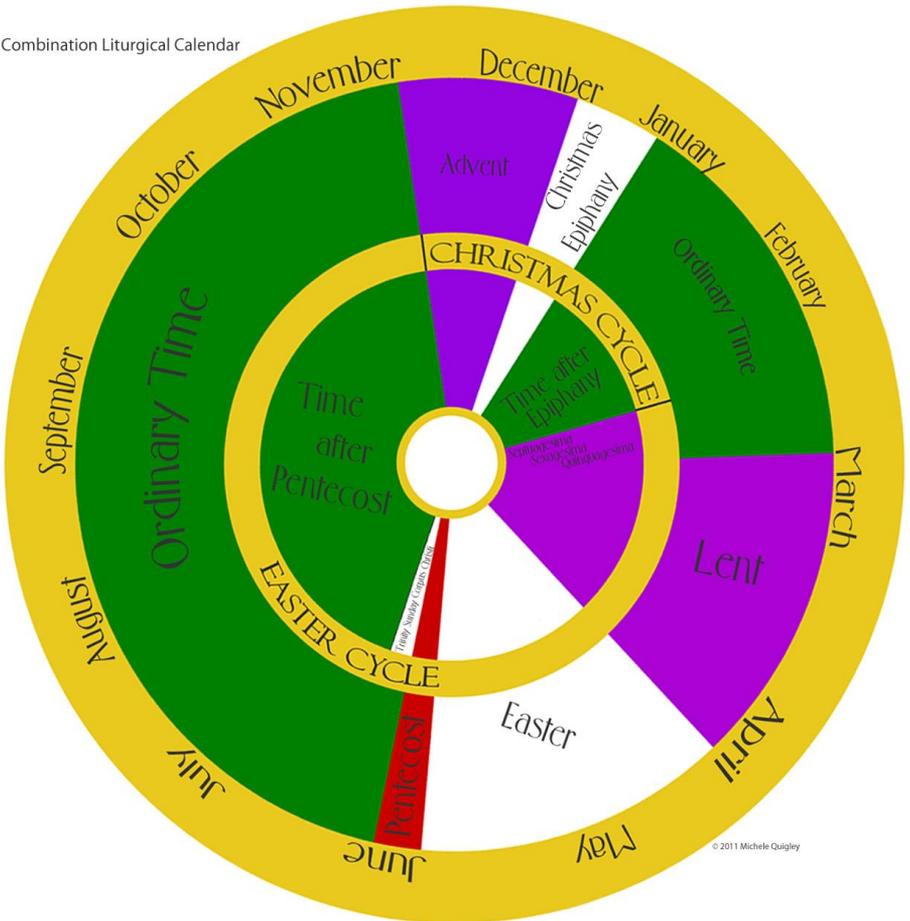


FEAST DAY ~ OCTOBER 18

STUDY GUIDE

We celebrate the Life, Death and Resurrection Of Jesus

Combination Liturgical Calendar



THE CHURCH'S LITURGICAL YEAR

Advent is the beginning of our liturgical year. The primary color for this season is purple. Purple symbolizes a time of expectation. The Advent season begins four Sundays before Christmas and ends at the Christmas Eve Mass.

Christmas is the season that we celebrate the birth of Jesus Christ. The primary colors for this season are white and gold. These colors symbolize the joy of Christ's presence with us. Christmas begins at the Christmas Eve Mass and ends on the Feast of the Baptism of the Lord.

Lent is the time of preparing ourselves for Easter. The color for this season is violet. The color violet during the season of Lent symbolizes penance and reflection. Lent begins on Ash Wednesday and ends on the Thursday of Holy Week.

The Easter Triduum are the three most important days of the Church year. The primary color for this season is white. The color white symbolizes joy. The season begins with Holy Thursday with the evening Mass of the Lord's Supper. It continues through Good Friday, Holy Saturday and it ends with Mass on Easter.

Easter is the season we celebrate the resurrection and ascension of Jesus and the coming of the Holy Spirit. White is the color of the Easter season symbolizing joy. The season begins on Easter and ends on Pentecost Sunday.

Ordinary Time is a season that the readings follow a certain pattern. Set by a specific Gospel during Mass to help us understand more about our faith and the story of salvation. The color for ordinary time is green – the color of hope. The periods of this season occur between Christmas and Lent and after Easter until Advent.

Prayer is a conversation with God, listening as well as speaking. It puts us in touch with God. God hears and answers every prayer. We say that prayer is the lifting of our minds and hearts to God. We adore Him and thank Him for all He has done for us. We ask His help for what we need. We express sorrow for having sinned against His Law of Love. The Holy Spirit prays in us and with us. When we do not know what to say, the Spirit is there to pray for us. All prayer is a gift of the Holy Spirit. Without Him we cannot even call God "Father".

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

The 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.

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.

The 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.

Grace Before Meals ~ Bless us, O Lord, and these Your gifts which we are about to receive from Your bounty, through Christ our Lord. Amen.

Grace After Meals ~ We give you thanks, Almighty God, for all your gifts which we have received, Through Christ our Lord. Amen.

Morning Prayer ~ Almighty God, we thank you for the life and light of a new day. Keep us safe today and protect us from evil. We offer ourselves this day to you through Jesus Christ your Son. May your Holy Spirit make our thoughts, words and actions pleasing in your sight.

Act of Love ~ O God, we believe that You are love and that You love us. Help us to live in love that we may live in You and You in us. Send us Your spirit of love that we may love as Jesus loved, for He has taught us that we cannot love You if we do not love one another.

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.

Nicene Creed ~ I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, Begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and 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.

Who is Jesus Christ? Jesus Christ is true God and true man; He is Savior and Redeemer. Jesus Christ is the second person of the Blessed Trinity.

The Blessed Trinity is the Mystery of the one God in three divine persons ~ Father, Son and Holy Spirit.

Incarnation means Jesus was truly God and truly human. Jesus took on flesh and became man. As a man, Jesus thought with a human mind, acted with a human will and loved with a human heart. He joined Himself with every human being except in sin. Jesus is also truly divine. He is not only the perfect man, but God's only begotten Son. All men were called to salvation by His obedience to the will and command of His Father. Out of love for His Father and love of us, He gave Himself up to death and passed through death to the glory of His Father. By His death and resurrection, Jesus redeemed mankind from the slavery of sin.

Lent begins on Ash Wednesday, is forty days before Easter and ends on the Thursday of Holy Week. During Lent, we are asked to concentrate on reforming our lives through positive acts of Christian love and through prayer and penance.

Ash Wednesday marks the beginning of Lent. The priest marks our foreheads with the sign of the cross in ashes and says, "Remember, you are dust, and to dust you will return." or "Repent and hear the Good News of the Jesus Christ." or "Turn away from sin and be faithful to the Gospel."

The Paschal Mystery is another name for Jesus' Suffering, Death, Resurrection and Ascension. Jesus' suffering and death are on Good Friday. The Resurrection is on Easter Sunday and the Ascension is 40 days after Easter. In the Eucharist, the Paschal Mystery is celebrated. We bring God to our lives symbolized in the bread and wine, the work of human hands.

TRIDUUM:

Special Events of Holy Week

Holy Thursday – Jesus celebrates the Passover meal (*The Last Supper*). Jesus institutes the sacraments of the Eucharist and the Holy Orders (priesthood) at the Last Supper which is the first Mass. The Apostles are the first priests. After supper Jesus goes to pray. He is arrested and brought before Pontius Pilate.

Good Friday – Jesus is condemned to death is crucified and dies on the cross. He is crucified (fixed to the cross). He dies, is buried and remains in the tomb until (Easter) Sunday morning.

Easter – Jesus rises from the dead. For forty days Jesus remains in the world appearing to His disciples and instructing them.

Ascension Thursday is the forty days after Jesus' resurrection and Jesus ascends (goes up) into heaven by His own power as God. The Apostles and Mary hide for ten days in the upper room (where the Last Supper was held) in fear of being arrested.

Pentecost Sunday the Holy Spirit descends on the Apostles and Mary in the upper room strengthening them with the seven gifts to go out and preach and teach the Gospel. This happens fifty days after Easter and ten days after the Ascension.

The Beatitudes ~ Jesus taught how members of God's kingdom on earth are to live. This attitude and spirit are best summarized in the Beatitudes.

- ***“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”***
Meaning: Learn to put all your trust in God rather than in material possessions.
- ***“Blessed are those who mourn, for they will be comforted.”***

Meaning: Learn not to expect perfect happiness on earth. Grow in hope and confidence that God can and will provide us with perfect happiness in His kingdom.

- ***“Blessed are the meek, for they will inherit the land.”***

Meaning: Learn that happiness does not come from self promotion and gaining control over others. It comes from treating one another with gentleness and patience.

- ***“Blessed are they who hunger and thirst for righteousness, for they will be satisfied.”***

Meaning: Learn that being upset with the injustice and evil we see around us is a result of God's grace and an invitation to strive to promote a just society.

- ***“Blessed are the merciful, for they will be shown mercy.”***

Meaning: Learn that the very foundation of God's kingdom rests on our being willing to forgive those who wrong us. Refusing to forgive and seeking vengeance only continues the cycle of hatred and violence.

- ***“Blessed are the clean of heart, for they will see God.”***

Meaning: Learn that growing in friendship with God is our single most important task on earth.

- ***“Blessed are the peacemakers, for they will be called the children of God.”***

Meaning: Learn that as children of God one of our most basic tasks is to help others forgive each other and live in peace together.

- ***“Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.”***

Meaning: Learn that we made be made fun of or insulted whenever we are truly working to do what is right to promote God's kingdom. We should be reassured that we are on the right track.

The Ten Commandments

1. I, the Lord, am your God, who brought you out of that place of slavery. You shall not have other God's besides me.
2. You shall not take the name of the LORD, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's house – nor anything else that belongs to him.

The Law of Love

The first three commandments help us to love and honor God. The Law of Love tells us, "Love the Lord, your God, with all your heart, with all your being, with all your strength and with all your mind."

The last seven commandments help us to love others as ourselves.

The two greatest commandments are:

1. You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.
2. You shall love your neighbor as yourself.

The following are expected duties of Catholic Christians and are referred to as **The Laws of the Church**

- Celebrate Christ's resurrection every Sunday and on Holy Days of Obligation by taking part in Mass and avoiding unnecessary work.
- Lead a sacramental life. Receive Holy Communion frequently as well as the sacrament of Reconciliation, regularly. We must receive Holy Communion at least once a year at Lent – Easter. We must confess within a year, if we have committed serious or mortal sin.
- Study Catholic teachings throughout life, especially in preparing for the sacraments.
- Observe the marriage laws of the Catholic Church and give religious training to one's children.
- Strengthen and support the Church; one's own parish, the worldwide Church and the Holy Father.
- Do penance, including not eating meat and fasting from food on certain days.
- Join the missionary work of the Church.

The Six Holy Days of Obligation

January 1 – The Solemnity of the Holy Mother of God

40 Days after Easter – Ascension Thursday

Jesus goes to heaven – body and soul

August 15 – The Assumption

Mary goes to heaven – body and soul

November 1 – All Saints Day

December 8 – Immaculate Conception

Mary was free from original sin from the first moment of her conception, beginning of life

December 25 – Christmas – the birth of Jesus

In living our faith, the Church suggests particular ways that we can care for one another's physical and spiritual needs. We call these ways the **Works of Mercy**.

The Corporal Works of Mercy

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

The Spiritual Works of Mercy

1. Share knowledge
2. Give advice to those who need it
3. Comfort those who suffer
4. Be patient with others
5. Forgive those who hurt you
6. Give correction to those who need it
7. Pray for others

Theological Virtues:

Faith

Hope

Love

Cardinal Virtues:

Prudence

Justice

Fortitude

Temperance

Four Marks of the Catholic Church:

One

Holy

Catholic

Apostolic

THE GIFTS OF THE HOLY SPIRIT

Piet^y (**Reverence**) – The gift of reverence helps us to see God as a most loving Father and all people as our brothers and sisters. It encourages us to praise God freely and to respect all.

Understanding – The gift of understanding leads us to beyond just knowing the beliefs of the Church. It helps us grasp the meaning of what we believe so that our Christian faith makes a difference in the way we live.

Fortitude (**Courage**) – The gift of courage helps us to be strong in our beliefs as Christians. It helps us choose what is right in spite of the hardship we might suffer for having chosen what is good.

Wisdom – The gift of wisdom helps us look upon life as a great and remarkable gift from God. It helps us judge all the events in our lives according to our belief in God.

Awe (**Wonder**) – The gift of wonder and awe in God's presence helps us respect the goodness and majesty of God. It helps us value God's plan for the workload and desire to build up the kingdom of God on earth.

Counsel (**Right Judgment**) – The gift of right judgment helps us to see the right and good things to do among the many choices we have to make every day. It helps us choose the right way to act when we have to decide.

Knowledge – The gift of knowledge helps us to be certain in our minds and hearts that God calls us to live a life of goodness and love wherever we are; at home, in school, or with friends.

SACRAMENTS

*A sacrament is an outward sign
instituted by Christ to give grace.*

These celebrations of the Church nourish our faith life and express particular activities of God in our lives. The sacraments are actions of Christ Himself. The purpose of the sacraments is to sanctify men, to build up the body of Christ, and to give worship to God. Only the sacraments of Baptism, Confirmation and Holy Orders can be received only once.

Sacraments of Initiation

Baptism is the first sacrament through which we are born of water, the outward sign, and the Holy Spirit into the life of Jesus and the Church. We become members of the Church, the Body of Christ in the world. Original sin and personal sin are removed from our soul. The words that are said when we are baptized are: "I baptize you, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

Eucharist – We celebrate the Eucharist in obedience to Jesus' instructions at the Last Supper. "Do this in memory of me." Jesus Christ by the power of the Holy Spirit enables the priest to consecrate the bread and wine into Jesus' Body and Blood. Jesus Himself, true God and true Man, is substantially present, in a mysterious way, under the appearance of bread and wine in the Blessed Sacrament. The consecrated hosts are placed in the tabernacle in the Church.

Confirmation is the sacrament through which we receive the Gift of the Holy Spirit who strengthens us to give witness to our faith in Jesus. We receive many special blessings that help us to be living witnesses to our Catholic faith. See "Gifts of the Holy Spirit." The Bishop anoints with holy oil called Chrism, and with the Laying on of Hands says, "Be sealed with the gift of the Holy Spirit."

Sacraments of Service

Holy Orders are the sacrament by which men are given special powers and are put in position of special service for the building up of the Body of Christ. Among other things, these men offer the sacrifice of the Mass and administer the sacraments of Reconciliation and the Anointing of the Sick.

Matrimony is a permanent and indissoluble sacrament. Christ raised marriage of the baptized to the dignity of a sacrament, which joins a baptized man and woman together as husband and wife in a sacred union.

Sacraments of Healing

Reconciliation is the sacrament by which Christians receive God's merciful forgiveness for sins committed after Baptism. After a sin, sincere confession of sin, true sorrow, a resolution not to sin again, we receive absolution as a means of obtaining God's pardon. In Reconciliation, Christians are also reconciled with the Church. Although perfect sorrow, or contrition, restores a sinner to grace, sacramental confession is the ordinary way for serious sinners to be reconciled with Christ and the Church.

Anointing of the Sick is the sacrament through which Jesus comforts and strengthens sick people and those who are aging. He forgives their sins and, if God wishes, helps the sick to get well again.

MARY, THE MOTHER OF GOD AND THE MOTHER OF THE CHURCH

Our Blessed Mother has a very special place in the history of salvation and in the Church. Mary, the ever virgin Mother of Jesus, occupies a place highest after Christ in the Church.



THE
FOUR
FEAST
DAYS
OF
MARY

January 1 – The Solemnity of the Holy Mother of God

On this day, we celebrate Mary's unique role as the mother of the Savior.

August 15 – The Assumption

The belief that, when the course of her earthly life had come to an end, God took the Blessed Virgin Mary, body and soul to Himself in heaven.

December 8 – The Immaculate Conception

The belief that Mary was free from original sin from the first moment of her conception, beginning of life.

December 12 – Our Lady of Guadeloupe

The Saint of the America's

CATHOLIC PRACTICES

The Rosary

A rosary has a cross, followed by one large bead and three small beads. Then there is a circle with five “decades”. Each decade consists of one large bead followed by ten small beads.

Begin the rosary with the Sign of the Cross, recite the Apostles' Creed, then pray one Our Father, three Hail Mary's and one Glory Be to the Father.

To recite each decade, say one Our Father on the large bead and ten Hail Mary's on the ten small beads. After each decade, pray the Glory Be to the Father.

The rosary is one of the most popular devotions to Jesus and Mary. The mysteries are events in the lives of Jesus and Mary. Each mystery is the subject of meditation. As we pray each decade of the rosary, we think of the appropriate Joyful, Sorrowful, Glorious Mystery or a special event in the life of Jesus and Mary.

The Five Joyful Mysteries

*To be said Monday and Thursday of Advent
and after Epiphany until Lent*

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

The Five Sorrowful Mysteries

To be said Tuesdays, Fridays and Sundays of Lent

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

The Five Glorious Mysteries

*To be said Wednesdays, Saturdays,
and Sundays after Easter until Advent*

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

The Luminous Mysteries focus on Christ's baptism, His first miracle, His preaching ministry, His transfiguration and the institution of the Eucharist.

To be said Thursdays

1. The Baptism of Jordan
2. Self manifestation at the Wedding of Cana
3. The Proclamation of the Kingdom of God with the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist as the Sacramental Expression of the Paschal Mystery

VISITS TO THE BLESSED SACRAMENT

Catholics believe that Jesus Christ is truly present in our churches in the Eucharist Bread, the Blessed Sacrament. That is why we *genuflect*, or kneel on one knee to the floor before going into the pew if the tabernacle is before us. We do not genuflect if the Blessed Sacrament is at a side chapel. We only bow to the altar. Genuflecting is a sign of our reverence for the presence of Jesus. It is common practice for Catholics to go into church at other times besides the celebration of the Mass and the sacraments to make a "visit" to the Blessed Sacrament to tell God about our needs, our hopes and our thanks.

BENEDICTION OF THE BLESSED SACRAMENT

Benediction is an ancient practice in the Church. The word "Benediction" comes from the Latin word for blessing.

At Benediction, a large Host, which was consecrated during Mass, is placed in a large holder called a monstrance so that all can see the Blessed Sacrament. The priest burns incense before the Blessed Sacrament. The incense is a sign of the adoration we offer in God's presence.

The priest then lifts the monstrance and blesses the people with the Sign of the Cross. Each person makes the Sign of the Cross and bows in reverence before the Blessed Sacrament.

Benediction is a gentle and peaceful ritual that reminds us that our God continues to bless our lives.

THE MASS

The four parts of the Mass are:

1. Introductory Rite

- Opening Song
- Greetings
- Penitential Rite
- Gloria

2. Liturgy of the Word

- First Reading – from the Old or New Testament
- Responsorial Psalm
- Second Reading – from the New Testament
- Gospel
- Homily
- Creed – Nicene or Apostles' Creed
- Prayers of Intercession

3. Liturgy of the Eucharist

- Presentation of the Gift
- Offertory
 - Prayer over the Gifts
 - Washing of the Hands
- Eucharistic Prayer
- Consecration – see Sacrament of Initiation
- Eucharist
- Lord's Prayer
- Sign of Peace
- Lamb o God

4. Concluding Rite

- Blessing
- Dismissal

PENANCE

RECONCILIATION

CONFESSION

SIN is freely choosing to do what we know to be wrong. We disobey God's law on purpose. Sin includes any action, omission, attitude or social structure through which people deliberately choose not to love God, or themselves.

Mortal Sin is a total break in our relationship with God, having full knowledge that something is very serious and wrong, and deliberately doing it.

Venial Sin is knowing and freely choosing to do something that is wrong but it is not so serious as to break your relationship with God.

Social Sin is a sin such as racism, sexism and ageism that we commit together.

Original Sin is the first sin of humanity. All of us are born into original sin and we suffer from its effects.

Personal Sin is words or actions against God's Law.

Capital Sin is greed, anger, envy, lust, pride, sloth and gluttony.

HOW TO RECEIVE THE SACRAMENT OF CONFESSION

Before receiving the sacrament:

- Spend some time quietly thinking about what you will confess. You can use the Examination of Conscience to see how you are measuring up to the Commandments.
- Say a prayer to the Holy Spirit. Ask the Holy Spirit to help you make a good Confession.
- Wait quietly until it is your turn. Be courteous to others who are waiting.

Upon receiving the sacrament:

- Make the Sign of the Cross saying “In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father it has been _____ long since my last confession and these are my sins.”
 - The priest will then talk to you – listen respectfully – and he will give you penance. *Penance* is something you are to do to make up for your sins.
 - The priest will then tell you to say the “Act of Contrition.” Say it slowly and sincerely.
 - The priest will then bless you with a prayer forgiving your sins. This is called *absolution*.
 - The priest will then say, “Your sins are forgiven, go in peace.”
 - You respond, “Amen.”
-

AN EXAMINATION OF CONSCIENCE

You can use the following questions to prepare for the Sacrament of Reconciliation. The questions are based on the Ten Commandments.

- Do my actions show that I love God?
- Do my words show that I respect God, myself and others? Do I ever use bad language?
- Do I pay attention at Mass? Do I get to know the members of God's family in my parish? Do I talk to God often in prayer?
- Do I obey my parents? Am I kind and helpful to all family members? Do I follow the rules at home and at school?
- Do I take care of my health? Do I try to avoid fighting and hurting others? Do I ask for help in handling my angry feelings?
- Do I show respect for my body and the bodies of others? Am I modest in the way I dress, speak and act? Do I avoid books, magazines and movies that are immodest?
- Do I take care of my own property? Do I show respect for the things that belong to others? Do I avoid cheating in school?
- Do I try to tell the truth at all times? Do I gossip about others or say bad things about them? Do I tease people or call them names?
- Do I show love for my family members? Am I jealous of my brothers and sisters or of my friends?
- Am I satisfied with what I have or do I always seem to want more things? Do I make sure that others have a fair share? Do I take care of the world's resources?

GLOSSARY

Abortion – Deliberate ending of a pregnancy that result in the death of the unborn.

Bishop – A priest who receives the highest degree of Holy Orders in order to lead a *diocese*.

Cardinal – One of the seventy Roman Catholic officials appointed by the Pope to his council. They elect a new Pope.

Catechumenate – The process of instructing people into the church.

Catholic – Means all people, universal.

Chrism Oil – It is blessed by the Bishop and used in the sacraments of Baptism, Confirmation and Holy Orders.

Communion of Saints – The union of believers, living and dead, who form one body in Christ.

Conception – Whe life begins.

Conscience – A person's ability to judge what is right and what is wrong.

Consecration – The part of the Eucharistic Prayer at Mass when the priest recites the words of Jesus from the Last Supper making Christ's body and blood fully and sacramentally present in the bread and wine.

Covenant – The Old Testament promise of love and partnership that God made with Moses and his people.

Diocese – A group of Parishes in one area led by a Bishop.

Diversity – An acceptance of all students, regardless of their racial or ethnic background.

Ecumenism – The movement toward unity among Christians and Christian Churches.

Magisterium – The Church's office that teaches faith and morality.

Martyr – Saints that have died for their faith.

Missionary – Catholics who share the Good News with others.

Moral Life – This includes Moral Law, God's grace and the voice of a well formed moral conscience.

Parable – A story told to teach a lesson, often with a surprising twist.

Pastor – The priest in charge of the church or congregation.

Sacramentals – Objects or actions and blessings that help us grow in holiness.

Sacrament – It is an outward sign, instituted by Christ, to give grace.

Saint – A person the Church honors because they are holy.

Sin – To freely choose to do what they know offends God.

Spirituality – Our growing, loving relationship with God.

Transubstantiation – A term used to describe the sacramental mystery by which the bread and wine become the Body and Blood of Christ while retaining the appearance of bread and wine.

Tradition – Our beliefs and practices in the Church that are passed down from one generation to the next under the guidance of the Holy Spirit.

Vatican II – The most recently held ecumenical council of the Catholic Church.

Virtue of Faith – A gift by which we believe God and all God reveals.

Jesus loves us as God loves us. This is His Commandment: LOVE ONE ANOTHER AS I HAVE LOVED YOU. As teachers, we are called to love those we teach – as Jesus loves us. We are invited to get to know those we teach and to accept them as they are – as God loves and accepts us. We, the Religious Education staff and all those working in Religious Education programs, pledge this love to our students and families.

You, as parents, are essential to the success of this parish program. The program cannot function without you. Your response of time and talent has always been overwhelming. You continue to answer the call as needed; for this, your parish, thanks you and asks for your continued support.

In Religious Education, we recognize that we can only echo what is being taught in the home. By providing a positive atmosphere for your child in which, he or she can really see, hear and feel the love that God has for each of us, we hope they will continue on their faith journey. As parents, if we can show our children in action, not just in words, what it means to follow Jesus and what it means to be Catholic Christians, maybe then we can see them follow in our footsteps and experience for themselves what God's plan is for us all

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