Catechist
2020-2021 Handbook and Planning Guide

The Mass
Teaching YOUNG CATHOLICS about the MASS

We are grateful to our collaborators at Living With Christ for their inspirational content about the parts of the Mass. Find more help for youthful Mass participation in the 2020-2021 Sunday Missal for Young Catholics at BayardFaithResources.com.

The most inspiring catechists I know always find ways to have their lessons point to the Mass — the Eucharist — whether it is through a link to the Bible, the liturgical calendar, or the parts of the Mass itself.

We who serve as catechists are privileged in this mission to not only point others to Jesus, the Lord of Love, but to help facilitate a divine encounter with him.

This new 2020-2021 Handbook and Planning Guide is a reference tool filled with many resources to support your year ahead. See the table of contents below and be sure to review this year’s special focus on the Mass, found on pages 4-6.

May we yearn to live in communion with Jesus Christ with the holy verve of St. John Vianney, who taught: “If we really understood the Mass, we would die of joy.”

Pat Gohn
Editor

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Go to Catechist.com/HandbookTemplates to download printable templates for the Lesson Plan Template, Attendance Logs, and Student Information forms.
THE INTRODUCTORY RITES
The Lord brings us together. We ask God for forgiveness. We give glory to God.

THE LITURGY OF THE WORD
We listen to the Word of God. This is the moment when we listen to several readings from the Bible. We welcome God who speaks to us.

The First Two Readings
We sit down for these readings. The first reading is usually taken from the Old Testament. The second is from a letter written by an apostle to the first Christians. Between these two readings, we pray with the RESPONSORIAL PSALM, which we do best when it is sung.

The Gospel
We stand and sing Alleluia! (except during Lent) as we prepare to listen carefully to a reading from one of the Gospels.

The Homily
We sit down to listen to the preaching of the priest, which helps us to understand and apply the Word of God in our lives.

The Creed
We have just listened to the Word of God. To respond to it, we proclaim the Creed and profess our faith.

Prayers of the Faithful
Petitions during the Prayers of the Faithful are asking for something specific. Each week at Mass, the petitions change because the needs of the world and our community change.
THE LITURGY OF THE EUCHARIST

We offer bread and wine to God. The celebration of the Lord’s Supper continues at the altar. Members of the community bring forth the bread, the wine, and the gifts collected to relieve the needs of the Church and the poor. The priest receives the gifts and then with him we bless God for the bread and wine that will become the Body and Blood of Jesus.

The Eucharistic Prayer

We give thanks to God at this moment for his Son, Jesus Christ, for life, and for all that he gives us.

The Communion Rite

When we receive Holy Communion, the Bread of Life, Jesus feeds us with his very self. When we come to toward the altar to receive, the priest or minister says: “The Body of Christ.” And we reply: “Amen.” In this holy moment we should prayerfully thank God for his love and all the graces he gives us in this sacrament.

CONCLUDING RITES

At the end of Mass, the Lord sends us forth to live the message of the Gospel.

What does the word Mass mean? The word comes from the second word in the Latin phrase that can also be used to announce the end of the celebration: *Ite missa est* — Go forth the Mass is ended.

What is Communion for the Sick? Sometimes people who are sick cannot be present at Sunday Mass. There is a special ministry in the parish that brings consecrated hosts from the Mass to the homes of sick people — that the sick may receive Communion and be assured that the rest of the community is praying for them.

What is the “mystery of faith”? Together we proclaim our belief in Christ, who was born and died for us, rose to life, and will return one day.

What does Eucharist mean? A Greek word that means “gratefulness, thanksgiving.” The Mass is also called the Eucharist.

What does “Do this in memory of me” mean? Jesus asked the disciples to remember him by reliving what he said and did during the Last Supper.
Creating a Lesson Plan

Catechists ought to be conscientious and intentional regarding lesson planning. Lesson plans are important tools and critical for our success. Lesson planning organizes our efforts, respects time constraints, and maximizes students’ learning and growth in faith. Yet the heart of our lessons ought to be grounded in our own prayerful preparation and how we will share Christ with our students. Therefore, the lesson plan contains both spiritual goals as well as learning goals. (See template on the opposite page. Photocopy it or download it at Catechist.com/LessonPlan.)

OVERVIEW OF OBJECTIVES: How will you witness to the faith in this lesson?

SPIRITUAL GOALS: What makes catechesis different from other forms of learning is that “the object of catechesis is communion with Jesus Christ.” (National Directory for Catechesis, 19B). It promotes an encounter with Christ through our beliefs, the sacraments, the moral life, and the life of prayer. “At the heart of catechesis we find, in essence, a Person, the Person of Jesus of Nazareth.” (St. John Paul II, Catechesi Tradendae, 5; also NDC, 19B).

Try preparing with these questions:
- How might I foster an encounter with Christ for my students?
- How will I/we pray?
- What is the biblical basis for this lesson?
- Is there a connection to the liturgical year or Sunday Mass?

LEARNING GOALS: This is what we want students to know, demonstrate, and/or better understand at the end of a lesson. Objectives usually are measurable in some way, and so the learning objective must be clear and specific — and kept in mind while building the remainder of the lesson plan.

RELEVANCE: This makes the faith-and-life connection, making the lesson meaningful. What students “know,” demonstrate, and/or better understand at the end of a lesson must relate to their daily lives and the way they live and celebrate their Catholic faith.

Keys to relevance:
1: Understand the developmental stage of the students in the class or group.
2: Uncover the why of the lesson that answers, “So, what?”
3: Assess whether, ultimately, this lesson solves a problem that the students might have or offers a gift for students’ lives.

PRESENTATION: How will you implement the lesson’s objectives?

INTRODUCTION: This might be a prayer, drama, piece of music, story, or activity that captures students’ attention in the first minutes of class.

CONNECTION: This is the bridge that connects the introduction with the rest of the lesson. A great introduction and great content are weakened if students don’t understand how they are connected. The connection often is a brief, one-sentence statement that helps students make associations between the two.

CONTENT: This is the body of the lesson in which new information is presented or previously presented material is reviewed — or both. Good content is strengthened with creative examples, open-ended questions, Scripture references, and details that engage students.

ACTIVITY: Depending on students’ ages, this may be a discussion, game, worksheet, skit, arts-and-crafts project, reflection, or any experience that reviews and reinforces the content.

CLOSURE: How will you wrap up the lesson in a memorable way?

FEEDBACK: This is any exercise that helps you determine how well learners have grasped the new information presented.

SENDING FORTH: This prayer, song, or celebrative moment sends students forth with joy, ready to live what they learned and experienced in class. Finally, suggest how students can put their faith into practice this week in prayer or action. Make the faith-life connection real!

REFERENCE TEXTS AND MATERIALS NEEDED: Be prepared!

Be sure to write down all your reference notes and supply needs for each aspect of the lesson plan. Arrive to class early to organize your notes and reference texts and to make sure all materials needed to present the lesson are available and/or operational. Double-check that any students’ needed supplies are on hand.
### LESSON PLAN

**DATE:**

**OVERVIEW OF OBJECTIVES:** How will I witness to the faith in this lesson?

**Spiritual goals:** How might I foster an encounter with Christ for my students?

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**How will I/we pray?**

**What is the biblical basis for this lesson?**

**Is there a connection to the liturgical year or Sunday Mass?**

**Learning goals:** What do I wish my students to learn? List 1-2 important ideas for children, 3 for older youth and adults.

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**Relevance of the content:** Why is this important?

### PRESENTATION: Implementing the Objectives


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<thead>
<tr>
<th><strong>Introduction (time: ____)</strong></th>
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<tbody>
<tr>
<td><strong>Connection:</strong></td>
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<tr>
<td><strong>Content (time: ____):</strong></td>
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<tr>
<td><strong>Activity (time: ____):</strong></td>
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**CLOSURE:** Ending the lesson well

**Feedback (time: ____):**

**Sending forth (time: ____):**

**Suggestion for putting faith into practice:**

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PERMISSION IS GRANTED TO COPY FOR YOUR LESSON-PLANNING PURPOSES.
<table>
<thead>
<tr>
<th>Date</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>26</td>
<td>17th SUNDAY IN ORDINARY TIME</td>
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<td>28</td>
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<tr>
<td>1</td>
<td>18th SUNDAY IN ORDINARY TIME</td>
<td>Mt 14:13-21</td>
<td>St John Vianney</td>
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<td>3</td>
<td>Mt 14:22-33</td>
<td>St Lawrence</td>
<td>St CLare</td>
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<td>St John Vianney</td>
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<td>9</td>
<td>19th SUNDAY IN ORDINARY TIME</td>
<td>Mt 15:21-28</td>
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<tr>
<td>10</td>
<td>Mt 16:13-20</td>
<td>St. Bartholomew, Apostle</td>
<td>St. Louis, St. Joseph Calasanz</td>
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<td>11</td>
<td>St. Clare</td>
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<td>16</td>
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<td>St. Bernard, Doctor of the Church</td>
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<td>17</td>
<td>Mt 16:13-20</td>
<td>St. Pius X, Pope</td>
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<td>18</td>
<td>The Passion of St. John the Baptist</td>
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<td>23</td>
<td>Mt 16:21-27</td>
<td>St. Augustine, Doctor of the Church</td>
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**There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us. — St. John Vianney**
<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>29 St. Martha</td>
<td>30 St. Peter Chrysologus</td>
<td>31 St. Ignatius of Loyola</td>
<td>1 St. Alphonsus Liguori, Doctor of the Church</td>
</tr>
<tr>
<td>5 The Dedication of the Basilica of St. Mary Major</td>
<td>6 The Transfiguration of the Lord</td>
<td>7 St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan</td>
<td>8 St. Dominic</td>
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<tr>
<td>19 St. John Eudes</td>
<td>20 St. Bernard, Doctor of the Church</td>
<td>21 St. Pius X, Pope</td>
<td>22 The Queenship of the Blessed Virgin Mary</td>
</tr>
<tr>
<td>26</td>
<td>27 St. Monica</td>
<td>28 St. Augustine, Doctor of the Church</td>
<td>29 The Passion of St. John the Baptist</td>
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</tbody>
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If angels could be jealous of men, they would be so for one reason: Holy Communion. — St. Maximilian Kolbe

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