

Catechist^{com}

2020-2021 Handbook
and Planning Guide

bayard

TEACHING YOUNG CATHOLICS

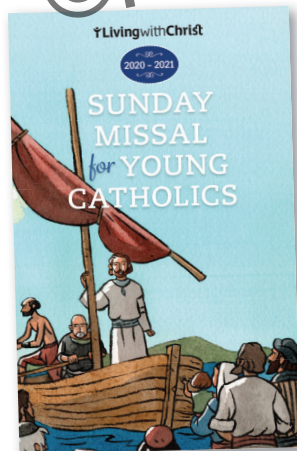
The Mass



Share the **BEAUTY** of 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.



Catechist

PfLAUM
PUBLISHING GROUP

3055 Kettering Blvd., Suite 100
Dayton, OH 45439
800-558-2292 • Catechist.com
A division of Bayard, Inc.

EDITOR: Pat Gohn

CREATIVE DIRECTOR: Ted Schluenderfritz

COVER IMAGE: Fr. Lawrence Lew, OP

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

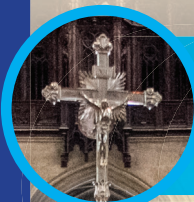


WHAT'S INSIDE

Editor's Note	3	Corporal & Spiritual Works of Mercy	11
Mass Infographics	4-6	Ten Commandments	11
Creating a Lesson Plan	8	Monthly Liturgical Calendar	12-35
Lesson Plan Template	9	Attendance Log	36-37
Common Catholic Prayers	10-11	Prayers Before a Lesson	38
Mysteries of the Rosary	11	Books of the Bible	38

Catechist.com

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.

STANDING We stand to welcome Jesus, who is present among us when we gather in his name.

Sign of the Cross → Greeting

With our right hand we make the Sign of the Cross (from our forehead to our chest, from our left shoulder to our right) and say "In the name of the Father, and of the Son, and of the Holy Spirit." This is how all Catholic prayer begins.

SINGING This is a joyful way to pray together.

GESTURES

What is the Bible? This is the holy book of all Christians. The Old Testament tells the story of the covenant God made with the Jewish people before Jesus' time. The New Testament tells the story of the covenant God made with all people through his Son, Jesus Christ.

What is the Psalm? The Psalms are prayers that are found in the Bible. They are meant to be sung.

Why do we say "Alleluia"? This Hebrew word means "May God be praised and thanked."

What is the Gospel? The word "gospel" means "good news." Jesus himself is the Good News who lives with us. The first four books of the New Testament are called "Gospels." They transmit the good news to us.

THE SIGN OF THE CROSS that we make on our **FOREHEAD, LIPS, and HEART** This sign means that we want to make the Gospel so much a part of our life that we can proclaim it to all around us with all our being.

Penitential Rite

To prepare for Mass, we speak to God and we recognize that we have done wrong. We ask forgiveness for our sins. God, who knows and loves us, forgives us.



Gloria

We recognize God's greatness when we say "Glory to God." This prayer begins with the hymn the angels sang when they announced Jesus' birth to the shepherds.

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.

KISSING THE BOOK OF THE GOSPELS When the priest does this, he says in a low voice: "Through the words of the Gospel may our sins be wiped away."

Why do we celebrate Mass on Sunday? Jesus rose from the dead on Sunday, the day after the Sabbath. This is why Christians gather on that day. Over time, people started to call it "the Lord's day."

Why do we celebrate Mass in a church? Churches are built specially for Christians to gather in. If needed, Mass can be celebrated in other places such as a home, a school, a plaza, a jail, a hospital, or a park.

Why do we need a priest to celebrate Mass? We believe that Jesus is present in the person of the priest when Christians gather for the Mass. He presides over the celebration of the Lord's supper in the name of Jesus Christ.



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.



Offertory

Members of the community offer the bread, the wine, and the gifts for the Church and for those in need.

KNEELING This is a common way to show respect and to worship.

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.

EXTENDING THE HANDS When the priest extends his hands, he calls upon the Holy Spirit to consecrate the bread and wine, so that they become for us the Body and Blood of Christ.

RAISING (or elevating) THE EUCHARIST The priest lifts the consecrated bread and then the chalice, so that the community may see and respectfully adore the Body and Blood of Christ.

RECEIVING COMMUNION The faithful receive and eat the host that is the Body of Christ and, sometimes, receive and drink from a chalice containing the Blood of Christ.

PROCESSION WITH THE BREAD AND THE WINE

With this gesture we present to God the fruit of our work and we give thanks for the gift of life that comes from God.

WASHING OF HANDS

Before saying the most important prayer of the Mass, the priest washes his hands and asks God to wash away his sins.

DROPS OF WATER IN THE WINE With this sign, the priest prays that our life be united with God's life.

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.

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.

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.

CONCLUDING RITES

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

A final blessing from the priest

We are blessed in the name of the Father, and of the Son, and of the Holy Spirit.

BLESSING The priest makes the Sign of the Cross over the people in church. With this blessing we are sent out with the strength of God to live a life of love and service to others.

A dismissal

The priest's words encourage us to go forth from the church to live out our faith among all the people we meet during the week. He may use words like this: "Go in peace, glorifying the Lord by your life."

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?* _____

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.*

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

PRESENTATION: *Implementing the Objectives*

Introduction (time: _____): _____

Connection: _____

Content (time: _____): _____

Activity (time: _____): _____

CLOSURE: *Ending the lesson well*

Feedback (time: _____): _____

Sending forth (time: _____): _____

Suggestion for putting faith into practice: _____

Reference texts/Materials needed:

(Bible? Textbook? Prayers? Catechism? Supplies? A/V? Technology? Announcements?)

AUGUST 2020		SUNDAY	MONDAY	TUESDAY
26 17th SUNDAY IN ORDINARY TIME		27	28	
<p><i>“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.” — St. John Vianney</i></p>				
2 18th SUNDAY IN ORDINARY TIME Mt 14:13-21  <i>How is this miracle a foreshadowing of the Eucharist?</i>		3	4 St. John Vianney	
9 19th SUNDAY IN ORDINARY TIME Mt 14:22-33  <i>What might Jesus be asking of you today?</i>		10 St. Lawrence	11 St. Clare	
16 20th SUNDAY IN ORDINARY TIME Mt 15:21-28  <i>What request do you bring before Jesus in faith?</i>		17	18	
23 21st SUNDAY IN ORDINARY TIME Mt 16:13-20  <i>Who do you say that Jesus is?</i>		24 St. Bartholomew, Apostle	25 St. Louis, St. Joseph Calasanz	
30 22nd SUNDAY IN ORDINARY TIME Mt 16:21-27  <i>How can you help your students name their crosses, take up their crosses, and follow Jesus?</i>		31	1	

WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
29 St. Martha		30 St. Peter Chrysologus		31 St. Ignatius of Loyola		1 St. Alphonsus Liguori, Doctor of the Church	
5 The Dedication of the Basilica of St. Mary Major		6 The Transfiguration of the Lord		7 St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan		8 St. Dominic	
12 St. Jane Frances de Chantal		13 St. Pontian, Pope, and St. Hippolytus		14 St. Maximilian Kolbe		15 THE ASSUMPTION OF THE BLESSED VIRGIN MARY Lk 1:39-56	
19 St. John Eudes		20 St. Bernard, Doctor of the Church		21 St. Pius X, Pope		22 The Queenship of the Blessed Virgin Mary	
26		27 St. Monica		28 St. Augustine, Doctor of the Church		29 The Passion of St. John the Baptist	
2		3 St. Gregory the Great, Pope and Doctor of the Church		4		5	

If angels could be jealous of men, they would be so for one reason: Holy Communion. — St. Maximilian Kolbe