

29 22nd SUNDAY IN ORDINARY TIME Mk 7:1-8, 14-15, 21-23

30

31

1

2

3 St. Gregory the Great, Pope and Doctor of the Church

4

Let us too become like poets of prayer: let us develop a taste for finding our own words... The prayer of grandparents and of the elderly is a great gift for the Church, it is a treasure! —Pope Francis (3.11.2015)

5 23rd SUNDAY IN ORDINARY TIME
How can you use your voice to tell others about Jesus?

Mk 7:31-37 

6

7

8 The Nativity of the Blessed Virgin Mary

9 St. Peter Claver

10

11

12 24th SUNDAY IN ORDINARY TIME
What does Jesus mean when he says we must take up our cross and follow him?

Mk 8:27-35 

13 St. John Chrysostom, Bishop

14 The Exaltation of the Holy Cross

15 Our Lady of Sorrows

16 Sts. Cornelius, Pope, and Cyprian, Martyrs

17 St. Robert Bellarmine, Doctor of the Church

18

19 25th SUNDAY IN ORDINARY TIME
How can you serve others and help them with the difficulties they are experiencing?

Mk 9:30-37 

20 St. Andrew Kim Tae-gon, St. Paul Chong Ha-sang, and Companions

21 St. Matthew, Apostle and Evangelist

22

23 St. Pius of Pietrelcina

24

25

26 26th SUNDAY IN ORDINARY TIME Mk 9:38-43, 45, 47-48
How does your parish priest bring Jesus to you?
How can you bring Jesus to others?



27 St. Vincent de Paul

28 St. Wenceslaus, Martyr, St. Lawrence Ruiz and Companions, Martyrs

29 Sts. Michael, Gabriel, and Raphael, Archangels

30 St. Jerome, Doctor of the Church

1 St. Thérèse of the Child Jesus, Doctor of the Church

2 The Holy Guardian Angels

We can observe the Fourth Commandment by loving visits to our aging grandparents. —Pope Francis (5.26.2015)

Common Catholic Prayers

OUR FATHER

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

THE APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth. And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day he arose again from the dead; he ascended into heaven, and sits at the right hand of God, the Father almighty, from thence he shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer them. Amen.

GLORY BE

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.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Amen.

ANIMA CHRISTI

Soul of Christ, be my sanctification. Body of Christ, be my salvation. Blood of Christ, fill all my veins. Water of Christ's side, wash out my stains. Passion of Christ, my comfort be. O good *Jesu*, listen to me. In thy wounds I fain to hide, N'er to be parted from thy side, Guard me, should the foe assail me. Call me when my life shall fail me. Bid me come to thee above, With thy saints to sing thy love, World without end. Amen.



THE ANGELUS

- ☩ The Angel of the Lord declared unto Mary.
- ℟ And she conceived by the Holy Spirit. (Hail Mary...)
- ☩ Behold the handmaid of the Lord.
- ℟ Be it done unto me according to thy word. (Hail Mary...)
- ☩ And the Word was made flesh.
- ℟ And dwelt among us. (Hail Mary...)
- ☩ Pray for us, O holy Mother of God.
- ℟ That we may be made worthy of the promises of Christ.

LET US PRAY: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

PRAYER TO SAINT MICHAEL, THE ARCHANGEL

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray. And do thou, O Prince of the Heavenly Host, by the Power of God, thrust into hell Satan and all evil spirits who wander the earth seeking the ruin of souls. Amen.

GRACE BEFORE MEALS

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.

GRACE AFTER MEALS

We give thee thanks, for all thy benefits, Almighty God, who live and reign for ever. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended thee, and

I detest all my sins because of thy just punishments, but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more and to avoid the near occasion of sin. Amen.

PRAYER TO ONE'S GUARDIAN ANGEL

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

Mysteries of the Rosary

THE JOYFUL MYSTERIES

Traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

- The Annunciation
- The Visitation
- The Nativity
- The Presentation in the Temple
- The Finding in the Temple

THE LUMINOUS MYSTERIES

Traditionally prayed on Thursdays:

- The Baptism of Christ in the Jordan
- The Wedding Feast at Cana
- Jesus' Proclamation of the Coming of the Kingdom of God
- The Transfiguration
- The Institution of the Eucharist

THE SORROWFUL MYSTERIES

Traditionally prayed on Tuesdays, Fridays, and, during the season of Lent, on Sundays:

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death

THE GLORIOUS MYSTERIES

Traditionally prayed on Wednesdays and, outside the seasons of Advent and Lent, on Sundays:

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of Mary
- The Coronation of Mary

+The Works of Mercy

THE CORPORAL WORKS OF MERCY

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Visit the imprisoned.
- Shelter the homeless.
- Visit the sick.
- Bury the dead.

THE SPIRITUAL WORKS OF MERCY

- Convert the sinner.
- Instruct the ignorant.
- Counsel the doubtful.
- Comfort the sorrowful.
- Bear wrongs patiently.
- Forgive all injuries.
- Pray for the living and the dead.



The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods. Feed the hungry.

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?)