



Dear Candidate for Confirmation,

Welcome to what I hope and pray will be an exciting “Journey of Discovery!” You are profoundly loved by Jesus Christ and it is Christ who has invited you to love Him more deeply. We do so by committing ourselves to live as His disciples. In preparing for Confirmation you are challenged to reflect on what living as a confirmed disciple means.

Preparation for the sacrament of Confirmation began at your Baptism. Through Baptism, you were welcomed into a faith community and called to live as Christ’s disciple by dying to self and rising to new life in Christ. At the sacrament of Confirmation, you will have the opportunity to complete your initiation into Christ’s Church and receive the Gifts of the Holy Spirit!

Preparing for Confirmation invites you to take a deeper look at your faith. Have some doubts? Great! Through doubt come questions, the search for answers and a deeper discovery of Christ’s love. Come learn how you can make a difference in the world as a member of the Catholic Church!

Confirmation is the celebration of the Church community. By being confirmed you demonstrate a personal decision to be fully initiated into the Catholic Church and to live as a Catholic according to the promises made at Baptism. You couldn’t speak then; now, you can!

This sacrament also celebrates your decision to continue in your journey of faith. This journey never ends. God is eternal and so is faith. Christ offers all believers the gift of faith to be His disciple. Preparation for Confirmation invites the candidates to accept this gift.


I sincerely hope that our Lord will touch you deeply this year. I challenge you to grow in your Catholic faith and to learn to live as disciples of Christ, anointed by the Holy Spirit. Welcome to the journey!

Deacon Dez Martinez
Director of Youth Ministry

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GUIDELINES & PROCEDURES

This is a description of the preparation for youth in the 11th or 12th grade who wish to participate in the sacrament of Confirmation at St. Elizabeth Ann Seton:

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1. The preparation is for families with high school teens in grade 11 or 12, who are registered for and attend faith formation at Saint Elizabeth's or faith formation at another parish if they are new to Saint Elizabeth's, for one full year immediately preceding the year of entry into Confirmation preparation.
 2. Commitment and involvement are expected just as for any school or sport activity. Exceptions and adaptations can be made, and all exceptions are to be considered by Deacon Dez Martinez, Director of Youth Ministry.
 3. Families of Confirmation candidates are encouraged to attend a weekend Mass together on a regular basis.
 4. Confirmation candidates are invited and expected to participate in the weekly Confirmation classes on Sundays.
 5. Parental involvement is integral to each Confirmation gathering; therefore, parents are highly encouraged to participate in this process.
 6. Candidates are required to participate in one weekend Confirmation Retreat during their preparation year.
 7. Candidates choose a sponsor by **October 24th, 2010**, who will journey alongside of them. Please review Page 5 for specific information regarding the requirements and the role of sponsors.
 8. Each candidate researches and answers the Confirmation questions with the help of his or her **parents** and **sponsor**. **Answers due by March 27, 2011.**
 9. Each candidate must accomplish **15** service hours. Examples of service projects are listed on page 9 of this handbook. This service should involve reaching out to help others and, ideally, be faith-related. Service hours must be completed by **April 10, 2011.**
 10. Each candidate must write a brief letter to Archbishop Schwietz before receiving the sacrament of Confirmation as explained on page 24 of this handbook. Letters are **due by no later than April 10, 2011.**
 11. Candidates are to actually have fun, and grow in awareness of Christ's love!

CONFIRMATION SCHEDULE

*All Confirmation Classes will be Sundays from 10:00-11:15am unless otherwise noted.

August 2010

29 Confirmation Orientation for Parents and Candidates

September 2010

12 Confirmation Class 1

19 Confirmation Class 2

26 Confirmation Class 3

October 2010

10 Confirmation Class 4

15-17 High School "Fall" Retreat

17 No Class

25 Confirmation Class 5 * Sponsor and Confirmation St. Name selected by this date!

November 2010

7 Community Sunday—Opportunity to Earn Service Hours

14 Confirmation Class 6

19-21 Confirmation Retreat

28 No Class—Thanksgiving Break

December 2010

5 Confirmation Community Sunday—**Mandatory** for all **Confirmandi**

12 Confirmation Class 7

19 No Class—Christmas Break

26 No Class—Christmas Break

January 2011

3 No Class—Winter Break

9 Confirmation Class 8

16 Confirmation Class 9

23 Confirmation Class 10

30 Confirmation Class 11

February 2011

- 6 Community Sunday—Opportunity to Earn Service Hours
- 13 No Class: Deacon Dez on Retreat w/Jr. High
- 20 Confirmation Class 12
- 27 Confirmation Class 13

March 2011

- 6 No Class
- 13 No Class: Spring Break
- 20 Confirmation Class 14
- 27 Confirmation Class 15

*Sponsor Letters due to Deacon Dez

*Questions Due to Deacon Dez

April 2011

- 3 Confirmation Class 16
- *Letters to the Archbishop due to Deacon Dez
- *Community Service Hours due to Deacon Dez
- 10 Confirmation Class 17
- 17 Confirmation Class 18: Reconciliation

May 2011

- 1 Confirmation Rehearsal: 10:00-11:15am in Main Sanctuary (Sponsor must Attend!)
- 5 Confirmation Ceremony: 7pm in Church.

June 2011 6-9 Alaska Catholic Youth Conference

I highly encourage each one of you to consider attending, participating and helping to promote this wonderful event that brings together over 200 Catholic Youth from around our great State of Alaska. You will not be disappointed.

Sponsor Guidelines & Responsibilities

A Confirmation Sponsor IS:

- The person who welcomes the candidate on the behalf of the Catholic Community that calls and invites her people to a life of Christian discipleship
- Ideally the Baptismal Sponsor of the candidate
- **An *active and practicing* Catholic** over the age of eighteen years who has received the sacraments of initiation; Baptism, Confirmation and Holy Communion.
- Willing to participate during the Confirmation process by attending designated meetings and weekly Mass
- A source of knowledge and wisdom
- Someone who listens
- Someone who offers guidance and provides direction
- Prayerful and caring.
- Comfortable sharing their faith with others
- Someone who helps the candidate identify and pursue his or her dreams
- An advocate for the young Church
- Someone who provides correction when needed
- Willing to help the candidate complete a service project and answer the Confirmation questions
- Willing to write a letter to Deacon Dez Martinez by MARCH 27, 2011 that briefly describes the interaction that takes place between the sponsor and candidate and recommends the candidate for the sacrament of Confirmation.

A Sponsor is NOT:

- the parent of the candidate.
- a peer of the candidate.

Candidates must choose a sponsor October 24, 2010. Each candidate and sponsor need to develop their own schedule of meetings to answer the confirmation questions. Candidates and sponsors may want to consider forming small groups with other candidates and sponsors that meet regularly.

Sponsor & Candidate Meetings Record & Journal

Candidate's Name: _____

Directions: Sponsors, in the space provided, keep a record of the monthly gatherings that take place between you and your candidate, including the date, time, and location of each meeting. Also write a sentence or two that describes what took place at each gathering.

Return this completed form in addition to your letter to Deacon Dez Martinez by March 27, 2011. Please use more paper as needed.

Service Project Guidelines

The service project:

- enables each Confirmation candidate to identify personal gifts and use them for the benefit of the others within the life of their faith community.
- helps Confirmation candidates recognize their giftedness as being a sign and an extension of the ministry of Christ in the world.
- allows the candidate and sponsor relationship to grow through working together.
- helps the Confirmation candidate identify the needs and concerns in the world.
- is separate from projects that are school or club related.

Here are some ideas for service projects with the St. Elizabeth Ann Seton Community:

- volunteering as a member of the Junior High Retreat (February 12-13, 2011).
- helping at the St. Elizabeth Ann Seton School Auction.
Contact the School for more information.
- helping with the School's annual Spaghetti Dinner.
- helping at the St. Elizabeth Ann Seton Pancake Breakfasts that take place on the first Sunday each month after the 8:30AM and 11:30AM Masses.
- volunteering in the parish office after school, on Sundays, or during the holidays by calling 345-4466. Tasks include typing, copying, cleaning, painting, and such.
- serving as a teen catechist during the 11:30AM Mass, for Pre-school and Kindergarten Children.
- volunteering for a liturgical ministry such as altar server, lector, hospitality minister, etc.
- volunteering in the St. Elizabeth Ann Seton nursery during the weekend Mass celebrations.
- helping with the variety of Habitat for Humanity fundraisers and projects at St. Elizabeth Ann Seton that take place during the winter months.
- serving as a member of the Pastoral Council, Stewardship Committee, Social Committee, Arts & Environment.

15 hours minimum service is an appropriate goal for each Confirmation candidate.

Please use your best judgment in developing a project and completing it. This is to be a positive experience that helps you put your faith into action.

Look for an area that supports your gifts.

SERVICE PROJECT RECORD & JOURNAL

Candidate's Name: _____

Directions: Candidates, in the space below, provide a brief description of your service project. Please state: (1) what your project is; (2) On a separate sheet... its importance; and (3) how it relates to your faith. Please return this to Deacon Dez Martinez by April 10, 2011.

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

Service Project Name: _____ Total Hours Served: _____

Supervised By: _____

THE CONFIRMATION QUESTIONS

Directions: These are questions about the Catholic faith that confirmed Catholics should be able to find the answer for and briefly discuss. Some of the answers can be found in the Catechism of the Catholic Church (CCC), online, and the Bible. Some answers can only be found by asking the right people. Candidates are encouraged to have their family members and sponsors help find the answers. Please answer the questions completely. **Do not guess what the answers are.** Work to become an informed and educated Catholic disciple who can clearly express his or her faith.

Please return these questions with your answers before March 27, 2011.

1. What are some of the core Catholic beliefs?
2. Why did God create me? Do I have a purpose?
3. How can there be three Persons in one God?
4. Why is the Pope the head of the whole Roman Catholic Church?
5. Does the Pope's infallibility mean he cannot make a mistake?
6. How do I know that Jesus is both man and God?

7. The Apostles' Creed is a statement of the beliefs taught by the Apostles and held by the early Church.

The Nicene Creed is a statement of Christian beliefs developed by two ecumenical Church Councils (in AD 325 and 381).

Look up these two creeds.

What additions to the Apostles' Creed do you find in the Nicene Creed?

8. Faith seeks understanding, which means it is okay to have questions and doubts about God and the Church! What are some things about God and the Catholic Church you would like to better understand?

9. Define the following terms:

Faith~

Religion~

Denominations~

Ecumenism~

Salvation~

Creed~

10. What reasons do you have for believing in God?

11. How would you describe God to a friend?

12. If God is the creator of everything that is, how do you explain the existence of evil?

13. We sometimes say that God is both very close to us (immanent) and yet is also far beyond anything we can truly describe or experience (transcendent).

When does God seem close to you?

When does God seem mysterious and even confusing?

14. Define the following terms:

Atheists~

Trinity~

Monotheism~

Creator~

Original Sin~

Angels~

15. Think about times when you have felt worthless or unloved or unsure about what your purpose in life should be.

How could reminding yourself that God created you in his image and likeness—that in God's eyes you have infinite value—make a difference?

16. How are you tempted to make bad choices?

17. When do you feel like Saint Paul: “I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do” (Romans 7:18–19)?

18. Define the following terms:

Soul-

Stewardship-

The Fall-

Concupiscence-

19. When you hear the phrase “Jesus saves,” what does it mean to you?

To someone who isn't a believer, how would you describe what it means?

20. Some titles that have been used for Jesus are; Emmanuel (see Matthew 1:23), Suffering Servant (see Isaiah 53:11), the Alpha and the Omega (see Revelation 1:8), and the Good Shepherd (see John 10:11).

What other names have been associated to Jesus?

21. Compare the two versions of the Beatitudes in the Bible, found in Matthew 5:3–12 and Luke 6:20–26.

How are they the same?

How are they different?

What do you think the sacred author of each version was trying to emphasize?

22. Define the following terms:

Canon~

Incarnation~

Theotokos~

23. Why do Catholics confess sins to a priest?

24. What happens to unbaptized people when they die? Do they go to hell?

25. What Is "Liturgy"?

26. Define The Following Terms:

• Advent

Christmas

• Ordinary Time

• Lent

• Holy Week

• Triduum

• Easter

27. In your various experiences of the Church's worship, what symbol or ritual means the most to you? Why?

28. • What sacramentals do you have in your home?

29. How is Baptism celebrated at St. Elizabeth's?

30. What are you doing to prepare for Confirmation?

31. Think about the sacramental symbol of being anointed with sacred Chrism.
What does this action mean to you?

How does it connect you to God's plan of salvation?

32. Which gifts could you ask the Holy Spirit to give you in greater abundance?

33. Define the Following Terms:

Paschal Lamb~

The Eucharist~

Consecration~

Transubstantiation~

34. What could you do to better prepare yourself for the Eucharist?

35. Think about the last time you received the Sacrament of Penance and Reconciliation.
What did it feel like to tell your sins to the priest and receive absolution?

36. How often do you go to confession? (For Reflection Only. No need to write.)

What stops you from going more often?

What would be the benefits of doing so?

37. An Act of Contrition is a prayer that contains these three elements:

- (1) an expression of sorrow for your sins,
- (2) a promise to make things right, and
- (3) a promise not to sin again (usually with God's help).

Write your own Act of Contrition containing these elements.

38. Think of all the different responsibilities deacons, priests, and bishops have. Which ones do you think would be the most enjoyable?

Which ones do you think would be the most difficult?

39. Think about two people you believe have a good marriage. What makes their marriage a good one?

40. Discerning Your Vocation~ What vocational choices attract you? Why?

Singles Vocation?

Married Vocation?

Religious Vocation= Sisters and Brothers?

Ordained Ministry= Priesthood or Diaconate?

41. Define the Following Terms:

Morality~

Free will~

Mortal sin ~

Venial sins~

Vices~

Virtues ~

42. What are some of the most difficult moral issues that you face?

43. Pick one of the seven deadly sins, what are some of the ways you see this type of sin being committed by people today?

Pride-Believing you are better than others, often resulting in despising or disrespecting other people.

Greed-Greediness; hoarding money and things.

Envy-Resentment that we direct at others who have some success, thing, or privilege that we want for ourselves.

Wrath-Strong anger that makes us want to seek revenge and prevents reconciliation.

Lust-Undisciplined, unchecked desire for self-enjoyment, especially of a sexual nature.

Gluttony-Excessive eating or drinking.

Sloth-Habitual laziness; failing to put forth effort and take action.

44. Though avoiding sin is important, it is even more important in Christian morality to actively do good and confront evil.

Who or what helps you in making good moral choices?

Who or what helps you have the courage to be Christ's loving and sometimes challenging presence in the world?

45. Define the Following Terms:

Social justice-

Social encyclical-

Human rights-

Human dignity-

Human solidarity-

46. Saint Elizabeth Ann Seton responded to Christ's call to use her wealth to serve poor people. How can you share what you have right now with those who have less?

47. Why is it important for us to call on our governments and businesses to act justly?

48. When do laws and rules help you to know the right way to act or be in certain situations? Which laws do you find most difficult to follow?

49. The Magisterium—the Pope and the bishops—often make statements that give guidance on moral issues and moral questions. Visit the United States Conference of Catholic Bishops' Web site and read a recent statement by the bishops on a moral issue. What do you learn?

50. How does using God's name in situations other than true prayer or adoration harm the relationship we should have with God?

51. What would have to change to make Sundays more holy for you, your family, and your friends?

52. Are you someone who finds it easy to obey your parents, or is that a challenge in your life?

What kind of expectations do your parents have of you?

53. Think of one political issue you care about: the environment, poverty, gun control, abortion, domestic violence, the death penalty.

How does your faith help inform your conscience about that issue?

54. We live in a throwaway and convenience society. We easily dispose of and replace things that are no longer useful, are worn out, or are no longer convenient.

Do you think this throw away mentality leads to a lack of respect for human life?

Why or why not?

55. This country has been involved in war in your lifetime. According to the criteria for a just war, CCC 2309, do you think these wars are morally right?

56. Pope Paul VI said, "If you want peace, work for justice."

How does injustice lead to conflict?

Can you think of examples within your own family, your community, and the world where conflict resulted from an injustice?

57. Define the Following Terms:

Cardinal virtues ~

Prudence~

Temperance~

Fortitude~

Theological virtues~

Grace~

Sanctifying grace~

58. Pick one of the Cardinal Virtues you would like to work on. Make a plan for practicing this virtue intentionally for one week. Check yourself at the end of the week to see how your plan made a difference.

59. Reflect on a time when you needed forgiveness from some one.

How hard was it to ask for forgiveness? How did you feel about being forgiven—or not forgiven? How hard is it for you to forgive others?

60. When you look at the attitudes and dispositions of the human heart that Jesus says are necessary in order to pray in faith, what simple things could you do each day to make these more a part of your life?

61. Prayer is both talking and listening to God. Many saints have said that talking is easier; listening for God's voice is more difficult.

How do you try to listen for God's voice in your life?

62. What is your favorite form of prayer?

Why do you like this form of prayer the most?

What do you express when you pray this way?

63. What is your favorite vocal prayer? What do the words mean to you?

64. How are you already using the Bible in your prayer life?

65. What are two things you can do to make your life a constant prayer?

What do you feel might be holding you back from “praying without ceasing”?

67. The Church teaches that the Lord's Prayer is a summary of all we need to live the Christian life.

Which of the petitions in the Lord's Prayer asks for something you need right now?

68. Pick one of the words or phrases from the first half of the Lord's Prayer.
What new insights do you have now about the meaning of this word or phrase?

69. How does Catholicism differ from other Christian traditions?

70. What Are the 4 Marks of the Church?

- 1.
- 2.
- 3.
- 4.

71. Did Jesus struggle and feel emotions the way we do?

If so... describe some ways that Jesus experienced "life" the way we do.

Resources & Readings of Interest

WEBSITES OF INTEREST REGARDING CATHOLIC LIVING:

www.akseas.net	www.catholicweb.com
www.archdioceseofanchorage.org	www.catholic.org
www.liturgyhours.org	www.lifeteen.org
www.vatican.va	www.natcath.com
www.catholicnews.com	www.nfcym.org
www.americancatholic.org	www.netusa.org
www.catholic.com	www.reachym.com
www.nccbuscc.org/movies	www.everythingcatholic.com

GENERAL READING FOR TEENS AND PARENTS:

We're on a Mission from God, Bonacci, Mary Beth San Francisco, CA: Ignatius Press, 1996. ISBN 0-89870-567-3

The Catechism of the Catholic Church. Washington, D.C: United States Catholic Conference. ISBN 1-57455-109-4

The Catholic Youth Bible, Winona, MN: Saint Mary's Press, 2000. ISBN 0-88489-744-3

On Being Catholic, Howard, Thomas, San Francisco: Ignatius, 1997. ISBN 0-89870-608-4

Teen Catechism, McBride, Alfred. . Huntington: Our Sunday Visitor, 1995. ISBN 0-87973-704-2

ADDITIONAL RESOURCES FOR SPONSORS:

When a Teenager Chooses You: as a Friend, Confidante, and Confirmation Sponsor, Moore, Joseph.
Cincinnati: St. Anthony Messenger Press, 1989. ISBN 0-86716-139-6

Guide for Sponsors, Lewinski, Ron Chicago: Liturgy Training Publications. ISBN 1-56854-007-8

Please note: These are helpful tools to encourage people to ask meaningful questions in regards to the Catholic faith. Not all sources will provide answers, but they challenge people to grow in faith and understanding. If you review any of these sources, you *will* grow in faith. Also, not everyone will like or agree with every source. For more information on a source that might be right for you, please contact Deacon Dez @ 345-4466, ext. 732, or dez@akseas.net.

Letter to Archbishop Schwietz
From each candidate
Requesting the Sacrament of Confirmation

Tell me about yourself:

- What is your name?
- What is your age?
- What high school grade are you in?
- Tell me about your family.
- Tell me about your relationship with Jesus Christ.
- What parish are you a member of?
- How are you an active member of your parish?

Confirmation:

- What are your reasons for requesting Confirmation?
- Who have you chosen to be your sponsor?
- In what ways has this person helped you grow as a Catholic and encouraged you to practice and live your Catholic faith?
- How have you prepared to receive this sacrament? Please be thorough in your explanation.

After Confirmation:

- By virtue of our Baptism and Confirmation, we are obligated to spread and defend our faith in Jesus Christ by what we say and by what we do as true witnesses of Jesus Christ.
- How are you putting your Catholic faith into practice right now?
- How will you put your Catholic faith into practice after you have been confirmed?

What are other questions and comments that you would like to share?

Candidates, write this personal letter to Archbishop Schwietz and place it in a sealed envelope that states on the outside: To Archbishop Schwietz, From (Your Name). **Deliver the sealed envelope to Deacon Dez Martinez by April 10, 2011.** All of the letters from the confirmation candidates at St. Elizabeth Ann Seton will then be delivered together to the Archbishop.

Catholic Prayers and Devotions

Act of Contrition

My God, I am sorry for my sins with all my heart, and I detest them.
 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.

Act of Faith

My God, I firmly believe you are one God in three Divine Persons, Father, Son, and Holy Spirit.
 I believe in Jesus Christ, your son, who became man and died for our sins, and who will come to judge the living and the dead.
 I believe these and all the truths which the Holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, trusting in your infinite goodness and promises,
 I hope to obtain pardon of my sins, the help of your grace, and
 life everlasting, through the merits of Jesus Christ, my Lord and redeemer. Amen.

Act of Love

My God, I love you above all things, with my whole heart and soul,
 because you are all-good and worthy of all my love.
 I love my neighbor as myself for love of you.
 I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

Angelus

The angel of the Lord declared unto Mary, And she conceived of the Holy Spirit.
 Hail Mary . . . Behold the handmaid of the Lord, Be it done unto me according to your 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 you, O Lord,
 your grace into our hearts that we to whom the incarnation of Christ, your Son,
 was made known by the message of the angel may,
 by his passion and cross, be brought to the glory of his resurrection, through Christ our Lord.

Apostles' Creed

I believe in God, the Father Almighty, creator of heaven and earth.
 I believe in Jesus Christ, his only son, our Lord.
 He was conceived by the power of the Holy Spirit, and born of the Virgin Mary.
 He suffered under Pontius Pilate, was crucified, died, and was buried.
 He descended to the dead.
 On the third day he rose again.
 He ascended into heaven and is seated at the right hand of the Father.
 He will come again 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 the life everlasting. Amen.

Confiteor (I Confess)

I confess to almighty God, and to you, my brothers and sisters,
 that I have sinned through my own fault in my thoughts and in my words,
 in what I have done and what I have failed to do;
 and I ask blessed Mary, ever virgin, all the angels and saints,
 and you, my brothers and sisters, to pray for me to the Lord our God.
 May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

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 will be forever. 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 these and all your gifts which we have received
 through Christ our Lord. Amen.

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.

The Lord's Prayer (also called the 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.

Memorare

Remember, O most gracious Virgin Mary, that never was it
 known that anyone who fled to your protection,
 implored your help, or sought your intercession was left unaided.
 Inspired by this confidence, we fly unto you, O virgin of virgins, our mother.
 To you do we come, before you we stand, sinful and sorrowful.
 O mother of the Word Incarnate, despise not our petitions,
 but in your mercy, hear and answer us.

Morning Prayer

Almighty God, I thank you for your past blessings.
 Today I offer myself—whatever I do, say, or think—to your loving care.
 Continue to bless me, Lord. I make this morning offering
 in union with the divine intentions of Jesus Christ who offers himself daily
 in the holy sacrifice of the Mass, and in union
 with Mary, his Virgin Mother and our Mother,
 who was always the faithful handmaid of the Lord. Amen.

Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.
 We believe in one Lord, Jesus Christ, the only Son of God eternally begotten of the Father,
 God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father.
 Through him all things were made.
 For us men and for our salvation he came down from heaven:
 By the power of the Holy Spirit he was born of the Virgin Mary, and became man.
 For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried.
 On the third day he rose again in fulfillment of 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.
 We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son.
 With the Father and the Son he is worshiped and glorified.
 He has spoken through the Prophets.
 We believe in one holy catholic and apostolic Church.
 We acknowledge one baptism for the forgiveness of sins.
 We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayer of Saint Francis

Lord, make me an instrument of your peace: where there is hatred,
 let me sow love; where there is injury, pardon; where there is doubt,
 faith; where there is despair, hope; where there is darkness, I
 light; where there is sadness, joy.
 Divine Master, grant that I may not so much seek to be consoled as to console,
 to be understood as to understand, to be loved as to love.
 For it is in giving that we receive, it is in pardoning that we are pardoned,
 it is in dying that we are born to eternal life.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful.
 Enkindle in them the fire of your love.
 Send forth your Spirit, and they will be created.
 And you will renew the face of the earth. Let us pray:
 Lord, by the light of the Holy Spirit, you have taught the hearts of the faithful.
 In the same Spirit, help us to relish what is right and always rejoice in your consolation.
 We ask this through Christ our Lord. Amen.

The Rosary

The rosary is perhaps the most popular devotion to Mary, the Mother of God. The central part of the rosary consists of the recitation of five sets of ten Hail Mary's (each set is called a decade). Each new decade begins by saying an Our Father, and each decade concludes with a Glory Be. The prayer keeps track of the prayers said by moving from one bead to the next in order. The recitation of the rosary begins with a series of prayers, said in the following order while using as a guide a small chain of beads and a crucifix.

1. the Sign of the Cross
2. the Apostles' Creed
3. one Our Father
4. three Hail Mary's
5. one Glory Be

After these introductory prayers, the recitation of the decades, as described above, begins. The saying of a five-decade rosary is connected with meditation on what are called the mysteries of the life of Jesus. These mysteries too are collected into series of five—five joyful, five sorrowful, five glorious, and five luminous mysteries (recently added by Pope John Paul II). The mysteries of the rosary are listed below. The prayer devotes one recitation of the rosary to each set of mysteries. She or he chooses which set of mysteries to meditate on while saying the decades of Hail Mary's. Therefore, the *complete* rosary consists of twenty decades. With a little practice, the regular praying of the rosary can become a source of great inspiration and consolation for the Christian.

Joyful Mysteries

The Annunciation
 The Visitation
 The Birth of Our Lord
 The Presentation of Jesus in the Temple
 The Finding of Jesus in the Temple

Sorrowful Mysteries

The Agony of Jesus in the Garden
 The Scourging at the Pillar
 The Crowning of Thorns
 The Carrying of the Cross
 The Crucifixion

Glorious Mysteries

The Resurrection of Jesus
 The Ascension of Jesus into Heaven
 The Descent of the Holy Spirit on the Apostles (Pentecost)
 The Assumption of Mary into Heaven
 The Crowning of Mary as Queen of Heaven

Luminous Mysteries

The Baptism of Jesus
 Jesus Reveals Himself in the Miracle at Cana
 Jesus Proclaims the Good News of the Kingdom of God
 The Transfiguration of Jesus
 The Institution of the Eucharist

Patron Saints and Their Causes

A

- Accountants**, Saint Matthew, September 21
- Actors**, Saint Genesius, August 25
- Addicts**, Saint Maximilian Maria Kolbe, August 14
- Advertising**, Saint Bernardino of Siena, May 20
- African Americans**, Saint Benedict the African, April 4; Saint Peter Claver, September 9; Saint Martin de Porres, November 3
- AIDS patients**, Saint Peregrine Laziosi, May 16
- Air travelers**, Saint Joseph of Cupertino, September 18
- Alcoholics**, Venerable Matt Talbot, Saint Monica, August 27
- Altar servers**, Saint John Berchmans, November 26
- Americas**, Our Lady of Guadalupe, December 12; Saint Rose of Lima, August 23
- Anesthetists**, Saint René Goupil, October 19
- Animals**, Saint Francis of Assisi, October 4
- Archaeologists**, Saint Helen, August 18
- Architects**, Saint Thomas the Apostle, July 3
- Argentina**, Saint Gabriel the Archangel, September 29; Our Lady of Luján
- Art**, Saint Catherine of Bologna, May 9
- Artists**, Saint Luke, October 18; Saint Catherine of Bologna, May 9; Blessed Fra Angelico, February 18
- Astronauts**, Saint Joseph of Cupertino, September 18
- Astronomers**, Saint Dominic, August 8
- Athletes**, Saint Sebastian, January 20
- Attorneys**, Saint Thomas More, June 22; Saint Raymond of Penyafort, January 7
- Australia**, Our Lady Help of Christians, May 24
- Authors**, Saint Francis de Sales, January 24

B

- Babies**, Saint Nicholas of Tolentino, September 10
- Bakers**, Saint Elizabeth of Hungary, November 17; Saint Nicholas of Myra, December 6
- Bankers**, Saint Matthew, September 21
- Baptism**, Saint John the Baptist, June 24
- Barbers**, Saints Cosmas and Damian, September 26; Saint Martin de Porres, November 3
- Beekeepers**, Saint Ambrose, December 7
- Beggars**, Saint Alexis, July 17; Saint Giles, September 1
- Belgium**, Saint Joseph, March 19
- Blacksmiths**, Saint Dunstan, May 19
- Blindness**, Raphael (Michael, Gabriel, and Raphael), September 29;
Saint Lucy, December 13
- Bodily ills**, Our Lady of Lourdes, February 11
- Bohemia**, Saint Wenceslaus, September 28
- Bookkeepers**, Saint Matthew, September 21
- Booksellers**, Saint John of God, March 8
- Boys**, Saint John Bosco, January 31
- Boy Scouts**, Saint George, April 23
- Brazil**, Saint Anthony of Padua, June 13; Saint Peter of Alcántara, October 22
- Breast disease, against**, Saint Agatha, February 5
- Brewers**, Saint Luke, October 18; Saint Augustine of Hippo, August 28;
Saint Nicholas of Myra, December 6
- Bricklayers**, Saint Stephen, August 16
- Brides**, Saint Nicholas of Myra, December 6
- Broadcasters**, Saint Gabriel, September 29
- Builders**, Saint Barbara, December 4; Saint Vincent Ferrer, April 5
- Businessmen**, Saint Homobonus, November 13
- Businesswomen**, Saint Margaret Clitherow, March 26
- Butchers**, Saint Anthony the Abbot, January 17; Saint Luke, October 18



Cab drivers, Saint Fiacre, August 30
Canada, Saints Ann and Joachim, July 26; Saint Joseph, March 19
Cancer patients, Saint Peregrine Laziosi, May 16
Carpenters, Saint Joseph, March 19
Catechists, Saint Charles Borromeo, November 4; Saint Robert Bellarmine, September 17;
 Saint Viator, December 14
Catechumens, Saint Charles Borromeo, November 4; Saint Robert Bellarmine, September 17
Catholic schools, Saint Thomas Aquinas, January 28
Catholic Youth, Saint Aloysius Gonzaga, June 21; Saint Maria Goretti, July 6
Charities, Saint Vincent de Paul, September 27
Childbirth, Saint Gerard Majella, October 16; Saint Raymond Nonnatus, August 31
Children, Saint Nicholas, December 6
Chile, Our Lady of Mount Carmel, July 16; Saint James the Greater, July 25
China, Saint Joseph, March 19
Choirboys, Saint Dominic Savio, March 9
Church, Saint Joseph, March 19
Civil servants, Saint Thomas More, June 22
Clergy, Saint Gabriel of Our Lady of Sorrows, September 15
Colleges, Saint Thomas Aquinas, January 28
Colombia, Saint Louis Bertrand, October 9; Saint Peter Claver, September 9
Comedians, Saint Vitus, June 15
Communication workers, Saint Gabriel, September 29
Computers, Saint Isidore of Seville, April 4
Construction workers, Saint Thomas the Apostle, July 3
Cooks, Saint Thomas the Apostle, July 3; Saint Lawrence, August 10
Court clerks, Saint Thomas More, June 22



Dairy workers, Saint Brigid of Kildare, February 1
Dancers, Saint Vitus, June 15
Deacons, Saint Stephen, December 26
Deafness, Saint Francis de Sales, January 24
Death, Saint Joseph, March 19; Saint Michael, September 29
Denmark, Saint Ansgar, February 3; Saint Canute, January 19
Dentists, Saint Apollonia, February 9
Desperate causes, Saint Jude, October 28
Difficult marriages, Saint Rita of Cascia, May 22
Disabilities, Saint Giles, September 1
Disasters, Saint Genevieve, January 3
Doctors, Saint Luke, October 18
Dogs, Saint Roch, August 16
Domestic workers, Saint Zita of Lucca, April 27
Dominican Republic, Saint Dominic, August 8
Drivers, Saint Fiacre, August 30
Drug addiction, Saint Maximilian Mary Kolbe, August 14



Earaches, Saint Polycarp, February 23
Earthquakes, Saint Francis Borgia, October 10
Ecology, Saint Francis of Assisi, October 4
Editors, Saint John Bosco, January 31
Engineers, Saint Patrick, March 17; Saint Ferdinand III, May 30
England, Saint Augustine of Canterbury, May 17; Saint George, April 23; Saint Gregory the Great, September 3
Epilepsy, Saint Dymphna, May 30; Saint Vitus, June 15; Saint Willibrord, November 7
Europe, Saint Benedict, July 11; Saint Bridget, February 1; Saint Catherine of Siena, April 29
Eye disorders, Saint Clare, August 11; Saint Lucy, December 13

F

Falsely accused, Saint Raymond Nonnatus, August 31
Farmers, Saint Isidore the Farmer, May 15
Fathers, Saint Joseph, March 19
Firefighters, Saint Florian, May 4; Saint John of God, March 8
 Patron Saints and Their Causes 401
Fishermen, Saint Andrew, November 30; Saint Peter, June 29
Florists, Saint Thérèse of Lisieux, October 1;
 Saint Rose of Lima, August 23; Saint Dorothy, February 6
Foundry workers, Saint Agatha, February 5
France, Our Lady of the Assumption, August 15;
 Saint Denis, October 9; Saint Joan of Arc, May 30
Funeral directors, Saint Joan of Arc, May 30

G

Gambling, compulsive, Saint Bernardine of Siena, May 20
Gardeners, Saint Adelard, January 2; Saint Fiacre, August 30
Germany, Saint Boniface, June 5; Saint Michael, September 29;
 Saint Peter Canisius, December 21; Saint George, April 23
Girls, Saint Agnes, January 21; Saint Maria Goretti, July 6
Grandparents, Saints Ann and Joachim, July 26
Gravediggers, Saint Anthony the Abbot, January 17
Greece, Saint Andrew, November 30; Saint Nicholas, December 6
Greetings, Saint Valentine, February 14
Grocers, Saint Michael, September 29
Grooms, Saint Louis of France, August 25; Saint Nicholas, December 6

H

Hairdressers, Saint Martin de Porres, November 3
Happy death, Saint Joseph, March 19
Headaches, Saint Teresa of Ávila, October 15
Heart patients, Saint John of God, March 8
Homeless, Saint Benedict, July 11; Joseph Labre, April 17
Horses, Saint Martin of Tours, November 11
Hospital administrators, Saint Frances Xavier Cabrini, November 13

Hospitals, Saint Camillus de Lellis, July 14; Saint John of God, March 8
Hotel keepers, Saint Amand, February 6
Housewives, Saints Ann and Joachim, July 26; Saint Martha, July 29
Hungary, Saint Gerard, September 24; Saint Stephen, August 16
Hunters, Saint Hubert, November 3; Saint Eustachius, September 20

I

Immigrants, Saint Frances Xavier Cabrini, November 13
Impossible causes, Saint Frances Xavier Cabrini, November 13; Saint Rita of Cascia, May 22;
 Saint Jude, June 19
India, Our Lady of the Assumption, August 15
Infertility, Saint Rita of Cascia, May 22; Saint Philomena, August 11
Insanity, Saint Dymphna, May 30
Internet, Saint Isidore of Seville, April 4
Invalids, Saint Roch, August 16
Ireland, Saint Brigid of Kildare, February 1; Saint Patrick, March 17; Saint Columba, June 9
Italy, Saint Francis of Assisi, October 4; Saint Bernardine of Siena, May 20;
 Saint Catherine of Siena, April 29

J

Japan, Saint Francis Xavier, December 3; Saint Peter Baptist and Companions, February 6
Jewelers, Saint Eligius, December 1
Jordan, Saint John the Baptist, February 6
Journalists, Saint Francis de Sales, January 24
Judges, Saint John of Capistrano, October 23
Juvenile delinquents, Saint Dominic Savio, March 9

K

Kidney disease, Saint Benedict, July 11
Knee problems, Saint Roch, August 16

L

Laborers, Saint Isidore the Farmer, May 15; Saint James the Greater, July 25
Latin America, Saint Rose of Lima, August 23
Lawyers, Saint Thomas More, June 22; Saint Raymond of Penyafort, January 7
Learning, Saint Ambrose, December 7
Librarians, Saint Jerome, September 30
Lithuania, Saint Casimir, March 4
Longevity, Saint Peter, June 29
Loss of parents, Saint Elizabeth Ann Seton, January 24
Lost items, Saint Anthony of Padua, June 13
Lovers, Saint Valentine, February 14

M

Married women, Saint Monica, August 27
Medical technicians, Saint Albert the Great, November 15
Mentally ill, Saint Dymphna, May 30
Merchants, Saint Francis of Assisi, October 4; Saint Nicholas, December 6
Messengers, Saint Gabriel, September 29
Metal workers, Saint Eligius, December 1
Mexico, Our Lady of Guadalupe, December 12
Midwives, Saint Raymond Nonnatus, August 31
Military members, Saint Joan of Arc, May 30
Miscarriage, prevention of, Saint Catherine of Sweden, March 24
Missionaries, Saint Francis Xavier, December 3; Saint Thérèse of Lisieux, October 1
Monks, Saint John the Baptist, June 24
Mothers, Saint Monica, August 27
Motorists, Saint Frances of Rome, March 9
Musicians, Saint Cecilia, November 22
Mystics, Saint John of the Cross, December 14



Netherlands, Saint Willibrord, *November 7*
 Neurological diseases, Saint Dymphna, *May 30*
 New Zealand, Our Lady Help of Christians, *May 24*
 Nicaragua, Saint James the Greater, *July 25*
 Nigeria, Saint Patrick, *March 17*
 North Africa, Saint Cyprian, *September 16*
 North America, Saint Isaac Jogues, *October 19*, John de Brébeuf and Companions, *October 19*
 Norway, Saint Olaf, *July 29*
 Notaries, Saint Luke, *October 18*, Saint Mark, *April 25*
 Nuns, Saint Scholastica, *February 10*, Saint Brigid of Kildare, *February 1*
 Nurses, Saint Camillus de Lellis, *July 14*; Saint John of God, *March 8*, Saint Agatha, *February 5*



Obstetricians, Saint Raymond Nonnatus, *August 31*
 Oceania, Saint Peter Chanel, *April 28*
 Orators, Saint John Chrysostom, *September 13*
 Orphans, abandoned children, Saint Jerome Emiliani, *February 8*



Painters, Saint Luke, *October 18*
 Paraguay, Our Lady of the Assumption, *August 15*
 Paralysis, Saint Osmund, *December 4*
 Parenthood, Saint Rita of Cascia, *May 22*
 Parish priests, Saint John Vianney, *August 4*
 Pawnbrokers, Saint Nicholas, *December 6*
 Penitents, Saint Mary Magdalene, *July 22*
 Perfumers, Saint Mary Magdalene, *July 22*
 Peru, Saint Joseph, *March 19*, Saint Rose of Lima, *August 23*
 Pharmacists, Saints Cosmas and Damian, *September 26*
 Philippines, Saint Rose of Lima, *August 23*

Philosophers, Saint Catherine of Alexandria, November 25;
 Saint Albert the Great, November 15
Physicians, Saint Luke, October 18; Saints Cosmas and Damian, September 26
Pilots, Saint Joseph of Cupertino, September 18; Saint Thérèse of Lisieux, October 1
Poets, Saint Columba, June 9; Saint David of Wales, March 1
Poisoning, Saint Benedict, July 11
Poland, Saint Casimir, March 4; Saint Florian, May 4; Saint Stanislaus, November 13
Police officers, Saint Michael, September 29
Politicians, public servants, Saint Thomas More, June 22
Popes, Saint Peter, June 29
Portugal, Saint George, April 23
Postal workers, Saint Gabriel, September 29
Poverty, Saint Anthony of Padua, June 13; Saint Lawrence, August 10
Preachers, Saint John Chrysostom, September 13
Pregnant women, Saints Ann and Joachim, July 26; Saint Gerard Majella, October 16;
 Saint Margaret, July 20; Saint Raymond Nonnatus, August 31
Priests, Saint John Vianney, August 4
Printers, Saint Augustine, August 28; Saint John of God, March 8
Prisoners, Saint Dismas, March 28; Saint Joseph Cafasso, June 23
Prussia, Saint Joseph Cafasso, June 23
Public relations, Saint Bernardine of Siena, May 20

R

Race relations, Saint Martin de Porres, November 3
Radio, Saint Gabriel, September 29
Radiologists, Saints Michael, Gabriel, and Raphael, September 29
Reconciliation, Saint Vincent Ferrer, April 5
Retreats, Saint Ignatius of Loyola, July 31
Rheumatism, Saint James the Greater, July 25
Robbers, danger from, Saint Leonard of Noblac, November 6
Rome, Saint Peter (Peter and Paul), June 29
Russia, Saint Andrew, November 30; Saint Basil the Great, January 2;
 Saint Casimir, March 4; Saint Nicholas, December 6; Saint Joseph, March 19

S

- Sailors**, Saint Elmo, June 2; Saint Brendan, May 16; Saint Francis of Paola, April 2
- Savings**, Saint Anthony Claret, October 24
- Scholars**, Saint Brigid of Kildare, February 1; Saint Bede the Venerable, May 25
- Schoolchildren**, Saint Benedict, July 11
- Schools**, Saint Thomas Aquinas, January 28
- Scientists**, Saint Albert the Great, November 15
- Scotland**, Saint Margaret, November 16, Saint Andrew, November 30
- Sculptors**, Saint Claude, February 15
- Secretaries**, Saint Genesius, August 25
- Seminarians**, Saint Charles Borromeo, November 4
- Serbia**, Saint Sava, January 14
- Servants**, Saint Sava, January 14; Saint Zita of Lucca, April 27
- Shepherds**, Saint Marie Bernadette Soubirous, April 16; Saint Paschal Baylon, May 17
- Sickness**, Saint John of God, March 8
- Skin diseases**, Saint Anthony the Abbot, January 17
- Slavic peoples**, Saints Cyril and Methodius, February 14
- Sobriety**, Venerable Matt Talbot, June 7
- Social justice**, Saint Joseph, March 19; Saint Martin de Porres, November 3
- Social workers**, Saint Louise de Marillac, March 15
- Soldiers**, Saint George, April 23; Saint Martin of Tours, November 11
- South Africa**, Our Lady of the Assumption, August 15
- South America**, Saint Rose of Lima, August 23
- Spain**, Saint James the Greater, July 2
- Stomach disorders**, Saints Timothy and Titus, January 26
- Students**, Saint Catherine of Alexandria, November 25; Saint Thomas Aquinas, January 28
- Surgeons**, Saints Cosmas and Damian, September 26; Saint Luke, October 18
- Sweden**, Saint Bridget of Sweden, July 23
- Switzerland**, Saint Nicholas von Flue, March 21

T

Tailors, Saint Homobonus, November 13

Tax collectors, Saint Matthew, September 21

Taxi drivers, Saint Fiacre, August 30

Teachers, Saint Gregory the Great, September 3; Saint John Baptist de La Salle, April 7

Teenagers, Saint Aloysius Gonzaga, June 21; Saint Maria Goretti, July 6

Telecommunications, Gabriel (Michael, Gabriel, and Raphael), September 29

Television, Saint Clare, August 11

Theologians, Saint Alphonsus Liguori, August 1; Saint Augustine of Hippo, August 28

Throat ailments, Saint Blase, February 3

Toothache, Saint Apollonia, February 9

Travelers, Anthony of Padua, June 13

Turkey, Saint John the Apostle, December 27

U

Undertakers, Saint Joseph of Arimathea, August 31; Saint Dismis, March 25;
Saint Nicodemus, March 17

United States, Feast of the Immaculate Conception, December 8

Universal Church, Saint Joseph, March 19

Uruguay, Saints Philip and James, May 3

V

Venereal disease, Saint Fiacre, August 30

Venezuela, Our Lady of Coromoto

Veterinarians, Saint Eligius, December 1

Vietnam, Saint Joseph, March 19

Vintners, Saint Amand, February 6

Vocations, Saint Alphonsus Liguori, August 1

W

Waiters, waitresses, Saint Martha, July 29

Wales, Saint David of Wales, March 1

Weavers, Saint Anthony Claret, October 24

West Indies, Saint Gertrude, November 16

Widows, Saint Frances of Rome, March 9; Saint Paula, January 26

Wine trade, Saint Amand, February 6; Saint Vincent of Saragossa, January 22

Women in labor, Saints Ann and Joachim, July 26; Saint Elmo, June 2

Workers, Saint Joseph, March 19

Writers, Saint Francis de Sales, January 24

Y

Youth, Saint Aloysius Gonzaga, June 21; Saint Maria Goretti, July 6;

Saint John Bosco, January 31; Saint Anthony of Padua, June 13;

Saint Nicholas, December 6; Saint Joseph, March 19; Saint Raphael, September 29

Reading the Bible: The PRIMA Process

Having an effective strategy for reading the Bible can make the difference between giving up and staying on course. We call one such method the PRIMA process.

Prima is the Latin word for “first.”

In the PRIMA process, each letter of the word stands for a step in studying the Bible, either individually or with a group:

Pray. Begin with a prayer that your time with the Bible will draw you closer to God.

Read attentively, trying to hear the words as if for the first time.

Reading the passage aloud, even if you are alone, can help with this.

Image being part of the story you just read. What would you feel, how would you react? Do you know anything about the background of the story that can help you understand what the author is trying to get across?

Meditate on what you have read. How does the message of the story fit in with the rest of the Bible’s teaching? with the Church’s teaching? What do you think God is teaching you?

Apply what you have read to your life.

God may be calling you to make a change in your life. Or you may find encouragement that you need during a difficult time. Carry God’s word into the rest of your day!

