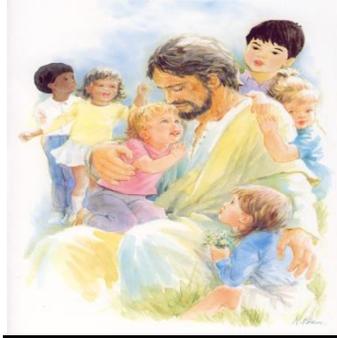


Formation Guide Lines



The following handbook has been prepared to assist you in your role as primary teacher of the Catholic faith and traditions for your children. The commissioned catechist of our faith community have pledged to do their utmost to implement your efforts at home.

Each grade level has an outline of the doctrine and prayers that should be taught. Keep in mind when a young person is developing their relationship with God they often mimic what they see around them. Also keep in mind, each child will grow differently and at their own rate. Please be patient. Remember God is in control if you allow Him. He loves our children more than we can ever imagine and will assist you in this important task.

****FOCUS** for each grade and learning objectives have been established by the Diocese of Altoona-Johnstown Education Office. The following guidelines were taken from the *Guidebook for Cathetical Faith Formation*.

Formation Themes

Pre School	God
Grade K	God and Creation
Grade 1	God and Worship
Grade 2	Community ~ Eucharist ~ Reconciliation
Grade 3	Church and Traditions
Grade 4	Christian Morality
Grade 5	Sacraments
Grade 6	Salvation History
Grade 7	Creed ~ Morality
Grade 8	Relationship: Jesus and the New Testament ~ Church History
Grade 9	Worship: Church ~ Old Testament
Grade 10	Confirmation Preparation <i>Year of Formation</i>
Grade 11	Confirmation Preparation <i>Year of Reflection</i>

Pre- School

Formation Themes

+ Profession of Faith

- * God is our Father
- * I am a Child of God
- * Jesus is my brother
- * God made the world
- * God made us, know us, and loves us
- * Jesus is God's greatest gift

+ Life of Christ

- * Begin to learn and know right from wrong

+ Celebrate the Christian Mystery

- * Learn to worship

+ Become familiar with Bible stories from the Old and New Testament

- * Creation
- * Adam & Eve
- * Abraham and Sarah
- * Moses
- * Samuel

+ Participate in Christian prayer, song and rituals

Prayers to Learn

- + Sign of the Cross

Practical Experience

Take content learned and move it to the heart in order to practice the concept as a way of life.



Grade K

Formation Theme : Creation

Focus: :

God

- * God made the world
- * God made and loves me
- * God makes all people to in his image
- * Jesus is God's greatest gift

Bible

- * The Bible is God's own book that tells of His love and care

Church

- * God gives us our families
- * God loves our families
- * We become members of God's Family at Baptism
- * The church is God's family

People

- * God makes all people good
- * Friends are special
- * God is our special friend
- * Jesus grew up in a family with parents, Mary & Joseph
- * Friends of Jesus are called Apostles

New Testament Stories:

- * Mary visits Elizabeth
- * Joseph, Mary and Jesus
- * Birth of Jesus
- * Visit from the Wise Men
- * Simeon (Presentation)
- * Finding Jesus in the Temple
- * Baptism of Jesus
- * Calling of the Apostles
- * Jesus as Teacher:
 - Sermon on the Mount, Jesus with the children
- * Jesus as Leader & Healer:
 - Healing of Blind man & of Paralytic
- * Parables:
 - Prodigal Son, Good Samaritan, Good Sheppard, Sower
- * Zacchaeus
- * Loaves & Fishes
- * Jesus enters Jerusalem
- * Last Supper
- * Resurrection



Prayer to learn

Sign of the Cross

Practical Living Experience

How do I find God in myself as well as my neighbor? Take content learned and move it to the heart to practice the concept as a way of life.

Grade One

Formation Theme : Trinity

Focus:

- * Concept of Trinity
- * God is the Creator
- * Jesus is His son and our brother
- * Holy Spirit helps us live good lives
- * Learn to pray by using words, song, silence and writing
- * Recite from memory Jesus Greatest Commandment: **"Love one another"** (*John 13:34*)
- * Understand that the church is God's family and Jesus calls all to be his followers



Prayers to learn

- * Hail Mary
- * Our Father
- * Trinity (Glory Be)
- * Sign of the Cross
- * Angel of God

Practical Living Experience

How do I find God in myself as well as my neighbor? Take the content and move it to the heart in order to practice the concept as a way of life.

Grade Two

Formation Theme:

Sacraments of Initiation

Focus : Baptism, Reconciliation & Eucharist

Sacrament: A sign of God's grace. We celebrate seven sacraments. They are celebrations where Jesus joins with the community in liturgical actions. The word sacrament means "*seal*"

Baptism: The first sacrament we celebrate. It makes us children of God and members of the church family. It takes away original sin and all personal sin. The word Baptism means "*bath*". Baptism is celebrated by pouring water on a person or placing the person in water and praying the words " I baptize you in the name of the Father, of the Son and of the Holy Spirit."

Reconciliation: The sacrament celebrates God's forgiveness of sin. It is also known as Penance. The word Reconciliation means "*coming back together*" or "*making peace*".

Eucharist: The sacrament of Jesus' presence under the form of bread and wine. The word Eucharist means "*thanksgiving*."

Two Types of Prayer

Liturgy of the Word

Liturgy of the Eucharist



Creation and Identity

- * God wants us to enjoy all of Creation and use creation to praise Him for the good of all.
- * Jesus taught us to live the law of love.
- * Jesus teaches us to love God and others and to care, share and forgive others
- * All people are children of God : good, unique and deserving of respect.
- * God intends each person to use his or her gifts to know, love and serve Him.
- * God calls each of us to love and forgive.



Prayers to learn

- * Act of Contrition
- * Prayers Before Meals
- * Prayer After Meals
- * Evening Prayers

Practice Living Experience

- * How do I find God in myself as well as my neighbor?
- * Take content learned and move it to the heart in order to practice the concept as a way of life.

Grade Three

Formation Theme: :

* *Church*

* *Traditions*

Focus: What is Church?

Church: A community of all baptized people who believe in God and follow Jesus. A church is also the name of a building where we gather to worship God.

Traditions of the church: Traditions bring us to a state of prayer where we can find God's revelation. Traditions are teachings or practices that if rejected or lost would distort the essential message of the Gospel. They are considered to be part of apostolic tradition.

Rosary: A form of prayer to Mary. We pray Hail Mary's, usually counting off the prayers on a circle of beads. While we pray, we keep in mind important events in the lives of Jesus and His mother. We call these events Mysteries of the Rosary. There are four Mysteries: Joyful, Sorrowful, Glorious and Luminous .



Mysteries of the Rosary

Joyful Mysteries

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

Sorrowful Mysteries

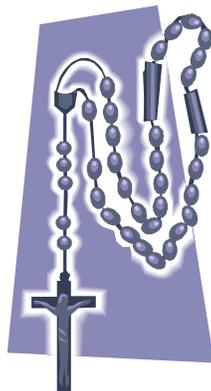
1. The Agony in the Garden
2. The Scourging
3. Crowning of Thorns
4. Carrying the Cross
5. The Crucifixion

Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption
5. The Coronation of Mary as Queen of Heaven

Luminous

1. The Baptism of the Lord
2. The wedding feast at Cana (Jesus' first miracle)
3. The preaching of the kingdom of God & the call to conversion
4. The Transfiguration of the Lord
5. The institution of the Eucharist



Stations of the Cross

The way of the cross is a prayer used traditionally during lent. There are fourteen stations, each focusing on an event leading to the crucifixion and resurrection

1. Jesus is condemned to death.
2. Jesus accepts his cross.
3. Jesus falls for the first time.
4. Jesus meets his sorrowful mother.
5. Simon of Cyrene helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is placed in the tomb.

Prayer for the Way of the Cross

We adore you, O Christ and we bless you,
Because by your holy cross you have redeemed the world.



Third Grade Concepts

Christ calls us to be holy by:

- *Following Him and His teachings
- * praying

Christ helps us to live a good life by:

- * using our gifts to know, love and serve God.
- * following the commandments especially the greatest commandment:
Love God with your whole heart and soul and
Love your neighbor as yourself.

Some faith stories that help us live as Catholics:

- *Stories found in the New Testament
- * Stories about saints

Begin to understand more fully what Catholics believe in :

The 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 Holy Spirit.

And was born of the Virgin Mary.

He suffered under Pontius Pilate, was crucified, died and was buried.

He descended into Hell.

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 resurrection of the body,

and life everlasting. Amen.

Prayer to learn

Apostles' Creed

Practical Living Experience

How do I find God in myself as well as my neighbor?

Take the content learned and move it to the heart in order to practice the concepts as a way of life.

Grade Four

Formation Theme:

Christian Morality

Focus:

*Develop Christian Morality by using The Greatest Commandment

* The Ten Commandments & Beatitudes

* Learn to live and make Christian choices

The Great Commandment

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

The Ten Commandments

1. I am the Lord your God, you shall not have strange gods before you.
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 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.



The Beatitudes

Blessed are the poor in spirit,
For theirs is the kingdom of heaven.
Blessed are they who mourn,
For they will be comforted.
Blessed are the meek,
For they will inherit the earth.
Blessed are they who hunger and thirst for righteousness,
For they will be satisfied.
Blessed are the merciful,
For they will be shown mercy.
Blessed are the pure of heart,
For they will see God.
Blessed are the peacemakers,
For they will be called children of God.
Blessed are they, who are persecuted for the sake of righteousness,
For theirs is the kingdom of heaven.

Matthew 5:3-10

Fourth Grade Concepts

Define Christian morality that reflects the values and teachings of Jesus.
Christian morality is making choices and acting according to Jesus' law of love, the Beatitudes, the Great Commandment and the Ten Commandments.

Explain how each commandment helps us to live a moral life.

*The first three commandments show us how to be faithful to God. The remaining seven show us how to be faithful to ourselves and to one another

* Virtues to be acquired following the 10 Commandments

1. Faith in a real God.
2. Reverence for God and others.
3. Worship, dependence on God.
4. Family values.
5. Sacredness of life.
6. Marital fidelity.
7. Justice: individual and social.
8. Truthfulness, honesty
9. Chastity
10. Generosity

Grade Five

Formation Theme:

Liturgy
Sacraments

Focus:

- + Celebrate the beliefs of God's family, the church, liturgical life.
- + While studying the sacraments, experience the symbols and rituals

Seven Sacraments

Sacraments Of Initiation	Sacraments Of Healing	Sacraments Of Service
Baptism	Reconciliation	Matrimony
Confirmation	Anointing of the sick	Holy Orders
Eucharist		



The Seven Sacraments



1. Baptism:

restores a person to the original harmonious relationship of humans with God.

Symbols:

+ Holy Oil (chrism)

+ Candle represents the resurrected Jesus, the light of the world. The Light of the candle symbolizes the newly baptized has left the darkness of sin and has entered into the light of Christ and the Christian community.

+ White Garment: is a sign that the newly baptized person has "put on Christ."

Ritual:

+ Pour water over the person being baptized and say " I baptize you, in the name of the father, and of the Son, and of the Holt Spirit."

+ Anoint the forehead of the person with chrism.



2. Confirmation: The new life that begins in Baptism is sealed or strengthened in a Pentecost experience. In Confirmation, both God and the Christian Community confirm that we are truly disciples of Jesus and members of the church.

Symbols:

+ chrism for anointing

+ Laying on hands.

Rituals:

+ Anointing: signifies the imparting of strength, holiness, official duties and powers.

+ Laying on of hands: signifies a passing on of special gifts, powers, blessing or authority.



3. Eucharist represents the whole Pascal mystery, God's total saving action. By participating in Eucharist, we deepen and strengthen our rebirth with Jesus, our membership in the church, our life in the spirit and our responsibility to proclaim the Good News and promote God's reign.

Symbols:

- + Bread represents the prescience of the Body of Christ.
- + Wine represents the prescience of the Blood of Christ.

Ritual:

- + The priest takes the bread and wine gives thanks and consecrates it.



4. Reconciliation celebrates the forgiveness of all serious sins committed after Baptism. It can also help overcome sinful tendencies. It provides healing for serious sin as well as helps people find strength to turn away from sin and selfishness.

Symbols:

- +Penance- prayers or deeds to show that we are truly sorry for our sins.

Ritual:

- + Priest gives forgiveness by "laying on hands" while saying the words of absolution.



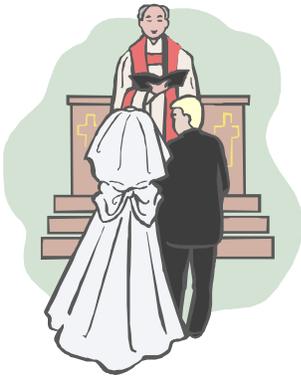
5. Anointing of the Sick celebrates physical healing and also heals spiritual illness of sin.

Symbols:

+ Olive Oil is used to anoint the senses of the sick

Ritual:

+ Anoint the senses of the sick +laying on hands (healing Touch)



6. Matrimony is when two disciples (man and a woman) come before Jesus and the church to exchange vows. They promise their love and faithfulness to each other in all circumstances until they die.

Symbols:

+ Rings are used as a sign of unending love and faithfulness.

Ritual

+ Exchange vows of faithfulness in front of family and friends.



7. Holy Orders a sacrament celebrated by men who are commissioned by God to act in the name of Christ in the service to the church. They are called to be sacraments for the church (visible, personal signs of the saving presence and action of Jesus in our midst.)

Symbols:

- + anointing with oil bestows power and sets the man apart for a special task or role.
- + Laying on hands is an ancient symbol for passing on power, blessing, responsibility or duty.

To be Christian means to be liturgical people (work or action of the people) together in community.



Prayers to Know:

- + Apostle's Creed
- + Act of Contrition
- + Prayer to the Holy Spirit
- + Act of faith
- + Act of Hope
- + Act of Love
- + Prayers Before and After Meals
- + The sign of the Cross

Practical Living Experience

How do I find God in myself as well as my neighbor?

Take content learned and move it to the heart in order to make the concept a way of life.

Grade Six

Formation Theme:: Salvation History

FOCUS:

God's promise to His People throughout history

Define covenant: Covenant is a sacred promise or agreement joining God and humans in a loving relationship. God made a covenant with the people of Israel and renewed it often. Jesus' sacrifice on the cross established a new and everlasting covenant, open to all who do God's will.

Apply the definition to the events of God's people in the Old Testament. The Old Testament tells the stories of our ancestors in faith. Because of their sins God continually renewed his covenant with His people over and over again throughout history. Example: Abraham and Moses.

Apply the definition to the events of God's people in the Old Testament. God called, made a covenant, and saved a people, a community: Israel. People individually experience this covenant and thus salvation because they were a part of this community. This understanding of covenant, salvation, community was taken over by the Christian Church. Jesus was the end and final covenant. Salvation was granted through His earth and resurrection by freeing us from sin and opening for us the kingdom of heaven.

Explain the history and traditions of our Jewish ancestors and the significance of that tradition for the catholic Church's celebration and traditions. Our Christian history is revealed in the Bible as well as our traditions. We celebrate them at Liturgy and in the sacraments. Example: Passover traditions are found in the Mass.

Explain the importance of community for the Jewish people and for us as individuals. The history and traditions of our Jewish ancestors help them to remember and live their relationship with God. This history and their traditions were taken over by Jesus and the church to help us remember our relationship with God. From these, many of our sacraments, feast days and theology have developed. Community was a source of identity for the Jewish people. It was there the traditions and stories of God's covenant were handed down.

Journaling: a prayer experience where a person learns to use the Old and New Testament as a meditative tool to reflect on God's Word and then write their thoughts down on paper or **in a book about their feelings, thoughts and reactions to the Word.**



Prayers to know

- + Glory Be to the Father
- + Prayer to the Guardian Angel
- + Morning Prayer
- + Evening Prayer
- + Blessing Before Meals
- + Thanksgiving After Meals
- + The Jesus Prayer
- + Act of Contrition
- + Rosary

Practical Living Experience

How do I find God in myself as well as my neighbor?

Take content learned and move it to the heart in order to make the concepts a way of life.



Grade Seven

Formation Theme :

- + Creed : Learn what Catholic's believe*
- + Morality: Learn how to apply Christian values in life*

Goals of Formation Themes:

- + Develop a deeper knowledge of self
- + Know the person and message of Jesus
- + Identify as a Catholic
- + Become aware of their call to Discipleship

Explain why the Catholic Church believes and teaches that Jesus is both divine and human.

The Catholic Church believe that Jesus was fully human as Paul says "like us in all things but sin" and thus he was part of humanity. He was fully divine and thus truly God. So in Jesus God meets humanity and saves His Son who truly is a part of us and part of God.

Explain the importance of prayer for Jesus. Prayer helps us to develop a deeper relationship with Jesus by getting to know him and his teachings. It give meaning to our lives by letting us experiencing the mystery of God that is within us.

Express an understanding of church as community of faith who gather to worship God and who love and care for one another and all of God's

creatures. The church as a community gathers to worship and upholds the sanity of **all life** and the goodness of all creation.

Explain the importance of discipleship and demonstrate by acts of service how to live the life of a disciple.

As disciples we follow Jesus' ways and teachings continuing his ministry. While living out the message of Jesus we serve him by serving others.



Prayers to Know

- + Trinity
- + Prayer to Guardian Angel
- + Morning Prayer
- + Evening Prayer
- + Blessing Before Meals
- + Thanksgiving After Meals
- + The Jesus Prayer
- + Act of Contrition
- + The Rosary

Practical Living Experience

How do I find God in myself as well as my neighbor?

Take the content learned and move it to the heart in order to practice the concept as a way of life.

Grade Eight

Formation Theme :

Relationship

Focus:

+ Church History

+ God and the New testament



To show you understand your Catholic Faith:

Explain the importance of church teaching, people and events including the Second Vatican Council: *Church teachings* help us to experience, understand and live our faith. People gather together to share Eucharist in remembrance of Jesus and care for one another. They help nurture faith and love. ***The Second Vatican Council*** (1962-1965) renewed and updated the teachings of the catholic Church and emphasized the role of the laity.

Why is it important to celebrate the sacrament of reconciliation? The sacrament of Reconciliation restores us to God, others and ourselves through God's grace and forgiveness.

Express an understanding of the church as our Christian Community

(1) Where we live in relationship to God

(2) Worshiping God during liturgy

(3) Receiving God's life and grace when we celebrate the sacraments.

The church is a people of God, a community of faith. What binds us together is the love of God within us. The sacraments celebrate this life of thanks to God for the gift of this life and love.



Use the analogy of human relationship (father, mother, friend, etc) to explain our relationship to God.

- + God is like a *father* because he watches over us, guides and protects us.
- + God is like a *mother* because he nurtures us with love and encouragement.
- + God is like a *friend* because He always is there for support and listens to our inner thoughts and desires.
- +These images show the *personal* love and closeness that God has for us.

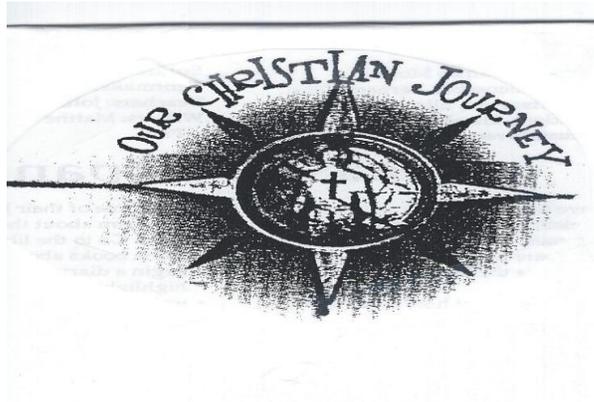
Practical Living Experience

How do I find God in myself as well as my neighbor?

Take content learned and move it to the heart in order to practice the concept as a way of life.

Grade Nine

Formation Theme: *Worship*



Focus:

- + Church
- + Old Testament
- + Review Catholic Church doctrine

Goals of Formation Theme:

+ Know the concepts underlying the Catholic sacramental vision.

Grace: is not a thing but a relationship with God. It is life and friendship of God within us.

Symbols: are signs that point to things but also have within what they point to. The Eucharist (bread and wine) point us to the real presence of God.

Rituals: are routine patterns and acted out sign. At Mass there are routine patterns we act out in word and sacraments are the signs of God's presence and love for us.

Worship: is communal prayer, public honor shown to God in prayer and liturgy.

Prayer: attunes us to God's presence. It enhances our awareness of God's presence in all of God's creation and challenges us to discipleship.

+Describe the relationship between:

+ **Jesus and the church**: The church is the Body of Christ in time. It makes Christ tangible and real today. The church is the great sign and sacrament of Christ.

+ **Jesus and the seven sacraments**: Through the seven sacraments Christ within the community of faith share his life and presence in key moments of our journey of life as a people of faith.

+ **Jesus and worship**: Through Jesus and in Jesus we give honor, worship and praise to our God.

+ **How do we live the reality of the sacraments in daily life?** We live the sacraments in our daily life by being signs of Christ's love, compassion, forgiveness, justice, and peace for our world and others.

Practical Living Experience

How do I find God in myself as well as my neighbor?

Take the content learned and move it to the heart in order to practice as a way of life.