

*Immaculate Conception
&
St. Columba*



Faith Formation

HANDBOOK
2021-2022

Dear Parent

Welcome to the Religious Education Program for Immaculate Conception and St. Columba Catholic Churches. In this handbook, you will find the information you need regarding your child's religious education and sacramental preparation.

Please note instructions below.

- **All students and teachers will be required to bring and wear a mask.**
- **Unfortunately due to COVID, we will currently not offer a snack during class.**
- **Class will begin at 6:00pm and end at 7:00pm**
- **Parent drop off and pick up will be at the same location. For the safety of our children we are asking parents to drop off their children near the basement door of the church office, drive-thru style, by entering the parking lot via Wood Street and exiting on Clay Street. If you need to come into the building, please park your car facing Clay Street so you will not block traffic**

Our Curriculum for the K-6 grades is by Our Sunday Visitor called Alive in Christ. The First Reconciliation/Eucharist program is from Pflaum, the Confirmation class is using a program called Chosen and the High School 9-12 grades will be using an assortment of materials and activities in class geared to promote a deeper faith, prayer life and understanding of the church. Scripture study classes for the adults is offered at St. Columba on Sunday morning following the 8:30am Mass and at Immaculate Conception on Wednesday evenings at 6:00pm in St. Mary's Conference Room at Immaculate Conception Parish Center.

If you have any questions or concerns, please do not hesitate to contact me. You can either call me at work (270-927-8419) or send me an email (7jfrakes@gmail.com). I am excited for this upcoming religious education year! Please pray for all of us: the catechists, the children, the parents, and everyone involved and dedicated to our program.

God Bless,

Jill Frakes

Director of Religious Education

Our Catechists

K-1 Neena Gaynor

First Reconciliation and Eucharist Amy Severs & Beth Curry

3-4 Mary Woodward

5-6 Melody Miller & Ashley Haycraft

Confirmation Aimee Lyday & Angie Curry
(6th/7th grade)

High School Jill Frakes & Nicole Ballard

Mass

Mass is available at Immaculate Conception church on Wednesdays before class at 5:30pm.



Class

Class begins at 6:00pm and ends at 7:00 pm.

Classrooms are as noted

- K-1 will meet in St. Therese Lisieux the “Little Flower”
- First Recon/Euch will meet in St Francis of Assisi
- 3-4 grades will meet in St Theodora Guerin
- 5-6 grades will meet in St. Michael the Archangel
- 6-7 Confirmation is in St. Katharine Drexel
- High school youth will be in “The Upper Room” located upstairs in the parish hall.

21-22 Calendar

FAITH

FORMATION

SCHEDULE

WEDNESDAYS

6-7PM

CLASS K-12



IMMACULATE

CONCEPTION

AND

ST. COLUMBA

CATHOLIC

CHURCHES



SEPTEMBER '21

1. CATECHIST WEDNESDAY -
NO CLASS

8. FIRST CLASS! WELCOME
BACK!

15. CLASS

22. CLASS

29. WHOLE FAMILY NIGHT
6-7:30PM

OCTOBER '21

6. FALL BREAK-NO
CLASS

13. CLASS

20. CIRCLE OF GRACE
SAFE ENVIRONMENT
TRAINING

27. WHOLE FAMILY
NIGHT- TRUNK OR
TREAT

NOVEMBER '21

3. CATECHIST
WEDNESDAY- NO CLASS

10. CLASS

17. CLASS

24. THANKSGIVING
BREAK- NO CLASS

DECEMBER '21

1. CATECHIST
WEDNESDAY-NO CLASS

8. CLASS

15. FIRST RECONCILIATION/
CONFESSIONS

22. CHRISTMAS BREAK
-NO CLASS

29. CHRISTMAS BREAK
-NO CLASS

This year, we are adding some minor changes to our faith formation program such as Catechist Wednesdays and Whole Family Nights on the last Wednesday of each month!

On Catechist Wednesdays, this will be a time for me as the Director of Religious Education to pour into our catechists to help them grow in their faith life and to plan for upcoming events and classes. Catechist Wednesdays will be the first Wednesday of each month. On these Wednesdays, although there will not be in person classes, we encourage families to do a faith filled activity together at home, which will be provided to you at Whole Family Night.

Whole family night begins with the children and their parents in IC Parish Hall for dinner and includes faith filled activities for the whole family! Each Whole Family Night will look different and we are excited about this new addition to our program.

On the other Wednesday nights or “class” nights the youth K-8th grade will meet in the basement of IC church office for their regular faith formation classes. High school youth will meet in the Upper Room of the parish hall.



Registration

All parents are encouraged to enroll their children in the Religious Education program. To do so, you must complete and return the registration packet (*a registration form if new, permission for safe environment education, health history and code of conduct*). We ask that you fill out all forms completely and return promptly. This is a Diocesan requirement.

Attendance

When it comes to religious education, you only get out what you put in! Therefore, it is very important and we encourage each student to attend class regularly and to be involved in activities outside of class that is related to his or her religious education (e.g., retreats, practices, service projects, etc.). If a student misses regularly then a phone call to the parent may occur. If a student misses 5 or more classes, then this may jeopardize the student's ability to receive the sacrament with the proper disposition. We understand that illness or exceptional circumstances can prevent perfect attendance. When this is unavoidable, please call the Coordinator of Religious Education. .

Sacramental Preparation

If a child is preparing for a Sacrament it is required they attend religious education classes one year prior to preparing for the sacrament. It is important the child have the basic knowledge and understanding of the faith in order to accept the gift of the sacrament. Therefore 2nd graders preparing for First Reconciliation and First Eucharist should have completed the 1st grade program. Youth preparing for Confirmation will participate in a two year program beginning in their 6th or 7th grade year. Requirements for youth falling out of these age categories will have a decision made by the pastor and coordinator of religious education.

Weather ❄️ ❄️

Sometimes it is necessary, because of weather to cancel classes. As a rule of thumb, if classes for school have been canceled then we will also cancel class. You may also check our website www.icscchurch.org or call the church office 270-927-8419

Discipline

All students are expected to follow the Code of Conduct that came with their registration forms. Normal discipline problems will be handled by the catechist. If the problem persists, the student will be sent to the Pastor or Coordinator of Religious Education. A child's parents may be called, and a conference with the parents may also be requested.

Safety

We are committed to your child's safety and upholding his or her dignity as a human person and a child of God. All of the catechists and volunteers in the Religious Education Program have received Safe Environment training. The students will also receive instruction so they may know what to do if their personal safety is ever threatened. If you do not wish for your child to receive this instruction, an opt-out form is available for you to sign.

For more information on what the Diocese of Owensboro is doing to protect your child, see the website of the *Office for Safe Environment*: <http://www.owensborodiocese.org>

Fundamentals of the Faith

There are certain prayers and truths of our faith that every child should know. These are the things that make us Catholic. Most, if not all, of them will be taught in the classroom. But, we need your help. Often times, the best way to memorize something is through repetition. By praying with your children, teaching them the truths of the faith, and helping them to grow spiritually by your daily witness and example, you can help them to truly learn what it means to live and pray as a Catholic.



I encourage you to take an active role in your child's education by reviewing the following prayers and truths with them. Once they know these basic elements, they will have the means with which to delve deeper into their Catholic faith.

Kindergarten:	Sign of the Cross Prayer Before Meals Hail Mary
First grade:	Our Father Glory Be Guardian Angel Prayer
Second grade:	Act of Contrition Responses at Mass

Third grade:	Seven Sacraments Ten Commandments The Stations of the Cross
Fourth grade:	Nicene Creed Apostles' Creed
Fifth grade:	Beatitudes Holy Days of Obligation
Sixth grade:	Hail Holy Queen The Fatima Prayer Rosary
Seventh grade:	Corporal Works of Mercy Spiritual Works of Mercy Four Marks of the Church
Eighth grade:	Precepts of the Church Fruits of the Holy Spirit Gifts of the Holy Spirit Prayer to the Holy Spirit

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Prayer Before Meals

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

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.

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.

Guardian Angel Prayer

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

Act of Contrition

My God, I am sorry for my sins with all my heart. 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Responses at Mass

The responses of the faithful at Mass can be found in the missal in the church.

Seven Sacraments

1. Baptism
2. Confirmation
3. Eucharist
4. Reconciliation
5. Marriage
6. Holy Orders
7. Anointing of the Sick

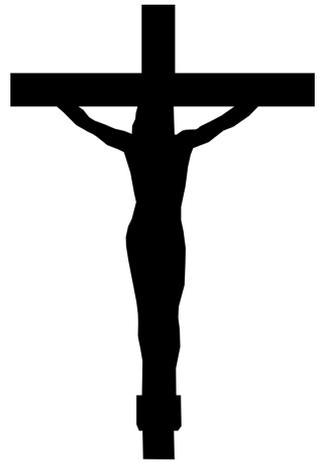
Ten Commandments

1. I am the Lord your God. You shall have no other god
2. You shall not take the Lord's name 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 Way of the Cross

1. Jesus is sentenced to death.
2. Jesus carries his cross.
3. Jesus falls the first time.
4. Jesus meets his Blessed Mother.
5. Simon of Cyrene helps Jesus with the 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 clothes.
11. Jesus is crucified.
12. Jesus dies on the cross.
13. The body of Jesus is taken off the cross.
14. Jesus is laid in the tomb



Nicene Creed

I believe in one God, the Father, the Almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord, Jesus Christ, the only begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: (bow) and by the Holy Spirit was incarnate of the Virgin Mary, and became man. (raise) For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried and rose again on the third day in accordance with 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.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one holy catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead, and the life of the world to come.

Amen.

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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Holy Days of Obligation

January 1: The Solemnity of Mary, Mother of God;

40 days after Easter: The Ascension;

August 15: The Assumption of the Blessed Virgin Mary;

November 1: All Saints;

December 8: The Immaculate Conception;

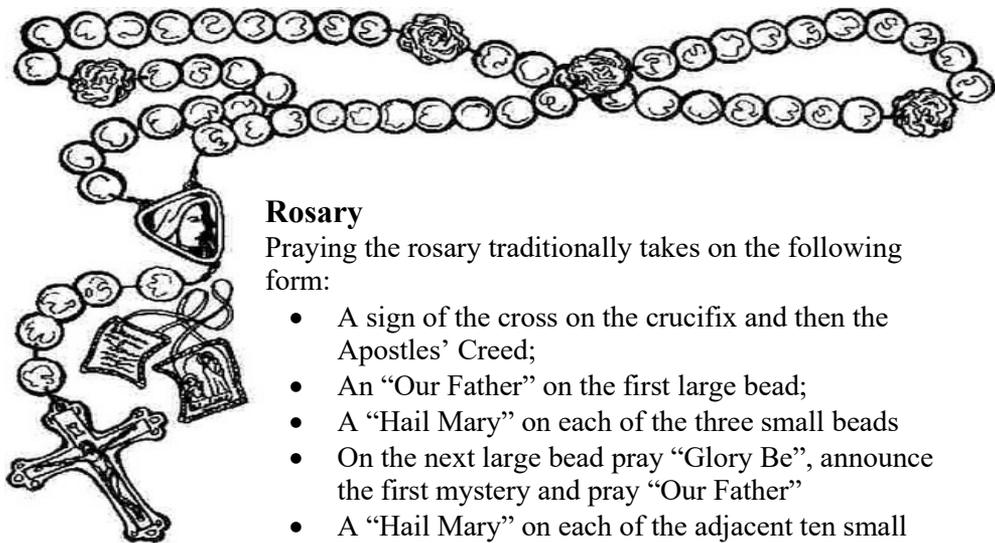
December 25: The Nativity of Our Lord Jesus Christ.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy. 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.



Rosary

Praying the rosary traditionally takes on the following form:

- A sign of the cross on the crucifix and then the Apostles' Creed;
- An "Our Father" on the first large bead;
- A "Hail Mary" on each of the three small beads
- On the next large bead pray "Glory Be", announce the first mystery and pray "Our Father"
- A "Hail Mary" on each of the adjacent ten small beads while meditating on the mystery (this is called a decade)
- After each decade pray a "Glory Be" and the "Fatima Prayer"
- On the next large bead announce the next mystery pray an "Our Father,"
- then continue as before with the ten "Hail Mary's," the "Glory Be," and the Fatima Prayer repeating for a total of 5 decades
- End with a "Hail Holy Queen" and a sign of the cross.

Mysteries of the Rosary

Joyful Mysteries (prayed on Mondays and Saturdays):

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

Luminous Mysteries (prayed on Thursdays):

1. The Baptism of Christ
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Holy Eucharist

Sorrowful Mysteries (prayed on Tuesdays and Fridays):

1. The Agony in the Garden
2. The Scourging of Jesus at the Pillar
3. Jesus is Crowned with Thorns
4. Jesus Carries His Cross
5. The Crucifixion

Glorious Mysteries (prayed on Wednesdays and Sundays):

1. The Resurrection of Jesus
2. The Ascension of Jesus
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary in Heaven
5. The Crowning of Mary as Queen of Heaven and Earth



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

Spiritual Works of Mercy

Admonish sinners
Instruct the ignorant
Counsel the doubtful
Comfort the sorrowful
Bear wrongs patiently
Forgive injuries
Pray for the living and the dead

Marks of the Church

One - “There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all...” - Ephesians 4:4-6

Holy - “...Christ loved the Church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, that he might present the Church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.” - Ephesians 5:25-27

Catholic - “catholic” means “universal”; the Holy Spirit came down upon the Church at Pentecost at a time when “there were dwelling in Jerusalem Jews, devout men from every nation under heaven.” - Acts 2:5

Apostolic - the Catholic Church can be traced back to Jesus Christ through a succession of Apostles beginning with Peter all the way to our current Pope and bishops.

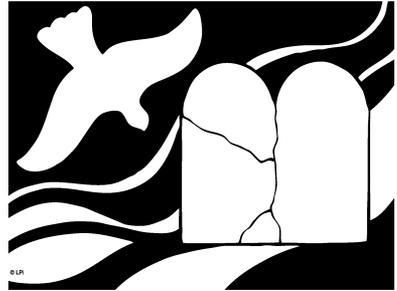


Precepts of the Church

- You shall attend Mass on Sundays, and on holy days of obligation, and rest from servile labor
- You shall confess your sins at least once a year
- You shall receive the sacrament of the Eucharist at least during the Easter season
- You shall observe the days of fasting and abstinence established by the Church
- You shall help to provide for the needs of the Church

Gifts of the Holy Spirit

- wisdom
- understanding
- knowledge
- counsel (right judgment)
- piety (reverence)
- fortitude (courage)
- fear of the Lord (wonder and awe)



Fruits of the Holy Spirit

- charity generosity
- joy gentleness
- peace faithfulness
- patience modesty
- kindness self-control
- goodness chastity

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your spirit and they shall be created, and you shall renew the face of the earth. Let us pray, O God, who did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever rejoice in his consolation, through Christ our Lord.

The church calls us to minister to and with each other. If you find you can help with our religious education program in any of the following capacities please contact me.

- Classroom teacher
- Substitute Teacher
- Teacher's helper
- Chaperone for youth activities
- Driver for youth activities
- Plan special events for our youth during religious education



Thank you for enrolling your child into our religious education program and we invite you the parents or grandparents to come and participate in our adult study program.

Diocesan Mission Statement

Recognizing that parents are the Primary Religious Educators of their children, the mission of Religious Education in the Diocese of Owensboro is to share in the Church's mission, to proclaim the message of Jesus Christ as lived out in the Catholic Church which creates a worshipping community of believers whose service is a witness of their Christian love.

Please check our web site for additional info
www.icscchurch.org