



Diocese of Paterson

Diocesan Catechetical Handbook



Policies and guidelines for parish religious education programs

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Vision of the Diocesan Catechetical Office

“Equipping catechetical leaders and catechists to offer catechesis which brings people to have a personal encounter with Jesus Christ through the Grace of the Holy Spirit, and accompanying them to a life-long response of faith and conversion.”

Priorities of the Office of Catechesis 2024 – 2027

The following priorities were identified as primary focus areas for the diocesan office of catechesis. Significant work has already begun in each category.

Family catechesis centered on the Holy Mass

A. The office of catechesis will strive to provide parish religious formation programs with catechetical resources to empower parents to become the first catechists.

B. Family catechesis models of religious formation should be offered in each parish wherever possible.

Inclusion

A. The office will search out additional programs & resources needed for persons with disabilities.

B. The office will search out additional catechetical resources in other languages adapted to the culture.

Leader Training & Development

A. The office will provide on-going training & formation of catechists and leaders in-person & online.

B. The office will develop a general diocesan catechetical handbook with policies & guidelines

A New Moment for Evangelizing Catechesis

In 2020 the Vatican published the newest *Directory for Catechesis*. This international document describes the current situation in which we receive and share the Gospel and calls the Church around the world to a renewed process of catechesis that is at its heart evangelizing. Fourteen central themes capture this call.

1. The Centrality of the Kerygma

- The proclamation of the kerygma (the core message of salvation in Christ) is foundational.
- Evangelizing catechesis begins with an invitation to encounter the love of God through Jesus Christ, crucified and risen.
- The kerygma is not merely an introduction but is continually revisited throughout the catechetical journey.

2. The Goal: Conversion and Discipleship

- Catechesis aims to foster conversion of heart and a deeper relationship with Jesus.
- It seeks to form missionary disciples who live their faith authentically and witness to the Gospel, both in word and in action, in their daily lives

3. The Role of Accompaniment

- Evangelizing catechesis emphasizes walking with individuals on their faith journey, respecting their unique circumstances.
- Accompaniment requires listening, understanding, and providing spiritual guidance.

4. Catechesis as Lifelong Formation

- Faith formation is a lifelong process, beginning with early childhood and extending throughout adulthood.
- Catechesis nurtures growth in faith at every stage of life, recognizing the dynamic and evolving nature of discipleship.
- The catechumenal model as the model for all catechesis

5. Integration of Word, Worship, and Service

- Catechesis connects:
 - The Word of God (proclamation of Divine Revelation in Sacred Scripture and Sacred Tradition).
 - Worship (sacramental life and prayer).
 - Service (living out Catholic social teaching and works of mercy).
- These elements help individuals integrate faith into their daily lives.

6. Missionary Dimension

- Evangelizing catechesis prepares the faithful to participate in the Church's mission to evangelize.
- It equips individuals to share the Gospel and invite others to encounter Christ.

7. A Holistic Approach

- Catechesis addresses the whole person – intellect, emotions, and will.
- It incorporates head (knowledge), heart (attitudes and dispositions that foster a relationship with Christ), and hands (action in the world).

8. Contextual and Inculturated Catechesis

- Evangelizing catechesis respects the cultural context and unique experiences of individuals and communities.
- It uses language, symbols, and practices that resonate with local cultures while remaining faithful to the Church's universal teaching.
- Where possible, it makes connections between topics of faith and our contemporary context in the U.S.

9. Digital Evangelization

- Recognizes the importance of using digital tools and media to reach individuals where they are, especially in today's highly connected world.
- Aid learners in using digital tools in ways which are consistent with a life of discipleship such as behaving in Christin ways during online interactions and digital media consumption.
- Encourages catechists to use innovative and engaging methods to share the faith.

10. Emphasis on Community

- Evangelizing catechesis is rooted in the parish community, which serves as a vital context for faith formation.

- It fosters relationships and a sense of belonging, emphasizing the communal nature of the Church.

11. The Role of the Catechist

- Catechists are witnesses to the faith, not merely teachers of doctrine.
- Their personal relationship with Christ and active participation in the life of the Church are essential to their effectiveness.

12. Mystagogical Catechesis

- Post-sacramental catechesis deepens the understanding of the sacraments and helps individuals integrate their sacramental experiences into daily life.

13. Collaboration between Families and Parishes

- Families, as the domestic Church, are central to evangelizing catechesis.
- Parishes support families by providing resources, programs, and opportunities for deeper engagement with the faith as well as ways for families to give to share their gifts and talents with the parish community.

14. Goals for Evangelizing Catechesis:

- Foster a personal relationship with Jesus Christ.
- Equip disciples to know, live, and share the Gospel.
- Build vibrant, missionary communities.

Part I. Roles in Parish Religious Formation

PARISH CATECHETICAL LEADER (PCL)

The Role of the PCL

The Parish Catechetical Leaders (PCLs) plays a vital role in the faith formation and evangelization mission of the parish or school community. Their responsibilities include the following:

1. Leadership and Vision

- Develop and articulate a catechetical vision aligned with the parish's mission.
- Serve as a resource for clergy, staff, and catechists on matters of faith formation.
- Promote evangelization and outreach through catechesis.

2. Program Development

- Makes a Catechetical plan to implement and evaluate religious formation programs for all age groups, including:
 - Sacramental formation (Baptism, Reconciliation, First Communion, Confirmation, OCIA).
 - Family and adult faith formation.
 - Youth ministry and post-confirmation programs, if applicable.
 - Integrate the principles of evangelizing catechesis and the kerygma.

3. Catechist Recruitment and Formation

- Recruit, train, and mentor catechists and teachers.
- Provide and encourage ongoing formation, certification opportunities, and offer prayers for catechists.
- Support catechists in implementing creative and effective teaching methodologies.

4. Administrative Responsibilities

- Oversee program budgets and ensure proper allocation of resources.
- Manage schedules, facilities, and materials for catechetical programs.
- Maintain compliance with diocesan guidelines and safe environment policies.
- Communicate clearly and often with pastor, program participants, and the parish at large

5. Collaboration

- Work closely with clergy, and parish staff.
- Engage families as primary formators of the faith fostering the domestic church.
- Collaborate with diocesan offices and other parishes for resource sharing and professional growth.

6. Personal and Spiritual Growth

- Be a model of faith and an authentic witness to the Gospel.
- Commit to ongoing spiritual and professional development.
- Be a person of prayer.
- Be an active, practicing Catholic including regular Mass attendance and frequent reception of the sacraments.

Qualities of an Effective Parish Catechetical Leader

- A deep love for the faith and the Church.
- Commitment to ongoing study of sacred scripture, Catholic teaching, and catechetical methodology.
- Strong organizational and communication skills.
- The ability to inspire and lead others in their faith journey.
- Cultural competency and an understanding of the diverse needs of the parish community.

PARISH CATECHIST

The Role of the Parish Catechist

Parish catechists are not merely instructors but witnesses of faith, who accompany others in their journey toward a deeper relationship with Christ.

Their vocation is a response to a divine call, and they serve as mediators between the Gospel and the lives of people, helping others interpret their experiences in light of faith.

- The catechist helps inculturate the faith, making it accessible and meaningful within diverse cultural contexts.
- They are called to be creative and adaptable, using various methods and technologies to reach people today.

Catechists are entrusted with:

- Proclaiming the kerygma – the core message of Christ’s passion, death, and resurrection.
- Educating in the faith, helping believers grow in understanding and living the Gospel.
- Accompanying others, fostering personal encounters with Christ and nurturing community.
- Facilitating liturgical and sacramental life, especially through preparation for sacraments.

Qualities of an Effective Parish Catechist

- Be a credible witness to the Gospel, living a life that reflects deep personal faith and commitment to Christ.
- They should cultivate a deep prayer life, openness to the Holy Spirit, and regular participation in the sacramental life of the Church.
- Have a solid understanding of Scripture and Church teaching.
- Have a solid understanding the Catechism of the Catholic Church.
- Be committed to on-going personal and professional formation.
- They should be able to inculturate the Gospel, making it accessible and meaningful within diverse cultural contexts

Part II. Formation and Certification

CERTIFICATION OF THE PCL

Certification programs for Parish Catechetical Leaders (PCL) are designed to ensure that leaders are equipped with the theological, pastoral, spiritual, and administrative skills necessary to lead vibrant, effective catechetical programs in a parish.

Purpose of Certification

- Ensure Competence: Equip leaders with the knowledge and skills to implement and manage catechetical programs in alignment with Church teachings.
- Foster Leadership: Develop a deep understanding of the role of catechesis in evangelization and discipleship.
- Encourage Lifelong Learning: Promote continual professional development and spiritual formation.

Certification Components

1. Theological Formation:

- Courses in Christology, Ecclesiology, Liturgy, Sacramental Theology, and Moral Theology.

2. Spiritual Formation:

- Retreats, spiritual direction, and training in prayer practices.

3. Pedagogical and Androgogical Training:

- Workshops on developmental stages of faith formation, catechetical methodologies, and family catechesis.

4. Fieldwork:

- Supervised experience in a catechetical leadership role.

5. Ongoing Formation:

- Participation in conferences, webinars, and diocesan professional development.

6. Catechetical Knowledge:

- Demonstrated understanding of the Catechism of the Catholic Church, Sacred Scripture, and Church documents on catechesis (e.g., Directory for Catechesis).

7. Pastoral Skills:

- Training in pastoral care, conflict resolution, and accompaniment.
- Understanding of cultural diversity and inculturation in catechesis.

8. Leadership and Administration:

- Skills in managing budgets, supervising volunteers and staff, and program planning.
- Competence in integrating technology and digital resources into catechesis.

Catechist Formation

The formation of catechists is a vital component of the Church's mission to evangelize and educate. Catechists are not merely teachers; they are witnesses to the faith, keepers of the memory of God, mentors for spiritual growth, mystagogues, and educators of Catholic teachings. Their role is to accompany others on their journey toward Christ, inspiring and nurturing a personal relationship with Him.

Catechesis, as emphasized in the Directory for Catechesis (2020), is central to the Church's evangelizing mission. Effective catechist formation must address three integral dimensions:

- 1. Being** – Developing a strong personal identity as a disciple and witness of Christ.
- 2. Knowing** – Deepening knowledge of the Catholic faith and its teachings as well as knowledge of the human person and development.
- 3. Savoir-Faire** (Knowing How to Act) – Acquiring practical skills for pastoral application and accompaniment.

Catechist formation is foundational to the Church's mission of evangelization. The certification process is designed to equip catechists with theological knowledge, pedagogical skills, and spiritual depth to proclaim the Gospel effectively in diverse and dynamic parish settings. By establishing clear policies and guidelines, the diocese ensures consistency, excellence, and accountability in catechetical ministry.

Areas of Catechetical Formation

1. Spiritual Formation:

Catechists must nurture their spiritual lives through:

- Regular reception of the Eucharist and Reconciliation.
- Participation in retreats, faith-sharing groups, and prayer days.
- Commitment to daily prayer, meditation, and spiritual reading.

2. Biblical-Theological Formation:

Catechists must deepen their understanding of:

A. Sacred Scripture:

- Familiarity with Salvation History and the structure of the Gospels.

B. Doctrine:

- Creed: Core mysteries of faith (Trinity, Incarnation).
- Sacraments: The Eucharist as the source and summit of Christian life.
- Morality: Applying Gospel values to modern challenges.
- Prayer: Cultivating and teaching a life of prayer.

3. Methodological Formation:

Catechists must acquire skills to:

- Adapt catechesis to various audiences (children, youth, adults).
- Integrate knowledge, spiritual growth, and application in daily life.
- Utilize effective communication techniques

CATECHIST CERTIFICATION

Level 1 Basic Certification

New catechists must complete the *Introduction to Catechesis* course offered by the diocesan Office of Catechesis, designed to establish a strong foundation for their ministry. Courses are offered annually in-person and can be taken online at any time.

Course Structure:

Theological Formation

- *The Vocation of the Catechist*: Understanding the call and mission of catechists.
- *Sacred Scripture: The Heart of Catechesis*: Exploring the role of Scripture in catechesis.
- *The Deposit of Faith: Catechism of the Catholic Church*. The CCC is the primary reference for teaching.

Methodological Formation

- *Classroom Management*: Creating a welcoming and effective learning environment.
- *Organizing and Structuring Lessons*: Designing clear, engaging, and faithful lessons.
- *Preparation for Teaching*: Practical strategies for planning and delivering sessions.
- *Check for Understanding*: Practical strategies for assessing learning based on objectives for learner knowledge, skills, and attitudes

Methodology Course Details

Offered by: Diocesan Office of Catechesis

Languages: Available in English and Spanish

Locations and Schedules: Flexible options across multiple locations and times.

Credits: Participants receive diocesan certification credit upon completion.

- Practicum: Observation of 2 catechetical sessions and leading 1 under supervision.

Level 2: Intermediate Catechist Certification

Purpose: For catechists with at least one year of experience.

Requirements:

- Theology: Advanced topics like Christology, Morality, and Catholic Social Teaching.
- Methods: Differentiated instruction and inclusive practices for diverse groups.
- Spiritual Formation: Attendance at a diocesan day-long retreat or enrichment program.
- Practicum: Planning and leading a catechetical session with peer feedback.

Level 3 Master Catechist Certification

Purpose: For seasoned catechists and leaders mentoring others.

Requirements:

- Theology: Ecclesiology, Advanced Scripture, and Evangelization.-Leadership: Training in mentoring, small group facilitation, and adult formation.
- Spiritual Formation: Participation in a silent retreat or spiritual direction.
- Practicum: Development and implementation of training for new catechists.

ONGOING FORMATION

Annual Renewal: Catechists must complete 10 hours of formation annually. Theology, methodology, and spiritual formation is offered regularly by the Office of Catechesis both in-person and online. Formation may also be offered in parishes or from other reliable Catholic institutions such as colleges and universities or Catholic publishers.

Suggested Activities:

- Diocesan workshops and webinars.
- Parish formation programs.
- Theological studies or spiritual retreats.

PARISH REQUIREMENTS

Record-Keeping for Certification

Personal Accountability: Catechists must maintain individual records of completed formation hours.

Parish Responsibility: The PCL must oversee records. Maintain systematic documentation, including:

- Personal details (name, address, and contact information).
- Certification milestones.
- Details of completed courses (titles, dates, hours).
- Annual Reporting: Parishes must submit a master list of catechist progress to the diocesan office.

Building a Catechetical Community

Fostering a community where catechists feel supported and inspired is essential. Parishes should:

- Promote spiritual and professional growth.
- Encourage collaboration and shared mission.
- Build relationships through fellowship, such as shared meals and gatherings.

Implementation and Support

The diocesan catechetical office will provide:

- Online and in-person courses.
- Annual Catechetical Convocation
- Retreats and regional spiritual formation events.
- Access to approved catechetical resources.

Collaborative Networks

Encourage networking through diocesan workshops, mentorship programs, and shared best practices.

Conclusion

Guided by the Directory for Catechesis (2020), this framework ensures catechists are well-formed disciples, capable of witnessing the Gospel with conviction and joy. Through spiritual growth, theological depth, and practical training, catechists become effective companions in the faith journey of others.

“The catechist is simultaneously a witness to the faith and a keeper of the memory of God; a teacher and a mystagogue; a companion and a pedagogue.” (Directory for Catechesis, 2020, n. 113)

Part III. Parish Religious Formation Programs

COMPREHENSIVE CATECHESIS IN PARISHES

Evangelizing Catechesis: At the core is a catechesis that proclaims the kerygma, fosters a personal encounter with Jesus, and leads to a life of discipleship.

Integral Formation: Catechesis must address the intellectual, behavioral, and affective dimensions of the human person, integrating faith into daily life.

Accompaniment: A model of walking with individuals and families, respecting their journey and fostering their growth in faith.

Inclusion and Diversity: Catechesis must reflect the universality of the Church and respect cultural diversity, particularly with inculturation for minority groups such as the Hispanic, Slovak, Hungarian, and Polish communities.

PARISH CATECHETICAL PLANNING

Purpose: To ensure a unified and effective approach to catechesis across the diocese, every parish must develop a comprehensive Parish Catechetical Plan. This plan should articulate a clear vision, establish priorities, and adopt a model for catechesis that serves individuals of all ages, embracing the principle of formation “from the womb to the tomb.”

1. Vision and Mission Statement

Each parish must articulate a vision for catechesis that aligns with the diocesan mission and the universal Church’s call to evangelization, rooted in the principles of the Directory for Catechesis.

2. Comprehensive Approach

- Catechesis must address all stages of life, ensuring formation for:
- Children and Youth: Sacramental preparation, faith development, and moral formation.
- Parents and Guardians: Empowering them as the primary catechists of their children.
- Adults: Lifelong faith formation, including O.C.I.A., ongoing education, and spiritual growth.
- Elderly and Homebound: Outreach programs that provide catechetical resources and spiritual support.

3. Catechetical Models

Parishes should select or develop a catechetical model that best meets the needs of their community, such as:

- **Family-Centered Catechesis:** Integrating faith formation into the home.
- **Intergenerational Models:** Opportunities for all age groups to grow in faith together.
- **Small Group Catechesis:** Providing personalized and relational faith-building experiences.
- **Implementation Timeline:** Parishes must submit their initial Parish Catechetical Plan within 12 months of this policy's implementation and update it annually thereafter.
- **Support:** The diocesan Office of Catechesis will provide training, templates, and resources to assist parishes in the development and execution of their plans.

4. Sacramental Preparation

- Ensure preparation aligns with diocesan guidelines.
- Incorporate mystagogical catechesis post-sacrament to deepen understanding and participation.

5. Ongoing Support

- Offer continuous formation opportunities for catechists and parish leaders

DEVELOPMENT OF PARISH CATECHESIS

Catechetical Framework

Parishes must structure catechetical programs around the five tasks of catechesis, each one of them with the missionary dimension, as outlined in the Directory for Catechesis:

1. Knowledge of the faith.
2. Liturgical education.
3. Moral formation.
4. Teaching to pray.
5. Education for community life.

Role of Families

All parishes must embody the Church's desire to prioritize adult catechesis, particularly for parents, by empowering them to embrace their role as the primary catechists of their children. This can be achieved by providing them with practical resources and implementing diverse models of formation to effectively support and guide them in this mission.

Parish programs must:

- Provide family catechesis models.
- Offer resources for parents to engage in their children's faith formation.
- Support intergenerational catechesis to foster a culture of faith within the home.

Parishes should explore and implement catechetical models that best serve their community. Examples include:

- Family catechesis programs that involve parents and children together. This model may meet weekly, monthly, or seasonally.
- Intergenerational models that foster community learning and growth.
- Small faith-sharing groups for personalized engagement and discipleship.
- Hybrid models incorporating in-person and digital catechesis or in-person and at-home family catechesis.

Collaboration with Schools

Parishes should collaborate with Catholic schools to ensure complementary catechetical efforts and share resources when possible.

IMPLEMENTATION AND ACCOUNTABILITY

Ongoing formation and peer support networks

It is essential to establish a robust framework for ongoing formation that equips catechists to fulfill their mission effectively. This formation should not only deepen their theological, spiritual, and pedagogical competencies but also foster a sense of mutual support and community among them.

Catechists must receive proper formation, including:

- Initial training using diocesan-approved programs.
- Ongoing professional development in theology, pedagogy, and catechetical methods.
- Certification through diocesan catechetical formation programs.

Program Evaluation

Parishes must evaluate catechetical programs annually using the following criteria:

- Alignment with diocesan and USCCB standards.
- Effectiveness of resources in achieving learning outcomes.
- Feedback from families and catechists.

Oversight by the Diocesan Catechetical Office

The diocesan office will Provide guidance and support to parish catechetical leaders.

STRUCTURE OF PARISH CATECHESIS

Catechesis is one of the primary responsibilities of pastors and parish communities. As described in the *Directory for Catechesis*, parishes are “the usual place in which the faith is born and in which it grows. [They] constitute, therefore a very adequate community space for the realization of the ministry of the Word at once as teaching, education, and life experience” (Directory for Catechesis, 299; cf GDC, 257).

Intentional planning and implementation are signs of cooperating with the Holy Spirit to steward the gifts of the parish community for the vital mission of deepening and handing on the faith for people of all ages. How this is accomplished is highly influenced by the local context in which the people and the parish live.

Age-Specific Goals: (Following the direction from the USCCB)

The Directory for Catechesis (2020) and the USCCB *Handbook on the Catechetical Accompaniment Process* identify four developmental categories for formation; early childhood (preschool), middle childhood (6-10), pre-adolescent (10-14), and adults. ¹

Key Goals Across Four Pillars of the Catechism

Each age-specific category of formation includes interior life goals, behavior goals, and cognitive goals for each section of the four pillars of the Catechism. ²

¹ [IOC Handbook on the CAP 2024.pdf](#), 84.

² Ibid.

Example:

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

[\(References\)](#)

Interior Life Goals *(Internalizing the Faith)*

1. Love God as Father and be thankful that he has made us his children.
2. Love others like Jesus.
3. Be thankful to God for creating you and for creating a beautiful world.

Behavioral Goals *(Living as a Disciple of the Lord)*

1. Show love to God and others through kind words and helpful actions.
2. Obey one's parents and caregivers.
3. Demonstrate gratitude for your life and your family.

Cognitive Goals *(Growing in Knowledge of the Lord)*

1. Be aware that God has created us to love him and others.
2. Articulate that living as God has taught us makes us happy.
3. Know that God loves us.
4. Be aware that God created us with a plan for our life.
5. Be aware that God desires his children to be with him in Heaven one day.

Early Childhood Goals 92

Methodologies

• Interactive Learning

- Use storytelling, sacred art, and hands-on activities for younger children.
- Implement digital tools and active learning approaches (touring the church, small group work, projects) for older students and adults.
- Service activities designed for the whole family.

• Mentorship Programs

- Connect catechumens and students with mentors for personal guidance.
- Create sponsor families to mentor others.

• Family-Centered Catechesis

- Provide resources and programs that empower families to be “domestic churches.”
- Provide formation on the Mass to encourage family attendance.

Integration with Parish Life

Encourage participation in parish events, liturgical celebrations, and service projects as extensions of catechetical instruction and practicing stewardship of gifts as a Christian disciple.

- Promote consistent family involvement to reinforce learning and practice at home.
- It is essential to establish active participation at Sunday Mass and other Holy Days of obligation as a fundamental requirement of the overall catechetical process. The parish may offer teaching Masses or those specifically geared toward families and children.

RESOURCES FOR DEVELOPING PARISH CATECHESIS

Purpose

This policy provides guidelines for the selection, development, and implementation of catechetical resources in parish settings, ensuring they align with the Directory for Catechesis (2020), the guidance from the USCCB, and the mission of fostering evangelization, faith formation, and lifelong discipleship.

Fidelity to Church Teaching

All catechetical resources must be faithful to Sacred Scripture, Tradition, and the Magisterium, aligning with the Catechism of the Catholic Church and USCCB standards.

Evangelizing Mission

Resources must foster an encounter with Christ and promote an evangelizing spirit, forming missionary disciples witness of the love of God, who live and share their faith.

Inclusivity and Accessibility

Materials should respect cultural diversity, support inclusivity, and provide accommodations for individuals with disabilities.

Lifelong Catechesis

Catechetical resources must support faith formation for all ages, from early childhood to adults, promoting lifelong growth in faith. Catechetical resources should adopt the catechumenal model, providing comprehensive catechesis that accompanies individuals from baptism to the end of life (From the womb to the tomb).

SELECTION OF CATECHETICAL RESOURCES

Criteria for Approved Resources

Parishes must use catechetical materials approved by the diocesan catechetical office.

Resources must:

- Be included on the USCCB's Conformity List for The Catechism of the Catholic Church which can be found at <https://www.usccb.org/resources/CRL>
- Be grounded in sound theology and pedagogy.
- Include resources for diverse learning styles and family involvement.
- Address moral, spiritual, and doctrinal dimensions of the faith.

Digital and Multimedia Resources

Digital tools (e.g., apps, videos, and online platforms) must complement, not replace, traditional methods. Parishes are encouraged to use diocesan-recommended digital platforms to ensure doctrinal accuracy. Digital resources are useful tools in the delivery of catechesis, providing additional opportunities to engage and evangelize the new generations effectively. They provide dynamic and accessible ways to communicate the faith, meeting people where they are in today's digital age. Diocesan recommended resources can be found at <https://www.insidethewalls.org/welcome-to-catechetical-office>

Cultural Adaptation

Materials should be culturally sensitive and available in the primary languages spoken in the parish community, such as English, Spanish, and others languages as needed.

Catechetical Textbooks in Parishes

To ensure fidelity to the teachings of the Catholic Church and adherence to national catechetical standards, all parishes must use catechetical textbooks and resources approved by the United States Conference of Catholic Bishops (USCCB).

Parish Catechetical Leaders (PCLs) are responsible for regularly consulting the Conformity Review Listing of Catechetical Texts and Series, updated periodically by the USCCB. This list ensures that the materials being used align with the *Catechism of the Catholic Church* and meet the standards established for catechetical instruction.

To assist parishes, the Diocesan Catechetical Office maintains an updated link to the Conformity Review Listing on its website. Parishes are encouraged to check this resource regularly through our diocesan website for easy access to the latest updates.

[Current-Conformity-List | USCCB](#)

By following these guidelines, parishes can ensure that their catechetical programs faithfully transmit the teachings of the Church and provide a solid foundation for the formation of disciples.

SELECTION CRITERIA FOR CATECHETICAL MATERIALS

Doctrinal Fidelity

- Must be in conformity with the Catechism of the Catholic Church as determined by the USCCB Subcommittee on the Catechism.
- Teachings must reflect Catholic doctrine accurately and comprehensively.

Age-Appropriate Content

- Materials should be tailored to the developmental and spiritual needs of different age groups³:
 - Early childhood (pre-school)
 - Middle childhood (Ages 6-10)
 - Preadolescents (Ages 10-14).
 - Adolescents (Ages 15-18).
 - Young people
 - Adults

Learning materials should include:

- Clear language and engaging visuals.
- Activities that promote critical thinking and active participation.
- Support for diverse learning styles (e.g., hands-on activities, storytelling, multimedia components).

³ Age groupings identified in the Directory for Catechesis (2020) and the USCCB Handbook on the Accompaniment Process (2024).

Integration of Prayer and Liturgy

- Include prayers, Scripture reflections, and liturgical connections to deepen students' spiritual lives.

Cultural Relevance

- Reflect the diversity of the parish community.
- Address cultural and linguistic needs, especially for Spanish-speaking or bilingual programs.

Ensure learning materials meet the specific needs of the parish's catechetical program and its audience.

Support for Catechists

- Provide catechist guides with lesson plans, background information, and supplemental resources.
- Offer digital components for hybrid or online catechesis.
- Offer methodology formation.

IMPLEMENTATION IN PARISH PROGRAMS

Catechist Training:

- Provide orientation on teaching/learning material structure and teaching methodology.
- Offer ongoing training to maximize the material's impact.
- Provide retreats and spiritual formation.

Integration with Supplementary Materials:

- Use additional resources, such as videos, apps, and handouts, to complement the printed materials.

Family Involvement:

- Share learning materials or family editions with parents to reinforce catechesis at home.
- Schedule family workshops, meetings, and service opportunities.

Digital Platforms:

- Leverage digital materials for online or hybrid faith formation programs.

Evaluation and Feedback

- Conduct annual reviews of material effectiveness based on:
 - Catechist and parent feedback.
 - Student engagement and understanding.
 - Alignment with diocesan and parish catechetical goals.

Key Considerations

- Consistency: Use the same teaching/learning series across multiple grades for continuity.
- Flexibility: Choose textbooks that can be adapted to various formats (in-person, virtual, family-based).
- Focus on Mission: Ensure textbooks help form disciples who live and proclaim the faith.

RECOMMENDED RESOURCES

Print Resources

- USCCB-approved textbooks and curricula.
- Supplemental materials for sacramental preparation.

Digital Tools

- Visit the digital catechetical library (Catechetical Website).
- Formed.org
- Catechetical apps endorsed by the diocese.
- Online learning platforms for remote catechesis.
- Free resources from approved catechetical textbook publisher's websites

Additional Resources

- Directory for Catechesis (2020).
- USCCB Handbook on the Catechetical Accompaniment Process
- Liturgical guides for integrating catechesis with worship.
- Publishers of approved catechetical programs provide free resources, both digital and print, accessible to everyone.

MODELS OF FORMATION

Family Catechesis

The family catechesis model is rooted in the Church's understanding of the family as the "domestic church," a sacred space where faith is first encountered, nurtured, and lived out. This model emphasizes the active role of parents as the primary educators ⁴ in the faith and integrates religious education into the daily life of the family.

Parishes should make every attempt to offer family catechesis as the primary model of formation.

- It should be centered on the Holy Mass and may include additional in-person instruction of parents and/or children.
- In-person time may be offered weekly, monthly, or seasonally.
- Parents and children may be instructed together or separate.
- Families should be encouraged to attend other parish liturgical events.
- Care should be taken to stay connected to families.

Traditional Classroom

In the traditional model, learners are often grouped by age or grade level. This model is no longer the preferred option for faith formation.

- This model places emphasis on school terminology, education over formation.
- Offers limited family involvement.
- May lack liturgical connection.

⁴ CCC 2223

Virtual/Hybrid

- Hybrid options offer some in-person formation as well as an online component.
- Hybrid and virtual options may be advantageous to families that struggle with transportation, custody issues, or chronic illness.
- Strictly virtual models should not be the primary model used.

Supported Homeschool

Homeschooling, where parents provide catechetical instruction to their children rather than in a program with a parish catechist, must be an option for families in order to provide parents with the flexibility and opportunity to fulfill their role as the primary formators of their children in faith.

Theological Foundations for Homeschool

Role of Parents

- The Church recognizes parents as the first and primary educators of their children in faith (*Gravissimum Educationis*, 3; Catechism of the Catholic Church, 2223).
- Homeschooling allows parents to exercise their God-given right and responsibility to nurture the domestic Church.

Support from the Parish

- The parish, under the leadership of the pastor and catechetical leaders, supports homeschooling families by providing resources, guidance, and a connection to the wider Church community.

Diocesan Policies for Homeschooling Catechesis

- Registration and Accountability:

- Families engaging in homeschooling for catechesis must register with their parish catechetical office.
- Parents should submit an annual plan of instruction outlining:
 - Curriculum and resources to be used.
 - Schedule of instruction.
 - Goals aligned with diocesan standards.

4. Sacramental Preparation

- Sacramental preparation remains a parish responsibility, even for homeschooling families.
- Homeschooling families should:
 - Participate in parish sacramental preparation sessions.
 - Ensure children meet readiness criteria established by the parish and diocese.
- Participation in retreats or interviews may also be required.

5. Curriculum Approval

- The diocese or parish catechetical office must approve all catechetical materials to ensure they are faithful to the teachings of the Church.
- Recommended materials should:
 - Be on the USCCB Conformity List.
 - Reflect the liturgical and doctrinal aspects of the faith.

6. Assessment and Evaluation

- Parishes should provide or request periodic assessments to ensure children are meeting catechetical goals.
- Examples of assessments include:
 - Simple quizzes or projects.
 - Interviews or discussions with a catechetical leader.
 - Reviews of a child's work portfolio.

Best Practices for Homeschooling Catechesis

Daily Integration of Faith

- Parents should incorporate prayer, Scripture, and lived examples of faith into daily life.
- Encourage participation in family or parish liturgical celebrations.

Use of Resources

- Diocesan-approved textbooks and digital resources.
- Supplemental materials such as children's Bibles, catechisms, and devotional activities.
- It is suggested to use USCCB approved curriculum that provides at-home session options.

Community Connection

- Homeschooling families should maintain a connection with the parish community by:
 - Attending Mass regularly.
 - Participating in parish events and ministries.
 - Joining homeschooling catechetical groups for mutual support.

Parish-Led Opportunities

- The parish should offer workshops, family catechesis sessions, or enrichment programs for homeschooling families.

Responsibilities of Parishes and Dioceses

- Support and Training for Parents:
 - Provide workshops or resources to equip parents as effective catechists.
 - Offer ongoing spiritual and doctrinal formation opportunities.
- Designated Homeschooling Liaison:

- Assign a parish catechetical leader to serve as a liaison for homeschooling families.
- This individual ensures clear communication, provides guidance, and reviews curriculum and assessments.

Community Building

- Encourage parishes to host regular gatherings or support groups for homeschooling families to foster a sense of belonging.

Challenges and Solutions

- **Challenge:** Families feeling isolated. **Solution:** Organize homeschool family retreats, group service projects, and shared faith experiences.
- **Challenge:** Inconsistent catechetical standards. **Solution:** Implement diocesan-wide benchmarks for homeschooling catechesis to ensure uniformity and accountability.
- **Challenge:** Balancing autonomy with parish involvement. **Solution:** Maintain a collaborative approach, respecting the family's role while ensuring connection with the Church.

Sample Policies for Inclusion

- Registration Deadline: “Families must register for homeschooling catechesis by”
- Curriculum Submission: “Homeschooling plans and materials must be submitted for approval at least 30 days before the start of the catechetical year.”
- Participation Requirement: “Homeschooling families are required to attend at least (number) parish-sponsored faith formation or sacramental events annually.”

CATECHETICAL INSTRUCTIONAL TIME

Catechetical instructional time in parishes is essential for ensuring meaningful faith formation. Allocating adequate and effective time supports the holistic development of faith and aligns with the expectations outlined in diocesan policies and the *Directory for Catechesis* (2020). Below is a recommended framework for time allotment in parish catechetical programs offering a traditional classroom model of formation.

General Guidelines for Time Allotment for Classroom Model

Consistency and Frequency

- Weekly sessions are recommended to ensure continuity and depth.
- Each session should ideally last 60 to 90 minutes, depending on the age group and program structure.

Annual Program Duration

- Programs should extend over a minimum of 24-30 weeks annually, aligning with the academic calendar, while allowing for seasonal liturgical breaks.

Instructional Breakdown

- Divide time into structured segments, balancing content delivery, interactive activities, prayer, and reflection.
- Align teaching activities with goals for the learners
- Include various methods of assessment of student understanding to inform teaching practices

These are the general recommended hours; however, we recognize that each parish has its own unique reality and catechetical model. Flexibility is key to ensuring effective ministry. Parishes offering family catechesis, hybrid models, or other approaches are encouraged to adjust their schedules and meeting formats as needed to best serve their communities.

The recommended in-person hours for the traditional classroom model may be used as a guideline to ensure approximately the same number of hours is expected for other models; hours may include time spent at Mass or other liturgical events, in-person class time, at-home formation, and assignments done outside the parish.

The primary requirement is that all parishes ensure they cover the essential topics outlined for each sacrament and meet the goals for systematic and comprehensive age-level catechesis recommended by the United States Conference of Catholic Bishops (USCCB). This ensures that the faith formation provided is both comprehensive and in alignment with the Church's mission.

By maintaining these core standards while adapting to local realities, parishes can effectively foster a deeper encounter with Christ and support families in their faith journey.

CATECHESIS WITH PERSONS WITH DISABILITIES

Introduction

The Church affirms the inherent dignity of every person and recognizes the unique gifts and challenges of persons with disabilities. These guidelines aim to ensure that all persons with disabilities are welcomed, included, and supported in the catechetical and sacramental life of the Church, as outlined in the Directory for Catechesis (2020) and the USCCB's Guidelines for the Celebration of the Sacraments with Persons with Disabilities.

Catechesis with persons with disabilities reflects the Church's commitment to inclusivity and recognizes that all individuals are called to deepen their faith and encounter Christ, regardless of physical, intellectual, or sensory challenges. Guided by the Directory for Catechesis (2020) and diocesan frameworks, this approach prioritizes accessibility, dignity, and evangelization.

Guiding Principles

Human Dignity: Every person is created in the image and likeness of God and is a full member of the Church.

Full Participation: Persons with disabilities are integral to the faith community and should actively participate in sacramental and catechetical life. Though we aim to not separate persons with disabilities from other students, we must respect and support parent decisions that request we do so.

Accompaniment: Foster relationships and provide ongoing support for persons with disabilities and their families.

Key Considerations for Catechesis

Accessibility:

- Ensure physical access to classrooms and parish facilities.
- Provide materials in alternative formats (e.g., Braille, large print, digital, audio).
- Utilize technology and assistive devices as needed.

Adapted Materials:

- Use visual aids, interactive tools, and simplified language.
- Adapt catechetical texts to ensure comprehension while preserving core teachings.
- Integrate sensory-friendly elements (e.g., tactile resources, quiet spaces).

Sacramental Preparation:

- We can adapt materials to meet the specific needs of persons with disabilities, ensuring accessibility and inclusivity in their catechetical formation.
- Collaborate with families to determine readiness and tailor preparation to meet the individual needs of the person.
- Facilitate sacramental celebrations where all, including persons with disabilities, can participate fully.

Catechist Training:

- Equip catechists with strategies for teaching persons with disabilities.
- Offer workshops and resources on adaptive catechesis.
- Encourage a pastoral approach that values patience, understanding, and creativity.

Family Involvement:

- Engage parents and caregivers as primary educators and collaborators in catechesis.
- Offer family-based programs and support groups to build community and shared faith experiences.

Equal Dignity and Inclusion

- All persons, regardless of abilities, are created in the image and likeness of God and share a divine calling through baptism.
- Persons with disabilities must be fully integrated into the life of the Church, participating in catechetical programs, sacramental preparation, liturgical celebrations and parish activities.

Rights to Catechesis and Sacraments

- Every baptized Catholic has a right to catechesis and sacramental participation.
- Disabilities, whether physical, intellectual, emotional, or developmental, in and of themselves, are never a reason to deny access to catechetical programs or the sacraments. Though how a person is prepared may vary according to actual needs.

GUIDELINES FOR CATECHETICAL PROGRAMS

1. Program Accessibility

- **Physical Accessibility:** Parish facilities should be physically accessible to all persons, including ramps, elevators, accessible restrooms, parking spaces, and electronic door openers.
- **Programmatic Accessibility:** Catechetical materials and methods should be adapted to meet the needs of persons with diverse abilities and learning styles. Adaptive tools, visual aids, sensory resources, and assistive technologies should be utilized as needed.

2. Catechetical Formation

- Programs are to integrate persons with disabilities into general catechetical programs.
- Specialized programs may be developed for persons whose needs cannot be met in general settings, with segregation being avoided unless absolutely necessary, which would be rare exceptions.

3. Family Involvement

- Families are the primary catechists for children, including persons with disabilities, and must be supported with resources and guidance.
- Catechetical leaders should collaborate with families to understand the specific needs of persons and ensure meaningful participation.

4. Formation of Catechists

Catechists must receive training to minister effectively to persons with disabilities. This training should include:

- Understanding various types of disabilities.
- Adaptive teaching methods.
- Pastoral sensitivity and theological principles.
- Certification programs should include modules on adaptive catechesis.

5. Sacraments

- Refer to the Sacraments section of this handbook.

Strategies for Effective Catechesis

Individualized Learning Plans:

- Assess the needs, strengths, and learning preferences of each person.
- Develop a plan with achievable goals for faith formation.

Use of Multi-Sensory Methods:

- Incorporate music, art, movement, and storytelling to create engaging sessions.
- Utilize interactive and hands-on activities to reinforce concepts.

Peer Inclusion:

- Pair learners with peers for shared activities, fostering a sense of belonging and mutual growth.
- Promote an inclusive classroom environment that values diversity.

Collaboration:

- Work with specialists (e.g., occupational therapists, special education teachers) for insights on effective teaching strategies.
- Coordinate with diocesan disability ministry offices for additional support and resources.

Resources for Implementation

- We draw from the successes and insights of parishes and communities within our diocese that are actively ministering to individuals with disabilities. Their experiences shape our broader diocesan strategies.
- We follow the guidance of the United States Conference of Catholic Bishops (USCCB) as outlined in their document "Guidelines for the Celebration of the Sacraments with Persons with Disabilities" and other relevant resources.
- National Catholic Partnership on Disability (NCPD): A resource for best practices in inclusive ministry.
- Accessible Catechetical Programs: Programs like Adaptive Finding God (Loyola Press), Alive in Christ (Our Sunday Visitor) or Special Needs Faith Formation (RCL Benzinger).

Part IV. Catechetical Goals

CATECHETICAL GOALS FOR CATECHISTS, PARENTS AND FAMILIES

This section is taken from the USCCB *Handbook on the Catechetical Accompaniment Process*, 2020. Available in its entirety at [Catechetical Accompaniment Process | USCCB](#)

“There must always be an awareness in catechetical resources that the content of the faith is vital and cannot be diluted nor forgotten in the process of catechesis; yet, doctrinal teaching alone is not sufficient to draw hearts to conversion and believers to the life of holy discipleship to which we are called. Proper instruction is necessary along with the practice of the faith, in the context of the community of the Church, while praying and maintaining a disposition of openness so that the Holy Spirit will work within us.

Catechesis may have various approaches, methods and pedagogies. In an ever-changing social and cultural landscape, catechists must continually adapt to this changing environment to seek out new forms of effective catechesis. However, ultimately, there is one Chief Catechist whom we must always look to as the perfect model and guide, and that is Christ the Lord. This is why evangelizing catechesis is truly always kerygmatic, proclaiming not only truths about a Person, but that Person himself.”

TASKS OF CATECHESIS

Leaders in faith formation are called to keep that vision in mind while considering the tasks that the *Directory for Catechesis* sets forth for catechesis today:

1. To lead a believer to knowledge of the faith, fostering the exploration of the Christian message, introducing him to Sacred Scripture and the Church's living tradition, helping him to create a coherent doctrinal vision.
2. To initiate the believer into the celebration of the mystery, growing in comprehension and experience of liturgical and sacramental life.
3. To form the believer for life in Christ, to have a response to the lofty vocation to holiness that calls us to a filial way of life, and to form the moral conscience for ongoing conversion and discernment of one's personal vocation in response to God's will.
4. To teach prayer, which is first of all a gift from God, that one can pray with Jesus and like him, in personal and communal prayer.
5. To be introduced to the life of the community, to see Christ in one's brother and to understand what it is to be part of the mystical Body of Christ, with obedience to the Magisterium and an understanding of our missionary mandate.

CATECHETICAL GOALS

Drawing upon the catechumenal inspiration of catechesis and affirming the need to instruct children and adults in the Christian life in an organic and systematic way, the **catechetical goals are organized into three sections:**

1. **Interior Life Goals-** take up the affective dimension, identifying the importance of genuine desire and love for God.
2. **Behavioral Goals-** are the manifestation of the formation that is taking place in the individual's mind and heart as well as a crucial means by which the disposition of the heart is further confirmed
3. **Cognitive Goals-** provide the propositions of truth, in conformity with the *Catechism of the Catholic Church*, so that one may mature in knowledge of the one he or she is growing to love more and more.

These three categories are all vital aspects of the overall formation of the person, incorporating the affective, behavioral and cognitive dimensions of the human person.

The format for the new goals begins with the audience, and so is organized into adult goals first (Catechist Goals, Parent and Family Goals), followed by youth goals (Early Childhood Goals, Middle Childhood Goals, Pre-Adolescent Goals). The most developed doctrinal content can be found within the **Catechist Goals**, as they are serving in the work of handing on the faith, followed by the Parent and Family Goals, as adults can be presented with more mature formulations and content.

Within the youth goals, the content moves from the simplest presentation in Early Childhood to the most comprehensive in the Pre-Adolescent, as is appropriate with the ages and stages of development of the learners. Within these audiences, the goals are laid out according to the Four Pillars of the Catechism.

STRUCTURE OF THE GOALS

Goals are organized under key doctrinal themes, namely:

Faith and Reason, Divine Revelation, Trinity, Jesus Christ/Christology, The Church/Ecclesiology, Sacramental Life, Humanity's Nature, Purpose and End, Moral Life and Prayer.

Within each of these thematic sections, a selection of relevant **Interior Life Goals**, **Behavioral Goals**, and **Cognitive Goals** are identified. The goals have been structured so as to emphasize the organic nature of the interior, behavioral and cognitive elements of formation. **Together, these goals present a formation of the whole person, maturing over time as the individual develops.**

CATECHIST GOALS

Primary Formation Goal: To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;¹⁵⁹ who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life.

Pillar I: The Profession of Faith

1. Faith and Reason

Interior Life Goals (Internalizing the Faith)

1. Have confidence that there is objective truth and that it can be known.
2. Desire to know the truth more fully.
3. Be thankful that God has given us the faculties to know and love him.
4. Be thankful that God has revealed to us what we would not be able to know by reason alone.
5. Desire to share the truth with others.

Behavioral Goals (Living as a Disciple of the Lord)

1. Ask to be guided by the Holy Spirit to all truth (Jn 16:13).
2. Set aside specific prayer time to meditate on the beauty, truth and goodness of God's creation.
3. Pray for an increase in wisdom so as to see God as the first cause and everything as governed by his providence. 4. Pray for humility, so as to be childlike and therefore understand more fully the mysteries of the kingdom (Matt 11:25). Pray for the courage to speak the truth and to witness to it by a life more fully animated by the Holy Spirit.
6. Be familiar with important sources for answering difficult questions, such as Sacred Scripture, the Catechism of the Catholic Church, Church Fathers, and magisterial teachings.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the desire for truth is in every human heart.
2. Know that there are objective truths.
3. Know that objective truths can be known.
4. Know that objective truths must be accepted as true and therefore as part of God's plan.
5. Know that opinions that regard objective matters are true when they agree with objective truth.
6. Know that many truths can be known by the use of human reason through deductions from observations of the world and the human person.

7. Understand that the natural sciences can assist us in knowing more about the truths of the material universe.
8. Understand that there are truths about realities that cannot be known through our physical senses yet might be known through reason.
9. Know that, by human reason, it can be known that God exists and is the uncaused first cause and final end of everything.
10. Know that, by human reason, it can be known that God is all-good, all-powerful, and all-knowing and that he therefore can be trusted.
11. Explain proofs for God's existence.
12. Know that not all truths can be known by human reason alone.
13. Know that God reveals truths to us that cannot be known by reason alone but that do not contradict reason.
14. Know that, in his revelation, God also confirms truths that can be known by reason alone so that these can be known with greater ease.
15. Know that relativism is inherently self-contradictory and therefore erroneous, since its denial of objective truth is itself a claim to objective truth.

1. Divine Revelation

Interior Life Goals (Internalizing the Faith)

1. Be grateful for God's revelation.
2. Trust in God's Word in Sacred Scripture and Sacred Tradition.
3. Yearn for greater intimacy with Jesus through contemplation of his revelation.

4. Desire that the Sacred Scripture be honored above other books.
5. Seek the guidance of the Holy Spirit through prayer and reading of Sacred Scripture.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read Sacred Scripture prayerfully every day.
2. Persevere through difficult passages in Sacred Scripture by asking for divine assistance and referring to reliable resources.
3. Display the Sacred Scripture in a place of honor in the catechetical space, and practice reverence toward it such as with a bow, a kiss, or lighting a candle.
4. Integrate Scripture, especially the Gospels, into lessons for learners.
5. Refer to the Scripture as trustworthy and a reliable guide to discerning the will of God.
6. Pray to encounter Jesus in praying with Scripture, in the liturgical and sacramental life of the Church and the rich spiritual teachings in the Tradition of the Church.
7. Lead learners in different devotions, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.
8. Be able to direct learners to trusted Catholic Bibles, such as the NABRE, and resources that aid in learning more about Sacred Scripture.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that God reveals himself in two ways: (1) through Creation (Natural Revelation) and (2) through his Word (Divine Revelation).
2. Know that Divine Revelation is given in two forms: (1) Sacred Scripture and (2) Sacred Tradition.
3. Understand that Sacred Scripture is inspired by God, which means that God worked with and through various human authors so that they wrote down everything God wanted and no more.

4. Understand that Scripture is inerrant in all its parts because God is the primary author, with the human authors writing under the inspiration of the Holy Spirit.
5. Understand that Sacred Scripture must be understood according to the human authors' idiom and the genre of each passage.
6. Understand that the human authors are not mere instruments but use their respective idioms and styles to write what God inspired them to write.
7. Understand that there are two senses in Scripture: the literal and the spiritual. The literal sense refers to what the words of Scripture mean according to their genre and ancient idiom.
8. Understand that the Spiritual sense is threefold: the literal meaning of a passage may further signify deeper realities about (1) Christ and the New Covenant (allegorical or typological), (2) Christian behavior (moral), and (3) eschatological realities, such as the destiny of the soul, the Church, or the world (anagogical).
9. Understand that the Old Testament points to Christ and the Church according both to the literal and the spiritual senses.
10. Understand that the Gospels are preeminent among the books of Sacred Scripture as the record of Jesus' words, deeds, Passion, and Resurrection.
11. Understand that the Old Testament, even apart from the New Testament, has a value of deep spiritual and historical significance.
12. Know that there are 73 books in Sacred Scripture, and these are called the "canon."
13. Know that the early Church discerned which books belonged in the canon and which writings did not.
14. Understand that the Magisterium is the only authentic interpreter of Sacred Scripture.
15. Understand that Sacred Tradition is transmitted in the life and practice of the Church, the classical Christian writers and the documents of the Magisterium of the Church.

16. Understand that the elements of every teaching of the Church can be found at least implicitly in Sacred Scripture.
17. Understand that Sacred Scripture is meant to be interpreted in harmony with Sacred Tradition.
18. Understand that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

2. Holy Trinity

Interior Life Goals (Internalizing the Faith)

1. Honor the Lord in your heart as the holy and living God, and revere his holy name.
2. Love God the Father, God the Son, and God the Holy Spirit with one's whole heart.
3. Desire to think, speak, and act in ways that are pleasing to God.
4. Desire to grow in a filial relationship with the Father, through Jesus the Son, with the Holy Spirit.
5. Grow in trust in God's providence and love.

Behavioral Goals (Living as a Disciple of the Lord)

1. Make the Sign of the Cross with reverence.
2. Study Sacred Scripture and the teaching of the Catechism on the Blessed Trinity.
3. Worship the Lord in Holy Mass..

4. Bless oneself with holy water when entering a Church, remembering one's Baptism in the name of

the Father, and of the Son, and of the Holy Spirit.

5. Provide resources for learners that clarify the truth of the Blessed Trinity and help to teach this dogma in age-appropriate ways.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be able to explain and present the dogma of the Holy Trinity.

2. Understand that there is one God who is the uncreated, all-powerful, omniscient Creator of all things that exist.

3. Articulate that there are three Persons in the one God: Father, Son, and Holy Spirit.

4. Know that the three Persons are each fully God, coequal and coeternal.

5. Know that the three Persons are distinguished in their relationship to one another: the Son is begotten from the Father, the Holy Spirit proceeds from the Father and the Son.

6. Understand that while certain acts may be appropriated to one of the Persons of the Trinity (e.g., creation to the Father, salvation to the Son, sanctification to the Holy Spirit), the three Persons always act together.

7. Know that God alone freely created all things ex nihilo by his own power, to reveal his glory and so that his creatures could share in his truth, beauty and goodness.

8. Understand that God created man and woman in his image and gave them dominion and stewardship over all material creation.

9. Understand that suffering has come into the world by sin and that God mysteriously permits suffering in his divine providence. God can bring good out of evil, and he guides his creation towards perfection.
10. Articulate that God created angels, purely spiritual creatures, who have intelligence and will, to glorify him and serve his saving plans. God gives each person a guardian angel.
11. Know that Jesus and the Holy Spirit work together in their conjoined and inseparable mission of building the Church.
12. Know that the Son reveals the Father and bestows the Holy Spirit and that the Holy Spirit reveals the Son.
13. Understand that the names “Father” and “Son” are God’s chosen way of revealing himself.
14. Understand that the names “Father” and “Son” are used analogously to teach that the Persons of the Trinity share the divine nature.
15. Understand some of the major Trinitarian heresies and be able to clarify how these teachings fail to understand the truth of who God has revealed himself to be.
16. Know that all forms of superstition, idolatry, sacrilege, and divination, including horoscopes, are directly contrary to the worship of and love of God.

3. Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

1. Be grateful for God becoming man to save us.
2. Be comforted knowing that Jesus, who is God, knows as man what it is like to suffer.
3. Desire to grow closer to Jesus and to know him better.
4. Desire to grow in a filial relationship with the Father, through Jesus the Son.
5. Desire to receive Jesus in the Eucharist.

Behavioral Goals (Living as a Disciple of the Lord)

1. Honor Jesus in the classroom, such as by displaying and reverencing a crucifix and an image or statue of Jesus.
2. Properly refer to Jesus as God and not distinct from God, except in reference to God the Father or the Holy Spirit.
3. Engage with Sacred Scripture each day, seeking to know the Jesus more intimately.
4. Speak each day with Jesus in prayer.
5. Spend time with Jesus in adoration of the Blessed Sacrament as possible.
6. Embrace the sufferings of life, in an appropriate way, as an offering in union with Jesus' Passion.
7. Honor Mary, who is the closest creature to Jesus and who directs all to him.

8. Introduce learners to beautiful hymns about Jesus.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the Incarnation refers to the Son of God uniting a human nature to his own divine Person for our salvation.
2. Know that Jesus is the Son of God made man, without ceasing to be God and without acquiring original sin.
3. Understand that the Son always existed and that the Incarnation happened in history in Mary by the power of the Holy Spirit.
4. Know that Mary is immaculately conceived, the Mother of God (Theotokos), and ever-Virgin.
5. Know that the Gospels affirm Jesus' divinity (e.g., Mk 2:7, Jn 8:58) and humanity (e.g., Mt 21:18, Jn 11:35).
6. Know that Jesus is fully God and fully man, and understand that the divine and human natures in Jesus coexist in true and inseparable union, without confusion.
7. Know that the Old Testament teaches that the Messiah will be divine, although often in veiled language (e.g., Isa 9:6, Micah 5:2), as well as human (e.g., 2 Sam 7:12, Isa 7:11).
8. Understand that Jesus has a human body and a human soul.
9. Understand that Jesus truly suffered temptation and human frailty, e.g., in hunger, exhaustion, and the sufferings of his Passion.

10. Know that Jesus freely suffered for our sake, and so we can offer our sufferings to him and pray for ourselves and others.
11. Understand that the Son obediently accomplishes the Father's plan for salvation in his Incarnation, in his entire life, and in his Passion, Death, Resurrection and Ascension (his Paschal Mystery).
12. Understand that the Incarnation also manifests the model of holiness in Jesus, the gravity of sin in the Passion, and the depths of divine love for us.
13. Understand that Jesus was crucified and died, and that his human soul, united to his divine Person descended into the realm of the dead to deliver the souls of the just who had gone before him.
14. Understand that Jesus truly rose from the dead in a historical event that also transcends history since (1) he is still risen, seated at the right hand of the Father, and (2) we participate in his resurrection even now through Baptism and manifestly so on the Last Day.
15. Understand that Jesus will come again to judge the living and the dead on the Last Day.
16. Understand that, since human bodies are material and Jesus is truly human, it is meritorious to depict Jesus in holy images.
17. Be familiar with important Christological and catechetical terms such as kerygma, euangelion and metanoia.
18. Explain that as baptized members of the Church, we are called to share in Christ's mission. We are called to be conformed to Christ and live a life of holiness.

5. The Church/Ecclesiology

Interior Life Goals (Internalizing the Faith)

1. Love the Church and all her members on earth, in purgatory and in heaven.
2. Yearn for the healing of the wounds to unity in the Church.
3. Desire to share the Good News with others.
4. Be grateful for the sacramental life of grace in the Church, especially the presence of the Lord in the Eucharist.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate in the prayers, penances, and seasons of the Church.
2. Participate in and receive the Sacraments as is appropriate, especially Holy Mass on Sundays and Holy Days of Obligation.
3. Spend time in prayer in the presence of the Blessed Sacrament.
4. Pray daily for the holiness of the Body of Christ on earth and in purgatory, especially one's family, parish community and students.
5. Pray for the grace to become the saint that God has called you to be.
6. Model fidelity to the Church's teaching for one's students.
7. Pray for the intercession of the saints and the protection of one's Guardian Angel.

8. Honor Mary by participating in the veneration of Marian images and statues, praying to Mary, and celebrating Marian feast days.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the Church comprises all members on earth, in Purgatory, and in Heaven, so that all share the same life and participate in the same worship.
2. Understand that, from the beginning, it was God's plan to unite all people to himself.
3. Understand that the formation of the people of Israel in the Old Testament anticipated the gathering of all people in the Church, beginning with the mission given to the Apostles by Christ to go forth and baptize all in the name of the Holy Trinity.
4. Know that the Church was founded by Jesus through his earthly ministry and the Paschal Mystery.
5. Understand that the Church continues the presence and activity of Jesus on earth throughout time, through the power and work of the Holy Spirit.
6. Understand that the Church is the mystical body of Christ, and she receives all of her life and power from Jesus, the Head of the Body and the Holy Spirit who is her soul.
7. Be able to explain how the Church can rightly be understood as the sacrament of salvation, the Communion of Saints, the Bride of Christ, the mystical Body of Christ and the Temple of the Holy Spirit.
8. Know that the members of the Church participate in the kingship, priesthood, mission and sufferings of Jesus.

9. Understand that, since the saints in heaven are part of the mystical Body of Christ it is fitting and meritorious to ask them for their prayers.

10. Understand that salvation comes from Christ through the Church. Those who, through no fault of their own, do not know Christ and his Church may still be saved by the graces mysteriously given to them through the Church and the work of the Holy Spirit.

11. Understand that the Church is One: her unity has its source in the unity of the divine Persons of the Holy Trinity and directs all her members back to this source.

12. Understand that the Church is Holy: she is the Bride united to Jesus Christ, the Bridegroom, from whose holiness she is preserved in holiness, despite the sins of her members.

13. Understand that the Church is Catholic: she alone has the fullness of the truth and her missionary activity extends to all people.

14. Understand that the Church is Apostolic: she is founded on the Apostles, in whose office the bishops in line of succession share for the good of the Church.

15. Understand that the Church is constituted by Jesus with hierarchical grades of governance and service, with the pope as the visible source of unity and the college of bishops united to him in doctrine and charity.

16. Know that the Church is taught by the Magisterium, the Bishops in union with the Pope, whose task it is to interpret Divine Revelation rightly and to guide the faithful in faith and moral living.

17. Understand the distinct roles and gifts present within the Body of Christ, such as the ministerial and common priesthood, and the unique individual role each member plays by virtue of his or her baptism.

18. Know that the Church teaches infallibly on matters of faith and morals in definitive acts that are: (1) solemnly taught by the pope ex cathedra, (2) solemnly taught in ecumenical councils, and (3) taught in the ordinary and universal teaching of the pope and bishops across time.

19. Understand how the saints are models for us in loving Jesus with our whole selves and thus in living as his faithful disciples.

20. Understand that Mary is the spiritual Mother of the Church and a type of the Church.

Pillar II: The Celebration of the Christian Mystery

6. Sacramental Life

Interior Life Goals (Internalizing the Faith)

1. Be grateful for the sacraments.
2. Believe that the Eucharist is Jesus, truly present with us, Body, Blood, soul and divinity.
3. Desire to participate in the sacramental life of the Church.
4. Hope in the grace of the sacraments for support in growing in holiness.
5. Desire to grow in virtue, flowing from one's Baptism and supported by the grace of the sacraments.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate prayerfully and joyfully in the sacramental and liturgical life of the Church.
2. Receive the sacraments of Penance and Eucharist, preparing for these gifts with an examination of conscience and with gratitude for the Lord's love and mercy.

3. Participate in adoration of the Blessed Sacrament.
4. Pray for learners who are preparing to receive the Sacraments for the first time.
5. Build a prayerful community within one's parish that supports individuals and families who are preparing for the Sacraments or who have recently been received into the Church.
6. Act with confidence in the grace God gives through the Sacraments.
7. Utilize sacramentals in one's teaching and the learning environment.
8. Accompany learners in studying the sacraments by drawing on the catechumenal model.
9. Study the Catechism and other magisterial teaching so that one can accurately respond to questions about the sacramental life of the Church.
10. Be familiar with excellent and doctrinally sound resources for learners who are preparing to receive any of the Sacraments for the first time.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Explain the parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist, and understand the priest's role in the celebration of the Mass.
2. Understand the Church's Liturgical calendar, and identify the seasons and key feasts that we celebrate.
3. Know that a sacrament as an efficacious sign of grace instituted by Christ.
4. Understand that the Sacraments work *ex opere operato* and that the graces given in the Sacraments must be welcomed and fostered.
5. Understand that grace is the free and undeserved supernatural gift from God that enables us to live in friendship with God, participate in his divine life, and love with his love.
6. Identify the distinction between sacramental grace and sanctifying grace, and understand how these graces are received.

7. Understand that sanctifying grace is necessary for salvation and is given in Baptism and increased in the other sacraments.
8. Understand that the celebration of the Sacraments with the matter, form, and intention proper to each is necessary for validity, and that some ceremonial aspects differ between the Latin and Eastern Catholic Churches
9. Understand that Baptism is the gateway to all of the other sacraments, by which we receive sanctifying grace and are incorporated into life in Christ through the Holy Spirit.
10. Articulate that the Holy Eucharist is given to us by Christ at the Last Supper and made present through the words of the priest and the power of the Holy Spirit.
11. Understand that the Eucharist is Jesus Christ truly and substantially present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
12. Understand that Confirmation gives an indelible mark, deepens baptismal grace, and increases sanctifying grace, the gifts of the Holy Spirit, one's relation to the Church and the obligation to witness to Christ in the world.
13. Know that in the Sacrament of Penance sin is absolved and that frequent Confession leads to a life free from sin and strengthened by grace to resist temptation.
14. Understand that the Anointing of the Sick grants spiritual strengthening and courage and further conforms the one anointed to the Passion of Christ. It may also bring physical healing, according to the Lord's will.
15. Understand that the Sacrament of Matrimony is an indissoluble bond between a baptized man and woman, who receive grace to assist one another in holiness and in raising children.
16. Know that God created us as male and female, and that there is complementarity between the genders that is proper to how we relate to one another, most especially in the union of marriage.
17. Explain the Church's teaching on marriage with clarity and with gentleness, recognizing that many have experienced divorce, remarriage or homosexual partnerships among their family members.

18. Know that the sacramental life of the Church flows from the Eucharist as the source and summit of our faith, and therefore, that the celebration of the Sacrament of Matrimony is rightly within a Catholic Church and in the context of the liturgy.
19. Know that the Sacrament of Holy Orders gives an indelible mark that gives baptized men a special participation of Jesus as head of the Church for the service of all the baptized, particularly in the ministry of teaching, divine worship, and pastoral governance.
20. Understand that sacramentals, by the power of the Church's prayer, prepare us to receive grace and to cooperate with it.
21. Know that the life of the Christian involves ongoing and lifelong formation as a disciple of the Lord, flowing from the grace of Baptism and the sacramental life of the Church, following the catechumenal model as a member of the Church.

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

Interior Life Goals (Internalizing the Faith)

1. Desire to know God, love God, and serve God in this life to be happy with him in the next.
2. Yearn to grow in one's vocation to holiness.
3. Open one's heart to the true, good and beautiful so as to encounter the Lord and experience his glory.
4. Be thankful that God created each person in love and for a purpose.

5. Desire to be in our true home of heaven one day, where we can praise the Lord forever.

Behavioral Goals (Living as a Disciple of the Lord)

1. Model the Church's teaching on Christian anthropology in how one dresses, speaks and acts.
2. Demonstrate an understanding of one's body as a "temple of the Holy Spirit" (1 Cor 6:19) by words and actions that respect the beauty and integrity of the human person.
3. Be a faithful witness of one's own vocational state.
4. Provide the witness of the saints as examples of following God's call in one's life.
5. Study the Church's teaching on Christian anthropology and be able to explain this teaching to learners.
6. Provide learners with resources of Magisterial teaching on issues such as the nature of the human person, the purpose and order of the body, the goodness of body and soul, the purpose of gender and humanity's final end.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that man is created in God's image and likeness and therefore all human beings have inherent dignity.
2. Know that man's purpose is to know, love and serve God in this life and to be with him forever in heaven.

3. Know that man is a unity of body and immaterial soul.
4. Understand that the soul has the faculties of intellect, by which we can know, and the will, by which we choose.
5. Know that the body has the powers of sense, which assist our intellect.
6. Articulate that passions (emotions) are meant to assist us but must be governed by reason.
7. Know that the body contains biological sex, which is either male or female, and that one's sex is an intrinsic, unchangeable part of who a person is.
8. Understand that each person has a vocation, which is a call from God and our response to it. The primary vocation of the baptized is to holiness.
9. Understand that all of one's self is bound up in the response to God's call to holiness, and so one's body is meant to be kept holy as well as one's soul, and that care and respect for the body is a sign of gratitude and obedience to God who created us with love.
10. Explain the different kinds of vocation: our primary vocation to holiness which comes to us from our Baptism, a committed state of life (consecrated life, matrimony, priesthood), and our ministry or work.
11. Understand that the gift of oneself in a permanent state of life includes all of oneself, and that God intends our commitment of the gift of ourselves in this way to be a sign to others of his own commitment to us (Christ is the Bridegroom who has given himself for his Bride, the Church).
12. Articulate that the states of life are: ordained, married, consecrated.

13. Understand that the evangelical counsels of poverty, chastity and obedience are for all of the baptized to live out according to their state of in life; they are most evident in the lives of those who are consecrated or profess religious vows.

14. Know that humanity's final end is either to be with God for all eternity in the glory of heaven, or to be separated from him eternally in the sadness of hell.

15. Know that at death the soul is separated from the body, and either enters in heaven, purgatory, or hell.

16. Understand that in the joy of heaven, we see God face to face and experience our greatest happiness and fulfillment in worshiping the Lord with the angels and saints.

17. Know that purgatory is the state of final purification, where we are made ready to enter into the joy of heaven.

18. Know that hell is the sad reality of eternal separation from God chosen by one who dies in a state of unrepented mortal sin.

19. Identify that on the Last Day, when Jesus returns in glory, he will raise the dead in their bodies for the Last judgment, where the saints will rejoice in glory and the sinners will go to eternal punishment.

20. Be aware that there are issues that parents or young people face that are beyond a catechist's capabilities, and be ready to direct them to the proper person who can help, be that a priest, medical professional, or other qualified person relative to the situation.

8. Moral Living

Interior Life Goals (Internalizing the Faith)

1. Desire to become the saint God has called you to be.
2. Desire that the Holy Spirit always inspire and guide one's thoughts, words and actions.
3. Desire purity of heart, mind and body, and seek to protect oneself from those things that may lead to sin.
4. Be grateful for the instruction the Lord has given us on how to grow in holiness and to turn away from sin.
5. Desire to grow in virtue and live the Beatitudes each day.

Behavioral Goals (Living as a Disciple of the Lord)

1. Form one's conscience according to the teaching of the Church.
2. Treat others with charity and respect, and forgive others generously as God has forgiven you.
3. Practice acts of charity, especially in the corporal and spiritual works of mercy.
4. Prepare for the Sacrament of Penance through an examination of conscience, and let go of past sins after receiving forgiveness with encouragement and hope.
5. Model one's dress and behavior on the example of Jesus and Mary, in modesty and chastity.

6. Pray daily for the grace to grow in the theological and cardinal virtues and to live them after the example of the saints.
7. Study and practice the Beatitudes, and aid learners in growing in actions and attitudes characteristic of the Christian life.
8. Volunteer for mission work and service projects with one's parish and community when possible.
9. Provide learners with doctrinally sound resources such as Sacred Scripture, the Catechism and magisterial documents to provide answers to their questions concerning moral living.
10. Expose learners to resources such as the writings of the Church Fathers and other saints' works, as sources of encouragement and instruction in holy living.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the moral life is supported by the life of grace, given to us by Christ through the sacramental life of the Church, first in baptism.
2. Explain that the Fall was the first sin of Adam and Eve, and that all humanity has inherited the stain of Original Sin, from which we are freed in Baptism.
3. Articulate that in Baptism we receive the gifts of being made a new creature, receive sanctifying grace and justification, the theological virtues and the help of the Holy Spirit to grow in the moral virtues.
4. Know that the grace of justification is a gift that frees us from the stain of Original Sin.

5. Know that fallen human nature suffers from the deprivation of original holiness and original justice, and thus experiences a tendency towards evil, which we call concupiscence.

6. Know that concupiscence is a tendency towards evil.

7. Understand that we have free will and therefore are responsible for our actions.

8. Understand that what is moral and immoral, right and wrong, can be known by reason, which

belongs to human nature and is therefore called the natural law, and is further expressed in the Decalogue. Natural law is immutable.

9. Explain that our conscience is where we understand the natural and moral law and judge good from evil. We have a duty to form our conscience properly.

10. Understand how Sacred Scripture, especially the Beatitudes and the Decalogue, and the whole moral teaching of the Church is a guide for us to remain free from the bonds of sin and to grow in happiness and holiness.

11. Understand that we can evaluate the morality of human acts by (1) the object, (2) the intention, and (3) the circumstances.

12. Understand that a human act is morally good only when the object, intention and circumstances are all good together.

13. Understand that knowingly acting against God's laws, including the natural law, comprises sin.

14. Be able to explain that certain behaviors, states of mind and omissions are sinful, and be able to

articulate the gravity of different sins (venial, mortal, those that are vices) as set forth in the Catechism and magisterial documents.

15. Understand that venial sins diminish grace and that mortal sins result in the total loss of grace.

16. Explain that for a sin to be mortal, it must be of grave nature, the person must be aware of the grave nature of the act, and the person must freely choose the act.

17. Understand that the Sacrament of Penance is normally necessary for the forgiveness of mortal sins committed after Baptism and the restoration of grace. It is also meritorious to confess venial sins.

18. Understand that the moral virtues (prudence, justice, temperance, fortitude) are acquired and increased by human effort and dispose the intellect and will to act in accordance with reason and faith. They are purified and elevated by divine grace.

19. Identify that the theological virtues (faith, hope, charity) are infused by God and necessary for the Christian life and salvation.

20. Know the gifts and fruits of the Holy Spirit and how they complete and perfect the virtues.

21. Be able to define social sin, structures of sin, social justice, the common good and stewardship, as understood in Church teaching and discussed in the Catechism and magisterial documents.

22. Explain that all people must be treated with respect, from conception to natural death, regardless of health, wealth, mental state, race, disabilities or other qualities.

23. Articulate the precepts of the Church.

Pillar IV: Prayer

9. Prayer

Interior Life Goals (Internalizing the Faith)

1. Desire to thank, praise and worship God in holy Mass.
2. Desire to communicate regularly with God through prayer.
3. Earnestly seek to listen to the voice of God praying with Scripture and in contemplative silence.
4. Desire to stay close to the Sacred Heart of Jesus always.
5. Desire to cultivate a disposition of openness to the Holy Spirit, willing to be guided by the Holy Spirit in one's prayer and action, and seek his inspiration and consolation in the challenges of daily life.

Behavioral Goals (Living as a Disciple of the Lord)

1. Foster a faithful and robust personal prayer life.
2. Regularly introduce and model different styles of prayer and devotions such as Eucharistic adoration, the rosary, the divine mercy chaplet, traditional prayers, novenas, an examination of conscience, worship through music, meditations by the saints and spontaneous prayer.
3. Foster an appreciation for and comfort with prayer in silence.

4. Invite families to pray for one another and to ask the intercession of the saints, especially the Blessed Mother.
5. Listen to children's needs, fears and petitions in prayer, and seek to provide, guide and help them in those areas.
6. Teach children to pray the Sign of the Cross reverently, always using God's Holy Name with respect.
7. Introduce learners to prayers of the universal Church, including prayers of the Eastern Catholic Churches and different cultural devotions, when appropriate.
8. Lead learners in prayer with Sacred Scripture, such as lectio divina and the Liturgy of the Hours, when possible and developmentally appropriate.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Define prayer as "the raising of one's heart and mind to God or the requesting of good things from God." (CCC 2590)
2. Explain that God calls man first into an encounter of prayer.
3. Explain that it is the Holy Spirit who inspires and guides our prayer.
4. Understand that Jesus teaches us to pray, and is our master and model in prayer.
5. Articulate the importance of prayer and be familiar with traditional Catholic prayers that families can pray together.
6. Understand that we bless and adore God in the liturgy of the Church.

7. Understand the liturgical seasons of the Church and the prayers that accompany each of these seasons.
8. Understand that the Word of God, the liturgy of the Church, and the virtues of faith, hope and charity are sources of prayer.
9. Explain that the five basic forms of prayer are blessing, petition (which includes asking for forgiveness), intercession, thanksgiving and praise.
10. Articulate that Sacred Scripture is a source of prayer, in personal and communal prayer, through prayerful reading such as lectio divina, the Liturgy of the Hours, and the Liturgy of the Mass.
11. Explain that there are three major expressions in the life of prayer: vocal prayer, meditation and contemplative prayer.
12. Understand that Christian prayer, including meditation and contemplation, is a dialogue with God that develops our relationship with him, which is different and distinct from secular and other faith traditions' practices of mindfulness, transcendental meditation, and yoga.
13. Understand that we ask for the intercession of the saints and our Blessed Mother with our prayers.
14. Understand that the Church teaches that prayer is a battle of faith and requires perseverance.
15. Explain that dryness and distraction are the principal difficulties in prayer, which can be remedied through faith, conversion and vigilance of heart.
16. Understand that prayer is primarily addressed to God the Father.

17. Know that praying to our Father should develop in us the will to become like him and foster in us a humble and trusting heart.
18. Articulate why the Lord's Prayer is a "summary of the whole Gospel." (CCC 2761)
19. Explain that in the Our Father, the object of the first three petitions is the glory of the Father: the sanctification of his name, the coming of the kingdom, and the fulfillment of his will. The four others present our wants to him: they ask that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil.
20. Understand that the Christian family is the first place for education in prayer.
21. Understand that the Body of Christ shares in the duty of praying for the needs of the whole world, for the conversion of sinners, and to offer the proper praise and thanksgiving that is due to God because of his goodness, love and mercy.
22. Understand that "when catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit." (DC 86)

PARENT AND FAMILY GOALS

Primary Formational Goal: To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;¹⁶⁰ who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life.

Pillar I: The Profession of Faith

1. Faith and Reason

Interior Life Goals (Internalizing the Faith)

1. Have confidence that there is objective truth and that it can be known.
2. Desire to know the truth more fully.
3. Be thankful that God has given us the faculties to know and love him.
4. Be thankful that God has revealed to us what we would not be able to know by reason alone.
5. Desire to share the truth with one's family and friends

Behavioral Goals (Living as a Disciple of the Lord)

1. Ask to be guided by the Holy Spirit to all truth (Jn 16:13).
2. Meditate prayerfully on the beauty, truth and goodness of God's creation.

3. Pray for an increase in wisdom so as to see God as the first cause and everything as governed by his providence.
4. Pray for humility, so as to be childlike and therefore better understand the mysteries of the kingdom (Matt 11:25).
5. Pray for the courage to speak the truth and to bear witness to the truth with the grace of the Holy Spirit.
6. Discuss the reasonableness of the Faith with one's family.
7. Make the Catechism of the Catholic Church available in the home as a trusted resource for understanding and explaining our Faith.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the desire for truth is in every human heart.
2. Know that there is objective truth.
3. Know that objective truth can be known and obliges us to accept it and live according to it because it comes from God, who is Truth.
4. Know that opinions that regard objective matters are true when they agree with objective truth.
5. Know that many truths can be known by the use of human reason through deductions from observations of the world and the human person.
6. Understand that the natural sciences can assist us in knowing more about the truths of the material universe.

7. Understand that there are truths about realities that cannot be known through our physical senses yet might be known through reason.
8. Know that, by human reason, it can be known that God exists, that there is only one God, and that he created the universe.
9. Know that, by human reason, it can be known that God is all-good, all-powerful and all-knowing and that he therefore can be trusted.
10. Know that not all truth can be known by human reason alone.
11. Know that God reveals truth to us that cannot be known by reason alone but that does not contradict reason.
12. Identify that relativism denies objective truth and must be rejected.

2. Divine Revelation

Interior Life Goals (Internalizing the Faith)

1. Be grateful for God's revelation.
2. Trust in God's Word in Sacred Scripture and Sacred Tradition.
3. Desire to know the Lord more intimately through prayer and reading of Scripture.
4. Desire to guide one's family in understanding Scripture through prayer and study.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read Sacred Scripture daily in personal prayer and with one's family.
2. Discuss the accounts and teachings in Sacred Scripture as a family.
3. Display the Sacred Scripture in a place of honor in the home, and practice reverence toward it such as with a bow, a kiss, or lighting a candle.
4. Lead the family in listening to or reading the readings before Sunday Mass.
5. Read relevant Scripture passages when celebrating Solemnities and feasts of saints that are particularly cherished by the family.
6. Practice special devotions as a family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.
7. Access trusted resources to assist in growing in knowledge about Sacred Scripture.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that God reveals himself in two ways: (1) through Creation (Natural Revelation) and (2) through his Word (Divine Revelation).
2. Understand that Divine Revelation is given in two forms: (1) Sacred Scripture and (2) Sacred Tradition.
3. Articulate that Sacred Scripture is inspired by God and that it therefore contains no error.
4. Know that God employed human authors to convey his word in human words.

5. Understand that Sacred Scripture is trustworthy when understood in the way intended by the authors according to the various genres in which they wrote.
6. Articulate that events in Sacred Scripture can point beyond themselves to deeper realities such as Christ and his Church, the Christian moral life, and Heaven.
7. Know that the Old Testament teaches about Christ and that Christ illuminates the Old Testament.
8. Understand that the Gospels are preeminent among the books of Sacred Scripture as the record of Jesus' words, deeds, Passion, and Resurrection.
9. Articulate that the Old Testament, even apart from the New Testament, has a value of deep spiritual and historical significance.
10. Know that there are 73 books in Sacred Scripture.
11. Understand that we know which books belong in Sacred Scripture on the authority of the Catholic Church.
12. Articulate that the teaching authority of the Church, the Magisterium, is the only authentic interpreter of Sacred Scripture.
13. Know that Sacred Tradition is transmitted in the life and practice of the Church.
14. Understand that the elements of every teaching of the Church is contained, at least implicitly, in Sacred Scripture.
15. Understand that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

3. The Holy Trinity

Interior Life Goals (Internalizing the Faith)

1. Honor the Lord in your heart as the holy and living God, and revere his holy name.
2. Love God the Father, God the Son, and God the Holy Spirit with one's whole heart.
3. Desire to think, speak, and act in ways that are pleasing to God.
4. Desire to grow in a filial relationship with the Father, through Jesus the Son, with the Holy Spirit.
5. Grow in trust in God's providence and love.

Behavioral Goals (Living as a Disciple of the Lord)

1. Make the Sign of the Cross with reverence.
2. Be familiar with Sacred Scripture and the teaching of the Catechism on the Blessed Trinity.
3. Worship the Lord in Holy Mass.
4. Cultivate a culture of faith in one's home with images, statues and icons that remind one's family that we have received all things from God and that eternal life with the Trinity is our ultimate end.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that we profess faith in the Blessed Trinity, who is three Persons in the one God, Father, Son and Holy Spirit.

2. Understand that there is one God who is the uncreated, all-powerful, omniscient Creator of all things that exist.
3. Know that the three Persons are each fully God, coequal and coeternal.
4. Articulate that the three Persons are distinguished in their relationship to one another: the Son is begotten from the Father, the Holy Spirit proceeds from the Father and the Son.
5. Know that the three Persons always act together.
6. Know that God alone freely created all things ex nihilo by his own power, to reveal his glory and so that his creatures could share in his truth, beauty and goodness.
7. Understand that God's divine providence can be mysterious, but that he guides his creation towards perfection and can bring good out of evil.
8. Articulate that God created angels, purely spiritual creatures, who have intelligence and will, to glorify him and serve his saving plans. God gives each person a guardian angel.
9. Know that Jesus and the Holy Spirit work together in their conjoined and inseparable mission of building the Church.
10. Know that the Son reveals the Father and bestows the Holy Spirit and that the Holy Spirit reveals the Son.
11. Understand that the names "Father" and "Son" are God's chosen way of revealing himself.
12. Know that all forms of superstition, idolatry, sacrilege, and divination, including horoscopes, are directly contrary to the worship of and love of God.

13. Understand that because of who God is, he deserves our love, adoration, worship and praise.

4. Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

1. Be grateful for God becoming man to save us.
2. Be comforted knowing that Jesus, who is God, knows as man what it is like to suffer.
3. Desire to grow closer to Jesus and to know him better.
4. Desire to grow in a filial relationship with the Father, through Jesus the Son.
5. Desire to receive Jesus in the Eucharist.

Behavioral Goals (Living as a Disciple of the Lord)

1. Honor Jesus in the home, such as by displaying and reverencing a crucifix and an image or statue of Jesus.
2. Discuss regularly as a family the Person and Mission of Jesus.
3. Speak each day with Jesus in prayer.
4. Engage with Sacred Scripture each day, seeking to know Jesus more intimately.
5. Spend time with Jesus in adoration of the Blessed Sacrament as possible.

6. Embrace the sufferings of life, in an appropriate way, as an offering in union with Jesus' Passion.
7. Celebrate the liturgical seasons as a family, keeping focused on Christ.
8. Play beautiful hymns about Jesus in the home.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the Incarnation is the mystery of God the Son assuming human nature and becoming man, like us in all things but sin. Jesus Christ is true God and true man.
2. Know that Jesus is the Son of God made man, without ceasing to be God and without acquiring original sin.
3. Identify that the Son always existed and that the Incarnation happened in history in Mary by the power of the Holy Spirit.
4. Know that Mary is immaculately conceived, the Mother of God (Theotokos), and ever-Virgin.
5. Be aware that the Gospels affirm Jesus' divinity (e.g., Mk 2:7, Jn 8:58) and humanity (e.g., Mt 21:18, Jn 11:35).
6. Understand that the divine and human natures in Jesus coexist in true and inseparable union, without confusion.
7. Understand that Jesus truly suffered temptation and human frailty, e.g., in hunger, exhaustion, and the sufferings of his Passion.

8. Know that Jesus freely suffered for our sake, and so we can offer our sufferings to him and pray for ourselves and others.
9. Identify that the Son obediently accomplishes the Father's plan for salvation in his Incarnation, in his entire life, and in his Passion, Death, Resurrection and Ascension (his Paschal Mystery).
10. Identify that the Incarnation also manifests the model of holiness in Jesus, the gravity of sin in the Passion, and the depths of divine love for us.
11. Know that by his death, Jesus triumphs over death and descends to the realm of the dead to open heaven for the souls of the just.
12. Identify that Jesus truly rose from the dead in a historical event that also transcends history since (1) he is still risen, seated at the right hand of the Father, and (2) we participate in his resurrection even now through Baptism and manifestly so on the Last Day.
13. Know that Jesus will come again to judge the living and the dead on the Last Day.
14. Know that it is good to depict Jesus in holy images.
15. Know that as baptized members of the Church, we are called to share in Christ's mission. We are called to be conformed to Christ and live a life of holiness.

5. The Church/Ecclesiology

Interior Life Goals (Internalizing the Faith)

1. Love the Church and all her members on earth, in purgatory and in heaven.
2. Yearn for the healing of the wounds to unity in the Church.
3. Desire that one's children will respond generously to the Lord's call in their lives.
4. Be grateful for the presence of the Lord here on earth with us in the Eucharist, made possible by the prayers of the priest and the power of the Holy Spirit.
5. Love the saints and the Blessed Mother who intercede for us in our journey on earth.

Behavioral Goals (Living as a Disciple of the Lord)

1. Faithfully participate in the prayers, penances, and seasons of the Church.
2. Faithfully participate in and receive the Sacraments as is appropriate, especially Holy Mass on Sundays and Holy Days of Obligation.
3. Spend time in prayer in the presence of the Blessed Sacrament.
4. Pray daily for the holiness of the Body of Christ on earth and in purgatory, especially one's family and parish community.
5. Pray for the grace to become the saint that God has called you to be.
6. Pray for one's children to be holy, and pray each day together as a family.
7. Model fidelity to the Church's teaching for one's children and family.

8. Pray for the intercession of the saints and the protection of the Guardian Angels.
9. Honor Mary by participating in the veneration of Marian images and statues, praying to Mary, and celebrating Marian feast days.
10. Cultivate a culture of the “domestic Church” at home, keeping Christ in the center of the family’s activities, media and conversations.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Understand that the Church comprises all members on earth, in Purgatory and in Heaven, so that all share the same life and participate in the same worship.
2. Understand that, from the beginning, it was God’s plan to unite all people to himself.
3. Understand that the formation of the people of Israel in the Old Testament anticipated the gathering of all people in the Church.
4. Know that the Church was founded by Jesus through his earthly ministry and the Paschal Mystery.
5. Understand that the Church continues the presence and activity of Jesus on earth throughout time.
6. Know that the Church is the mystical body of Christ, and she receives all of her life and power from Jesus, the Head of the Body.
7. Identify that the prerogatives of the Head, such that Jesus’ kingship, priesthood, merits of his Passion, etc, are shared with the members of his Body.

8. Understand that, since the saints in heaven are united in charity with the members of the Church on earth, it is fitting and meritorious to ask them for their prayers.
9. Know that salvation only comes through the Church, so that even those formally outside the Church might be saved but only by the graces that mysteriously come to them from the Church.
10. Understand that the Church is One: her unity has its source in the unity of the divine Persons of the Holy Trinity and directs all her members back to this source.
11. Understand that the Church is Holy: she is united to the Son of God, her spouse, from whose holiness she is preserved in holiness, despite the sins of her members.
12. Understand that the Church is Catholic (i.e., Universal): she alone has the fullness of the truth and her missionary activity extends to all people.
13. Understand that the Church is Apostolic: she is founded on the Apostles, in whose office the bishops in line of succession share for the good of the Church.
14. Know that the Church is constituted by Jesus with hierarchical grades of governance and service, with the pope as the visible source of unity and the college of bishops united to him in doctrine and charity.
15. Know that the Church is taught by the Magisterium, the Bishops in union with the Pope, whose task it is to interpret Divine Revelation rightly and to guide the faithful in faith and moral living.
16. Know that the Church teaches infallibly on matters of faith and morals in definitive acts that are: (1) solemnly taught by the pope ex cathedra, (2) solemnly taught in ecumenical councils, and (3) taught in the ordinary and universal teaching of the pope and bishops across time.

17. Understand that Mary is the spiritual Mother of the Church and a type of the Church.

18. Understand how the saints are models for us in how to love Jesus with our whole selves.

Pillar II: The Celebration of the Christian Mystery

6. Sacramental Life

Interior Life Goals (Internalizing the Faith)

1. Be grateful for the sacraments.
2. Believe that the Eucharist is Jesus, truly present with us, Body, Blood, soul and divinity.
3. Desire to participate in the sacramental life of the Church.
4. Hope in the grace of the sacraments for support in growing in holiness.
5. Desire to grow in virtue, flowing from one's Baptism and supported by the grace of the sacraments.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate prayerfully and joyfully in the sacramental and liturgical life of the Church.

2. Receive the sacraments of Penance and Eucharist, preparing for these gifts with an examination of conscience and with gratitude for the Lord's love and mercy.
3. Participate in adoration of the Blessed Sacrament as a family when possible.
4. Pray for one's family and the Church throughout the world.
5. Participate in the prayer life of the parish community.
6. Study the Catechism and other magisterial teaching to be able to understand the sacraments better.
7. Make use of sacramentals in the home.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know the parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist, and understand the priest's role in the celebration of the Mass.
2. Know the Church's Liturgical calendar, and identify the seasons and key feasts that we celebrate.
3. Define a sacrament as an efficacious sign of grace instituted by Christ.
4. Identify the seven sacraments of the Church, and their matter and form.
5. Know that grace is a share in God's life that he freely gives us which helps us to be like him and love as he loves, and that sanctifying grace is necessary for salvation.
6. Identify that the Sacraments work *ex opere operato* and that the graces given in the Sacraments must be welcomed and fostered.

7. Know that Baptism is the gateway to all of the other sacraments, by which we receive sanctifying grace and are incorporated into life in Christ through the Holy Spirit.
8. Articulate that the Holy Eucharist truly is Jesus' Body and Blood, given to us by Christ at the Last Supper and made present through the words of the priest and the power of the Holy Spirit.
9. Know that the Eucharist is Jesus Christ truly and substantially present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
10. Understand that it is required for all baptized Catholics to attend holy mass every Sunday and Holy Day of Obligation and that to miss mass, without sufficient reason, is a sin.
11. Understand that Confirmation increases sanctifying grace, the gifts of the Holy Spirit, and one's relation to the Church and the obligation to witness to Christ in the world.
12. Know that frequent Confession leads to a life free from sin and strengthened by grace to resist temptation.
13. Know that the Anointing of the Sick grants spiritual strengthening and courage and further conforms the one anointed to the Passion of Christ. It brings healing on a spiritual level and may also bring physical healing, according to the Lord's will.
14. Know that Matrimony as a sacrament entails an indissoluble bond between a baptized man and woman, who receive grace to assist one another in holiness and in raising children.

15. Know that there are differing definitions of marriage which are insufficient and incomplete, and that Jesus gave us clear instruction on the true purpose and ends of marriage.

16. Know that the Sacrament of Holy Orders gives baptized men a special participation in Jesus as head of the Church for the service of all the baptized, in their roles as bishops, priests, and deacons.

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

Interior Life Goals (Internalizing the Faith)

1. Desire to know God, love God, and serve God in this life to be happy with him in the next.
2. Yearn to grow in one's vocation to holiness.
3. Open one's heart to the true, good and beautiful so as to encounter the Lord and experience his glory.
4. Be thankful that God created each person in love and for a purpose.
5. Desire to be in our true home of heaven one day, where we can praise the Lord forever.

Behavioral Goals (Living as a Disciple of the Lord)

1. Model the Church's teaching on Christian anthropology in how one dresses, speaks and acts.
2. Demonstrate an understanding of one's body as a "temple of the Holy Spirit" (1 Cor 6:19) by words and actions that respect the beauty and integrity of the human person.
3. Be a faithful witness of one's own vocational state.
4. Provide the witness of the saints as examples of following God's call in one's life.
5. Grow in knowledge of the Church's teaching on Christian anthropology.
6. Discuss as a family the gift of life, the goodness of the body and how God calls each of us to follow him in a special way with our whole selves.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that man is created in God's image and likeness and therefore all human beings have inherent dignity.
2. Know that man's purpose is to know, love and serve God in this life and to be with him forever in heaven.
3. Know that man is a unity of body and immaterial soul.
4. Identify that the soul has the faculties of intellect, by which we can know, and the will, by which we choose.
5. Know that the body has the powers of sense, which assist our intellect.

6. Articulate that passions (emotions) are meant to assist us but must be governed by reason.
7. Know that the body contains biological sex, which is either male or female, and that one's sex is an intrinsic, unchangeable part of who a person is.
8. Understand that each person has a vocation, which is a call from God and our response to it. The primary vocation of the baptized is to holiness.
9. Know that all of one's self is bound up in the response to God's call to holiness, and so one's body is meant to be kept holy as well as one's soul, and that care and respect for the body is a sign of gratitude and obedience to God who created us with love.
10. Explain the different kinds of vocation: our primary vocation to holiness which comes to us from our Baptism, a committed state of life (consecrated life, matrimony, priesthood), and our ministry or work.
11. Identify that the gift of oneself in a permanent state of life includes all of oneself, and that God intends our commitment of the gift of ourselves in this way to be a sign to others of his own commitment to us (Christ is the Bridegroom who has given himself for his Bride, the Church).
12. Articulate that the states of life are: ordained, married, consecrated.
13. Know that the evangelical counsels of poverty, chastity and obedience are for all of the baptized to live out according to their state of in life; they are most evident in the lives of those who are consecrated or profess religious vows.
14. Know that humanity's final end is either to be with God for all eternity in the glory of heaven, or to be separated from him eternally in the sadness of hell.

15. Know that at death the soul is separated from the body, and either enters in heaven, purgatory, or hell.

16. Know that in the joy of heaven, we see God face to face and experience our greatest happiness and fulfillment in worshiping the Lord with the angels and saints.

17. Know that purgatory is the state of final purification, where we are made ready to enter into the joy of heaven.

18. Know that hell is the sad reality of eternal separation from God chosen by one who dies in a state of unrepented mortal sin.

19. Identify that on the Last Day, when Jesus returns in glory, he will raise the dead in their bodies for the Last Judgment, where the saints will rejoice in glory and the sinners will go to eternal punishment.

8. Moral Living

Interior Life Goals (Internalizing the Faith)

1. Desire to become the saint God has called you to be.

2. Desire that the Holy Spirit always inspire and guide one's thoughts, words and actions.

3. Desire purity of heart, mind and body, and seek to protect oneself from those things that may lead to sin.

4. Be grateful for the instruction the Lord has given us on how to grow in holiness and to turn away from sin.

5. Desire to grow in virtue and live the Beatitudes each day.

Behavioral Goals (Living as a Disciple of the Lord)

1. Form one's conscience according to the teaching of the Church.
2. Treat others with charity and respect, and forgive others generously as God has forgiven you.
3. Practice acts of charity, especially in the corporal and spiritual works of mercy.
4. Model contrition and forgiveness for one's family by apologizing and forgiving one another.
5. Prepare for the Sacrament of Penance through an examination of conscience, and let go of past sins after receiving forgiveness with encouragement and hope.
6. Model one's dress and behavior on the example of Jesus and Mary, in modesty and chastity.
7. Pray daily for the grace to grow in the theological and cardinal virtues and to live them after the example of the saints.
8. Study and practice the Beatitudes, and aid learners in growing in actions and attitudes characteristic of the Christian life.
9. Volunteer for mission work and service projects with one's parish and community when possible.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the moral life is supported by the life of grace, given to us by Christ through the sacramental life of the Church, first in baptism.
2. Know that the Fall was the first sin of Adam and Eve, and that all humanity has inherited the stain of Original Sin, from which we are freed in Baptism.
3. Know that in Baptism we receive the gifts of being made a new creature, receive sanctifying grace and justification, the theological virtues and the help of the Holy Spirit to grow in the moral virtues.
4. Know that the grace of justification is a gift that frees us from the stain of Original Sin.
5. Identify that fallen human nature suffers from the deprivation of original holiness and original justice, and thus experiences concupiscence.
6. Know that concupiscence is a tendency towards evil.
7. Understand that we have free will and therefore are responsible for our actions.
8. Identify that what is moral and immoral, right and wrong, can be known by reason, which belongs to human nature and is therefore called the natural law, and is further expressed in the Decalogue. Natural law is immutable.
9. Know that our conscience is where we understand the natural and moral law and judge good from evil. We have a duty to form our conscience properly.
10. Understand how Sacred Scripture, especially the Beatitudes and the Decalogue, and the whole moral teaching of the Church is a guide for us to remain free from the bonds of sin and to grow in happiness and holiness.

11. Identify that we can evaluate the morality of human acts by (1) the object, (2) the intention, and (3) the circumstances.
12. Identify that a human act is morally good only when the object, intention and circumstances are all good together.
13. Understand that knowingly acting against God's laws, including the natural law, comprises sin.
14. Know that certain behaviors, states of mind and omissions are sinful, and understand the gravity of different sins (venial, mortal, those that are vices).
15. Understand that venial sins diminish grace and that mortal sins result in the total loss of grace.
16. Know that for a sin to be mortal, it must be of grave nature, the person must be aware of the grave nature of the act, and the person must freely choose the act.
17. Understand that the Sacrament of Penance is normally necessary for the forgiveness of mortal sins committed after Baptism and the restoration of grace. It is also good to confess venial sins.
18. Identify that the moral virtues (prudence, justice, fortitude, temperance) are acquired and increased by human effort and dispose the intellect and will to act in accordance with reason and faith. They are purified and elevated by divine grace.
19. Identify that the theological virtues (faith, hope, charity) are infused by God and necessary for the Christian life and salvation.
20. Identify the gifts and fruits of the Holy Spirit and how they complete and perfect the virtues.

21. Be familiar with Church teaching on social justice, the common good and stewardship.
22. Know that all people must be treated with respect, from conception to natural death, regardless of health, wealth, mental state, race, disabilities or other qualities.
23. Identify the precepts of the Church.

Pillar IV: Prayer

9. Prayer

Interior Life Goals (Internalizing the Faith)

1. Desire to thank, praise and worship God in holy Mass.
2. Desire to communicate regularly with God through prayer.
3. Earnestly seek to listen to the voice of God when praying with Scripture and in contemplative silence.
4. Desire to stay close to the Sacred Heart of Jesus always.
5. Desire to cultivate a disposition of openness to the Holy Spirit, willing to be guided by the Holy Spirit in one's prayer and action, and seek his inspiration and consolation in the challenges of daily life.

Behavioral Goals (Living as a Disciple of the Lord)

1. Foster a faithful and robust personal prayer life.
2. Regularly practice different styles of prayer and devotions with one's family, such as Eucharistic adoration, the rosary, the divine mercy chaplet, traditional prayers, novenas, an examination of conscience, worship through music, meditations by the saints and spontaneous prayer.
3. Foster an appreciation for and comfort with prayer in silence.
4. Lead one's family in asking the intercession of the saints, especially the Blessed Mother, and the protection of the Guardian Angels.
5. Listen to the petitions of one's family and pray for them together.
6. Lead one's family in prayer with Sacred Scripture.
7. Participate in adoration of the Blessed Sacrament as a family when possible and help to foster an appreciation for prayer in silence.
8. Teach one's children to ask the Holy Spirit to guide their prayer and to help them to listen to the Lord in prayer.
9. Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, and novenas, when possible.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Define prayer as “the raising of one’s heart and mind to God or the requesting of good things from God.” (CCC 2590)
2. Know that God calls man first into an encounter of prayer.
3. Know that it is the Holy Spirit who inspires and guides our prayer.
4. Understand that Jesus teaches us to pray, and is our master and model in prayer.
5. Know the importance of prayer and be familiar with traditional Catholic prayers that families can pray together.
6. Know that we bless and adore God in the liturgy of the Church.
7. Identify the liturgical seasons of the Church and the prayers that accompany each of these seasons.
8. Know that the Word of God, the liturgy of the Church, and the virtues of faith, hope and charity are sources of prayer.
9. Identify the five basic forms of prayer: blessing, petition (which includes asking for forgiveness), intercession, thanksgiving and praise.
10. Know that Sacred Scripture is a source of prayer, in personal and communal prayer, through prayerful reading such as lectio divina, the Liturgy of the Hours, and the Liturgy of the Mass.
11. Identify that there are three major expressions in the life of prayer: vocal prayer, meditation and contemplative prayer.

12. Know that Christian prayer, including meditation and contemplation, is a dialogue with God that develops our relationship with him. Know that this is different and distinct from secular and other faith traditions' practices of mindfulness, transcendental meditation, and yoga.
13. Understand that we ask for the intercession of the saints and our Blessed Mother with our prayers.
14. Know that prayer is a battle of faith and requires perseverance.
15. Know that praying to our Father should develop in us the will to become like him and foster in us a humble and trusting heart.
16. Identify that the Lord's Prayer is a "summary of the whole Gospel." (CCC 2761)
17. Know that in the Our Father, the object of the first three petitions is the glory of the Father: the sanctification of his name, the coming of the kingdom, and the fulfillment of his will. The four others present our wants to him: they ask that our lives be nourished, healed of sin, and made victorious in the struggle of good over evil.
18. Understand that the Christian family is the first place for education in prayer and that families should develop the daily habit of prayer.
19. Know that as members of the Body of Christ, we have a duty to pray for the needs of the whole world, for the conversion of sinners, and to offer the proper praise and thanksgiving that is due to God because of his goodness, love and mercy.
20. Know that "when catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit." (DC 86)

CATECHETICAL GOALS FOR AN EVANGELIZING CATECHESIS FROM EARLY CHILDHOOD TO PRE- ADOLESCENCE

The goals presented are structured in three developmental categories, in conformity with the *Directory for Catechesis*: Early Childhood (pre-school age), Middle Childhood (ages 6-10), and Pre-Adolescent (ages 10-14). They are then further distinguished into three major categories within each developmental state; Interior Life Goals (fostering attitudes of the Faith), Behavioral Goals (fostering holy living of the Faith), and Cognitive Goals (fostering a deeper understanding of the Faith).

GOALS FOR CATECHESIS IN EARLY CHILDHOOD (PRE-SCHOOL)

Primary Formational Goal: To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;¹⁶⁷ who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life.

Pillar I: The Profession of Faith

1. Faith and Reason

Interior Life Goals (Internalizing the Faith)

1. Trust God with all your heart.
2. Be thankful for the gift of faith.
3. Love the beauty of God's creation.

Behavioral Goals (Living as a Disciple of the Lord)

1. Pray to God to help you stay with him always.
2. Pray for the gifts of the Holy Spirit to grow in you.
3. Spend time playing outdoors surrounded by God's Creation.
4. Listen to one's parents, teachers and catechists as they teach you about Jesus.
5. Be attentive in times of prayer and in Holy Mass.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify that everyone is called to love God.
2. Articulate that God exists and loves you.

3. Identify that it is good to know God.
4. Articulate that creation tells us about God.
5. Articulate that we can trust what God tells us.
6. Identify that God gives us minds to think with, the Bible, and the teachings of the Church so that we can know him more.

2. Divine Revelation

Interior Life Goals (Internalizing the Faith)

1. Be thankful that God tells us how much he loves us.
2. Want to know Jesus better.
3. Enjoy the stories from the Bible, especially about Jesus.
4. Enjoy looking through a children's Bible.

Behavioral Goals (Living as a Disciple of the Lord)

1. Listen with attention when the Bible is read.
2. Treat one's Bible with love and respect.
3. Ask questions about the Bible.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that God has told us about himself through nature and in the Bible.
2. Know that the Bible is also called Sacred Scripture.
3. Identify God as the author of the Bible.
4. Be aware that the Bible has two main sections, the Old Testament and the New Testament.
5. Be aware that the Old Testament tells us about God's chosen people, the Israelites.
6. Be aware that in the Old Testament, God promised to send Jesus to save us from sin.
7. Be aware that the four Gospels tell us about the life and teaching of Jesus.
8. Know that we hear the Bible proclaimed in the Mass and in the celebration of the sacraments.

3. The Holy Trinity

Interior Life Goals (Internalizing the Faith)

1. Love God with your whole heart.
2. Want to do and say things that make God happy.
3. Want to know God more.
4. Trust that God always hears our prayers.

Behavioral Goals (Living as a Disciple of the Lord)

1. Say God's name with reverence.
2. Make the Sign of the Cross with reverence.
3. Listen to stories from the Bible.
4. Tell God you love him at Mass.
5. Learn to spend a few minutes praying before the Blessed Sacrament.
6. Bless oneself with holy water when entering a Church.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify that God made everything.
2. Know that there is one God.
3. Identify that God is the Trinity: Father, Son, and Holy Spirit.
4. Articulate that God is love.
5. Be aware that God knows everything and is all powerful.
6. Know that we are made God's children in Baptism.

4. Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

1. Love God with one's whole heart.
2. Believe that Jesus loves us.
3. Want to care for others as Jesus does.
4. Trust that Jesus never leaves us alone.
5. Believe that the Eucharist is Jesus.

1. Reverently make the Sign of the Cross.
2. Show curiosity and attention during the Mass.
3. Learn some of the stories about Jesus' life in the Bible.
4. Do small acts of kindness out of love for God and others.
5. Talk to Jesus in prayer each day.
6. Look at books about the saints and children's Bibles.
7. Genuflect with reverence before the Tabernacle where Jesus is.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that Jesus is true God and true man.
2. Articulate that Jesus is our Savior.
3. Be aware that we are called to live like Jesus.
4. Articulate that we get to know Jesus through the Bible.
5. Be aware that Mary is Mother of God because she is Jesus' mother, and Jesus is God the Son.
6. Know that the Eucharist is Jesus.
7. Identify the Holy Family -- Jesus, Mary and Joseph-- and become familiar with narratives about the Holy Family in the Bible.

5. The Church/Ecclesiology

Interior Life Goals (Internalizing the Faith)

1. Believe that the Lord is always with us.
2. Love the saints.
3. Be thankful for God's love.

Behavioral Goals (Living as a Disciple of the Lord)

1. Be attentive in holy Mass.
2. Be helpful to one's family and the parish community.

3. Pray for the Church.
4. Pray with one's family.
5. Celebrate the Church's liturgical seasons and feasts of the saints.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that we can call the Catholic Church the Body of Christ.
2. Be aware that the Church is made up of men and women but led by God.
3. Be aware that the Church is a gift given to us by Christ.
4. Be aware that the Bishops, in union with the Pope, lead and teach the Church.
5. Be aware that the Church is called to worship God.
6. Know that the Church year has liturgical seasons and feasts.
7. Be aware that priests and deacons serve the Church.
8. Identify the saints as God's special friends who are part of the family of the Church in heaven.
9. Identify main elements of the physical Church and holy Mass, such as the altar, the gifts of bread and wine, and statues, paintings or icons of the saints.
10. Be aware that Mary is the Mother of God and that she cares and prays for us.

Pillar II: The Celebration of the Christian Mystery

6. Sacramental Life

Interior Life Goals (Internalizing the Faith)

1. Be curious about the Mass and eager to participate, anticipating a time when one can receive Jesus.
2. Be grateful for the sacraments.
3. Be grateful for being Baptized.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate in holy Mass.
2. Participate in parish prayers and adoration of the Blessed Sacrament with one's family when possible.
3. Bless oneself with holy water.
4. Genuflect with reverence to the Lord in the Tabernacle.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware of the Liturgical seasons: Advent, Christmas, Lent and Easter and special feasts of Mary and the saints.
2. Be aware that we meet Jesus in the sacraments.

3. Articulate that in the sacraments, there are things people are doing that we can see, and there are things God is doing that we cannot see.
4. Identify Baptism as the sacrament through which we become children of God and members of the family of the Church.
5. Know that the Eucharist is Jesus himself.

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

Interior Life Goals (Internalizing the Faith)

1. Love God as Father and be thankful that he has made us his children.
2. Love others like Jesus.
3. Be thankful to God for creating you and for creating a beautiful world.

Behavioral Goals (Living as a Disciple of the Lord)

1. Show love to God and others through kind words and helpful actions.
2. Obey one's parents and caregivers.
3. Demonstrate gratitude for your life and your family.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that God has created us to love him and others.
2. Articulate that living as God has taught us makes us happy.
3. Know that God loves us.
4. Be aware that God created us with a plan for our life.
5. Be aware that God desires his children to be with him in Heaven one day.

8. Moral Living

Interior Life Goals (Internalizing the Faith)

1. Want to become the saint that God has called you to.
2. Love God and others.
3. Want to do what Jesus teaches us each day.
4. Be grateful for your family and friends.

Behavioral Goals (Living as a Disciple of the Lord)

1. Ask the Holy Spirit to help you be holy.
2. Say you are sorry if you hurt someone, and forgive those who have hurt you.

3. Share with others.
4. Speak with kind and respectful language.
5. Pray each day.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that Jesus taught his disciples how to live a holy life.
2. Be aware that we should love others as God loves us.
3. Articulate that God forgives us when we are truly sorry.
4. Be aware that God gives us his laws to help us learn the difference between good choices and bad choices.
5. Be aware that grace helps us to be good.
6. Articulate that God wants each of us to love him and live with him forever in heaven.

Pillar IV: Prayer

9. Prayer

Interior Life Goals (Internalizing the Faith)

1. Love to pray.
2. Look forward to telling God about your day in prayer.

3. Enjoy learning new prayers.
4. Be thankful that God loves you and always hears your prayers.

Behavioral Goals (Living as a Disciple of the Lord)

1. Be attentive during Mass.
2. Pray with one's family, especially traditional prayers and devotions.
3. Practice praying before the Blessed Sacrament for a few minutes in silence.
4. Join with the Church in liturgical prayers such as "Amen" and "Alleluia."
5. Speak to the Lord each day in prayer.
6. Ask the saints to pray for you and your Guardian Angel to watch over you.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that we show God that we love Him when we pray, especially at Mass.
2. Know that the Holy Spirit helps us to pray.
3. Identify the Bible as a source of prayer.
4. Articulate that prayer helps us to know God.
5. Be familiar with prayers such as the Sign of the Cross, Grace Before Meals, the Hail Mary and the Our Father.

6. Identify some of the liturgical seasons of the Church.
7. Know that the saints pray for us.
8. Understand that it is good to pray each day with one's family.

GOALS FOR CATECHESIS IN MIDDLE CHILDHOOD (AGES 6-10)

Primary Formational Goal: To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;¹⁷² who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life.

Pillar I: The Profession of Faith

1. Faith and Reason

Interior Life Goals (Internalizing the Faith)

1. Trust God with all your heart.
2. Be thankful for the gift of faith.
3. Love the beauty of God's creation.

Behavioral Goals (Living as a Disciple of the Lord)

1. Pray to God to help you stay with him always.
2. Pray for wisdom and understanding.
3. Pray for courage to tell the truth always, even when it is difficult.
4. Pray for humility.
5. Spend time outdoors appreciating the beauty of God's Creation.
6. Listen to one's parents, teachers and catechists as they teach you about Jesus.
7. Be attentive in times of prayer and in Holy Mass.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the desire for truth is in every human heart.
2. Know that there is a difference between what is true and what is false.
3. Know that we should accept what is true and turn away from what is false.
4. Know that we can be sure of what is true.
5. Know that it is true that God exists and loves you.
6. Know that God always tells the truth.
7. Know that Jesus is God, and he said to his disciples “I am the way and the truth and the life.” (Jn. 14:6)
8. Know that we are happy when we know the truth.
9. Know that Jesus helps us to know the Truth by giving us minds to think with, his Word in Sacred Scripture, and the teachings of the Church that he made.

2. Divine Revelation

Interior Life Goals (Internalizing the Faith)

1. Be grateful that God has revealed himself to us.
2. Love the written Word of God, the Bible.
3. Love Jesus, who is the Word of God made man.
4. Desire to know Jesus better by reading Sacred Scripture.
5. Desire to listen to the Bible proclaimed in the liturgy.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read or listen to Sacred Scripture every day.
2. Listen attentively to the proclamation of the Word during the Liturgy.
3. Act with reverence towards Sacred Scripture, treating one's Bible with care and respect.
4. Discuss Scripture with one's teachers, family and friends.
5. Ask questions about the Bible.

6. Utilize age-appropriate resources that assist in understanding the readings for Sunday Mass.
7. Participate in special devotions with one's family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that God tells us about himself through creation.
2. Be aware that God also tells us about himself through Sacred Scripture and Sacred Tradition, which we call Divine Revelation.
3. Articulate that Sacred Scripture is trustworthy and true because God is its author.
4. Know that the Holy Spirit inspired human authors to write Sacred Scripture.
5. Articulate that Scripture contains different styles of writing.
6. Be aware that the Old Testament relates the history of God's chosen people, the Israelites.
7. Know that the Old Testament and New Testament are connected and teach us about Jesus.
8. Know that the four Gospels are especially important because they tell us about Jesus' life, mission, death, resurrection and ascension.
9. Be aware that there are 73 books in Sacred Scripture.
10. Articulate that the Church discerned, with the guidance of the Holy Spirit, what books were part of Sacred Scripture.
11. Be aware that the Church's teaching authority, the Magisterium, guides us to understand Sacred Scripture accurately.
12. Know that Sacred Tradition is teachings and practices of the Church handed down to us by the Apostles.
13. Be aware that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

3. The Holy Trinity

Interior Life Goals (Internalizing the Faith)

1. Honor the Lord in your heart.
2. Love the Lord your God with your whole heart.
3. Desire to think, speak, and act in ways that are pleasing to God.
4. Desire to grow in relationship with the Father, through Jesus the Son, with the Holy Spirit.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read an age-appropriate Bible to understand how God has revealed himself as the Blessed Trinity, Father, Son and Holy Spirit.
2. Make the Sign of the Cross with reverence.
3. Speak the Lord's name with reverence.
4. Love God in holy Mass.
5. Bless oneself with holy water when entering a Church, remembering one's Baptism in the name of the Father, and of the Son, and of the Holy Spirit.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Articulate that the Trinity is three Persons in the one God: Father, Son, and Holy Spirit.
2. Understand that God is the Creator of all things that exist.
3. Know that there is one God.
4. Know that the three Persons are each fully God and always act together.
5. Know that the three Persons are equal and exist forever.
6. Know that God knows everything and is all powerful.
7. Know that God the Son is begotten from the Father, and that the Holy Spirit proceeds from the Father and the Son.
8. Articulate that God is love.

9. Know that God invites us to be his children through Baptism.

4. Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

1. Desire to receive the Holy Eucharist.
2. Be grateful that Jesus makes it possible for us to become adopted children of the Father through Baptism.
3. Yearn to never be separated from the Lord, and reject sin out of love for Christ.
4. Seek the grace to live like Jesus each day.
5. Desire ongoing conversion in one's life.

Behavioral Goals (Living as a Disciple of the Lord)

1. Honor Jesus in the Eucharist at Mass and, when possible, adoration.
2. Read Sacred Scripture each day, especially the Gospels.
3. Strive to follow the teachings of the Lord each day, choosing goodness and virtue rather than evil and sin.
4. Serve those in need, both in one's family and one's community, out of love for Christ.
5. Develop a habit of speaking with God every day in prayer.
6. Strive to learn more about the faith.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Articulate that God the Son became man, like us in all things but sin. Jesus Christ is true God and true man.
2. Identify God the Son as being of the same divine nature as (consubstantial with) God the Father.
3. Know that Jesus is our Savior, offering us salvation through his Paschal Mystery.
4. Articulate that Jesus saves us by his obedience to God the Father, especially in his sacrifice on the Cross.

5. Know that we have a baptismal call to be like Christ and live a life of holiness.
6. Identify Scripture as the written Word of God, and Jesus as the eternal Word of God.
7. Know that God reveals himself to us over time, and that the Old Testament leads to the New Testament, where Jesus fully reveals the Trinity.
8. Articulate that the Eucharist is Jesus' true Body and Blood.
9. Identify Mary as the Mother of God (Theotokos), because Jesus is true God and true man.
10. Know that the final judgment is when Jesus will return in glory to judge the living and the dead.
11. Express that it is good to see Jesus in holy images.
12. Know that we share in Christ's mission, and are called to be like Jesus.

5. The Church/Ecclesiology

Interior Life Goals (Internalizing the Faith)

1. Love the Church.
2. Be grateful for being united to other Catholics, including the saints in heaven, in the family of God.
3. Desire to live the teachings of the Church in one's life.
4. Be thankful for God's love.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate reverently in holy Mass every Sunday and Holy Day of Obligation, as well as other days if possible.
2. Volunteer with one's family to serve those in need through the parish community.
3. Pray for the needs of the Church throughout the world.
4. Pray with friends, family, classmates or the parish community when possible.
5. Celebrate the Church's liturgical seasons and feasts of the saints.
6. Ask the intercession of our Blessed Mother and the saints.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware that the Catholic Church is called the Body of Christ, the Bride of Christ, the Temple of the Holy Spirit.
2. Be aware that the Church is a gift given to us by Christ and that she is led by the Holy Spirit.
3. Identify the Church as one, holy, catholic and apostolic.
4. Know that the Church is made up of human persons but united and guided by the Holy Spirit.
5. Be aware that by Baptism, we are made part of the Body of Christ and have a share in Christ's mission of priest, prophet and king.
6. Be aware that the Church is made up of those who are ordained, those who are the lay faithful, and those who may be in either group that are consecrated religious.
7. Know that the Bishops in union with the Pope are teachers of the faith for all Christians. Their teaching role is called the Magisterium.
8. Identify the members of the Church as the baptized on earth, in purgatory, and in heaven.
9. Know that the Church is called to worship God.
10. Be aware that the Church worships God through the liturgy. This includes the liturgical seasons and feasts, the Liturgy of the Hours and the celebration of holy Mass.
11. Identify Mary as the Mother of God and know that we can turn to her in our prayers as an intercessor for us in heaven.
12. Identify how the Saints are models for us in how to love Jesus with our whole selves.

Pillar II: The Celebration of the Christian Mystery

6. Sacramental Life

Interior Life Goals (Internalizing the Faith)

1. Willingly and joyfully participate in the liturgy.
2. Desire to participate in the sacraments.
3. Be thankful for the gift of Baptism and desire to grow in virtue.

4. Believe that the Eucharist is truly Jesus present with us, Body, Blood, soul and divinity.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate actively in the sacramental and liturgical life of the Church.
2. Receive the Sacraments of Penance and Eucharist with gratitude.
3. Prayerfully adore the Lord in the Blessed Sacrament when possible.
4. Pray for one's family and one's parish community.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be familiar with parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist.
2. Be familiar with the Liturgical calendar, and identify the seasons and key feasts that we celebrate.
3. Identify the sacraments as encounters with Jesus Christ and visible signs of invisible spiritual realities.
4. Identify grace as the life of God that he freely shares with us and that helps us to live as his children and to go to heaven.
5. Identify Baptism as the sacrament in which we are cleansed of Original Sin and personal sin, filled with the Holy Spirit, and become members of the family of the Church.
6. Identify that the Holy Eucharist truly is Jesus' Body and Blood which he gave us at the Last Supper.
7. Be aware that the Eucharist is Jesus Christ truly present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
8. Be aware that transubstantiation takes place by the prayer of the priest and the power of the Holy Spirit in the Liturgy.
9. Identify the Sacrament of Confirmation as the sacrament in which we are sealed with the Gift of the Holy Spirit.

10. Know that in the Sacrament of Penance we are forgiven of our sins and given grace to grow in virtue.
11. Identify that in the Sacrament of Anointing of the Sick, a seriously ill person's forehead and hands are anointed with the blessed oil of the sick, and the person receives the prayers of the Church for physical and spiritual healing.
12. Identify the Sacrament of Matrimony as a covenant of love between a man and a woman, in which they promise to love one another for their whole lives and welcome children from God.
13. Identify that in the Sacrament of Holy Orders men take vows to serve God as deacons, priests and bishops.

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

Interior Life Goals (Internalizing the Faith)

1. Yearn to grow in one's vocation to holiness.
2. Love others out of love for Christ.
3. Be grateful that God has lovingly created you.
4. Appreciate the true, good and beautiful things in the world.
5. Desire to live with God and the saints forever in heaven.

Behavioral Goals (Living as a Disciple of the Lord)

1. Speak and act with respect towards others because of their dignity as God's creation.
2. Develop virtues by loving and serving others.
3. Express gratitude for the beauty of God's creation, especially one's own body and soul.
4. Pray for those discerning a vocation to the priesthood, religious life or holy matrimony.
5. Pray that God will help you to be the saint he has called you to be.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify loving and serving God as the ultimate purpose of human existence.
2. Know that Christ calls us to love others as he has loved us.
3. Know that we are beings created by God in his own image and likeness.
4. Identify the human person as a unity of body and soul, lovingly created by God.
5. Know that God has given us intellect and free will.
6. Know that God lovingly made us male and female.
7. Know that each person is called by God to follow him as his disciple. Our first vocation is to be holy.
8. Be aware that we can be called to a state in life and that these are: ordination (for men), marriage or consecrated life.
9. Know that when we die, our soul is separated from our body and will either enter heaven, purgatory, or hell.
10. Know that God desires that we are with him in heaven one day, and not separated from him in hell.
11. Be aware that on the Last Day, Jesus will return in glory, raise the dead, and bring all the just to live with him forever.

8. Moral Living

Interior Life Goals (Internalizing the Faith)

1. Want to become the saint that God has called you to.
2. Love God and others.
3. Desire to do what Jesus teaches us each day.
4. Be grateful for your family and friends.

Behavioral Goals (Living as a Disciple of the Lord)

1. Prayerfully prepare to receive the Sacraments of Penance and Eucharist when possible.
2. Say you are sorry if you hurt someone, and forgive those who have hurt you.

3. Learn what Jesus teaches us is right and wrong to form one's conscience well.
4. Be generous and give to those in need as possible.
5. Practice virtues such as kindness, patience, selflessness, understanding, obedience and charity with family and friends.
6. Speak and act with respect towards others.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that God gives us his grace to support us in living a holy life.
2. Know that we have free will and are responsible for our actions.
3. Be aware that acts are good or bad based on the act itself (the object), the intention of the person, and the circumstances of the situation. All of these must be good for the act to be good.
4. Know that God gives us the Ten Commandments, the Beatitudes and the natural law to guide us to know what is good.
5. Know that we must form our conscience according to the truth as God has taught us.
6. Know that we have inherited Original Sin because of the Fall, but that Jesus has offered us salvation by the gift of Baptism.
7. Know that Baptism removes the stain of Original Sin, but that we still experience a tendency toward evil that we call concupiscence.
8. Be familiar with sanctifying grace and sacramental grace.
9. Know that intentionally choosing to act against God's laws is a sin.
10. Articulate the difference between venial and mortal sin.
11. Know the requirements for a mortal sin and understand that the Sacrament of Penance allows us to be forgiven and restores the life of grace in us.
12. Understand that all people are made in the image of God and must be treated with respect.
13. Know that we are called to serve the poor, and to love our neighbor as ourselves.
14. Identify the precepts of the Church.

Pillar IV: Prayer

9. Prayer

Interior Life Goals (Internalizing the Faith)

1. Desire to thank, praise and worship God in holy Mass.
2. Desire to speak with God and listen to him in prayer.
3. Desire to pray with one's family.
4. Desire to stay close to the Sacred Heart of Jesus always.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate prayerfully in the Mass on Sundays and Holy Days of Obligation.
2. Adore the Lord in the Blessed Sacrament when possible.
3. Pray traditional Catholic prayers such as the Our Father, Grace Before Meals, St. Michael Prayer, and the Rosary.
4. Grow in personal prayer, especially through listening to and reading Sacred Scripture when possible.
5. Ask the intercession of the saints, especially a patron saint and the Blessed Mother.
6. Share one's needs, fears and petitions in prayer with one's family, and pray for the intentions of others.
7. Pray for the holiness of one's family.
8. Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, novenas, etc.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Define prayer as "the raising of one's heart and mind to God or the requesting of good things from God." (CCC 2590)
2. Explain that God calls us to speak to him in prayer.
3. Understand that prayer requires us to keep trying and speak with God each day, even if it is difficult.

4. Know that it is the Holy Spirit who inspires and teaches us to pray.
5. Understand that prayer is primarily addressed to God the Father.
6. Articulate that the Bible is a source of prayer.
7. Understand that we bless and adore God in the liturgy of the Church, especially the Mass.
8. Explain that the Lord's Prayer (Our Father) can be called a "summary of the whole Gospel." (CCC 2761)
9. Identify the liturgical seasons of the Church.
10. Know that the Saints model for us how to pray.
11. Understand that we must pray for the whole Church around the world.
12. Know that prayer should help us to have a humble and trusting heart.

GOALS FOR CATECHESIS WITH PRE-ADOLESCENTS (AGES 10-14)

Primary Formational Goal: To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;¹⁷⁵ who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life.

Pillar I: The Profession of Faith

1. Faith and Reason

Interior Life Goals (Internalizing the Faith)

1. Trust God with all your heart.
2. Desire to know the truth more fully.
3. Be thankful for the gifts of reason and faith.

Behavioral Goals (Living as a Disciple of the Lord)

1. Pray to God to help you stay with him always.
2. Pray for wisdom and understanding.

3. Pray for courage to tell the truth always, even when it is difficult.
4. Pray for humility to accept the truth.
5. Spend time outdoors appreciating the beauty of God's Creation.
6. Learn the teachings of the Church.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the desire for truth is in every human heart.
2. Know that there is absolute truth that comes from God and not from within the individual person.
3. Understand that there is a difference between objective truth and subjective truth.
4. Articulate that opinions about objective matters are true when they agree with objective truth.
5. Know that what is true must be accepted.
6. Know that we can discover and learn what is true but not determine it.
7. Know that some objective truths can be known by reason alone.
8. Know that we can know by our reason that God exists and loves you.
9. Identify that we can know by our reason that there is one God, that he is all-powerful, all-knowing, and all-good, and therefore that he can be trusted.

10. Know that some objective truths cannot be known by reason alone, but are revealed to us by God and do not contradict reason.

11. Articulate that Jesus is God, and he said to his disciples “I am the way and the truth and the life.” (Jn 14:6)

12. Know that we are happy when we believe the Truth and live in accordance with it.

13. Know that Jesus helps us to know the Truth by giving us minds to think with, his Word in Sacred Scripture, and the teachings of the Church that he made.

2. Divine Revelation

Interior Life Goals (Internalizing the Faith)

1. Be grateful for God’s revelation.
2. Love the written Word of God, Sacred Scripture.
3. Trust in God’s Word in Sacred Scripture and Sacred Tradition.
4. Yearn for greater intimacy with Jesus through praying with Scripture.
5. Seek the guidance of the Holy Spirit when reading Sacred Scripture.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read Sacred Scripture every day.
2. Listen attentively to the proclamation of the Word during the Liturgy.

3. Act with reverence towards Sacred Scripture, treating one's Bible with care and respect.
4. Discuss Scripture with one's family, friends and parish community.
5. Reflect on the readings in preparation for Sunday Mass.
6. Utilize age-appropriate resources that assist one in understanding Sacred Scripture.
7. Practice special devotions as a family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify that God reveals himself in two ways: (1) through Creation (Natural Revelation) and (2) through his Word (Divine Revelation).
2. Understand that Divine Revelation is given in two forms: (1) Sacred Scripture and (2) Sacred Tradition.
3. Know that Sacred Scripture is inspired by God and that it therefore contains no error.
4. Know that God inspired human authors to convey his Word in human words.
5. Understand that Sacred Scripture is trustworthy when understood in the way intended by the authors.
6. Understand that Scripture contains different styles of writings and can be understood in both the literal sense as well as the spiritual sense, which can communicate deeper realities such as about Christ and his Church, the Christian moral life, and Heaven.

7. Know that the Old Testament teaches about Christ and that Christ illuminates the Old Testament.
8. Understand that the Gospels have first place among the books of Sacred Scripture as the record of Jesus' words, deeds, Passion, and Resurrection.
9. Articulate that the Old Testament has a value of deep spiritual and historical significance.
10. Identify that there are 73 books in Sacred Scripture in the Catholic tradition.
11. Understand that the Church discerned, with the guidance of the Holy Spirit, what books were part of the canon of Sacred Scripture.
12. Know that the teaching authority of the Church, the Magisterium, is the only authentic interpreter of Sacred Scripture.
13. Know that Sacred Tradition is transmitted in the life and practice of the Church.
14. Understand that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

3. The Holy Trinity

Interior Life Goals (Internalizing the Faith)

1. Honor the Lord in your heart as the holy and living God, and revere his holy name.
2. Love the Lord your God with your whole heart.
3. Desire to think, speak, and act in ways that are pleasing to God.

4. Desire to grow in relationship with the Father, through Jesus the Son, with the Holy Spirit.

Behavioral Goals (Living as a Disciple of the Lord)

1. Read Sacred Scripture to understand God's revelation of himself as the Blessed Trinity, Father, Son and Holy Spirit.

2. Love the Lord in holy Mass.

3. Make the Sign of the Cross with reverence.

4. Read the teaching of the Catechism on the Blessed Trinity.

5. Bless oneself with holy water when entering a Church, remembering one's Baptism in the name of the Father, and of the Son, and of the Holy Spirit.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Articulate that the Trinity is three Persons in the one God: Father, Son, and Holy Spirit.

2. Identify that there is one God who is the uncreated, all-powerful, omniscient Creator of all things that exist.

3. Know that the three Persons are each fully God.

4. Articulate that God is love.

5. Know that God invites us to be his children through Baptism.

6. Identify that Father, Son and Holy Spirit are coequal and coeternal.
7. Identify that the three Persons are distinguished in their relationship to one another: the Son is begotten from the Father, the Holy Spirit proceeds from the Father and the Son.
8. Know that while certain acts may be appropriated to one of the Persons of the Trinity (e.g., creation to the Father, salvation to the Son, sanctification to the Holy Spirit), the three Persons always act together.
9. Know that God alone freely created all things ex nihilo by his own power, to reveal his glory and so that his creatures could share in his truth, beauty and goodness.
10. Know that God's divine providence can be mysterious, but that he guides his creation towards perfection and can bring good out of evil.
11. Articulate that suffering has come into the world by sin and that God mysteriously permits suffering partially to affect a greater good.
12. Articulate that God created angels, purely spiritual creatures, who have intelligence and will, to glorify him and serve his saving plans. God gives each person a guardian angel.
13. Know that all forms of superstition, idolatry, sacrilege, and divination, including horoscopes, are directly contrary to the worship of and love of God.

4. Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

1. Be grateful that God became man to save us.

2. Desire to grow closer to Christ each day.
3. Desire the grace needed each day to be a witness to Christ in daily life.
4. Desire to receive the Holy Eucharist.

Behavioral Goals (Living as a Disciple of the Lord)

1. Honor Jesus by saying his name and making the Sign of the Cross with reverence.
2. Pray daily to the Lord.
3. Engage with Sacred Scripture each day, seeking to know the Lord more intimately.
4. Reverently receive Jesus in the Eucharist at Mass.
5. Spend time with Jesus in adoration of the Blessed Sacrament as possible.
6. Treat others with the love, mercy and patience that come from Jesus.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify that God the Son is of the same nature as (consubstantial with) God the Father. He has always existed.
2. Know that the Incarnation is the mystery of God the Son assuming human nature and becoming man, like us in all things but sin. Jesus Christ is true God and true man.
3. Know that Jesus is Son of God and son of Mary, and that Mary can thus be rightly called Mother of God (Theotokos).

4. Know that Jesus is the Messiah and Savior, offering us salvation through his Paschal Mystery (his Passion, Death, Resurrection and Ascension).
5. Know what we come to know about Jesus through the Gospels: such as that he teaches with authority is powerful, merciful, healing, is compassionate, and transforms lives.
6. Identify how Jesus is the fullness of divine revelation, and understand that Sacred Scripture leads up to the culmination of Christ through the Old Testament to the New Testament.
7. Identify that Jesus is the promised Messiah.
8. Identify that Jesus truly suffered temptation and human frailty, e.g., in hunger, exhaustion, and the sufferings of his Passion.
9. Identify that by his Death, Jesus triumphs over death and descends to the realm of the dead to open heaven for the souls of the just.
10. Identify that Jesus truly rose from the dead in a historical event that has relevance for every time.
11. Know that the Lord will return in glory to judge the living and the dead at the Final Judgment.
12. Know that it is good to depict the Lord in holy images.
13. Identify that we are called to share in Christ's mission. We are called to be like Christ and live a life of holiness.

5. The Church/Ecclesiology

Interior Life Goals (Internalizing the Faith)

1. Love the Church.
2. Be grateful for being united to other Catholics, including the saints in heaven, in the family of God.
3. Desire to integrate the teachings of the Church into one's life, always seeking greater conformity to Christ.
4. Desire to share the Good News with others.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate in the holy Mass every Sunday and Holy Day of Obligation, as well as other days if possible.
2. Serve those in need with one's family through the parish community.
3. Pray for the needs of the Church throughout the world, intercede for the members of the parish community, and pray for the conversion of all who are not yet part of the Church family.
4. Participate in opportunities to grow in faith in the parish, such as catechesis, retreats and parish missions when possible.
5. Celebrate the Church's liturgical seasons and feasts of the saints.
6. Pray for the intercession of the saints, especially the Blessed Mother, and for the protection of one's Guardian Angel.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that the Catholic Church can be called the mystical Body of Christ, the Bride of Christ, the Temple of the Holy Spirit and our spiritual mother.
2. Know that the Church is one, holy, catholic and apostolic.
3. Know that the Church is both human and divine.
4. Identify that the Church is given to us by Christ and that the Holy Spirit is the soul of the mystical Body of Christ.
5. Know that the Church is made up of the baptized on earth, in purgatory, and in heaven.
6. Identify that the Church is taught by the Magisterium, the Bishops in union with the Pope, whose task it is to interpret Divine Revelation rightly and to guide the faithful in faith and moral living.
7. Understand that the Church is the people of God, called to worship.
8. Know that the liturgy of the Church is her work, which is her spiritual worship of God, on earth and in heaven. This includes the liturgical seasons and feasts, the Liturgy of the Hours and the celebration of holy Mass.
9. Know that the Church is made up of those who are ordained, those who are the lay faithful, and those who may be in either group that are consecrated religious.
10. Understand that by Baptism, we are incorporated into the Body of Christ and have a share in Christ's mission of priest, prophet and king, manifested according to our state of life.

11. Know that the saints are models for us in how to love Jesus with our whole selves and to be his disciples.

12. Know that Mary is the Mother of God and our spiritual Mother, and that she cares for us and prays for us.

Pillar II: The Celebration of the Christian Mystery

6. Sacramental Life

Interior Life Goals (Internalizing the Faith)

1. Be grateful for the sacraments.
2. Believe that the Eucharist is Jesus, truly present with us, Body, Blood, soul and divinity.
3. Desire to participate in the sacramental life of the Church.
4. Hope in the grace of the sacraments for support in growing in holiness.
5. Desire to grow in virtue, flowing from one's Baptism and supported by the grace of the sacraments.

Behavioral Goals (Living as a Disciple of the Lord)

1. Participate prayerfully and joyfully in the sacramental and liturgical life of the Church.
2. Receive the sacraments of Penance and Eucharist, preparing for these gifts with an examination of conscience and with gratitude for the Lord's love and mercy.
3. Participate in adoration of the Blessed Sacrament when possible.
4. Participate in the prayer life of the parish community.
5. Pray for one's family and the Church throughout the world.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be able to identify the parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist, and understand the priest's role in the celebration of the Mass.
2. Be familiar with the Church's Liturgical calendar, and identify the seasons and key feasts that we celebrate.
3. Know the seven sacraments of the Church, identifying their matter and form.
4. Identify that grace is a share in God's life that he freely gives us which helps us to be like him and love as he loves, and that sanctifying grace is necessary for salvation.
5. Know that Baptism makes us adopted children of God and members of the Church and gives us sanctifying grace.

6. Know that the Holy Eucharist truly is Jesus' Body and Blood, given to us by Christ at the Last Supper and made present through the words of the priest and the power of the Holy Spirit.
7. Know that the Eucharist is Jesus Christ truly and substantially present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
8. Know that frequent Confession leads to a life free from sin and strengthened by grace to resist temptation.
9. Know that it is required for all baptized Catholics to attend holy mass every Sunday and Holy Day of Obligation and that to miss mass, without sufficient reason, is a sin.
10. Know that Confirmation increases sanctifying grace, the gifts of the Holy Spirit, and one's relation to the Church and the obligation to witness to Christ in the world.
11. Identify that the Anointing of the Sick grants spiritual strengthening and courage and further conforms the one anointed to the Passion of Christ. It brings healing on a spiritual level and may also bring physical healing, according to the Lord's will.
12. Know that Matrimony as a sacrament entails an unbreakable bond between a baptized man and woman, who receive grace to assist one another in holiness and in raising children.
13. Know that the Sacrament of Holy Orders gives baptized men a special participation of Jesus as head of the Church for the service of all the baptized, in their roles as bishops, priests, and deacons.

Pillar III: Life in Christ

7. Humanity's Nature, Purpose and End

Interior Life Goals (Internalizing the Faith)

1. Desire to love others as Christ has loved you.
2. Be grateful that God has lovingly created you, body and soul, for a purpose.
3. Open one's heart to the true, good and beautiful so as to encounter the Lord and experience his glory.
4. Desire to become the saint God has called you to be and to witness to him with your life.
5. Desire to live with God and the saints forever in heaven.

Behavioral Goals (Living as a Disciple of the Lord)

1. Speak and act with respect towards others because of their dignity as God's creation.
2. Develop virtues by loving and serving others.
3. Express gratitude for the beauty of God's creation, especially one's own body and soul.
4. Pray for those discerning a vocation to the priesthood, religious life or holy matrimony.
5. Pray that God will help you to be the saint he has called you to be.

6. Seek answers for questions about marriage, identity, gender, the beauty of the body, or other important topics from trusted sources, especially one's parents and pastor.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify that man is created in God's image and likeness and therefore all human beings have inherent dignity.

2. Know that man's purpose is to know, love and serve God in this life and to be with him forever in heaven.

3. Identify that man is a unity of body and immaterial soul.

4. Know that God has given us intellect and free will.

5. Identify that passions (emotions) are meant to assist us but must be governed by reason.

6. Identify that God has made us either male or female, and that one's biological sex is an unchangeable part of who a person is.

7. Know that each person has a vocation, which is a call from God and our response to it. The primary vocation of the baptized is to holiness.

8. Identify that in the response to God's call to holiness, one's body is meant to be kept holy as well as one's soul, and that care and respect for the body is a sign of gratitude to God who created us with love.

9. Know the different kinds of vocation: our primary vocation to holiness which comes to us from our Baptism, a committed state of life (consecrated life, matrimony, priesthood), and our ministry or work.

10. Identify that the evangelical counsels of poverty, chastity and obedience are for all of the baptized to live out according to their state of in life; they are most evident in the lives of those who are consecrated or profess religious vows.
11. Know that when we die, our soul is separated from our body and will either enter heaven, purgatory or hell.
12. Know that in the joy of heaven, we see God face to face and experience our greatest happiness and fulfillment in worshiping the Lord with the angels and saints.
13. Know that purgatory is the state of final purification, where we are made ready to enter into the joy of heaven.
14. Know that hell is the sad reality of eternal separation from God chosen by one who dies in a state of unrepented mortal sin.
15. Identify that on the Last Day, when Jesus returns in glory, he will raise the dead in their bodies for the Last Judgment, where the saints will rejoice in glory and the sinners will go to eternal punishment.

8. Moral Living

Interior Life Goals (Internalizing the Faith)

1. Desire to become the saint God has called you to be.
2. Desire that the Holy Spirit always inspire and guide one's thoughts, words and actions.
3. Desire purity of heart, mind and body, and seek to protect oneself from those things that may lead to sin.

4. Be grateful for the instruction the Lord has given us on how to grow in holiness and to turn away from sin.
5. Desire to grow in virtue and to live the Beatitudes each day.

Behavioral Goals (Living as a Disciple of the Lord)

1. Form one's conscience according to the teaching of the Church.
2. Treat others with charity and respect, and forgive others generously as God has forgiven you.
3. Practice acts of charity, especially in the corporal and spiritual works of mercy.
4. Prepare for the Sacrament of Penance through an examination of conscience, and let go of past sins after receiving forgiveness with encouragement and hope.
5. Model one's dress and behavior on the example of Jesus and Mary, in modesty and chastity.
6. Pray daily for the grace to grow in the theological and cardinal virtues and to live them after the example of the saints.
7. Study and practice the Beatitudes, and aid learners in growing in actions and attitudes characteristic of the Christian life.
8. Volunteer for mission work and service projects with one's parish and community when possible.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that God gives us his grace to support us in living a holy life.
2. Know that we have free will and therefore are responsible for our actions.
3. Know that acts are good or bad based on the act itself (the object), the intention of the person, and the circumstances of the situation. All of these must be good for the act to be good.
4. Know that God gives us his law, especially the Ten Commandments, the Beatitudes and the natural law, to guide us to know what is right and wrong.
5. Know that our conscience is where we understand the natural and moral law and judge good from evil. We have a duty to form our conscience properly.
6. Know that we grow in knowing what is truly good through imitation of Christ, living in obedience with God's law.
7. Know that we have inherited Original Sin because of the Fall, but that Jesus has offered us salvation by the gift of Baptism.
8. Know that Baptism gives us the grace of justification, which removes the stain of Original Sin, but that we still experience a tendency toward evil that we call concupiscence.
9. Understand that intentionally choosing to act against God's laws is a sin.
10. Know that certain behaviors, states of mind and omissions are sinful, and know the difference between venial and mortal sins.
11. Know that for a sin to be mortal, it must be of grave nature, the person must be aware of the grave nature of the act, and the person must freely choose the act.

12. Be familiar with Church teaching on social justice, the common good and stewardship.
13. Identify that all people must be treated with respect, from conception to natural death, regardless of health, wealth, mental state, race, disabilities or other qualities.
14. Understand that we must confess any mortal sins in the Sacrament of Penance, which allows us to be forgiven and restores the life of grace in us.
15. Identify the gifts and fruits of the Holy Spirit and how they complete and perfect the virtues.
16. Know that we are called to serve the poor, and to love our neighbor as ourselves.
17. Identify the precepts of the Church.

Pillar IV: Prayer

9. Prayer

Interior Life Goals (Internalizing the Faith)

1. Desire to thank, praise and worship God in holy Mass.
2. Desire to communicate regularly with God through prayer.
3. Earnestly seek to listen to the voice of God praying with Scripture and in contemplative silence.
4. Desire to stay close to the Sacred Heart of Jesus always.

5. Desire to cultivate a disposition of openness to the Holy Spirit, willing to be guided by the Holy Spirit in one's prayer and action, and seek his inspiration and consolation in the challenges of daily life.

Behavioral Goals (Living as a Disciple of the Lord)

1. Foster a faithful and robust personal prayer life.
2. Practice different types of prayer and devotions, such as Eucharistic adoration, the rosary, the divine mercy chaplet, traditional prayers, novenas, an examination of conscience, worship through music, meditations by the saints and spontaneous prayer.
3. Foster an appreciation for and comfort with prayer in silence.
4. Ask the intercession of the saints, especially those special to one's family, and the Blessed Mother.
5. Pray for the intentions shared by one's family and friends.
6. Pray for one's own holiness and for the holiness of one's family.
7. Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, novenas, etc.
8. Pray with Sacred Scripture, such as lectio divina and the Liturgy of the Hours.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Know that prayer is “the raising of one’s heart and mind to God or the requesting of good things from God.” (CCC 2590)
2. Know that God calls man first into an encounter of prayer.
3. Understand that it is the Holy Spirit who inspires and guides our prayer.
4. Understand that Jesus teaches us to pray, and is our master and model in prayer.
5. Know the importance of prayer and be familiar with traditional Catholic prayers that one’s family can pray together.
6. Know that we bless and adore God in the liturgy of the Church.
7. Identify the liturgical seasons of the Church and the prayers that accompany each of these seasons.
8. Know that the Word of God, the liturgy of the Church, and the virtues of faith, hope and charity are sources of prayer.
9. Identify that the five basic forms of prayer are blessing, petition (which includes asking for forgiveness), intercession, thanksgiving and praise.
10. Identify that Sacred Scripture is a source of prayer, in personal and communal prayer, through prayerful reading such as lectio divina, the Liturgy of the Hours, and the Liturgy of the Mass.
11. Know that there are three major expressions in the life of prayer: vocal prayer, meditation and contemplative prayer.

12. Know that Christian prayer, including meditation and contemplation, is a dialogue with God that develops our relationship with him. Know that this is not the same as other practices of mindfulness, meditation, and yoga.
13. Know that we ask for the intercession of the saints and our Blessed Mother with our prayers.
14. Identify that at times, prayer can be difficult, but that we must continue to be faithful to our prayer and know that God is always listening.
15. Know that praying to our Father should help us to become like him and have a humble and trusting heart.
16. Know that the Lord's Prayer is a "summary of the whole Gospel." (CCC 2761)
17. Identify that in the Our Father, the first three petitions give glory to the Father and the four others present our wants to him.
18. Know that the Christian family is the first place for education in prayer.
19. Identify that we, as members of the Body of Christ, have a duty to pray for the needs of the whole world, for the conversion of sinners, and to offer praise and thanksgiving to God because of his goodness, love and mercy.
20. Be aware that "when catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit." (DC 86)

Part V. Administration

PARISH CATECHETICAL LEADER JOB DESCRIPTION AND HIRING POLICY

A well-defined job description and hiring policy for Parish Catechetical Leaders (PCLs) helps to ensure that parishes and the diocese hire competent, mission-aligned individuals to lead their catechetical ministries effectively.

Position Overview

The PCL is a person entrusted with the responsibility of overseeing and coordinating faith formation and catechesis within a parish community. He or she is responsible for planning, implementing, and evaluating the parish's catechetical programs in coordination with the pastor. This role includes fostering lifelong faith formation, coordinating sacramental preparation, and ensuring that catechetical efforts align with the teachings of the Catholic Church and diocesan policies.

Primary Responsibilities:

1. Catechetical Program Leadership:

- Develop and oversee catechetical programs for all age groups (children, youth, and adults).
- Coordinate sacramental preparation programs (Baptism, Eucharist, Reconciliation, Confirmation, O.C.I.A.).
- Incorporate family catechesis into parish faith formation.

2. Catechist Recruitment, Formation, and Supervision:

- Recruit, train, and mentor catechists and volunteers.
- Ensure catechists meet diocesan certification requirements.

- Observe catechist in learning setting and provide constructive feedback on practice
- Provide, track/record on-going formation opportunities for catechists.

3. Administrative Duties:

- Prepare and manage program budgets.
- Oversee curriculum selection and ensure materials comply with Church teachings.
- Maintain records of participation and sacramental preparation.
- Working with pastor to complete the diocesan census.

4. Pastoral and Evangelizing Role:

- Foster a culture of evangelization within the parish community.
- Collaborate with families to strengthen the domestic church.
- Promote participation in parish liturgical and social events.

5. Collaboration and Communication:

- Work closely with the pastor, parish staff, and other ministries.
- Communicate effectively with parents, catechists, and parishioners.
- Serve as the liaison between the parish and the diocesan catechetical office.

Note that this list of responsibilities may be amended at the discretion of the pastor.

Qualifications:

1. Education:

- Bachelor's degree in theology, religious studies, or a related field (Master's preferred).
- Certification in catechetical leadership or willingness to obtain certification.

2. Experience:

- Minimum of 3 years of experience in parish or diocesan catechetical ministry.
- Demonstrated ability to manage programs, budgets, and volunteers.

3. Skills and Attributes:

- Strong organizational and leadership skills.
- Effective communication and interpersonal abilities.
- Familiarity with Church teachings and the Directory for Catechesis (2020).
- Proficiency in using technology and digital tools for catechesis.

4. Spiritual and Personal Qualities:

- Active, practicing Catholic in good standing with the Church.
- Commitment to the mission of evangelization and catechesis.
- A collaborative and adaptable spirit.

Hiring Policy

1. Recruitment Process:

- Job Posting: Advertise the position within parish bulletins, diocesan websites, and Catholic job boards.
- Application Materials:
 - Resume or CV.
 - Cover letter highlighting relevant experience and vision for the role.
 - References, including one pastoral reference.
- Screening:
 - Initial review of applications by the parish hiring committee.
 - Conduct phone or video interviews with qualified candidates.

2. Interview Process:

- In-Person Interview: Include the pastor, hiring committee members, and a representative from the diocesan catechetical office.
- Key Topics:
 - Vision for catechetical ministry.
 - Experience with program management and leadership.
 - Understanding of Church teachings and diocesan policies.
 - Situational interview questions (Describe a time...)

3. Final Selection:

- Conduct background checks, including safe environment compliance.
- Verify references and previous employment.
- Confirm the candidate's commitment to ongoing formation.

4. Onboarding and Training:

- Provide an orientation to parish and diocesan policies.
- Pair the new PCL with a mentor for the first year.

Develop a professional development plan, including diocesan workshops and certification opportunities

SAFE ENVIRONMENT POLICY

Creating and maintaining a safe environment is a top priority in our diocese. The Diocese of Paterson is dedicated to maintaining a safe environment for all, particularly children, youth, and vulnerable adults. Through the Office of Child & Youth Protection, the diocese has established comprehensive policies and procedures to prevent abuse and ensure the safety of its community members.

Key Components of the Safe Environment Policies

1. **Code of Conduct:** All clergy, employees, and volunteers are required to adhere to a strict Code of Conduct, which outlines appropriate behaviors and boundaries when interacting with minors and vulnerable adults.
2. **Background Checks:** Individuals working with children, youth, or vulnerable adults must undergo thorough background checks to ensure they are suitable for such roles.
3. **Training Programs:** The diocese mandates participation in the "Protecting God's Children" program, a three-hour live training session designed to educate adults on recognizing and preventing child sexual abuse.
4. **Safe Environment Policy:** The diocese has a comprehensive Safe Environment Policy titled "Affirming Our Integrity," which details the procedures and guidelines for maintaining a safe environment within all diocesan entities.
5. **Reporting Procedures:** Clear protocols are in place for reporting any allegations of sexual abuse, ensuring that all reports are taken seriously and addressed promptly.

6. Educational Programs for Children: Age-appropriate lessons (see resources appendix) are provided to children enrolled in religious formation programs to empower them with knowledge and strategies to protect themselves from potential abusers.

The Diocese of Paterson's commitment to these policies reflects its dedication to creating a secure and nurturing environment for all members of its community. For more detailed information or specific inquiries, please visit the Office of Child & Youth Protection's website or contact the office directly.

Code of Pastoral Conduct

The Diocese of Paterson upholds a comprehensive Code of Pastoral Conduct to guide all Church personnel, including PCLs in maintaining the highest standards of integrity and professionalism in their ministry. The PCLs must follow and adhering to this Code of Pastoral Conduct. It contributes to a safe, respectful, and faith-filled environment that fosters spiritual growth and evangelization within the community. Code of conduct forms in multiple languages can be found at [Child Protection Policies and Information - Diocese of Paterson - Clifton, NJ](#)

THE ANNUAL DIOCESAN CATECHETICAL CENSUS

The Annual Diocesan Catechetical Census is a vital tool for assessing the state of catechesis across our diocese. It is also *required* by diocesan risk management office. This census provides a comprehensive overview, allowing us to:

- Identify good practices and highlight effective catechetical models.
- Recognize challenges and opportunities for growth.
- Establish diocesan priorities and strategic initiatives to strengthen catechetical ministry.
- The data collected helps us work collaboratively to ensure the continued growth and vibrancy of catechetical programs across all parishes.

Parish Responsibility

Every parish is required to complete and submit the Annual Catechetical Census. This submission must include accurate and detailed information about parish catechetical programs, including participant numbers, catechist formation, program structures, and other relevant data.

Submission Guidelines

The census will be distributed annually by the Diocesan Catechetical Office.

Parishes must submit their completed census by the designated deadline provided each year.

Submissions should be sent electronically to the diocesan office using the link provided by the catechetical office.

Compliance

It is essential that every parish participates in this census. The information provided will directly inform diocesan planning and resource allocation, ensuring the needs of every parish community are addressed.

ATTENDANCE RECORDS

It is the responsibility of the PCL to ensure that accurate attendance is recorded for all students, staff, and volunteers present at parish religious formation meetings, classes, and events.

- These records must be maintained and securely stored for seven years.
- The PCL, in collaboration with his or her pastor, shall establish an attendance policy noting expectations and consequences.

MEDICATION/ALLERGIES

All Religious Formation Programs will make reasonable accommodations for children with medical needs such as allergies and conditions requiring the administration of medication. If a parent/guardian has indicated on the registration form that their child has a health condition that may require emergency medication, the Parish Catechetical Leader should formally request the appropriate documentation for administration of the emergency medication.

- If a child is able to self-administer emergency medication, parents/guardians are required to complete and sign a release for Self-Administration of Medication. The student's physician should sign the physician certification form. Both documents must be submitted to the Parish Catechetical Leader each year.
- If a child is unable to self-administer medication in an emergency situation and there are no trained medical personnel available to administer it, parents/guardians should remain on site when the child is in the Parish Religious Formation program.
- Any time emergency medication is administered, 911 must be called.

ARRIVAL (DROP-OFF), DISMISSAL (PICK-UP)

Each parish is responsible for the physical safety of participants in parish programs and will be liable for injuries incurred due to neglect of reasonable safety precautions. The following guidelines, in addition to all fire safety regulations, should be followed:

- The PCL must take adequate steps to see that children are not left unattended to cross busy parking lots or an adjacent street.
- The Parish must provide supervision for children and young persons as they arrive and leave the parish programs.
- Beginning and dismissal hours of the program and parental responsibility for transportation must be clearly communicated in writing to the parents and faithfully followed by all catechists. It is recommended that this information be included in a Parish Religious Formation Handbook.
- No child is to be released early unless the child will be supervised. No child is to be released to a person other than the custodial parent or guardian unless the custodial parent or guardian has informed the PCL in writing.
- All walkways, stairs, indoor and out, and driveways at parish facilities are to be well maintained, free from ice, snow and debris. They must be kept salted/sanded as conditions dictate and properly lighted at all times.
- Building access must be securely controlled during Religious Formation Program operation.

SAFETY AND SECURITY DRILLS

Each Parish Religious Formation program, no matter which model, should establish a emergency plan in order to address crisis or emergency situations and conduct regular safety and security drills.

- The municipality the parish is located in should be contacted for specific procedures to follow.
- When a program operates in a school building that is regularly in use as a school, it is expected that the existing safety and security procedures be followed. The PCL will discuss all pertinent procedures with the School Principal.
- Emergency responders should be provided with notification prior to holding any drills.
- Staff and volunteers must be informed of the emergency plan.
- A detailed plan to reunite parents/guardians and children should be in place. During a crisis, the parent/guardian cannot be denied permission to remove a child from the premises. Removal of a child must be documented in writing.
- Fire drills should be conducted annually.
- All fire exit routes must be displayed and kept clear.
- All personnel need to become familiar with the locations of fire alarms and the necessary procedures for activating them.
- Lockdown and evacuation drills should be conducted yearly.
- All drills conducted must be carefully documented.

EMERGENCY CLOSURES

Each parish religious formation program in coordination with the pastor should establish a plan for emergency and weather related closures. The plan will include the means of alerting families in a timely manner before scheduled opening as well as notifications should the need arise to close early while class is in session. Emergency closure plans should be clearly communicated to families at the start of each academic year.

TRIPS/TRANSPORTATION OF STUDENTS

The transportation of students in the personal vehicle of parish staff and/or volunteers should be avoided. If a circumstance arises in which the transport of a student or students is necessary, the following policies and guidelines are to be adhered to:

- The insurance of the vehicle owner is primary. Parish and/or diocesan policies will not apply to a private vehicle.
- The owner/operator bodily injury limits must meet or exceed the NJ state minimums of \$25,000/\$50,000 (bodily injury) and \$25,000 (property damage).
- Parents/guardians must sign a waiver indicating they accept that all liability rests with either the owner and operator of the occupied vehicle or the owner and operators of other vehicles involved in the accident.
- Two safe-environment cleared adults must be present in the vehicle.
- The driver must submit an MVR (Motor Vehicle Record) authorization. (See appendix for form). Send it along with copy of their driver's license to Arthur J. Gallagher, attention Annie Toombs (contact information is on the form). The MVR sets forth the guidelines of what constitutes our diocesan safe driver guide lines.
- Additional requirements may be imposed at the discretion of the pastor.

SPEAKER APPROVAL PROCESS FOR PARISHES AND DIOCESES

The approval process for speakers in parish or diocesan events is essential to ensure that their message aligns with Catholic teaching and the pastoral mission of the Church. This process safeguards doctrinal integrity and supports effective evangelization and catechesis.

Criteria for Speaker Approval

Faithfulness to Church Teaching

- Speakers must demonstrate fidelity to the Catechism of the Catholic Church and other Church documents.
- Public statements, published works, or past speaking engagements should reflect Catholic values.

Expertise and Qualifications

- Speakers should have appropriate theological, pastoral, or subject-matter expertise.
- Academic credentials, ministry experience, or a history of relevant public speaking are preferred.

Alignment with the Event's Purpose

- The speaker's message should support the goals of the event, whether catechetical, liturgical, pastoral, or evangelizing.
- Topics should align with the Directory for Catechesis (2020) and diocesan initiatives.

Cultural and Contextual Relevance

- Speakers should be sensitive to the cultural, linguistic, and spiritual needs of the audience.
- Presentations must avoid divisive or controversial topics that may harm parish unity.

Safe Environment Compliance

- Speakers who interact with minors must complete diocesan safe environment training and background checks.

Approval Process

Step 1: Initial Vetting

- Parish or Diocesan Leadership:
 - The event coordinator (e.g., pastor, PCL, diocesan director) proposes the speaker.
- Documentation:
 - Obtain the speaker's resume, references, and a list of previous speaking engagements.
 - Collect samples of past presentations, articles, or books and search the speaker's social media pages.

Step 2: Diocesan Approval

- Submission:

- Submit speaker credentials to the diocesan office for catechesis, evangelization, or faith formation for review.
- Doctrinal Review:
 - The diocesan office reviews the speaker's background for alignment with Church teaching.
- Pastoral Input:
 - If necessary, the bishop or diocesan vicar general provides final approval, particularly for high-profile speakers.

Step 3: Safe Environment Requirements

- Compliance:
 - Ensure the speaker has completed all necessary background checks and safe environment training, especially if minors are involved.

Communication with Speaker

- Confirm expectations and guidelines in writing, including:
 - Doctrinal Fidelity: Emphasis on presenting in harmony with Church teachings.
 - Event Goals: Clarify the focus, audience, and purpose of the event.
 - Logistics: Specify location, timing, and audiovisual needs.

Post-Event Evaluation

- Gather feedback from attendees, event organizers, and parish leadership.

- Evaluate whether the speaker met the event's goals and adhered to Church teaching.
- Document feedback for future reference.

Best Practices for Speaker Selection

- Diocesan Speaker Lists:
 - Use pre-approved lists of speakers maintained by the diocesan office.
- Collaborate with Other Parishes:
 - Seek recommendations from neighboring parishes or dioceses for trusted speakers.
- Nationally Recognized Speakers:
 - Consider speakers endorsed by organizations like the USCCB, Catholic universities, Catholic publishers, or reputable Catholic ministries.
- Key Considerations
 - Controversial Topics: Consult the diocesan office if the speaker will address sensitive issues, ensuring alignment with Church teaching and offer participants faithful means of handling the topic in their own lives
 - High-Profile Speakers: Require formal approval from the bishop for nationally or internationally recognized figures.
 - Budget and Honorarium: Discuss and confirm speaker fees and travel arrangements in advance.

This structured approval process ensures that speakers contribute meaningfully to the Church's mission while maintaining fidelity to Catholic teachings and diocesan priorities.

CUSTODY

When a parent or guardian informs the PCL of a custody arrangement, it is advisable that the most recent court order be presented to the PCL.

It should be emphasized that it is also the parent's obligation to deal with rights being violated by the other parent. It is not the place of the PCL to interpret or to enforce those rights.

DRUGS, ALCOHOL, AND WEAPONS

Controlled dangerous substances, marijuana, alcohol and weapons of any kind are prohibited on parish property and in Religious Formation programs.

- New Jersey state law prescribes that no one may knowingly have in their possession firearms or deadly weapons without having an explainable lawful purpose. This same prohibition applies to controlled dangerous substances and alcohol.
- The Diocese of Paterson maintains a zero-tolerance policy regarding possession of drugs, alcohol and weapons at parish religious education events. Parishes will abide by these laws; and will immediately report any person, including a student, violating these laws while in attendance at a Parish Religious Formation Program, and turn over the prohibited material and paraphernalia, to the local law enforcement agency.

PHOTOGRAPHS AND ELECTRONIC COMMUNICATION

The catechetical office recognizes the numerous benefits and opportunities that social media and electronic communication presents. We actively use social media to engage with students and the general public. The catechetical office encourages parish religious formation programs to make effective and appropriate use of social media.

Despite the opportunities presented, social media comes with risks. Photographs and videos that include minor students must not be shared without expressed, written consent from parents/guardians. Refer to the diocesan policies regarding social media use and electronic communication with minors from the Office of Child Protection, which can be accessed at <https://rcdop.org/docs-child-protection>.

Part VI. Sacraments

Dioceses and parishes should present sacramental catechesis that:

- Is a comprehensive and systematic formation in the faith, one that integrates knowledge of the faith with living the faith
- Is fundamentally Trinitarian and centers on initiation into the life of the Triune God
- Presents Christian life as a lifelong journey to the Father in the Son and through the Holy Spirit
- Is appropriate to the age level, maturity, and circumstances of those being catechized
- Is intended for all members of the Christian community, takes place within the parish, and involves the whole community of faith
- Involves parents in the preparation of their children for the sacraments
- Focuses primarily on the symbols, rituals, and prayers contained in the rite for each sacrament
- Enables the believer to reflect on the meaning of the sacrament received by implementing a thorough experience of “mystagogia” following the celebration

The policies that follow are based on these principles. The practical ways of putting these policies into practice can be found in the accompanying guidelines for each Sacrament.

The guidelines and policies listed concern immediate Sacramental preparation. Immediate Sacramental preparation does not replace basal curriculum and basal curriculum does not provide complete Sacramental preparation.

There are certain guidelines which apply to all the sacraments and are, therefore, presented in this introduction.

General Guidelines for Sacramental Catechesis

- Proof of valid Baptism is required before admission to First Penance and Reconciliation, First Eucharist, and Confirmation. Sacramental catechesis takes place within the integrated faith formation program and is an ongoing process. As children grow in maturity, catechesis provides the opportunity to understand the truths of our faith, the meaning and value of the sacramental life and leads them to a greater practice of the faith. A developing catechesis appropriate to the age, ability, and faith level of the person is a lifelong process.
- When planning sacramental preparation programs parishes need to keep in mind the various situations of families today. Diverse patterns of family life, varied work schedules, cultural differences, and multiple commitments can make it difficult for parents/guardians and children/youth to participate in some parish programs and activities. There needs to be some flexibility in implementing these guidelines.
- In order to provide programs that reflect these realities and meet the needs of families, the following should be taken into consideration:
 - Parish catechetical staff should ascertain the actual needs of families through dialogue and personal conversation
 - Parish catechetical programs should instruct and encourage the adults responsible for the candidates through ongoing faith formation programs. These should begin with pre-Baptismal programs and continue through the children's pre-school years and the various stages of growth as their children prepare for celebrating a sacrament.

- In addition to the Sunday Eucharistic Liturgy, families should be encouraged to participate in the various religious celebrations and events that take place in the parish.
- Parishes should take every opportunity to provide ongoing faith formation for the adults in the parish by means of instructional series, bulletin inserts, Communal Penance Celebrations, retreat experiences, family programs for Advent and Lent, parent meetings, and all other means of helping the adults to grow in faith as they lead their children into a deeper relationship with God and the Church.
- Parents/guardians should be encouraged to:
 - Share their own faith story with their children
 - Participate in Sunday Eucharist with their children
 - Model a Christian commitment of prayer, community, worship, and service
 - Be committed to help their children to participate fully and on a regular basis in the parish faith formation program
 - Pray for, and with, their children

SACRAMENT OF PENANCE AND RECONCILIATION GUIDELINES

Policies

First Reception of the Sacrament of Reconciliation:

1. *A validly baptized person who is appropriately prepared has a right to receive the Sacrament of Penance and Reconciliation.*
2. *The Sacrament of Penance and Reconciliation is to be celebrated prior to the reception of First Eucharist (CCC 1457 and Code of Canon Law 914). **Exception:** students baptized and confirmed as part of the OCIA process.*
3. *The parent(s)/guardian(s), pastor, principal/PCL, catechist, and child have rights and responsibilities in determining the child's readiness for the reception of First Penance/Reconciliation.*
4. *The parent(s)/guardian(s) of the child and the parish community should be involved in the preparation for this Sacrament and participate in its actual celebration.*
5. *Parishes are to provide programs geared to the needs, culture, and lifestyle of the children and of their parent(s)/guardian(s) who are responsible for the fulfillment of the adult role in the preparation of the children for this Sacrament.*
6. *Catechesis concerning the Sacrament of Penance and Reconciliation should begin as soon as a child enters into the formal process of faith formation. It should continue through this process and throughout life.*

7. *Children should have completed one year of the formal parish faith formation program prior to the year of immediate catechetical preparation for the celebration of the Rite of Penance and Reconciliation.*
8. *The celebration of First Penance and Reconciliation should be separated by a respectable length of time (at least six weeks) from the celebration of First Eucharist to maintain the solemnity of each Sacrament.*

CATECHETICAL GOALS FOR RECONCILIATION

Catechist Goals

Interior Life Goals (Internalizing the Faith)

1. Have sorrow for having offended God by sinning.
2. Desire to make a good, honest and sincere confession.
3. Be confident in the love and mercy of God and the power of the Sacrament of Penance.
4. Desire to forgive others as God has forgiven us.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Make a daily examination of conscience and lead learners in this practice in an age appropriate manner.
2. Receive the Sacrament of Penance frequently.
3. Facilitate the opportunity for students and families to receive the Sacrament of Penance when possible.
4. Invite students and families to pray for priests who have heard their confessions.
5. Instruct families and students to ask God and the saints for the grace to conquer in times of temptation.
6. Encourage students and families to regularly pray for the grace of final perseverance.
7. Guide learners, in an age appropriate manner, in how to make small sacrificial acts out of love for Christ.
8. Invite parents and families to participate in the regular liturgical life of the parish, especially parish holy hours, confession opportunities and Masses.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Understand that sanctifying grace is necessary for friendship with God and for salvation.
2. Define the sacraments as efficacious signs of grace.
3. Understand that venial sins committed after Baptism can result in the diminution of grace.
4. Understand that mortal sins committed after Baptism result in the total loss of grace.
5. Articulate that mortal sins are sins that require grave matter, full knowledge, and deliberate consent.
6. Recognize that God continues to love sinners and to call them unceasingly back to himself.
7. Understand that the Sacrament of Penance was instituted by Jesus for the forgiveness of postbaptismal sins, reconciling us to God and the Church.
8. Know that Jesus gave priests the power to grant his forgiveness to penitents.
9. Articulate that the Sacrament of Penance requires the penitent to repent, to confess sins to the priest, and to have the intention to accomplish the penance assigned by the priest.
10. Know that repentance involves sorrow for and abhorrence of sins committed and the firm intention of sinning no more in the future.
11. Understand that imperfect contrition is sorrow for sins because of the ugliness of sin or the fear of punishment and that perfect contrition is sorrow for sins because of love of God.
12. Know that we have a duty to form our conscience in accordance with the light of Christ and the teaching of the Church, so that we can rightly distinguish good and evil.

13. Understand that all unconfessed mortal sins must be confessed to obtain forgiveness. In a situation of imminent death, perfect contrition with the firm intention to confess if possible is also sufficient to obtain forgiveness.
14. Understand that it is not required to confess venial sins, but it is strongly encouraged.
15. Know that the grace received in this sacrament assists us in resisting temptation and avoiding sin in the future.
16. Understand that, although forgiveness is granted, the temporal punishment of the sins committed remains and are satisfied through penances, those assigned by the priest in the sacrament as well as by those prudentially self-imposed.
17. Understand that an indulgence is the remission of temporal punishment of sins that have already been forgiven, and it can be gained through a penitential practice defined by the Church to the advantage of oneself or another.
18. Understand that only priests who have received the faculty of absolving from the authority of the Church can forgive sins in the name of Christ.
19. Understand that priests must keep secret all sins confessed to them under pain of excommunication.
20. Understand that it is required for those who are baptized and have reached the age of discretion to confess grave sins (if any) at least once a year.
21. Understand that the grace of this sacrament is merited for us by the saving death and Resurrection of Jesus.

Parent and Family Goals

Interior Life Goals (Internalizing the Faith)

1. Have sorrow for having offended God by sinning.
2. Be confident in the love and mercy of God and the power of the Sacrament of Penance.
3. Desire to make a good, honest and sincere confession.
4. Desire to forgive others as God has forgiven us.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Make a daily examination of conscience.
2. Lead one's family in prayers such as an examination of conscience, the Act of Contrition, the Stations of the Cross and praying for the grace of final perseverance.
3. Confess one's sins regularly in the Sacrament of Penance.
4. Receive the Sacrament of Penance as a family regularly, as possible.
5. Pray for the priests who have heard one's confessions.
6. Pray for the grace to conquer in times of temptation.
7. Offer acts of penance and sacrifice with one's prayers, as possible and appropriate.
8. Pray for those who have died, especially one's loved ones.
9. Teach children, in an age-appropriate manner, about the seriousness of sins and the greatness of God's mercy.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Understand that sanctifying grace is necessary for friendship with God and for salvation.
2. Define the sacraments as efficacious signs of grace.
3. Understand that venial sins committed after Baptism can result in the diminution of grace.
4. Understand that mortal sins committed after Baptism result in the total loss of grace.
5. Understand that mortal sins are sins that require grave matter, full knowledge, and deliberate consent.
6. Know that God continues to love sinners and to call them unceasingly back to himself.
7. Understand that the Sacrament of Penance was instituted by Jesus for the forgiveness of postbaptismal sins, reconciling us to God and the Church.
8. Know that Jesus gave priests the power to grant his forgiveness to penitents.
9. Articulate that the Sacrament of Penance requires the penitent to repent, to confess sins to the priest, and to have the intention to accomplish the penance assigned by the priest.
10. Recognize that repentance involves sorrow for and abhorrence of sins committed and the firm intention of sinning no more in the future.
11. Understand that imperfect contrition is sorrow for sins because of the ugliness of sin or the fear of punishment and that perfect contrition is sorrow for sins because of love of God.
12. Know that we have a duty to form our conscience in accordance with the light of Christ and the teaching of the Church, so that we can rightly distinguish good and evil.
13. Understand that all unconfessed mortal sins must be confessed to obtain forgiveness. In a situation of imminent death, perfect contrition with the firm intention to confess if possible is also sufficient to obtain forgiveness.

14. Understand that it is not required to confess venial sins, but is strongly encouraged.
15. Know that the grace received in this sacrament assists us in resisting temptation and avoiding sin in the future.
16. Understand that, although forgiveness is granted, the temporal punishment for the sins committed remains and are satisfied through penances, those assigned by the priest in the sacrament as well as by those prudentially self-imposed.
17. Understand that an indulgence is the remission of temporal punishment of sins that have already been forgiven.
18. Understand that only priests can forgive sins in the name of Christ.
19. Understand that priests must keep secret all sins confessed to them under pain of excommunication.
20. Understand that it is required for those who are baptized and have reached the age of discretion to confess grave sins (if any) at least once a year.
21. Understand that the grace of this sacrament is merited for us by the saving death and Resurrection of Jesus.

Child Goals

Interior Life Goals (Internalizing the Faith)

1. Desire to grow in holiness.
2. Feel contrition for one's sin.
3. Desire the forgiveness and grace that come from the Sacrament of Penance.
4. Trust in God's mercy.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Pray for the grace to be aware of one's sins and to repent with true contrition.
2. Pray with an examination of conscience, especially before receiving the Eucharist and the Sacrament of Penance.
3. Pray the Act of Contrition with sincerity.
4. Receive the Sacrament of Penance frequently, if possible.
5. Practice small acts of penance as appropriate for one's age and abilities.
6. Forgive others generously and consistently.
7. Pray to know God's peace in the Sacrament of Penance and to have confidence in his love.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Articulate that in Baptism, by the power of the Holy Spirit, we receive new life in Christ.
2. Define the sacraments as efficacious signs of grace.
3. Know that the new life of grace can be diminished or lost by sin.
4. Be familiar with the Ten Commandments, the Great Commandment, and the Beatitudes.
5. Articulate how the commandments and Beatitudes give us guidance on how to do good and live in imitation of Christ.
6. Know that, through the saving actions of Jesus Christ, God offers us redemption and forgiveness.
7. Explain that a well-formed conscience helps one to choose what is right and good.
8. Be aware that one has a duty to inform one's conscience according to the truth, especially from Sacred Scripture and the teaching of the Church.

9. Identify how to examine one's conscience.
10. Understand the difference between mortal and venial sin.
11. Know that the Sacrament of Penance reconciles us with God and to the Church.
12. Identify and distinguish the four main parts of the Sacrament of Penance: contrition, confession, penance and absolution.
13. Understand that we pray the Act of Contrition for our own conversion and to express our sorrow for our sins.
14. Know that conversion is intentionally turning away from sin and responding to God's love and forgiveness.
15. Understand that we open our hearts to God's forgiveness and grace when we confess our sins, and that this grace helps us to avoid sin in the future.
16. Articulate that performing acts of penance helps us to repair the damage caused by sin to our relationship with God and others.
17. Understand that, in the Sacrament of Penance, we are offered absolution and forgiveness of our sins.
18. Be familiar with the effects of the Sacrament of Penance: reconciliation with God by which the penitent recovers grace; reconciliation with the Church; remission of the eternal punishment incurred by mortal sins; remission, at least in part, of temporal punishments resulting from sin; peace and serenity of conscience, and spiritual consolation; an increase of spiritual strength for the Christian battle.
19. Know that a priest cannot repeat the sins confessed to him.

Readiness for first reception of this sacrament includes:

- **knowledge of**
 - the person of Jesus
 - the Gospel message of forgiveness
 - sin and its effects
 - Understanding and experience of sorrow, forgiveness, and conversion.”(NDC, #36, B2)

The understanding of the Sacrament of Penance and Reconciliation is a gradual development; the rate of moral, psychological and religious development differs from one person to another. Therefore, a person is to be considered ready to celebrate the Sacrament of Reconciliation when he/she has an initial understanding of the concepts listed above and freely desires to receive the Sacrament.

- There is a reasonable expectation that appropriate preparation includes regular participation at Sunday Mass, on-going catechesis and that personal prayer is a part of the life of the candidate.
- The pastor, through loving example and pastoral leadership, should establish an environment of peace and reconciliation which facilitates the work of the Holy Spirit throughout the entire parish community.
- The parish community is the model for understanding and appreciating the Sacrament of Penance and Reconciliation as an integral part of growth in Jesus. They are to enter into the spirit as Christians always in need of reconciliation.
- Most importantly, preparation should include the parent(s)/guardian(s) who precede, accompany and enrich all other forms of catechesis. (CT #68) “When children are baptized, parents accept the responsibility to bring up their children in the practice of the faith and to see to it that the divine life that God gives them is kept safe from the poison of sin, to grow always stronger in their hearts.” (NDC #54,C - taken from the Rite of Baptism of Children #56.)

- Parishes are to provide programs that will assist the parent(s)/guardian(s) in fulfilling their role in the preparation of their children for this Sacrament (NDC 36 B, 1-2). These sessions offer the opportunity to update their own understanding of the sacrament, as well as materials and ideas for preparing their children for Penance and Reconciliation.

Effective programs should lead to, but not be limited to:

- Understanding that God is a merciful and loving Father who wants every person to live in communion with him
- Instruction on the elements necessary to receive this Sacrament: contrition, confession, absolution, satisfaction
- Understanding that the priest acts in the name of Christ and of the Church in forgiving our sins and is bound to secrecy by the “seal of confession”
- Instruction on the necessity of sacramental confession for serious sin
- Understanding of the value of frequent reception of Penance and Reconciliation to strengthen us to live our Christian life
- Understanding that Christians are to live in an attitude of forgiveness towards others just as God forgives us
- Realization of the need to ask forgiveness of God and of others
- Recognition of the opportunities for reinforcing the values of forgiveness and reconciliation in the daily interactions of family and social life
- The opportunity to participate in parish communal Penance and Reconciliation Celebrations as a family
- Parish celebrations of First Penance and Reconciliation should normally be communal in nature, but always with individual confession and absolution. Participation of parishioners, especially the families of the children is to be encouraged. The tone should be celebrative and joyful.

- The unity of the community is further emphasized by bringing together parent(s)/guardian(s) from programs involving parish, school, and religious formation programs when applicable. “Since conversion is a lifelong process, catechesis for the Sacrament of Penance and Reconciliation is ongoing. Children have a right to a fuller catechesis each year” (NDC #136,B,2)
- Young people should be encouraged to participate in celebrations of Penance and Reconciliation with peers and families. Families should be encouraged to attend the parish celebrations of Penance and Reconciliation together.

CATECHETICAL GOALS FOR FIRST EUCHARIST

Catechist Goals

Interior Life Goals (Internalizing the Faith)

1. Value the development of a life lived in gratitude to God, rooted in the Eucharist whose very meaning is thanksgiving.
2. Believe that Jesus is present, Body, Blood, soul, divinity, in the Eucharist.
3. Desire to receive the Eucharist at Mass on Sundays, holy days, and more frequently if possible.
4. Desire to make sacrifices out of love for Christ who gave his life for us.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Model gratitude for the opportunity to receive the Eucharist.
2. Participate in the holy Sacrifice of the Mass on Sundays and Holy Days of Obligation, and more frequently when possible.
3. Participate in Eucharistic adoration when possible, and facilitate opportunities for families to participate as well.
4. Lead learners to understand that the requirement to attend Mass on Sundays is a privilege rather than merely an obligation.

5. Refer to Mass as “the holy Sacrifice of the Mass” in order to reflect the reality and sacredness of the Mass itself.
6. Engage in ongoing formation in the faith and the sacramental life of the Church.
7. Facilitate opportunities for families to learn about the Eucharist and to participate in the Mass.
8. Recommend trusted resources for families on the Eucharist and Mass, such as books, children’s missals, and other spiritual supplements.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify Baptism as the sacrament that unites us with Christ, making us sons and daughters of God and members of Christ’s Body, the Church.
2. Define the sacraments as efficacious signs of grace.
3. Understand that we encounter Jesus Christ himself in the Seven Sacraments and share in his own life.
4. Understand Baptism, Confirmation and Eucharist are the Sacraments of Initiation and how they are related.
5. Articulate that the Eucharist is "the source and summit of the Christian life." (CCC 1324)
6. Identify Sunday as the primary day for celebration of the Eucharist, and Holy Days of Obligation as solemnities.
7. Understand the prayers and gestures in the Mass.

8. Know that sacred music helps us to worship God.
9. Know that the liturgical year "unfolds the whole mystery of Christ from his Incarnation and Nativity through his Ascension, to Pentecost and the expectation of the blessed hope of the coming of the Lord." (CCC 1171, 1194)
10. Identify the two main parts of the Mass (Liturgy of the Word and Liturgy of the Eucharist) and what takes place in each.
11. Articulate the connection between the temple sacrifice in the Old Testament and Jesus as the perfect sacrifice, the Lamb of God.
12. Relate the Liturgy of the Eucharist to the Last Supper.
13. Understand that in the Mass we worship God who is Creator of all and give thanks for the Jesus' sacrifice on the Cross.
14. Articulate that through the power of the Holy Spirit and the words and actions of the priest, our gifts of bread and wine become the Body and Blood of Christ.
15. Know that "In the most blessed sacrament of the Eucharist "the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained." (CCC 1374)
16. Understand that the baptized who desire to receive Holy Communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the Sacrament of Penance.
17. Recognize that the grace we receive in the Eucharist strengthens us to live as disciples of Jesus and commits us to the poor.
18. Articulate the effects of Communion with the Body and Blood of Christ: including an increase in the communicant's union with the Lord, forgiveness of venial sins, and preservation from grave sins. Since receiving this sacrament strengthens the bonds of

charity between the communicant and Christ, it also reinforces the unity of the Church as the Mystical Body of Christ.

19. Understand that our prayer life always flows from the Eucharistic celebration at the heart of the Church's liturgy, and that we continue to grow in prayer so that we are drawn closer to Christ each day.

20. Know important liturgical terms such as anaphora, anamnesis, epiclesis and transubstantiation.

21. Articulate the meaning of other Eucharistic terms such as the bread of life, the living bread, holy communion, paschal banquet, eternal high priest, lamb of God, and memorial of his sacrifice.

Parent and Family Goals

Interior Life Goals (Internalizing the Faith)

1. Value the development of a life lived in gratitude to God, rooted in the Eucharist whose very meaning is thanksgiving.
2. Believe that Jesus is present, Body, Blood, soul, divinity, in the Eucharist.
3. Desire to receive the Eucharist at Mass on Sundays, holy days, and more frequently if possible.
4. Desire to make sacrifices out of love for Christ who gave his life for us.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Model gratitude for the opportunity to receive the Eucharist for one's family.
2. Participate in the holy Sacrifice of the Mass on Sundays and Holy Days of Obligation as a family, and more frequently when possible.
3. Participate in Eucharistic adoration as a family, when possible.
4. Refer to Mass as "the holy Sacrifice of the Mass" in order to reflect the reality and sacredness of the Mass itself.
5. Lead one's family in daily prayer, especially in prayers connected to the liturgy, such as the Our Father, the Creed, and prayerful reading of Sacred Scripture.
6. Engage in ongoing formation in the faith and the sacramental life of the Church.

7. Provide resources for one's children to participate in the Mass, such as books, children's missals, and other spiritual supplements as possible.
8. Discuss the lectionary readings before and/or after the Mass.
9. Have regular dinners together as a family, recognizing the way in which gathering around a table to celebrate a meal together draws the family into communion with one another.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify Baptism as the sacrament that unites us with Christ, making us sons and daughters of God and members of Christ's Body, the Church.
2. Define the sacraments as efficacious signs of grace.
3. Understand that we encounter Jesus Christ himself in the Seven Sacraments and share in his own life.
4. Articulate that the Eucharist is "the source and summit of the Christian life." (CCC 1324)
5. Categorize Baptism, Confirmation and Eucharist as the Sacraments of Initiation and distinguish between them.
6. Recognize Sunday as the primary day for celebration of the Eucharist.
7. Know and understand the important prayers and gestures in the Mass.
8. Understand that sacred music helps us to worship God.
9. Identify the two main parts of the Mass (Liturgy of the Word and Liturgy of the Eucharist) and what takes place in each.
10. Understand that in the Mass we worship God who is Creator of all and give thanks for Jesus' sacrifice on the Cross.

11. Relate the Liturgy of the Eucharist to the Last Supper.
12. Articulate that through the power of the Holy Spirit and the words and actions of the priest, our gifts of bread and wine become the Body and Blood of Christ.
13. Know that "in the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained.'" (CCC 1374)
14. Understand that the baptized who desire to receive Holy Communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the Sacrament of Penance.
15. Understand that the grace we receive in the Eucharist strengthens us to live as disciples of Jesus and commits us to the poor.
16. Understand that our prayer life always flows from the Eucharistic celebration at the heart of the Church's liturgy, and that we continue to grow in prayer so that we are drawn closer to Christ each day.
17. Identify important liturgical terms such as anaphora, anamnesis, epiclesis and transubstantiation.
18. Know Eucharistic terms such as the bread of life, the living bread, holy communion, paschal banquet, eternal high priest, lamb of God, and memorial of his sacrifice.

Child Goals

Interior Life Goals (Internalizing the Faith)

1. Love the Lord your God.
2. Desire to worship and give thanks to God in Holy Mass.
3. Believe that the Eucharist is truly Jesus present with us, Body, Blood, soul and divinity.
4. Be grateful for the Lord's love for us, especially for his sacrifice on the Cross.
5. Desire to always stay close to the Sacred Heart of Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

1. Actively participate in holy Mass on Sundays and Holy Days of Obligation, and other days when possible.
2. Listen attentively to the proclamation of the Word of God in the liturgy.
3. Genuflect and pray with reverence before the Lord in the Tabernacle.
4. Receive the Eucharist with reverence and love.
5. Pray with gratitude for the gift of the Lord in the Eucharist.
6. Spend time with Jesus in adoration when possible.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Identify Baptism as the sacrament that makes us sons and daughters of God and members of Christ's Body, the Church.
2. Define the sacraments as efficacious signs of grace.
3. Know that we encounter Jesus Christ himself in the Seven Sacraments.
4. Identify the three Sacraments of Initiation: Baptism, Confirmation and Eucharist.
5. Understand that Sunday is the primary day for celebration of the Eucharist.
6. Be familiar with the prayers and gestures in the Mass.
7. Know that sacred music helps us to worship God.
8. Identify the two main parts of the Mass (Liturgy of the Word and Liturgy of the Eucharist).
9. Understand that in the Mass we worship God who is Creator of all and we give thanks for the Jesus' sacrifice on the Cross.
10. Be aware that we prepare to receive the Lord in the Eucharist through prayer, an examination of conscience and fasting one hour before receiving him.
11. Identify that through the power of the Holy Spirit and the words and actions of the priest, our gifts of bread and wine become the Body and Blood of Christ.
12. Be aware that Christ himself presides over the Eucharistic celebration, and that the celebrant represents him, acting in the person of Christ the head (in persona Christi capitis).
13. Identify validly ordained priests as the only persons who can preside at the Eucharistic celebration and consecrate the bread and wine so that it becomes Jesus' true Body and Blood.

14. Know that anyone aware of having sinned mortally must not receive communion without having received forgiveness in the Sacrament of Penance.

15. Be aware that the Eucharist is Jesus Christ truly present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.

16. Know that we bow and genuflect before the Lord in the Eucharist and in the Tabernacle because he is our King and Lord, and it is a way to show reverence and our thankfulness to him.

17. Identify the effects of the Eucharist: increased union with the Lord, forgiveness of venial sins, protection from serious sins, unity with the Church and commitment to the poor.

Policies

First Reception of the Sacrament of the Eucharist:

1. *A validly baptized person who is appropriately prepared has a right to receive the Sacrament of Eucharist.*
2. *The first reception of the Sacrament of Penance and Reconciliation is to be celebrated prior to the reception of First Eucharist.*
3. *The parent(s)/guardian(s), pastor, principal/PCL, catechist, and child have rights and responsibilities in determining the child's readiness for the reception of the Eucharist.*
 - a. *It is the responsibility, in the first place, of parents and those who take the place of parents as well as of the pastor to see that children who have reached the use of reason are correctly prepared and are nourished by the divine food as early as possible, preceded by sacramental confessions; it is also for the pastor to be vigilant lest any children come to the Holy Banquet who have not reached the use of reason or whom he judges are not sufficiently disposed (Canon 914).*
 - b. *For the administration of the Most Holy Eucharist to children it is required that they have sufficient knowledge and careful preparation so as to understand the mystery of Christ according to their capacity and can receive the Body of the Lord with faith and devotion (Canon 914 § 1).*
4. *The parent(s)/guardian(s) of the child and the parish community should be involved in the preparation for this Sacrament and participate in its actual celebration.*
5. *Parishes are to provide programs geared to the needs, culture, and lifestyle of the children and of the parent(s)/guardian(s) who are responsible for the fulfillment of the adult role in*

the preparation of the children for this Sacrament. (cf. Introduction: General Guidelines, #4)

- 6. Catechesis concerning the Eucharist should begin as soon as a child enters into the formal process of faith formation. It should continue through this process and throughout life.*
- 7. Children should have completed one year of the formal parish faith formation program prior to the year of immediate catechetical preparation for the celebration of First Eucharist.*
- 8. The celebration of First Eucharist should be separated by a respectable length of time (at least six weeks) from the celebration of First Penance and Reconciliation to maintain the solemnity of each Sacrament.*

FIRST HOLY COMMUNION GUIDELINES

A child is ready to receive Holy Communion for the first time when the child according to his/her capacity:

- Has celebrated the Sacrament of Penance and Reconciliation prior to First Communion
- Participates actively and consciously in Sunday Liturgy on a regular basis
- Understands that the Eucharist is truly the Body and Blood of Christ under the appearance of bread and wine
- Understands that the Eucharist is the commemoration of Christ's last meal with his disciples before he died, and a memorial of his sacrifice for our salvation
- Understands that by sharing in this special meal, we become brothers and sisters in the Body of Christ on earth
- The catechesis offered should help parent(s)/guardian(s) to grow in their own understanding and appreciation of the Eucharist and enable them to catechize their children more effectively (NDC, 36 A - 3). Such programs should be offered by parishes to assist them in carrying out this right and responsibility.

Effective programs should lead to, but not be limited to:

- Instruction about the ritual, symbols, and structure of the Mass
- Understanding of the presence of Jesus in the Word, in the people assembled, in the celebrant and most especially in the Eucharist which is His very Body and Blood
- An adult understanding of the theology and experience and effects of Eucharist in their lives
- An explanation of how to assist in the preparation of their children for Eucharist

- Assistance in understanding that Christian family living is part of the catechetical preparation of children for Eucharist
- A parent/child retreat experience to reflect on the Sacrament of Eucharist. The presentations and prayers of such a retreat should include:
 - Prayer, listening and discussion
 - Practice on how to receive the Sacrament, including the norm in the United States of bowing in respect before receiving.

Since the Eucharist is the foundation of the Christian life, catechesis begun in the early years is to be continued and developed throughout childhood and adolescence. Since the life of faith is dynamic and a growing reality for the maturing Christian, so the understanding and appreciation of the sacrament of Eucharist is never complete at any given age. Faith formation, appropriate to the age, ability and faith level of the person is a lifelong process.

CATECHETICAL GOALS FOR CONFIRMATION

Catechist Goals

Interior Life Goals (Internalizing the Faith)

1. Desire to grow in holiness, flowing from the graces of the sacraments and the gifts of the Holy Spirit.
2. Long to grow closer to Christ through prayer, through the sacraments, and through obedience to His will.
3. Earnestly desire to learn the faith and effective means of sharing it with others.
4. Desire that students of confirmation will grow in their love for the Lord.
5. Yearn to facilitate encounters with Christ for those coming to formation in one's parish.

Behavioral Goals (Living as a Disciple of the Lord)

1. Facilitate encounters with the Lord in the Blessed Sacrament, especially through the Mass and through additional opportunities for Eucharistic adoration.
2. Practice different forms of prayer in the Tradition of the Church with those preparing for Confirmation.
3. Request the prayer support of the parish community on behalf of those preparing for Confirmation.
4. Model regular participation in the sacramental life of the Church for those preparing for Confirmation.
5. Model intentional and continual learning about the faith.

6. Model how “holy obedience” to God’s law can guide us to true freedom and happiness.
7. Demonstrate that one can live the faith in a secular culture, and find joy.
8. Provide trustworthy and accurate resources for learners and their Sponsors about the faith, Scripture, and apologetics.
9. Facilitate opportunities for families to celebrate and live their faith within the home, the parish and the broader community.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Be aware of the developmental stage proper to those preparing for Confirmation and consider this information in the presentation of catechetical material.
2. Understand what a sacrament is, how we receive sacramental grace and the necessity of the sacramental life for all believers, beginning with the Sacrament of Baptism.
3. Understand the importance of the liturgy and how we participate in the worship offered by the Church.
4. Explain the vital connection among the Sacraments of Initiation: Baptism, Confirmation and Eucharist, and be aware of the difference in celebration in the Eastern Catholic Churches.
5. Understand how the Sacraments of Baptism and the Eucharist are properly celebrated and received, and the graces that come from proper reception.
6. Know the importance and gift of attending Mass on Sundays and Holy Days of Obligation as part of the Catholic life. Explain why active participation in one’s parish is important throughout all of life.
7. Understand why prayer is the foundation for maturing in holiness throughout one’s life.

8. Know key Scripture passages that relate to the Sacrament of Confirmation.
9. Know that a disposition of a humble heart is vital to being receptive to the Holy Spirit.
10. Know the requirements to receive the Sacrament of Confirmation: valid baptism, proper age and preparation, the Sacrament of Penance and a Sponsor.
11. Understand how the Sacrament of Confirmation is celebrated, and the significance of each aspect, especially the anointing with chrism, the laying on of hands by the bishop and the spoken formula.
12. Know the effects of the Sacrament of Confirmation, including the perfection of baptismal grace, being sealed with the Holy Spirit, an increase of the Gifts of the Holy Spirit, being united more completely with Christ, strengthening our bond with the Church, being given courage to witness to our faith and an indelible character.
13. Identify the twelve fruits of the Holy Spirit, and explain how these are signs of a life under the guidance of the Holy Spirit.
14. Understand the importance and necessity of choosing a patron saint for the Sacrament of Confirmation and the importance of choosing a Sponsor.
15. Explain the various 'vocations' (states-of-life) in the Church (Holy Orders, consecrated life, religious life, Holy Matrimony).
16. Explain who God the Holy Spirit is, and how he relates to God the Father and God the Son.
17. Understand how Scripture is inspired by the Holy Spirit and inerrant. Explain why it is vital that we continue to study, read and pray with Scripture.
18. Articulate what "integrity of life" means for a Christian (flowing from our Baptism as we strive to fulfill our call to holiness), and explain why our moral actions inherently reflect one's faith as the Lord's disciples.

19. Explain why authenticity in our Christian witness is vital. Know that certain ideologies and worldviews (such as relativism) are inimical to the faith and that we must turn to God alone to know what is true, good and beautiful.
20. Give testimony to how the lives of the saints and the intercession of the saints both inspire and assist in our ongoing growth in holiness.
21. Understand that faithfulness to God's will leads to human flourishing, lasting joy, and eternal life.
22. Discuss with learners current events, issues and challenges that they may be facing, and how our faith gives us the answers we need. Provide them with trustworthy resources including magisterial teaching, Scripture and the Catechism.

Parent and Family Goals

Interior Life Goals (Internalizing the Faith)

1. Desire to grow in one's primary vocation as baptized Christians, and to grow in one's vocation as a spouse and/or parent.
2. Long to grow closer to Christ through prayer, through the sacraments, and through obedience to His will.
3. Earnestly desire to learn the faith.
4. Desire that one's family will grow in love for the Lord.
5. Yearn to follow God's will for one's family, intentionally striving for all members to grow closer to Christ and His Church.

Behavioral Goals (Living as a Disciple of the Lord)

1. Discuss with their children how their own relationship with the Lord continues to deepen and grow.
2. Be involved in the preparation and formation of one's child when preparing to receive the Sacrament of Confirmation.
3. Grow in personal faith formation so as to help instruct and guide one's children in the faith.
4. Ask catechists and parish priests for trusted resources to learn about the faith, Scripture, and apologetics.
5. Model for one's children how to continually learn about the faith.
6. Model for one's children faithful participation in the sacraments.
7. Lead one's children and family in daily prayer and reading of Sacred Scripture.
8. Model obedience to God's will in their personal life and God's will for their family.
9. Invite their children into the exciting, reflective, and prayerful discernment of the vocations to which God might be calling them.
10. Help one's children understand current issues from the Catholic worldview.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Understand what a sacrament is, how we receive sacramental grace and the necessity of the sacramental life for all believers, beginning with the Sacrament of Baptism.
2. Understand the importance of the liturgy and how we participate in the worship offered by the Church.

3. Know the vital connection among the Sacraments of Initiation: Baptism, Confirmation and Eucharist.
4. Be aware of how the Sacraments of Baptism and the Eucharist are properly celebrated and received, and the graces that come from proper reception.
5. Know the effects of the Sacrament of Confirmation, including the perfection of baptismal grace, being sealed with the Holy Spirit, an increase of the Gifts of the Holy Spirit, being united more completely with Christ, strengthening our bond with the Church, being given courage to witness to our faith and an indelible character.
6. Recognize the importance of authenticity in their witness for their family as a model in living as a disciple of Christ.
7. Know the importance and gift of attending Mass on Sundays and Holy Days of Obligation as part of the Catholic life.
8. Understand that the journey of growing in holiness stretches the whole of one's life, and involves ongoing conversion.
9. Recognize that we are all sinners, and that the Lord, in his abundant mercy, continues to forgive us and heal us through the Sacrament of Reconciliation, and that this allows us to continue on our journey of holy living.
10. Know that the grace of the Eucharist is efficacious, in that, we truly are united to Christ, strengthened in charity, and moved to serve those in need.
11. Understand how Scripture is inspired by the Holy Spirit and inerrant. Explain why it is vital that we continue to study, read and pray with Scripture.
12. Explain why authenticity in our Christian witness is vital. Know that certain ideologies and worldviews (such as relativism) are inimical to the faith and that we must turn to God alone to know what is true, good and beautiful.

13. Know the importance of daily prayer and the guidance of the Holy Spirit in growing in virtue and our vocation to holiness.
14. Be aware that active participation in one's local parish is important throughout all of life.
15. Know that it is important to help one's child be confident in the truth that God lovingly created him or her, in His image, and that he or she has inherent dignity, value and a purpose in life.
16. Know the importance and encouragement of the witness of the saints in our lives.
17. Know the importance of allowing Sacred Scripture, the Catechism and the magisterial teaching of the Church to guide us in facing difficult questions and issues in our lives.

Child Goals

Interior Life Goals (Internalizing the Faith)

1. Desire to grow in holiness, flowing from the graces of the sacraments and the gifts of the Holy Spirit.
2. Long to grow closer to Christ through prayer, through the sacraments, and through obedience to His will.
3. Earnestly desire to learn the faith and effective means of sharing it with others.
4. Be grateful for the gift of Baptism that has made one a child of God and temple of the Holy Spirit.
5. Pray that the Holy Spirit will help one to be a living witness to Christ in the world.

Behavioral Goals (Living as a Disciple of the Lord)

1. Develop a strong personal relationship with Christ through daily prayer and commitment to living as his disciple.
2. Participate prayerfully in Holy Mass on Sundays and Holy Days of Obligation, and more frequently if possible.
3. Participate in the sacramental life of the Church with gratitude and joy, and make time for Eucharistic adoration when possible.
4. Grow in knowledge about one's faith and about the lives of the saints, asking for their intercession.
5. Seek opportunities to serve and to give witness to one's faith in one's family, school, parish community and social media.
6. Practice the spiritual and corporal works of mercy, seek to grow in virtue, and strive to live the Beatitudes. .
7. Read Sacred Scripture each day, and participate in Catholic Bible studies when possible.
8. Respect one's body and the bodies of others with pure and modest language, behavior and dress, knowing one's dignity as a temple of the Holy Spirit.
9. Ask parents, catechists, Sponsors or pastors questions about the teachings of the Church, especially with difficult issues one may face.
10. Appreciate the difference between lived experiences with others and experiences in digital and social media, and cultivate an interior disposition of listening and obedience to the Holy Spirit, so as to be present to those who are in need of one's attention and love.

Cognitive Goals (Growing in Knowledge of the Lord)

1. Articulate how the Sacrament of Confirmation relates to the other Sacraments of Initiation, Baptism and Eucharist.
2. Learn how the grace of the Sacrament of Confirmation completes the grace received at Baptism and conforms one to Christ.
3. Be aware of who God the Holy Spirit is, and how he relates to God the Father and God the Son.
4. Understand how Sacred Scripture is inspired by the Holy Spirit and inerrant. Explain why it is vital that we continue to study, read and pray with Scripture.
5. Explain why the Word of God is relevant in our lives today and why we should continually read, study, and pray with it.
6. Be aware of how the Sacrament of Confirmation strengthens our bond with the Church community.
7. Know the importance and gift of attending Mass on Sundays and Holy Days of Obligation as part of the Catholic life.
8. Know the effects of the Sacrament of Confirmation, including the perfection of baptismal grace, being sealed with the Holy Spirit, an increase of the Gifts of the Holy Spirit, being united more completely with Christ, strengthening our bond with the Church, being given courage to witness to our faith and an indelible character.
9. Know the importance of daily prayer and the guidance of the Holy Spirit in growing in virtue and our vocation to holiness.
10. Identify key Scripture passages that relate to the Sacrament of Confirmation.
11. Relate the importance of the virtue of humility to the Sacrament of Confirmation, and why a disposition of a humble heart is vital to being receptive to the Holy Spirit.

12. Articulate what “integrity of life” means for a Christian, and explain why one’s moral actions inherently reflect one’s faith as the Lord’s disciple.
13. Explain why authenticity in our Christian witness is vital. Know that certain ideologies and worldviews (such as relativism) are inimical to the faith and that we must turn to God alone to know what is true, good and beautiful.
14. Articulate the importance and necessity of choosing a patron saint for the Sacrament of Confirmation and the importance of choosing a sponsor.
15. Compare and contrast the various ‘vocations’ [states-of-life] in the Church (Holy Orders, consecrated life, religious life, Holy Matrimony), and explain how these ‘vocations’ are part of maturation in holiness throughout one’s life and are oriented to living out our primary vocation [the universal call to holiness received in Baptism].
16. Identify the twelve fruits of the Holy Spirit, and explain how these are signs of a life under the guidance of the Holy Spirit.
17. Recognize how the Sacrament of Confirmation is celebrated, and the significance of each aspect, especially the anointing with chrism, the laying on of hands by the bishop and the spoken formula.
18. Explain the requirements to receive the Sacrament of Confirmation (valid baptism, proper age and preparation, Confession and a Sponsor) and will participate in their formation with enthusiasm and joyful expectation.
19. Know the importance of allowing Sacred Scripture, the Catechism and the magisterial teaching of the Church to guide us in facing difficult questions and issues in our lives.

Policies

Reception of the Sacrament of Confirmation:

1. *A validly baptized person who is appropriately prepared has a right to receive the Sacrament of Confirmation.*
2. *At the present time, it is recommended that the celebration of Confirmation be in the years of high school, preferably junior or sophomore year.*
3. *The parent(s)/guardian(s), pastor, principal/PCL, catechist, and candidate have rights and responsibilities in determining readiness for the reception of Confirmation.*
4. *The parent(s)/guardian(s), sponsor, and the parish community should be involved in the preparation for this Sacrament and participate in its actual celebration.*
5. *Parishes are to provide programs geared to the needs, culture, and lifestyle of the candidates and of the adults who are responsible for the fulfillment of the adult role in the preparation of the candidate for this Sacrament. (for Guidelines, cf. Introduction: General Guidelines, #4)*
6. *Catechesis concerning Confirmation should begin as soon as a child enters into the formal process of faith formation. It should continue through this process and throughout life.*
7. *Immediate catechesis concerning the Sacrament of Confirmation is ordinarily a two year process. It is a comprehensive and systematic formation in the faith, one that integrates knowledge of the faith with living the faith. It includes formal instruction, retreats, and service commitments. (There are no required number of hours, each pastor has the discretion to set his expectations regarding service).*

8. *Each person to be confirmed should have a catechist and a sponsor. The catechist is chosen by the parish and is responsible for a group of candidates. The sponsor is chosen by the candidate and is to be responsible for the candidate during and after the faith formation process.*
9. *The Candidate may choose to retain his/her own baptismal name or choose another name. In this case, it is to be that of a recognized saint of the Church. If the candidate's baptismal name is not a saint's name, this is an opportunity for the candidate to choose a saint as a model and patron.*
10. *Confirmation is to be celebrated within a Mass in order to express more clearly the fundamental connection of Confirmation with the entire process of Christian Initiation.*
11. *Catechesis for Confirmation should take place within the context of a parish's total youth ministry effort. It is not a substitute for, or in competition with, ministry to high school age youth.*
12. *The parish should provide opportunities for study, spiritual growth and service after the reception of Confirmation. Specifically, the parish should be prepared, in practical ways, to welcome the participation of the fully initiated in the life of the parish.*

Sacrament of Confirmation Guidelines

- The preparation and the celebration of the Sacrament of Confirmation are parish-based. The parish is the center of lifelong faith development; therefore, it is essential to integrate youth into the life of the parish.
- Students who attend Catholic high schools and wish to be prepared for the Sacrament of Confirmation need to enroll in their parish Confirmation program. Certain elements of the parish preparation program and the Catholic high school instruction and activities will overlap.
- The parish personnel responsible for the Confirmation program should be clearly aware of the components of preparation that are to be undertaken jointly by the Catholic high school and the parish, and those that take place totally within the parish. The parish and Catholic high school personnel involved in the Confirmation program should be sensitive to the parish/Catholic high school relationship and design a program that responds to the various needs of the youth.
- The active participation of all Confirmation candidates in parish life is crucial to strengthening their commitment to the Church and lifelong active membership in the parish community.

In determining a candidate's readiness for Confirmation, the following criteria should be used:

- The candidate has met the requirements of law:
 - Has been validly baptized and has not been confirmed (Canon 889:1)
 - Has the use of reason
 - Has been suitably instructed
 - *Is properly disposed* (Candidate must be in a state of grace)*
 - Is able to renew his/her baptismal promises (Canon 889:2)

- The candidate shows evidence of willingness to use the Gifts of the Spirit to:
 - Bear witness to Christ
 - Build up the Body of Christ in faith and love (Introduction to the Rite, #2)

- The candidate has met the legitimate requirements of the local parish community:
 - Has faithfully participated in the catechetical sessions and requirements of the preparation process
 - Has completed the required interviews (suggested: initial, middle, final)
 - Has participated in the retreat component of the process
 - Has completed the "apprenticeship for discipleship" requirements (e.g. service projects, working with an adult in ministry, etc.)
 - Has demonstrated faithful participation in the liturgical life of the parish

The instructional component of immediate catechesis for Confirmation should include the following:

- A basic understanding of Creation, the Mystery of God as Trinity, and the Mystery of Christ as Incarnate Word and Redeemer.
- The Church as “the instrument and sign of salvation”
- The Holy Spirit as the third person of the Trinity and His special role in the life of Church and the individual
- The Sacraments of Initiation into the community of faith
- The Eucharist as the source and center of the Church’s life
- The meaning and importance of the sacraments in our life
- The meaning and effects of Baptism, the symbols and Rite of Baptism, the baptismal promises, the commitment of living as followers of Jesus
- The presence of the Holy Spirit in our lives and in the Church
- The connection between Baptism, Confirmation, and Eucharist
- The meaning and effects of Confirmation
- The gifts and fruits of the Holy Spirit
- The symbols and Rite of Confirmation
- The implications of Confirmation for our participation and involvement in the life of the Church, especially through our parish community
- The connection between Christian life and building the kingdom of peace, justice, and love through active involvement in gratuitous service (cf NDC #36 A:1-2)

While the instructional areas indicated above are essential, they should be connected with life. The parish program should provide not only intellectual information, but formation of the heart and transformation into Christ in the choices the candidates make and their willingness to be of service. Therefore, retreats, periodic rituals, times of community building, and opportunities for service should all be components of the Confirmation preparation program.

About Confirmation Sponsors:

The sponsor need not be of the same sex as the candidate. Ideally, he/she should be a member of the local Catholic community, but cannot be a parent or guardian of the candidate (Canon 874 §1,893). The Confirmation sponsor may also have been the baptismal godparent of the candidate. In fact, given all other considerations, the baptismal godparent is the ideal choice for this ministry. Above all, the sponsor should be a person who is:

- A mature, active member of the Catholic Church (at least 16 years of age[Canon 874 § 1,893])
- Free to undertake the responsibilities of being a sponsor (fully initiated)
- Reasonably informed and up-to-date in Church teachings
- Chosen by the individual candidate in consultation with the parish staff
- Willing to accept this ministry knowing full well what it involves
- Adequately prepared for this ministry by the parish (e.g. provided with a sponsor-companion book – attending the various Rites – participating in meetings...)

The sponsor is expected to:

- Journey with the candidate during the different aspects of the parish preparation program
- be a friend and companion to the candidate, helping the candidate integrate the teachings of Jesus into his/her daily living
- Minister to the candidate even after the actual celebration of the sacrament reception of Confirmation.

SACRAMENTAL PREPARATION AND PARTICIPATION WITH PERSONS WITH DISABILITIES

General Policies

- All sacraments should be accessible to persons with disabilities, with appropriate adaptations to preparation and celebration as needed.
- Clergy must ensure that sacraments are celebrated in ways that respect the dignity and abilities of persons.

Specific Sacraments

- **Baptism:** Disability is never a reason to delay or deny baptism. Families of infants and children with disabilities should receive personalized pastoral care.
- **Eucharist:** The criterion for First Holy Communion is the ability to distinguish the Eucharist from ordinary food, even if this recognition is nonverbal. Adaptive preparation should be offered as needed.
- **Reconciliation:** Persons with disabilities should be able to receive the sacrament in a manner suited to their communication abilities, including the use of gestures, alternative communication devices, or interpreters.
- **Confirmation:** Persons with disabilities who are properly disposed should celebrate Confirmation with their peers, with adaptations to preparation and celebration if necessary.
- **Marriage:** Persons with disabilities have the right to marry if they meet canonical requirements. Pastoral support should be offered to ensure proper preparation.
- **Anointing of the Sick:** This sacrament should be offered to persons with disabilities under the same conditions as others.
- **Holy Orders:** Persons with disabilities have a right to consider a vocational call to the priesthood or diaconate if they meet canonical requirements. Pastoral support should be offered to ensure proper preparation.

Collaboration and Community Involvement

1. Parish-Level Support

- Parishes must foster a culture of belonging, emphasizing the value of persons with disabilities within the faith community.
- Parishioners should be educated on the importance of welcoming and supporting persons with disabilities.

2. Diocesan Support Services

The diocesan catechetical office, in collaboration with other departments and parishes offering catechesis for persons with disabilities, will strive to:

- Provide comprehensive training and accessible resources for parishes to effectively support catechesis for persons with disabilities.
- Serve as a dedicated liaison between families and parish programs, fostering communication and collaboration to meet the unique needs of persons.
- Promote and ensure consistency in catechetical practices across all parishes, maintaining a unified approach to adaptive catechesis.

3. Collaboration with Experts

- Diocesan and parish leaders are encouraged to consult with specialists in disabilities, including educators, therapists, and advocates, to enhance catechetical and pastoral programs.

Evaluation and Continuous Improvement

1. Ongoing Assessment

- Parishes should regularly evaluate catechetical programs along with the diocese to ensure they meet the needs of persons with disabilities.
- Feedback from families and persons with disabilities should inform program design and improvements.

2. Continuing Education

- Catechists and pastoral leaders should participate in ongoing formation to stay updated on best practices for adaptive catechesis.

Conclusion

The Church's mission to evangelize and catechize extends to all its members, including persons with disabilities. By implementing these guidelines, the diocese affirms its commitment to fostering communities of belonging that reflect the love and dignity of Christ's Body. All members are called to contribute their gifts to the Church, and through this ministry, the faith community grows in holiness and unity.

Appendix

- Institute on the Catechism, *Handbook on the Catechetical Accompaniment Process*, [IOC Handbook on the CAP 2024.pdf](#)
- USCCB, *Conformity Listing of Catechetical Series and Texts*, [Current-Conformity-List | USCCB](#).
- Catechism of the Catholic Church online access, [Catechism of the Catholic Church](#).
- NCEA, *National Standards and Benchmarks for Effective Catholic Elementary and Secondary Schools*, [NSBECS Home Page](#).
- USCCB, *Directory for Catechesis Leader's Guide*, [Leaders Guide_DFC.pdf](#).

DIOCESE OF PATERSON OFFICE CONTACTS

Office of Child and Youth Protection

ewilsusen@patersondiocese.org or ngeorge@patersondiocese.org

- Social media policy, code of pastoral conduct, safe environment policy, and response to abuse claims
 - [Child Protection Policies and Information - Diocese of Paterson - Clifton, NJ](#)
- Forms, documents, and lesson plans
 - [Child & Youth Protection - RCDOP Chancery - Clifton, NJ](#)

Office of Risk Management

rziccardi@patersondiocese.org

- MVR Form (Motor Vehicle Record)

PARENT/GUARDIAN CONSENT FOR STUDENT'S SELF-ADMINISTRATION
OF MEDICATION

TO BE COMPLETED BY PARENT / GUARDIAN

I hereby authorize my son/ daughter (student name)

_____ to self-administer (list medication)

_____ in accordance with diocesan and
parish guidelines.

I acknowledge that the school shall incur no liability as a result of any injury arising
from the selfadministration of medication by (student name)

_____ .

I shall indemnify and hold harmless the school, its employees and agents against any
and all claims arising out of the self-administration of (list medication)

_____ by (student name)

_____ .

Signature of Parent/Guardian

Date

DIOCESE OF PATERSON: DRIVERS LICENSE MVR AUTHORIZATION FORM

AUTHORIZATION AND RELEASE TO OBTAIN INFORMATION

Disclosure to Employment Applicant Regarding Procurement of a Consumer Report:

In connection with your application for employment, **THE DIOCESE OF PATERSON** may obtain a consumer report on you as part of our process of considering you for employment. These reports may include public record information such as our driving record, criminal history, Social Security verification and address history. Private information such as credit history may also be obtained.

I hereby authorize **THE DIOCESE OF PATERSON** to obtain consumer reports about me as described above for the purpose of qualifying me for employment and I release **THE DIOCESE OF PATERSON** as well as the New Jersey Motor Vehicle Commission and all other entities from which the consumer reports are obtained from any claim or liability related to obtaining compiling or releasing such report. I also agree that this authorization and release will remain on file for the term of my employment and will serve as an ongoing authorization to obtain consumer reports related to my employment.

Underwriting requirements include but are not limited to:

- 3 years of clean driving record history or less than 6 points in their license within the last 3 years
- No one under 21 years old driving diocesan vehicles on a regular basis
- No one under 25 years old driving students or children on a regular basis
- NJ license (Out-of-state drivers moving to NJ are required by law to obtain a NJ license within 10 days after moving in)

Applicant's Name (PRINT)

Applicant's Date of Birth Today's Date

Applicant's Signature

Driver's License Number State

Location Name

Location Number

Please email or fax this form to the attention of **Religious Team** at Arthur J. Gallagher & Co., in Miami,

Team Member: Annie Toombs

Email: annie_toombs@ajg.com or FAX NUMBER: **305-592-4049**

if you have any questions, you may contact us at 800-488-3003 or 305-592-6080

Please provide Arthur J. Gallagher & Co. with the email address or fax number for the Contact Person at your location who is to receive the results of the Motor Vehicle Record check.

CONTACT NAME: _____

EMAIL: _____

FAX: _____