All Grades PK-Eight

Sign of the Cross: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Glory Prayer: Glory be to the Father**,** and to the Son, and to the Holy Spirit; as it was in the beginning, it is now, and ever shall be, world without end. Amen

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

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

Meal Prayers: (Before) Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ our Lord. Amen

(After) We give you thanks, almighty God, for all your blessings which we have received, from your bounty through Christ our Lord. Amen

Grades 1-8

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

Act of Contrition: My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen

Grades 2-8

Apostles Creed: I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; on the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Grades 3-8

Nicene Creed: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, *[At the words that follow up to and including "and*

became man," all bow.] and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, Catholic and apostolic Church. I confess one baptism for the forgiveness of sin, and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Order of the mass:

A. Introductory Rites:
- Entrance (with song)
- Veneration of the altar and greeting
- Penitential Rite or Rite of Blessing and sprinkling with holy water
- Glory to God (Gloria – except during Advent and Lent)
- Opening Prayer

B. Liturgy of the Word:
- First Reading (from Old Testament or Acts of the Apostles)
- Second Reading (not on weekdays unless a Feast Day) from New Testament Letters
- Gospel Acclamation (Alleluia – except during Lent)
- Gospel Reading
- Homily
- Profession of Faith (Creed)
- General Intercessions

C. Liturgy of the Eucharist:
- Preparation of the Gifts (with song or music)
- Eucharistic Prayer (with sung acclamations - Holy, Holy, Memorial Acclamation, Great Amen)
- Distribution of Communion (with song)

D. **Concluding Rite:**
- Greeting
- Blessing
- Recessional (with song)

Grades 4-8

Rosary:

A. Hold the crucifix and pray the Apostle's Creed.
B. Pray the Lord's Prayer at each single bead.
C. Pray the Hail Mary on each bead in a group of three or ten. A group of ten Hail Marys is a decade of the Rosary.

D. After each group of Hail Marys, pray the Glory Be to the Father.
E. Close the Rosary by praying the Hail, Holy Queen.

Hail, Holy Queen: Hail, Holy Queen, mother of mercy, our life, our sweetness, our hope. To thee do we cry poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus. Oh clement, oh loving, oh sweet Virgin Mary. Pray for us, O Holy Mother of God, that we may be worthy of the promises of Christ. Amen.

Mysteries of the Rosary

Joyful Mysteries:

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

Sorrowful Mysteries:

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

Glorious Mysteries:

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

Luminous Mysteries:

1. Baptism of the Lord
2. Wedding of Cana
3. Proclamation of the Kingdom
4. Transfiguration
5. Institution of the Eucharist

Grades 5-8

Benediction: Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Grades 6-8

Ten Commandments:

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

The Seven Sacraments:

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

Stations of the Cross:

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

Precepts of the Church:

1. Celebrate Christ's resurrection every Sunday and Holy Day of Obligation by taking part in mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of reconciliation or penance regularly. We must receive Holy Communion at least once a year at Lent/Easter time. If we have committed a serious - or mortal – sin, we must confess before receiving Holy Communion.
3. Study Catholic teaching throughout one's life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the church, one's own parish, the diocese, the worldwide church, and the Holy Father.
6. Do penance, including not eating meat and fasting from food on certain days of fast and abstinence.
7. Join in the missionary spirit and work of the church.

Cardinal Virtues:

1. Prudence
2. Justice
3. Fortitude
4. Temperance

Theological Virtues:

1. Faith
2. Hope
3. Charity (or love)

Grades 7-8

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