

Religion Guidelines

Archdiocese of Philadelphia

These Religion Guidelines are those published in 2000, reformatted into trimesters in 2006 and updated in 2012, 2013 and 2022. Each Grade contains the following:

- The **core content** with references to scripture

To help teachers in their presentations, the outline is referenced to scripture which suggests certain passages that complement a specific topic in the outline. Teachers are encouraged to use the scripture passages for personal prayer as well as for reflection and for sharing with students. This could help the children become increasingly more familiar and comfortable with scripture and its importance in the lives of both the Church and of those who are followers of Jesus Christ. The numbers on the right side of the page in parentheses correspond to the **paragraph numbers** in the Catechism of the Catholic Church which treat of a specific subject or concept. This to help the teachers in their own background reading. It is not intended that students be taught directly from the Catechism.

- The **Liturgical Year** (Ordinary Time; Advent; Christmas Season; Lent; Holy Week; Triduum; Easter Season; Saints and Holy People) is developed according to its appropriate placement in each trimester. The importance of *Sunday* is stressed.
- Summaries of the feasts of **Mary** and lives of the **Saints**
- **Praying with Children**

Each Grade is required to learn certain of our Traditional Catholic Prayers. The versions we should teach can be found in either the United States Catholic Catechism for Adults (United States Conference of Catholic Bishops), Appendix B: Traditional Catholic Prayers *or* the Compendium: Catechism of the Catholic Church, Appendix A: Common Prayers (English and Latin).

Hopefully, using these guidelines as the basis of teaching the subject of Religion will contribute to developing a strong religious foundation in the Catholic Faith for each student, and invite the student into the mission of the Church which is the mission of Jesus Christ. It is our hope that each student will come to a deeper understanding of the Catholic Faith and be able to articulate this faith. The **faith believed** is the **faith celebrated** in one's full, conscious and active participation in the sacramental life of the Church. The **faith believed** is the **faith lived** in a moral life that demonstrates the social consequences of living according to the demands of the Gospel. It is a life that serves the needs of others with care and compassion. The **faith believed** is the **faith prayed** in attitudes of adoration, praise, thanksgiving, and awe for the glory of God.

First Trimester

I. GOD THE FATHER

- A. REVEALED HIMSELF AND HIS LOVE FOR HIS PEOPLE (2059-60)
- B. REVEALED THE COVENANT ON THE HOLY MOUNTAIN WRITTEN BY HIS OWN FINGER (2056)

II. COMMANDMENTS

Ex. 20:2-17

- A. WORDS OF GOD (2056)
- B. FULL MEANING REVEALED IN JESUS IN THE NEW COVENANT
- C. PATH OF LIFE
- D. COVENANT WITH GOD:
DUTIES TO GOD AND TO NEIGHBOR

- 1. I am the Lord your God, who brought you
out of the land of Egypt, that place of slavery.
You shall not have other gods besides me. Ex. 20:2-5, Deut. 5:6-9, (2083, 2133-34)
- 2. You shall not take the name of the Lord
your God in vain. Ex. 20:7, Deut. 5:11, (2142, 2156, 2160-62, 166-67)
- 3. Remember the Sabbath day, to keep it holy. Ex. 20:8-10, 31:15, Deut. 5:12-15, (2168-70, 2175, 2177, 2189-92)
- 4. Honor your father and your mother. Ex. 20:12, Deut. 5:16, (2197, 2247-48, 2251, 2253)

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| 5. You shall not kill. | Ex. 20:13, Deut. 5:17,
(2258, 2270, 2276, 2288,
2307, 2318-20) |
| 6. You shall not commit adultery. | Ex. 20:14, Deut. 5:18,
(2331-33, 2237, 2393-95) |
| 7. You shall not steal. | Ex. 20:15, Deut. 5:19,
(2401, 2426, 2450-54) |
| 8. You shall not bear false witness against your neighbor. | Ex. 20:16, Deut. 5:20,
(2464-65, 2473, 2482-83,
2504-05, 2507) |
| 9. You shall not covet your neighbor=s house;
you shall not covet your neighbor=s wife... | Ex. 20:17, (2514,
2531-32) |
| 10. You shall not covet ... anything that is your
neighbor's.... | Ex. 20:17, Deut. 5:21,
(2534, 2551-54) |

III. LITURGICAL YEAR

(1168-73)

A. SUNDAY

(2177)

The Lord's day is the day on which we celebrate Jesus' Resurrection. We go to Mass on this special day to give praise and thanks to God. It is the heart of the Church's life.

B. ORDINARY TIME: liturgical color is green for hope, growth, life.

1. Time in the winter between Christmas time and Lent.
2. Time in the summer and fall from Pentecost to the Feast of Christ the King.
3. Refers to ordinal, counted time.
4. Time to hear the Scriptures proclaimed inviting us to live out the mysteries of our faith and the message of the Gospels.

- a. Cycle A - Gospel of St. Matthew
- b. Cycle B - Gospel of St. Mark
- c. Cycle C - Gospel of St. Luke

C. ADVENT (524, 1095)

- 1. Liturgical color is purple for preparation, sorrow for sin
- 2. Begins the Liturgical Year
- 3. Period of four weeks of preparation for the birth of Jesus, Christmas
- 4. Advent symbols
 - a. Advent Wreath
 - 1) The circle of greens reminds us that God has no beginning and has no end.
 - 2) There are four candles - three purple and one pink
 - 3) One candle is lit each week.
 - b. Jesse Tree

D. CHRISTMAS (525-30, 563)

- 1. Liturgical color is white for joy, glory, innocence
- 2. Story of Jesus' Birth Mt. 1:18 - 2:23

E. SAINTS AND HOLY PEOPLE

Special days to honor saints are ranked and celebrated in different degrees.

Solemnity: liturgies celebrating events, beliefs, and personages of principal importance and universal significance in salvation history

Feast: liturgies of major importance

Memorial: liturgies celebrating minor events in the life of the Blessed Virgin Mary and of saints significant to a local country, church or religious community

July 14: St. Kateri Tekakwitha

St. Kateri Tekakwitha was a Mohawk Indian born in 1656. Her parents died when she was young and her tribe suffered from smallpox and many attacks from French and Dutch colonists. During this time, Kateri met several Jesuit missionaries and eventually the chief of her tribe converted. In 1675, she began to study the catechism with the Jesuits and was baptized a year later. Although there was no religious order for her to join, St. Kateri vowed to remain chaste and gathered with other Christian Indian women to live devoutly. She endured any suffering as a way to become closer to Jesus. St. Kateri Tekakwitha died in 1680 at the age of twenty-four. She is called the Lily of the Mohawks.

July 22: St. Mary Magdalene

Mary Magdalene was one of the disciples of Jesus and appears in all four Gospels. Luke tells us that Jesus had cured Mary Magdalene of a disease. She followed Him and the Twelve Apostles as they traveled around Judea. However, her most important role was that of a witness to Jesus' death and resurrection. Together with Mary, the mother of James, she was there when Jesus was buried by Joseph of Aramathea. Mary Magdalene, along with other women, discovered the empty tomb. Most importantly, Jesus appeared to Mary Magdalene first after His resurrection. It is she who tells the Apostles the Good News. Although we do not know what happened to her, it is clear from the Gospels that she played an important role as a disciple of Jesus.

August 27: St. Monica

St. Monica was the mother of St. Augustine. She was born in 331 and married a pagan named Patritius. Their marriage was difficult, since he was against her Christian faith. St. Monica had three children, and Augustine was her oldest son. She continued to pray, to act with patience and love, and to give charity to the poor. Eventually, her husband became a Christian and died soon after. Then St. Monica turned all her prayers to Augustine so that he would reform his wayward life. She followed him in his travels, and was joyful to see Augustine baptized in Milan. She died while traveling with St. Augustine to Carthage in 387.

November 13: St. Frances Xavier Cabrini

Frances was born in Italy in 1850. She was a school teacher in an orphanage in Italy. Frances founded the Missionary Sisters of the Sacred Heart and, with seven other women, cared for poor children in schools and hospitals. Pope Leo XIII asked her to go to New York City to work with Italian immigrants. Although dreadfully afraid of water, she traveled to New York and in the next thirty years continued to travel, founding more than fifty schools, hospitals, and orphanages in England, France, Spain, and North and South America. She was canonized in 1946 and was the first citizen of the United States to be so recognized.

VII. MARY

- A. EXAMPLE OF FAITH (273)
- B. EXAMPLE OF HOLINESS (2030)
- C. DAYS IN HONOR OF MARY

August 22 Memorial of the Queenship of Mary

In 1954, Pope Pius XII established this feast which honors Mary who was crowned Queen of Heaven and Earth by Jesus when she on the day of her Assumption.

September 8 Feast of the Birth of Mary

Mary was the daughter of Saints Ann and Joachim. They prayed that God would bless them with a child, and He rewarded their faithfulness with a daughter set apart to be the mother of the Son of God. Because of this, she was conceived and born immaculate and full of grace. We do not know from the Gospels the exact date of Mary's birth. However, Christians have celebrated it on September 8th since the 7th century. Mary's birth is one of only three celebrated on the liturgical calendar.

September 15 Memorial of Our Lady of Sorrows

Today, we remember how Mary, as the mother of Jesus, suffered greatly. There are seven events in particular that we recognize, called the Seven Sorrows. The Sorrows, which are all found in the Gospels, are the prophecy of Simeon (Lk. 2:34-35), the flight into Egypt to escape Herod (Mt. 2:13-21), the loss of Jesus for three days in the Temple (Lk. 2:41-50), meeting Jesus on the road Calvary (Jn. 19:17), the crucifixion and death of Jesus (Jn. 19:18-30), holding Jesus when He was taken

down from the cross (Jn. 19:39-40), and Jesus laid in the tomb (Jn. 19:40-42). St. Bernard wrote, “Truly, O Blessed Mother, a sword has pierced your heart...He died in body through a love greater than anyone had known. She died in spirit through a love unlike any other since His.” Our Lady of Sorrows, pray for us.

October 7 Memorial of Our Lady of the Rosary

This feast was established by Saint Pius V. Pope Gregory XIII later named this the Feast of the Holy Rosary. This feast invites everyone to meditate upon the mysteries of Christ, following the example of the Blessed Virgin Mary who was so singularly associated with the incarnation, passion and glorious resurrection of the Son of God. (Christian Prayer, 1976, p. 1285)

November 19 Our Lady of Divine Providence

On November 19, 1969 Pope Paul VI declared Our Lady Mother of Divine Providence principal patroness of the island of Puerto Rico, since November 19 was the date that the island was discovered. The image of Our Lady that is so special to the people of Puerto Rico shows the Divine Child sleeping peacefully in the Virgin Mary=s arms. However, the name and worship of Our Lady of the Divine Providence originated in Italy in the 12th century, then spread to Spain and then to Puerto Rico.

November 21 Memorial of the Presentation of Mary

The Presentation of Mary is a unique feast day. Although the event is not in the Bible, we learn from other sources that Mary’s parents, Ann and Joachim, offered Mary to God in the Temple when she was only three years old. We celebrate this event because it helps us to understand Mary’s unique holiness, which was nurtured from the very beginning of her life.

D. PRAYERS

1. The *Hail Mary*
2. The *Hail, Holy Queen*
3. The *Rosary*
4. The *Angelus / Regina Coeli*
5. The *Litany of the Blessed Virgin* (See *Appendix: Litany*)

VII. PRAYER

A. MODELS OF PRAYER

Examples of those who listened to God, acted on his Word, and were blessed by God.

1. Old Testament (2568)
 - a. Abraham Gen. 12:4, (2570-72)
 - b. Moses Ex. 3:1-10, (2575-77)
2. New Testament (2598)
 - a. Jesus (2599, 2602)
 - b. Mary (2617-22)

B. OUR FATHER

Mt. 6:9-13, Lk. 11:2-4,
(2759)

1. Summary of the whole Gospel (2761)
2. AOur Father@ (2786-87)

C. ASPIRATIONS

1. Short prayer invoking the name or title of a saint.
2. Common response: pray for us.
3. Example: *Our Lady of the Rosary, pray for us.*

D. OTHER PRAYER FORMS (See pages 25-32)

1. The Jesus Prayer
2. Praying in Common (Choral Prayer)
3. Song and Gesture
4. Meditation

IX. SACRAMENTALS

(1667-79)

Grade 4

- A. SACRED SIGNS (1667)
- B. PREPARE US FOR GRACE (1670)
- C. HELP US TO COOPERATE WITH GRACE

X. SOCIAL JUSTICE

The commitment to human life and dignity, to human rights and solidarity, is a calling all Catholic educators must share with their students. It is not a vocation for a few religion teachers, but a challenge for every Catholic educator and catechist.

Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p. 7

Major Themes:

The Life and Dignity of the Human Person
Call to Family, Community and Participation
Rights and Responsibilities of the Human Person
Option for the Poor and Vulnerable

- A. AWARENESS OF THE UNIQUE IMPORTANCE OF EACH PERSON
 - 1. Celebrate each person's birthday, cultural and ethnic heritage
 - 2. Write to a legislator about issues affecting the poor and vulnerable
- B RESPOND TO COMMUNITY NEEDS
 - 1. Participate in parish and/or school collections: food, clothing, toys, etc.

For further ideas see From the Ground Up: Teaching Catholic Social Principles in Elementary Schools, NCEA, 1999.

Second Trimester

I.	GRACE	(2003-04)
A.	FREE HELP OF GOD	(1996)
B.	GIFT OF THE SPIRIT	
C.	HELPS US IN OUR SPIRITUAL GROWTH	
II.	SIN	(386, 1440)
A.	ORIGINAL SIN	(388-89)
	1. Definition	Gen. 2:17, 3:1-11, (397-98)
	2. Effect	Rom. 3:23, (399-402, 407-08)
B.	PERSONAL SIN	(1849-51, 1872-73)
	1. Mortal Sin	(1855-59)
	2. Venial Sin	(1862-63)
III.	CONSCIENCE	(1783-85)
A.	DESCRIPTIONS	(1776-85)
	1. Present in the heart of a person, it is a voice deep within a person calling one to love and do what is good and to avoid evil.	
	2. It judges particular choices.	(1777)
	3. It enables one to assume responsibility for the acts performed.	(1781)
	4. One must always follow one's conscience.	

- B. FORMATION (1784)
 - 1. A lifelong task
 - 2. Assisted by the Holy Spirit (1785)
 - 3. Guided by the Church
- C. EXAMINATION (1454)
 - 1. Preparation for any reception of the sacrament of Penance
 - 2. Daily reflecting on one's moral life in light of the Scriptures (i.e., the Ten Commandments, Beatitudes, etc.)

IV. LITURGICAL YEAR (1168-73)

- A. LENT (1095)
 - 1. Time of preparation for Easter
 - 2. From Ash Wednesday to the Mass of the Lord's Supper on Holy Thursday
- B. HOLY WEEK
 - 1. Palm Sunday Jn. 12:12-19
 - 2. Triduum
 - a. Holy Thursday Mt. 26:26-35
 Mass of the Lord's Supper Mk. 14:22-31
 Lk. 22:14-23
 - b. Good Friday Mt. 27, Mk. 15
 Lk. 23
 Celebration of the Lord's Passion
 Liturgical color is red for the
 Blood of Jesus shed for us.
 - c. Holy Saturday

- d. Easter
Sunset of Holy Saturday to sunset of
Easter Sunday.

C. SAINTS AND HOLY PEOPLE

November 22: St. Cecilia, Martyr

St. Cecilia was an early Christian martyr living in Rome, probably in the early part of the 3rd century. She came from a wealthy family and was betrothed to a young Roman named Valerian, whom she converted to Christianity along with his brother. When Valerian and his brother were martyred, Cecilia was arrested and condemned to die. She initially survived the execution, but died three days later after receiving Holy Communion. Legends say she died while singing praises to God, and for this reason St. Cecilia is the patron saint of musicians. A church founded in her house in Rome in the 5th century exists in the same spot today, one of the oldest known sites for an early Christian church in Rome.

January 5: St. John Neumann

Born in Bohemia on March 20, 1811, John dedicated his life to missionary work in the United States especially in Ohio, Pennsylvania, and Maryland. He was ordained a priest in New York in 1836 and first worked with German immigrants near Niagara Falls. As a priest and later as a bishop, he worked tirelessly to educate the members of the Church. He became Bishop of Philadelphia in 1853. He increased the number of parochial schools in Philadelphia, founding the first Catholic diocesan school system in the US. He also instituted the Forty Hours Devotion, and constructed a cathedral. Bishop Neumann died on January 5, 1860, at the age of 48 when he collapsed from a sudden stroke. He was beatified in 1963, and canonized by Pope Paul VI in June 1977.

February 8: St. Josephine Bakhita

St. Josephine's life began happily with her family in Sudan, Africa in 1869. Tragically, she was kidnapped by Arab slave traders when she was just seven. They named her Bakhita, which means "lucky." She spent the next twelve years sold from owner to owner, suffering cruel treatment. In 1888, Bakhita was serving an Italian family as a nanny. They left her and the child at a Canossian convent in Venice.

There, she first learned about Jesus. She refused to leave the convent, and because Italian law did not recognize slavery, she was allowed to stay. Baptized as Josephine Margaret, she became a Canossian sister in 1896. She spent the remaining 45 years of her life in the convent in Schio, where she was beloved for her smile and gentle nature. Her holiness was well known during her life. She often said she would kiss the hands of her kidnappers and slave masters because without those terrible events, she would never have become a Christian. She died in 1947 and was canonized St. Josephine Bakhita in 2000.

March 3: St. Katharine Drexel

St. Katharine Drexel was raised right here in Philadelphia. She was born in 1858 to an extremely wealthy family. The Drexel home was opened to the poor three days a week. From a young age, Katharine was shown what it means to be compassionate and charitable towards the poor. During a trip to Italy in 1886, Pope Leo XIII encouraged her to become a missionary and devote herself to God. She did and donated her massive inheritance to charity. In 1891, she took her first vows and established the Sisters of the Blessed Sacrament. She worked to change racial attitudes towards African Americans and American Indians. Her nuns labored to provide education and care to these under-served communities. St. Katharine established many missions for American Indians throughout the United States. During her life, she was known for her love of the Eucharist, her work promoting equal education for all, and her desire to reach out to those on the margins of society. She died in 1955 and was canonized by Blessed Pope John Paul II in 2000.

V. MARY: SPECIAL DAYS THAT HONOR MARY

December 12 Feast of Our Lady of Guadalupe

Our Lady appeared to Juan Diego, a poor Mexican Indian, on December 9, 1531. Mary told Juan to build a Church. Juan went to the Bishop to tell him the Lady=s request. The bishop did not believe him. Three days later, when Juan again went to the bishop and opened his cloak to give to the Bishop roses which the Lady had arranged in Juan=s cloak, there was a picture of Mary on his cloak. The Bishop believed and built a church in honor of Mary. We honor Our Lady of Guadalupe because we recognize her concern for all people especially the suffering and the poor. December 9 is the feast of Saint Juan Diego.

January 1 Solemnity of Mary, Mother of God

This feast of Mary is considered to be one of the oldest and most important feasts of Our Lady. In 431, the Council of Ephesus met to correct false teachings about Christ's divinity. The Council affirmed that Jesus is true God and true man. Since Mary is the Mother of Jesus, who is the Second Person of the Blessed Trinity, she can truly be called the Mother of God. Devotion to Mary as the Mother of God continued to spread from this time to the present.

February 2: Purification of Mary/Presentation of the Lord

Mary and Joseph presented the newborn Jesus at the Temple, according to Jewish law, forty days after his birth. They sacrificed a pair of turtledoves, according to the custom of the poor. At the temple, they met Simeon, a man whom God had promised would not die until he saw the Savior. Upon seeing Jesus, Simeon prayed, "Lord, now let your servant go in peace; your word has been fulfilled" (Luke 2:29). Simeon also prophesied to Mary, "A sword will pierce your soul, that the thoughts of many hearts may be revealed" (Luke 2:34-35). The presentation of Jesus in the temple is the Fourth Joyful Mystery of the Rosary.

February 11 Memorial of Our Lady of Lourdes

Mary appeared to a fourteen year old girl named Bernadette Soubirous on February 11, 1858 in Lourdes, France. Our Lady appeared dressed in white with a blue sash, yellow roses at her feet and a rosary in her hand. Mary appeared eighteen times to Bernadette. The Lady told her many things among them that, although Bernadette would not find happiness in this life, she would find it in Heaven. She told her to pray for sinners and to do penance. The Blessed Mother told Bernadette to have a chapel built at the site where she appeared and that processions were to be held. When Bernadette asked the Lady what her name was, she said, I am the Immaculate Conception. Through Bernadette, the Blessed Mother called sinners to a change in heart, to reach out and care for the sick, the poor, and those who had lost hope. Each year millions of people make their way through the mountainous country of southeastern France to the shrine at Lourdes. They come to ask Jesus through the intercession of his Mother for a cure of their body or soul.

VI. SOCIAL JUSTICE

The Church's social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society.... In this time of widespread violence and diminished respect for human life and dignity in our country and around the world, the Gospel of life and the biblical call to justice need to be proclaimed and shared with new clarity, urgency, and energy.

Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p. 4

Major Themes:

**Dignity of Work and the Rights of Workers
Solidarity of the Human Family
Care for God's Creation**

A. AWARENESS OF THOSE WHO SUFFER

Encourage children to be conscientious about not wasting
food and natural resources

B RESPOND TO COMMUNITY NEEDS

Connect with Archdiocesan Social Service Agencies

For further ideas see From the Ground Up: Teaching Catholic Social Principles
in Elementary Schools, NCEA, 1999.

Third Trimester

I. JESUS CHRIST OUR REDEEMER

A. REVEALS MEANING OF NEW COVENANT

B. FULFILLS GOD'S PROMISES

II. THE BEATITUDES

Mt. 5:3-12, Lk. 6:20-26, (1716-17)

A. THE HEART OF JESUS' PREACHING

B. EXPRESS THE VOCATION OF ALL THE FAITHFUL

1. Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
2. Blessed are those who mourn,
for they shall be comforted.
3. Blessed are the meek,
for they shall inherit the earth.
4. Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.
5. Blessed are the merciful,
for they shall obtain mercy.
6. Blessed are the pure in heart,
for they shall see God.
7. Blessed are the peacemakers,
for they shall be called children of God.
8. Blessed are those persecuted for righteousness sake,
for theirs is the kingdom of heaven.

III. WORKS OF MERCY

A. CORPORAL WORKS OF MERCY

Actions that show respect for the body as a temple of the Holy Spirit.

1. Feed the hungry.
2. Give drink to the thirsty.
3. Welcome the stranger. / Shelter the homeless.

4. Clothe the naked.
5. Visit the sick.
6. Visit those in prison.
7. Bury the dead.

B. SPIRITUAL WORKS OF MERCY

1. Teach the ignorant.
2. Give advice to those who need it. / Counsel the doubtful.
3. Comfort those who suffer.
4. Be patient with others. / Bear wrongs patiently.
5. Forgive those who hurt you.
6. Correct those who need it.
7. Pray for others.

IV. VIRTUE (1803)

A. CARDINAL VIRTUES (1805-09)

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

B. THEOLOGICAL VIRTUES (1812)

1. Faith (1814-16, 2088, 2098)
2. Hope (1817-21, 2091, 2098)

3. Charity (1822-24, 2093, 2095)

V. LITURGICAL YEAR

- A. EASTER SEASON (1168-69)

Sunset of Easter Sunday to sunset of the Solemnity of Pentecost

1. Easter Sunday: liturgical color is white
for joy, glory, innocence Mt. 28:1-15, Mk. 16:1-8,
Lk. 24:1-12, Jn. 20:1-10
2. Ascension Thursday: liturgical color is white Mt. 28:16-20,
Mk. 16:19-20,
Lk. 24:50-53,
Acts 1:6-12
3. Pentecost: liturgical color is red
for the Holy Spirit Acts 2:1-4

- B. OTHER CELEBRATIONS

1. Trinity Sunday - Sunday after Pentecost
2. Corpus Christi (Body and Blood of Christ) - Sunday after Trinity Sunday
3. Solemnity of the Sacred Heart - Friday after the Second Sunday
after Pentecost

- C. ORDINARY TIME: Liturgical color is green for hope, growth, life

- D. SAINTS AND HOLY PEOPLE

Canonization - the declaration by the pope that a person is a saint, is now in heaven, and is worthy of veneration by all the faithful. (828)

The Essential Catholic Handbook, Liguori, 1997, p. 152

Relic - Part of the physical remains of a saint or an object closely associated with a saint...

The Essential Catholic Handbook, Liguori, 1997, p. 234

April 28: St. Gianna Molla

St. Gianna Molla was a mother, wife and pediatrician who gave her life to protect her unborn child. She was born in Italy in 1922 and became a doctor in 1949. She married Pietro Molla in 1955 and they had three children. Gianna remained active as a pediatrician while caring for her children. In 1961, she became pregnant with her fourth child. She learned she had a tumor and was advised to have an abortion or risk losing her own life. Insistent that the life of her child be placed above her own, Gianna refused the abortion. On April 21, 1962, she gave birth to a healthy girl. However, there were complications and St. Gianna died seven days later. St. Gianna Molla was canonized by Blessed Pope John Paul II in 2004, and her husband and children attended the ceremony. She is the first female physician and working mother to be canonized. Rather than exalted for embracing religious life after becoming widowed like many other women saints, St. Gianna is exalted specifically because of the heroic virtue she demonstrated as a wife and mother.

June 3: St. Charles Lwanga and Companions, Martyrs

St. Charles Lwanga was born in Uganda around 1860. He was a page in the court of King Mwanga II. The king, wanting to show resistance to foreign occupation, began to persecute Christian missionaries. Eventually, he persecuted the Ugandans who had chosen to embrace Christianity. As St. Charles watched the killings spread, he chose to embrace the faith and asked to be baptized by a missionary priest. In 1886, the king gathered all of the royal pages together and insisted they renounce Christianity. Those who refused were sentenced to die. St. Charles was martyred with eleven other Catholic men and boys, and nine Anglicans.

VI. MARY

A. APPARITIONS

1. Definition - an extraordinary, visible appearance seen by one or more persons. The authenticity of it is a matter for evaluation by the Church.
The Essential Catholic Handbook, Liguori, 1997, p. 133
2. Principle Apparitions of the Blessed Virgin Mary

Banneux, Belgium - 1933

Beauraing, Belgium - 1932-33

Fatima, Portugal - 1917

Guadalupe, Mexico - 1531

Knock, Ireland - 1879

LaSalette, France - 1846

Lourdes, France - 1858

Our Lady of the Miraculous Medal, France - 1830

B. DAYS IN HONOR OF MARY

March 25 Solemnity of the Annunciation

The Annunciation is the feast commemorating the appearance of the Angel Gabriel to Mary. The angel told her that she had been chosen to be the Mother of Jesus Christ, the Son of the Most High God. Mary, through the power of the Holy Spirit, became the Mother of Jesus.

May 31 Feast of the Visitation Luke 1:39-56

The Presentation of Mary is a unique feast day. Although the event is not in the Bible, we learn from other sources that Mary's parents, Ann and Joachim, offered Mary to God in the Temple when she was only three years old. We celebrate this event because it helps us to Lord and obeying His will in all things.

May or June Immaculate Heart of Mary
(Saturday following the Second Sunday after Pentecost)

August 15 Solemnity of the Assumption

Pope Pius XII, on November 1, 1950, infallibly defined what Catholics always believed: Mary was assumed body and soul into heaven. (CCC #966)

C. TITLES OF MARY

1. The Immaculate Conception - under this title Mary is patroness of the United States and the Archdiocese of Philadelphia

2. Our Lady - Notre Dame (French for AOur Lady@)

VII. PRAYER

A. PRAISE AND THANKS

1. ATo you, therefore, most merciful Father, we make humble prayer and petition through Jesus Christ, your Son, our Lord:@ (*Eucharistic Prayer I*)
2. AIt is truly right and just, our duty and salvation, always and everywhere to give you thanks, Father most holy, through your beloved Son, Jesus Christ.@ (*Eucharistic Prayer II*)
3. AYou are indeed Holy,O Lord, and all you have created rightly gives you praise@ (*Eucharistic Prayer III*)
4. AIt is truly right to give you thanks, truly just to give you glory, Father most holy, for you are the one God, living and true. (*Eucharistic Prayer IV*)

B. CONTRITION (1451-54)

1. Definition - sorrow for sin and the intention of sinning no more
2. Most important act of the penitent in the Sacrament of Penance
3. A gift of God and a prompting of the Holy Spirit (1453)
4. Act of Contrition

C. OTHER FORMS OF PRAYER (See pages 24-31)

1. Journal Keeping
2. Guided Meditation
3. Shared Prayer

VIII. SACRAMENTALS (1667-79)

- A. BLESSINGS (1678)
- B. CONSECRATION (1672)
 - 1. Things
 - 2. People
- C. INSTITUTED BY THE CHURCH (1667)
- D. HAVE MEANING AND PURPOSE (1668)

IX. SOCIAL JUSTICE

The Church's social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society.... In this time of widespread violence and diminished respect for human life and dignity in our country and around the world, the Gospel of life and the biblical call to justice need to be proclaimed and shared with new clarity, urgency, and energy.

Sharing Catholic Social Teaching Challenges and Directions, USCC, 1998, p. 4

Major Themes:

Dignity of Work and the Rights of Workers
Solidarity of the Human Family
Care for God's Creation

- A. AWARENESS OF THOSE WHO SUFFER
 - 1. Participate in Operation Rice Bowl, the Bishop's Relief Fund and/or the Holy Childhood Association (HCA)
- B. AWARENESS OF THE IMPORTANCE OF WORK
 - 1. Practice care of personal belongings
 - 2. Show care of classrooms, school buildings, and parish grounds
 - 3. Encourage respect for each one's responsibilities

- a. At home
- b. In school

HOLYDAYS OF OBLIGATION

In the United States, there are six holydays:

1. Mary, Mother of God, January 1
2. Ascension Thursday
3. Assumption, August 15
ed as a *Prayer of the Faithful*.
4. All Saints, November 1
5. Immaculate Conception, December 8
6. Christmas, December 25