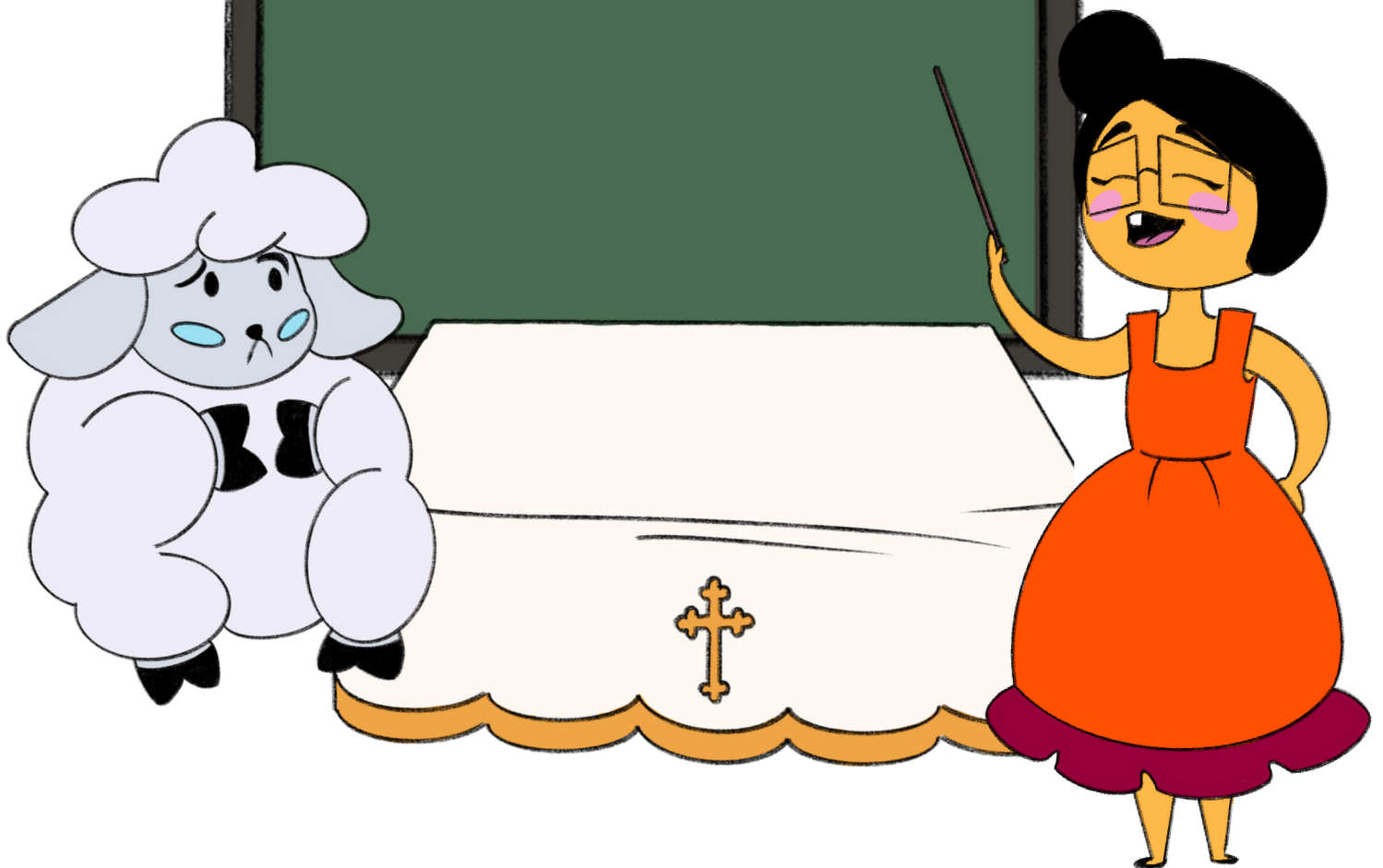
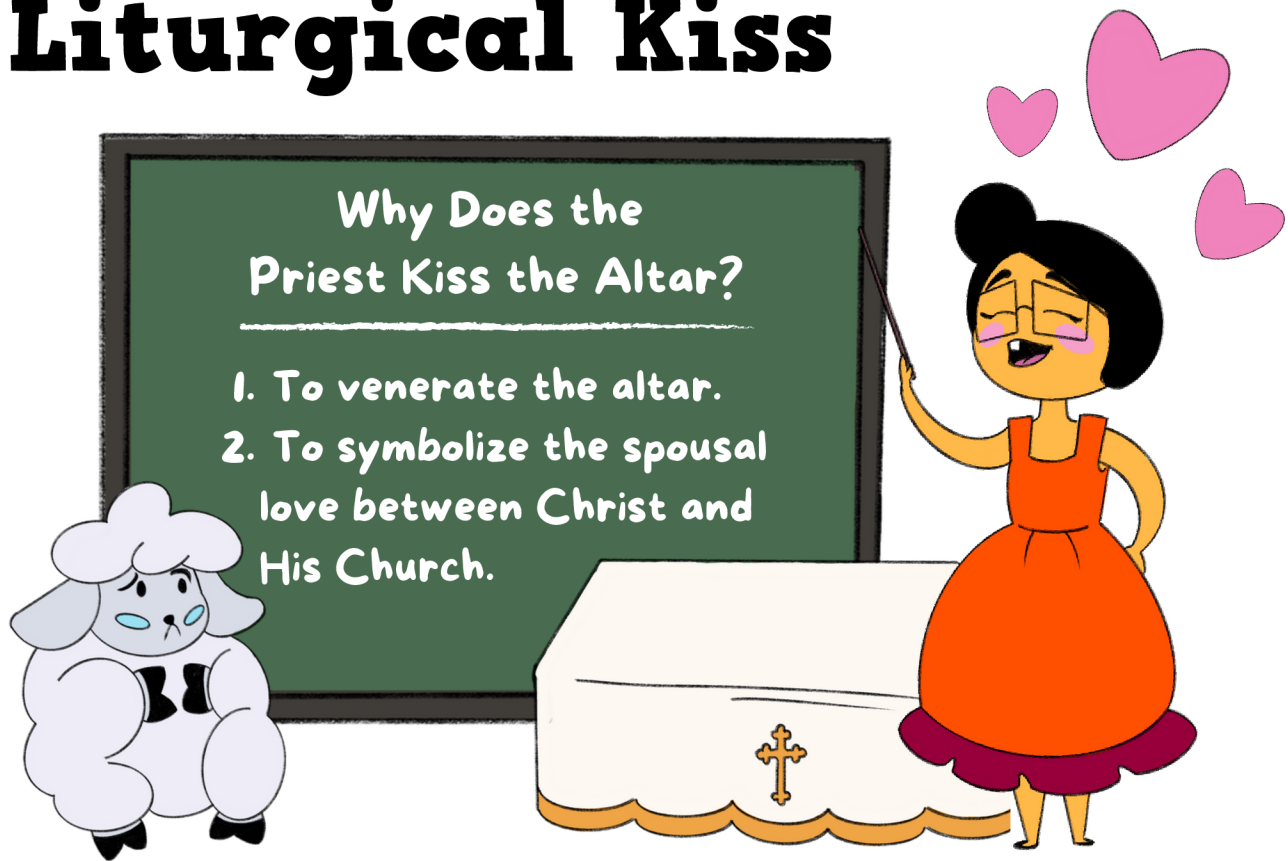


Activities



Liturgical Kiss



Gestures of Respect

Draw a line to match the gesture to the part of the Mass. If you're not sure, notice the answers the next time you participate in the Mass.

Sign of peace

Entering your pew

The Creed "became man"

During the Consecration

The Gospel is read

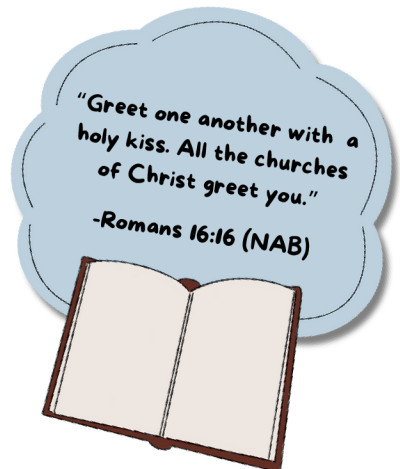
Genuflect

Kneel

Stand

Bow

Handshake or hug



What does "venerate" mean?

Venerate means "respect or awe inspired by the dignity, wisdom, dedication, or talent of a person" (Miriam-Webster).

Veneration is different than worship. We venerate symbols of God, Mary, the saints, and angels, but worship God alone.



Reflection Questions

Pause to reflect on how participating in the Mass strengthens your relationship with God.

What are ways YOU express love to Jesus?

What's one way you can prepare your heart to greet Jesus before you enter a church for Mass?

Response of Adoration

Use your reflections to guide a gift of adoration to Jesus.

Take a moment to tell Jesus your favorite things about Him.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with Jesus.

Close your eyes, and imagine that you are at home when you hear a knock at the door. You open the door, and Jesus is there. He is happy to see you and waiting for you to invite Him in. How does He greet you? How do you respond to His greeting?

Notice how you feel and tell Him about it.

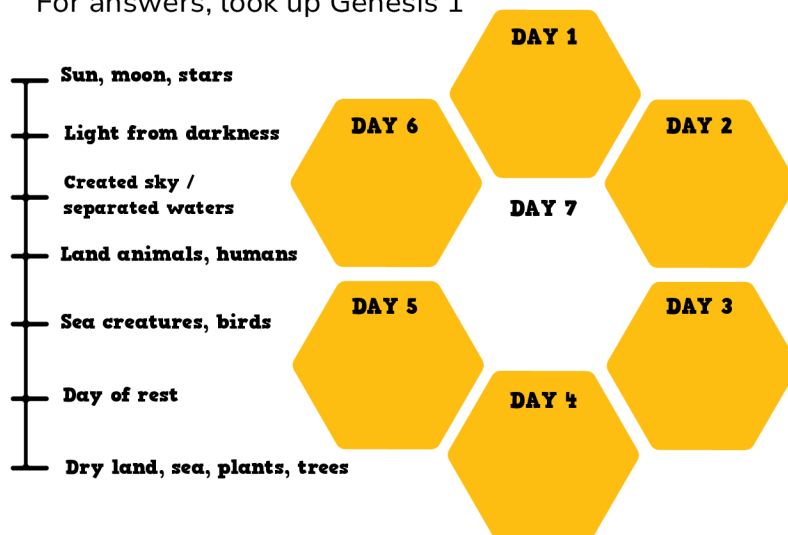


Vatican Astronomy Program



Order the Days of Creation

For answers, look up Genesis 1



Literal or Symbol?

The Catechism teaches that the creation story should be interpreted symbolically.

However, the story reveals God as Creator of a marvelously ordered universe.

Through the study of creation, we can see the beauty of the Creator and His excellent design.

(CCC 337)



Did You Know?

The Specola Vaticana is one of the oldest astronomical institutes in the world.

The Vatican has a second research center in the United States at Mt. Graham, Arizona.

The observatory hosts an annual summer school for college students.



Reflection Questions

Pause to reflect on how admiring nature strengthens your relationship with God.

The study of science reveals God's masterful design. What thoughts about the universe fill you with wonder and awe?

Scientists ask questions. If you could ask God one question about His work of creation, what would it be?

Response of Thanksgiving

Use your reflections to guide a gift of thanksgiving to God.

Take a moment to tell God how wondrous His works are...

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with God.

Close your eyes, and imagine that you are in total darkness. You hear a sound, and then there is a brilliant light. Your eyes adjust and you see the earth, but it is just land and sea. As you look closer, you see trees and plants spring forth from the ground of all shapes, sizes, and colors. In the distance, you see your favorite animal being created then thousands more animals after that. From the dirt, God forms the first human beings, and with His breath, brings them to life. Now, God imagines you, and with great love creates you.

Take a moment to thank God for making such a wonderful world for us to explore.



Penitential Act

Penitential Act

1. The penitential act does **NOT** replace confession.
2. True penitence is being determined to not sin again.



Humble yourselves
before the Lord and
he will exalt you.
-James 4:10 (NAB)

Fill in the Blank

Fill in the blanks in the prayer below using the word bank.

Lord our God thoughts Mary ever-Virgin
words brothers and sisters Angels and Saints

I confess to almighty God, and to you, my _____, that I have greatly sinned through my _____ and in my _____, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed _____, all the _____, and you, my brothers and sisters, to pray for me to the _____.



Did You Know?

During the Penitential Act, participants in the Mass lightly beat their chests as they say, "Through my fault, through my fault, through my most grievous fault."

Penitents (those confessing) in the Early Church would make their confessions in front of the whole congregation!



Reflection Questions

Pause to reflect on how what we do and think affects how we connect with Jesus.

Think about a time you did something (or didn't do something) that made you feel distant from a loved one.

Now think about a time a friend or family member showed kindness and mercy to you, even though you had hurt them.

Response of Confession

Use your reflections to guide a conversation of confession with God, who loves you.

Take a moment to tell God about everything that makes you feel like something is off in your relationship. Share any sin that is weighing on your heart, and listen to how He responds.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with Jesus.

Close your eyes, and imagine that you are holding your heart in your hands. What does it look like? Are there any wounds, stains, bumps, or blemishes on it? Is it hot? Cold? Notice how Jesus looks at you and looks at your heart. Watch as He gently takes your heart and restores it.



Gospel as Living Word

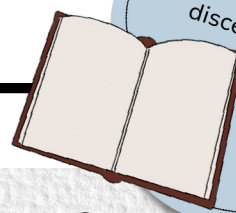


Take a minute to read over the Mass readings for this coming Sunday. What stands out? What questions do you have? Tell God what you notice and ask him to answer your questions at Mass.



Link to
readings





Indeed, the word of God is living and effective, sharper than any two-edged sword...able to discern reflections and thoughts of the heart.
Heb 4: 12 (NABRE)



Did You Know?

In the Bible, "the living word" can reference Jesus as the Word-made-flesh (Heb 4:12-13), sacred Scripture, or the teachings of the apostles (1 Thess 2:13).
- Trent Horn, "The Bible Blitzkrieg."



Lectio Divina

Listen with your heart. Lectio Divina, or “divine reading” is a method that draws you closer to the heart of God. Practicing Lectio Divina regularly will help you hear the Lord in the Mass readings. Follow the instructions below as you read Mark 4:35-41. You can use your own Bible, or the text provided on the next page.

READ: Read through the Scripture passage of Jesus calming the storm in Mark 4:35-41. Don’t worry about understanding it or figuring out what God may be wanting to tell you, just read the words and let yourself sink into the story.

MEDITATE: Read the story again, but this time notice what sticks out to you. Are there any moments you can relate to? In your imagination, do you watch the story from a character’s point of view or did you picture yourself in the story? What words or phrases seemed to “light up” as you read them? How do you feel as you read the story, notice those feelings. Take some notes on what’s going on in your mind and heart.

PRAY: Read the story one last time, but as you read, pause to talk to God about what you’re noticing in the story. Do you have a question for him? Do you have something you want to say? Is there something you are appreciating and want to praise him for? Talk to God, he loves you and wants to hear your what’s on your heart.

CONTEMPLATE: Quiet your thoughts and listen to how God responds to your heart. Notice the thoughts and images that come up. God’s voice is peaceful and kind.



Jesus Calms the Storm

Mark 4:35-41 (NABRE)

On that day, as evening drew on, he said to them, “Let us cross to the other side.” Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up.

Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. Then he asked them, “Why are you terrified? Do you not yet have faith?”

They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”



Marian Apparitions



Our Blessed
Mother

W G N R C N R Y A K U D S
O A U F A E O I D L R A P
R P M A O L G V P A A R A
D A E T D T L A S U N E C
S R A I U A K I T A U A E
E M M O N L N P E S R S
A C A A E L O U R D E S H
R I M E T M E T P O R C I
C D P S E E K I B E H O P
H A L A S A L E T T E E H

FATIMA

LA SALETTE

LOURDES

PILLAR

APARECIDA

GUADALUPE

AKITA

KIBEHO



Did You Know?

There are currently 16 Vatican approved apparitions of Our Lady.

The messages of Mary always lead us to her Son, Jesus.

Then he said to the
disciple, "Behold, your
mother." And from
that hour the disciple
took her into his home.
John 19:27



Reflection Questions

Pause to reflect on how Mary has been a mother to you.



Marian
Apparitions



Which Marian apparitions have been meaningful to you? Do you have a favorite? Why is it your favorite?

What's one way Mary has shown herself to be your mother in your life? If you can't think of something, write a prayer asking her to make her love for you known.

Response of Thanksgiving

Use your reflections to guide a gift of thanksgiving to God.

Take a moment to thank God the Father for creating Mary and giving her to us to be our mother and Jesus' mother.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer.

Close your eyes, and imagine that you are at the apostle John's humble home in Ephesus, Turkey. You see Mary busy preparing a meal for some of Jesus' disciples. She is humming a psalm as she works. She sees you and invites you to join her for a snack. She wipes her hands with a cloth, and the two of sit together to talk. "What's on your heart?" she asks. Tell her all your troubles and listen to how she responds.

Prayers of the Faithful



Hear Our Prayer...

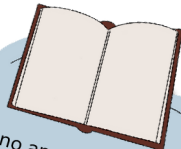
The prayers of the faithful always include 4 types of prayers. Write a petition that is meaningful to you for each type. You can be specific, which public authorities? Which needs of the Church?

1. For the needs of the Church:

2. For public authorities and the salvation of the whole world:

3. For those burdened by any kind of difficulty:

4. For the local community:



Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.
Phil 4:6 (NABRE)



Did You Know?

The "Prayers of the Faithful" part of the Mass, is also called "The Universal Prayer".

The Priest Celebrant is the person who chooses the prayers based on the needs of the parish and the world.



Reflection Questions

Pause to reflect on how prayer has affected your life.

When have you ever prayed for a friend or family member and your petition came to pass? Thank the Lord for His care.

When have you prayed for something and it didn't turn out how you wanted? Even if we don't understand it, God always has a greater plan. And prayer always brings us closer in friendship with God, even when we're disappointed.

Response of Supplication

Use your reflections to guide a conversation with God.

Have you felt disappointment in prayer lately? Talk to God about how you feel and share from your heart your desires. Listen to what He may say to your heart in response.

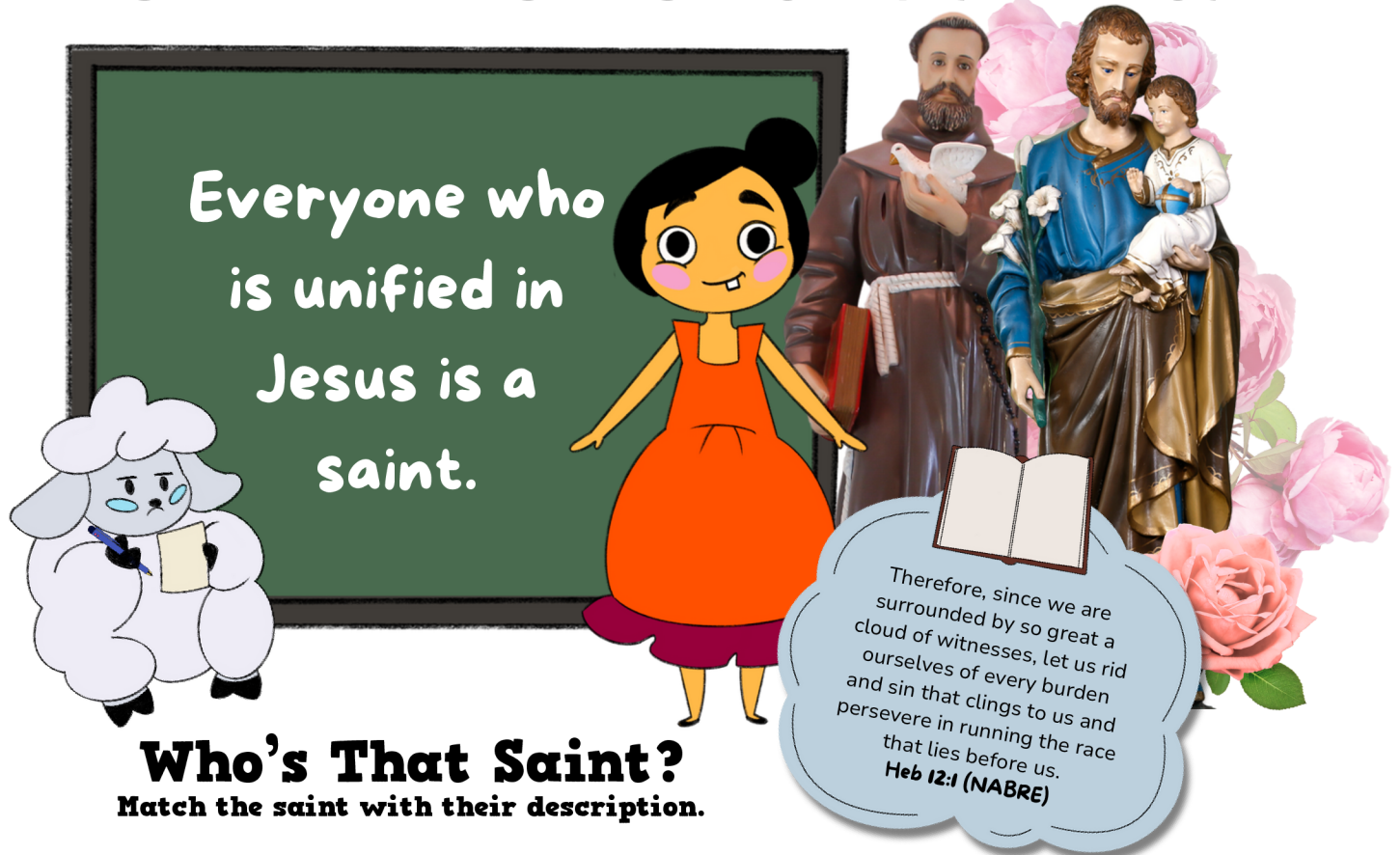
Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with God.

Close your eyes, and think of someone you know who needs God's help. Now imagine them next to you. Invite them to come with you to talk to Jesus. The two of you find Jesus, smiling and waiting for you. You tell Jesus about what's happening to your friend and He listens with compassion. The three of you end your time together praying an Our Father.



Communion of the Saints



Who's That Saint?

Match the saint with their description.

I had a heart for the poor and rebuilding the Church, received the stigmata, and was known to praise God for his creation.

St. Mary Magdalene

I was the protector of the Holy Family, am known as the greatest saint apart from Mary, and worked as a carpenter.

St. Joseph

I was the first person to announce Jesus' resurrection, was delivered from 7 demons, and am known as the apostle of apostles.

St. Therese

I entered into religious life at 15 years old, I am the patron of missionaries, and I love sending roses from heaven.

St. Francis



Did You Know?

Only a pope can canonize a saint. Typically, two miracles through the intercession of the proposed saint have to be verified. A person is considered a "blessed" before they are canonized a saint. Blessed Carlo Acutis (the first millennial saint) will be canonized in 2025.



Reflection Questions

Pause to reflect on the saints.

Who's in your "saint squad"? Which saint stories stand out to you? Do you ask them to pray for you?

If you were a canonized saint, what do you think you would be the patron of? Who do you want to help from heaven?

Response of Supplication

Use your reflections to guide a prayer to the saints.

Is there something you feel like you need help with right now? Find out which saint is the patron of the area of life you're struggling with. Ask them to pray for you!

Guided Imaginative Prayer

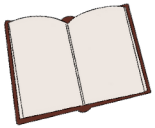
Follow the prompt to enter into imaginative prayer with God.

Close your eyes and imagine you are sitting at church praying the Mass with your parish. (Did you know the Mass is a single prayer?). Now, think of your favorite saints. Imagine them coming into your pew and joining you. The Mass happens simultaneously in heaven and on earth, so they are really with you! Notice how praying the Mass feels different with your heavenly friends at your side.



Eucharistic Wine

In the prayer of the Mass,
we offer our work to the Father.

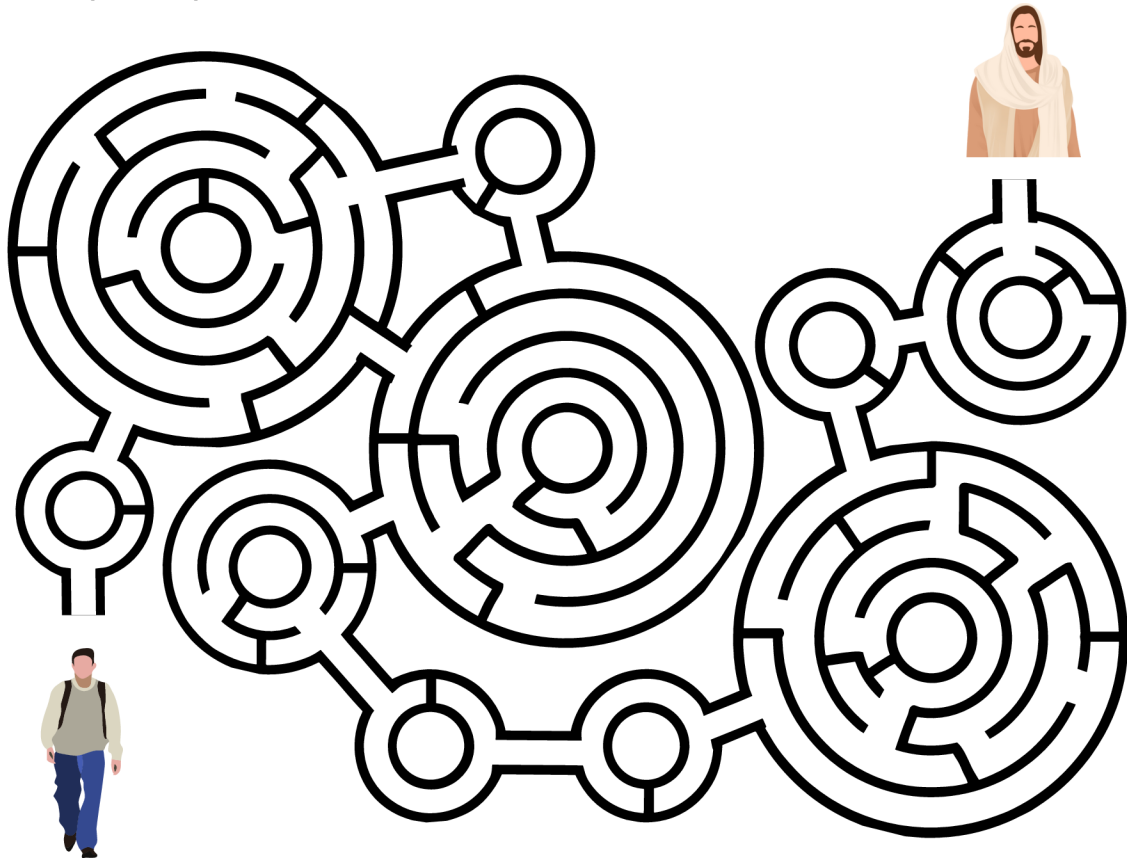


I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. John 15:5 NABRE



Remain with Jesus

Jesus is the true vine. Complete the maze as a reminder to always stay connected to Him.



Did You Know?

In Genesis 14, a mysterious priest-king named Melchizedek brings out bread and wine when he blesses Abraham, the father of God's chosen people Israel. He foreshadows Jesus as our High Priest and King.

Reflection Questions



Pause to reflect on your offering to God.

Think about a good work you have done this week. Write it down. Did you remember to offer it to God? We can offer Him our sufferings, but also the good things in our lives.

Jesus calls us to remain in Him, the Vine. What's a "fruit" or good thing in your life that has come from staying close to Jesus?

Response of Thanksgiving

Use your reflections to guide a prayer to the Father.

The Bible says in James 1:17, "All good giving and every perfect gift is from above, coming down from the Father of lights, with whom there is no alteration or shadow caused by change". Take a moment to thank the Lord for something you are enjoying in your life.

Guided Imaginative Prayer

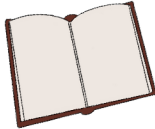
Follow the prompt to enter into imaginative prayer with God.

Close your eyes and imagine something you worked really hard on. Maybe it was a paper, maybe it was an art project or a story you've been writing. Maybe you worked hard to clean your room or yard, or you listened and empathized with a friend going through a hard time. Hold your good work in your mind and imagine yourself taking a photograph of that good work with you to Mass. When the priest says the offertory prayer, imagine your guardian angel taking that photo and putting it on the altar. Notice how it pleases God and makes you feel good too.



Pope Name!

A pope will change their name to signify their new mission as head of the Church.



Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church."
- Matthew 16:16-18 NABRE



Number Challenge

Fill in the blank with the proper Roman numeral in place of the Arabic number next to the popes' names. Remember, if a smaller numeral is before a larger, you subtract from the larger numeral. If a smaller number is after a larger numeral, you add it.

I	1
V	5
X	10

St. Pope John Paul 2

II

Pope Leo 13

Blessed John 23

Blessed Pius 9

St. Gregory 7

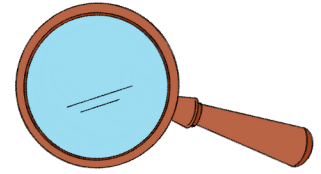
Pope Benedict 16



Did You Know?

Pope Francis is the first pope to take the name Francis. He chose the name after St. Francis of Assisi. He is the 265th successor of St. Peter.

Reflection Questions



Pause to reflect on what it is to be a leader on mission for God.

Important leaders are often remembered for the things they really cared about. If you were an important leader like a pope, a queen, or a principal, what would you want to be remembered for caring about?

All names have meaning. Do you know what your name means? If not, what's a word you think that describes how God made you? If you do know your name meaning, do you think it describes you well?

Response of Supplication

Use your reflections to guide a prayer for the pope.

Take a moment to pause and pray for our Holy Father, the Pope. He has a huge responsibility and needs our prayers. First thank God for him, then ask God to bless the Pope in a particular way.

Guided Imaginative Prayer

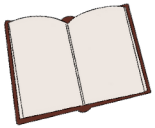
Follow the prompt to enter into imaginative prayer with God.

Cierra los ojos e imagina que estás caminando con Jesús y sus discípulos por el hermoso camino cerca de los manantiales de Cesarea Filipo. Es un día caluroso, pero el rocío de la cascada junto a ti es refrescante. El choque de agua es fuerte, pero escuchas a Jesús empezar a hablar. Él les pregunta a todos: "¿Quién dicen que soy?" ¿Cómo le respondes? Escucha a tu amigo Simon mientras dice: "Tú eres el Mesías, el Hijo del Dios vivo". Jesús cambia su nombre a Pedro (que sabes que significa "roca") y dice: "En esta roca, edificaré mi iglesia". ¿Cómo reacciona Peter? ¿Cómo reaccionan los otros discípulos? ¿Cómo reaccionas?



Preparing the Altar

The Mass is a banquet we share with the Blessed Trinity. It is an echo of the heavenly banquet the faithful will share with Christ at the end of time.



Then the angel said to me, "Write this: Blessed are those who have been called to the wedding feast of the Lamb." And he said to me, "These words are true; they come from God." - Revelation 19:19



Match the Sacred Vessels

Name the images of the sacred vessels using the word bank.

WORD BANK

Chalice

Water & Wine

Paten

Purificator

Corporal



Did You Know?

The Holy Grail is considered one of the greatest treasures in literature. It was made famous through the Arthurian legends and the Indiana Jones' films. The Holy Grail was the cup used by Christ at the Last Supper. At the Mass, when the chalice is raised, we participate in the continuation of that event, and behold the world's greatest treasure.

Reflection Questions



Pause to reflect on the Mass.

Have you ever been to a wedding or really fancy dinner? What made the meal special? How did people dress? What were their manners like? If Mass is a banquet and we are honored guests, how should we dress and act?

Daisy mentioned that there were many gifts given at Mass. What do you think she meant? What are some gifts you think you receive from God at Mass?

Response of Thanksgiving

Use your reflections to guide a prayer of thanks to the Lord.

Take a moment to reflect on God's generosity in preparing a banquet for us here on earth at the Mass and also the Wedding Supper of the Lamb in heaven. Thank Him for inviting you to his table as an esteemed guest.

Guided Imaginative Prayer

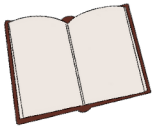
Follow the prompt to enter into imaginative prayer with God.

Close your eyes and imagine yourself in the most beautiful room you've ever seen. There is a massive table set with the finest linens and serving dishes. There are flowers and candles and you can hear heavenly music playing. You recognize some of the other guests as your favorite saints. Who do you see? How do they greet you? You suddenly swell with an unspeakable happiness as your host, Jesus enters the room. You've never felt this level of happiness before. He pours the wine and breaks the bread and serves you, just as he does at every Mass through the priest presiding. Taste and see the goodness of the Lord.

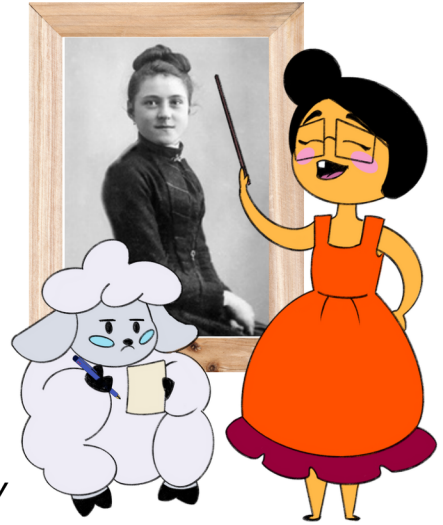


Being a Saint

You don't have to be canonized to be a saint! A saint is anyone who is in heaven.

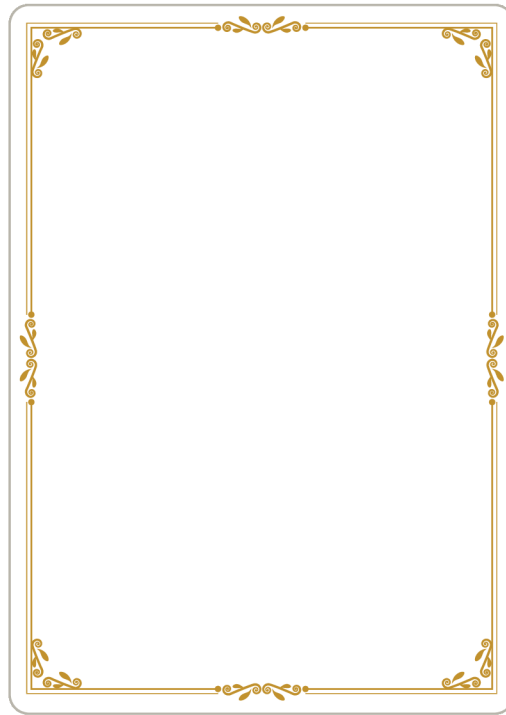
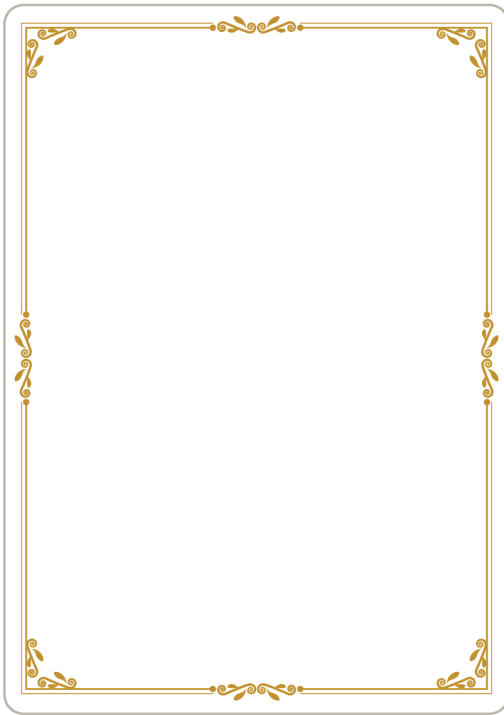


"And another angel came and stood at the altar, holding a golden censer. He was given a great quantity of incense to offer, along with the prayers of all the holy ones, on the gold altar that was before the throne". - Revelation 8:3 NABRE



You Can Be a Saint

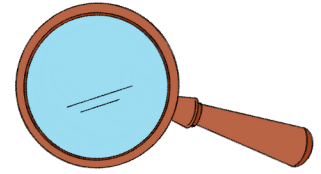
Design a holy card for yourself. Make sure you include a prayer!



Did You Know?

The tradition of including a relic in a church's altar comes from the Early Church. Since Christians had to conduct liturgy in the catacombs to stay hidden, priests would offer holy Mass on the tombs of martyred Christians.

Reflection Questions



Pause to reflect on the saints.

Think about someone in your life who has shown heroic virtue. Have you ever thought about how they could be a saint one day? What is it about them that you find so saintly?

If you could nominate anyone to become a canonized saint (you don't have to have known them personally), who would it be? Did you know you can become a petitioner for someone's cause of canonization?

Response of Supplication

Use your reflections to guide a prayer to be a saint.

Take a moment to humbly ask the Lord to make you a saint. Being a saint is never easy because heroic virtue requires us to continually die to ourselves and live holy lives in Christ. If you have the courage, ask for the grace to desire sainthood.

Guided Imaginative Prayer

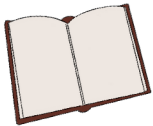
Follow the prompt to enter into imaginative prayer with God.

Imagine you are in heaven with the Blessed Trinity and all the angels and saints. You are the patron saint of a particular part of life. What are you the patron of? Listen in as you hear the prayers of your family and friends asking you to pray for them. Walk over to Jesus and bring those petitions to him. How does it feel to be able to intercede for people you love like this? What's it like to be this close to the Blessed Trinity and all those in heaven?



Holy, Holy, Holy

When we sing the Sanctus, the angels and saints join us in heaven giving praise and glory to God.



They took palm branches and went out to meet him, and cried out: "Hosanna! Blessed is he who comes in the name of the Lord, [even] the king of Israel."

- John 12:13



Draw the Apocalypse of John

Read the passage from Revelation on the next two pages and draw what you see in your imagination.



Did You Know?

The word "Hosanna" in Hebrew means, "oh, save" or "we beseech you, save us". The people in Jerusalem shouted "Hosanna" to Jesus on Palm Sunday, when he rode in on the donkey. There are sometimes three steps leading up to the altar at a church representing the words: "Sanctus, Sanctus, Sanctus" which means "Holy, Holy, Holy".

Reflection Questions



Pause to reflect on the glory of God.

The Sanctus says, "Heaven and earth are full of your glory". Glory means magnificence or great beauty. What things in the cosmos cause you to remember God's glory? What ideas about heaven, where God dwells, gives you a feeling of awe, wonder, and excitement?

How does it make you feel to know that the Sanctus Prayer is said in both the Old and New Testament, at the Mass (by you), and eternally by the angels and saints in heaven?

Response of Adoration

Use your reflections to guide a prayer to God.

Take a moment to craft a short prayer giving glory to God. Write something you can remember and repeat. Ask your guardian angel and saint squad to join you in prayer. Offer joyful praise to the Lord!

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with God.

Imagine you are the apostle John stranded on the island of Patmos several years after Jesus' ascension into heaven. You are in a dark cave lit by a single candle. You have been praying and fasting for hours when suddenly, you are given the grace of a glorious vision of heaven. Turn to the next page to read the glorious vision...



Vision of Heavenly Worship

Revelation 4 (NABRE)

After this I had a vision of an open door to heaven, and I heard the trumpet-like voice that had spoken to me before, saying, “Come up here and I will show you what must happen afterwards.” At once I was caught up in spirit. A throne was there in heaven, and on the throne sat one whose appearance sparkled like jasper and carnelian. Around the throne was a halo as brilliant as an emerald.

Surrounding the throne I saw twenty-four other thrones on which twenty-four elders sat, dressed in white garments and with gold crowns on their heads. From the throne came flashes of lightning, rumblings, and peals of thunder. Seven flaming torches burned in front of the throne, which are the seven spirits of God. In front of the throne was something that resembled a sea of glass like crystal.

In the center and around the throne, there were four living creatures covered with eyes in front and in back. The first creature resembled a lion, the second was like a calf, the third had a face like that of a human being, and the fourth looked like an eagle in flight. The four living creatures, each of them with six wings, were covered with eyes inside and out. Day and night they do not stop exclaiming:

**“Holy, holy, holy is the Lord God almighty,
who was, and who is, and who is to come.”**

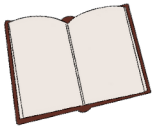
Whenever the living creatures give glory and honor and thanks to the one who sits on the throne, who lives forever and ever, the twenty-four elders fall down before the one who sits on the throne and worship him, who lives forever and ever. They throw down their crowns before the throne, exclaiming:

**“Worthy are you, Lord our God,
to receive glory and honor and power,
for you created all things;
because of your will they came to be and were created.”**



Doctors of the Church

A Doctor of the Church expands the knowledge of the faith with their research and study.

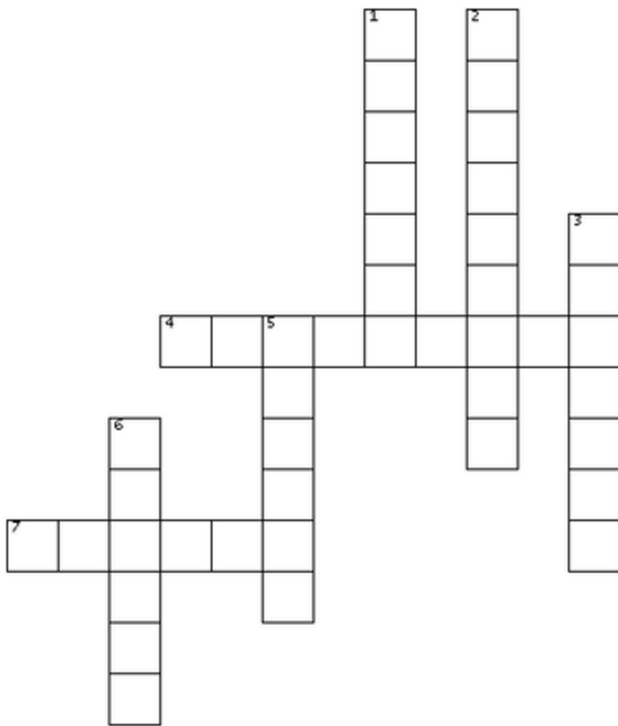


"The beginning of wisdom is fear of the Lord, and knowledge of the Holy One is understanding."
- Proverbs 9:10



Crossword Puzzle

Use the clues to fill in the words above. Words can go across or down.
Letters are shared when the words intersect.



ACROSS

- 4. Mystic and Third Order Dominican often depicted with a crown of thorns on her head.
- 7. Carmelite nun who wrote *Interior Castles* and *The Way of Perfection*.

DOWN

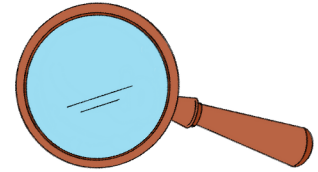
- 1. Known as the "Little Flower".
- 2. Wrote *City of God* and *Confessions*.
- 3. A "Great" pope known for his humility and love of poverty.
- 5. Known as the Angelic Doctor
- 6. Translated the Old and New Testaments into Latin.



Did You Know?

In the Middle Ages, the first 4 saints declared Doctors of the Church were chosen. They were: "St. Ambrose, 4th century bishop of Milan; St. Augustine, 5th century bishop of Hippo; St. Gregory the Great, who was pope at the start of the 7th century; and St. Jerome, the 5th century biblical scholar and translator." (Doctors of the Church?, 2015)

Reflection Questions



Pause to reflect on the wisdom of the saints.

Doctors of the Church typically share wisdom in one of these areas: scholarship, apologetics (or the dispelling of heresy), mysticism, spirituality, and theology. Which of these areas do you gravitate towards? Which areas do you believe you may be gifted in?

Consider your answers from the previous question. What are some ways you can grow in knowledge in the areas you are gifted in and gravitate toward?

Response of Supplication

Use your reflections to guide a prayer to the Lord.

Ask the Holy Spirit to illuminate your heart, mind, and will to understand how you can grow in wisdom and knowledge. Is He calling you to read Scripture on your own, read a book written by a saint, attend a retreat, or watch a Catholic YouTube on a topic you like?

Guided Imaginative Prayer

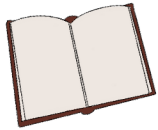
Follow the prompt to enter into imaginative prayer.

Let's imagine a real life scene from Doctor of the Church, St. Therese of Lisieux to grow in wisdom with her. Imagine you are kneeling beside St. Therese in a chapel and her community is praying the rosary together. In the row behind you, a sister continually lets the crucifix on her rosary beads knock loudly against the pew. She says the Hail Mary out of sync with the rest of the group and you are starting to get very annoyed. St. Therese is closing her eyes very hard and you see a few beads of sweat on her forehead. She is trying so hard to not be distracted. She takes a deep, but quiet breath. You follow her lead and calm your spirit, offering this little annoyance up to the Lord and praying with great love.



Eucharistic Prayer

The Eucharist, like the manna in the desert, is bread from heaven. Blessed are we to receive such bread!



So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." John 6:32-33



Spot the Difference

The manna in the desert was a foreshadowing of the Eucharist, but there are some differences between the two because the **new (the Eucharist)** fulfills the **old (manna)**. Write an N next to the phrase that pertains to the Eucharist, and an O next to the phrase that pertains to the manna. Write a **B** when the statement applies to **both**.

- | | |
|---|---|
| _____ Gathered every day but the Sabbath | _____ Must be consumed every Sabbath. |
| _____ Is the food of eternal life. | _____ Sustains the body, not the soul. |
| _____ Miraculous bread from heaven. | _____ Known as the "Bread of Angels" |
| _____ Stored in a special sanctuary. | _____ Tastes like honey. |
| _____ Can be consumed daily. | _____ Body, blood, soul, and divinity of Jesus. |
| _____ Shows up miraculously out of nothing, | _____ Is made my man, then transubstantiated. |



Did You Know?

Dew is a collection of water droplets that appear on surfaces when water vapor condenses. It often appears on grass, spider-webs, leaves of trees, and flower petals; looking like little diamonds. When the light hits dew at the right angle, a prismatic, rainbow affect can occur that is quite beautiful.

Reflection Questions



Pause to reflect on Spirit of God and the Eucharist.

The bread we receive in the Holy Eucharist, is literally bread from heaven, just like the miraculous manna that appeared in the desert for the Israelites. How does this affect how you experience the Mass?

“Make holy, therefore, these gifts, we pray, by sending down your spirit upon them like the dewfall”... What are some words and feelings that describe dew?

Response of Adoration

Use your reflections to guide a prayer to the saints.

Take those words you wrote to describe dew, and use them to craft a prayer of praise to the Lord. Begin like this, “God, your spirit is like the dewfall. You are...

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with God.

Imagine you are an Israelite wandering in the desert. You are exhausted, hungry, thirsty, and your feet hurt really badly. You didn’t get any sleep last night wondering if you would survive this arduous journey. You are on the brink of losing hope, when one morning this strange food appears on the ground like dew. You’ve never seen anything like it. Someone in the crowd shouts that it’s the food of angels. You scoop some up make it into a tiny cake and eat it. It tastes like your favorite food. What does it taste like? How do you feel now that you’ve tasted it?



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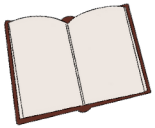
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What is a Sacrament?

Sacraments are a visible sign of an invisible reality. They give grace.



*"The word was made flesh, and dwelt among us."
- John 1:14*



Activity Title

Match the sacrament with the grace given through it.

Baptism

Empowers the priest or deacon to live out his vocation well.

Confirmation

Deepens our love for God and neighbor.

Eucharist

Helps us live out the Creed and believe in God.

Reconciliation

Helps married people live out their vocation better.

Anointing of the Sick

Encourages the suffering to endure their trial.

Matrimony

Gives us strength to endure persecution and profess Christ.

Holy Orders

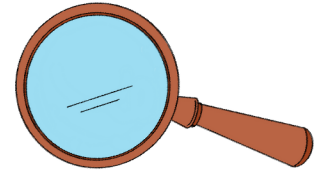
Helps us resist sin and evil.



Did You Know?

The Council of Trent states: "If any one saith, that the sacraments of the New Law were not all instituted by Jesus Christ, our Lord; or, that they are more, or less, than seven, to wit, Baptism, Confirmation, the Eucharist, Penance, Extreme Unction, Order, and Matrimony; or even that any one of these seven is not truly and properly a sacrament; let him be anathema."

Reflection Questions



Pause to reflect on the Sacraments

Which of the sacraments have you received so far? What was that experience like? Do you have any core memories from receiving a particular sacrament?

Is there a sacrament that you haven't received yet that you are looking forward to? Which one is it? What graces are you excited to enjoy?

Response of Thanksgiving

Use your reflections to guide a prayer to God.

When Jesus incarnated, he set us up with physical signs of his power and love through the Seven Sacraments of the Catholic Church. Take a moment to thank him for these seven miracles of grace we have access to in his Church.

Guided Imaginative Prayer

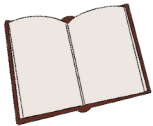
Follow the prompt to enter into imaginative prayer with God.

Imagine you are sitting in your pew at Mass. You are watching the priest raise the holy host above his head, when suddenly his appearance transforms and you see Jesus at the altar in his place. Flash forward and you are in the confessional receiving absolution. The priest's voice changes and you recognize the voice of Jesus forgiving you. Flash forward and it's your wedding day. You and the spouse of your dreams are kneeling at the altar and Jesus is marrying you. Flash forward to a hospital room. You are really sick. The doctors have tried everything. Jesus comes to your hospital room to anoint you personally. Notice how the sacraments feel different when you know their graces are coming to you through Jesus.



Lamb of God

Jesus became the Lamb that takes away our sins once and for all.



Isaac spoke to his father Abraham. "Father!" he said. "Here I am," he replied. Isaac continued, "Here are the fire and the wood, but where is the sheep for the burnt offering?" "My son," Abraham answered, "God will provide the sheep for the burnt offering." Then the two walked on together. - Genesis 22:7-8



Sacrifice for Sin

Read the following passage of scripture and underline all the sins Jesus talks about. He came to redeem us from the bondage of all this evils.

Mark 7: 17 - 23

When he got home away from the crowd his disciples questioned him about the parable. He said to them, "Are even you likewise without understanding? Do you not realize that everything that goes into a person from outside cannot defile, since it enters not the heart but the stomach and passes out into the latrine?" (Thus he declared all foods clean.)

"But what comes out of a person, that is what defiles. From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile."



Did You Know?

Jesus being the Lamb of God was foreshadowed many times in Scripture. For example: the saving blood of lambs on the doorposts of the Israelite slaves during the plague of Egypt, God's provision of a sacrificial ram when Abraham was asked to offer up his son Issac, the sacrificial system set up in the Law of Moses, and the prophecy in Isaiah about the Messiah.

Reflection Questions



Pause to reflect on Jesus.

In the Mass (“The Breaking of the Bread”) we remember Jesus’s great love for us in offering himself as a physical sacrifice, shedding his own blood for our sake. How does knowing someone gave their life for you change the way you see yourself? Do you know how loved you are?

Jesus’ sacrifice of blood is an unparalleled act of love in human history, but let us also pause to consider what it was like for God the Father to offer his Son for us, for Mary, Mother of God to watch her Son be hurt for our sake. What would be harder for you, to sacrifice yourself or a loved one?

Response of Thanksgiving

Use your reflections to guide a prayer to the Father and the Son.

Take a solemn moment to thank Jesus and the Father for the gift of salvation through Christ’s most precious blood. Use your own words or a favorite devotional prayer.

Guided Imaginative Prayer

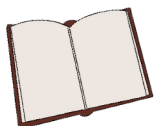
Follow the prompt to enter into imaginative prayer.

Imagínese al pie de la cruz a través de los ojos de Nuestra Señora. Hace frío y viento. El sol está escondido, aunque son las 3 de la tarde. Tus ojos arden con lágrimas, pero mantienes tus ojos en tu Hijo mientras respira por última vez. Está irreconocible y desfigurado, pero lo recuerdas tal como estaba unos días antes mientras contemplas sus heridas sangrientas. Lo recuerdas jugando con juguetes de madera en la sala y cuando te conociste estaba creciendo en tu útero. Recuerda lo orgulloso que estaba cuando él comenzó a enseñar y cómo su familia había huido a Egipto para protegerlo cuando era un bebé. Desearías poder volver a abrazarlo, pero con gran amor por el mundo, velas y esperas en Dios, como siempre lo has hecho.

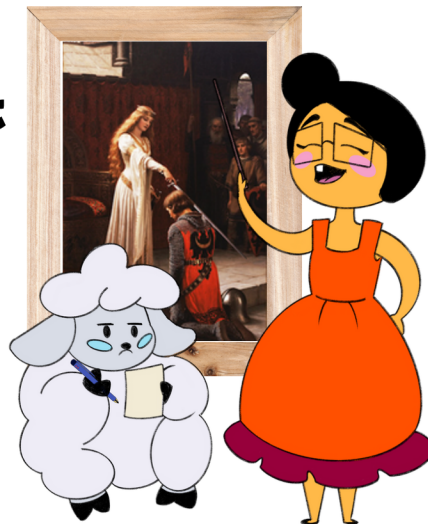


Seven Gifts of the Holy Spirit

The Seven Gifts of the Holy Spirit
make our souls pleasing to God.



And the Spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord. - Isaiah 11:1-3



Seven Gifts / Seven Shields

Write the correct gift on the shield that holds its definition:
**Wisdom, understanding, counsel, fortitude, knowledge, piety,
and fear of God**

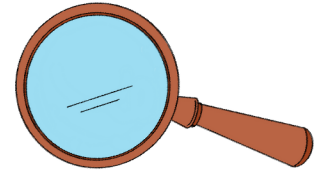
Denotes a firmness of mind in doing good and in avoiding evil, confidence to overcome all obstacles, by virtue of the assurance of everlasting life.	Where we revere God and avoid separating ourselves from him.	Allows a man to be directed by God in matters necessary for his salvation.	Penetrating insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation—in effect, the ability to “see” God.
Ability to judge correctly about matters of faith and right action, so as to never wander from the straight path of justice.	Revering God with filial affection, paying worship and duty to God, and to all men on account of God, honoring the saints, and not contradicting Scripture.	Both the knowledge of and judgment about “divine things” and the ability to judge and direct human affairs according to divine truth.	



Did You Know?

The Seven Gifts of the Holy Spirit , “are infused into every Christian as a permanent endowment at his baptism, nurtured by the practice of the seven virtues, and sealed in the sacrament of confirmation.” (Blisard 2024)

Reflection Questions



Pause to reflect on the Holy Spirit.

The Seven Gifts of the Holy Spirit are traits that make-up the Christian hero. They are endowed to us at our baptism and sealed at our confirmation, but we have to “work out” with them. Which gift do you desire to work with most at this phase of your life?

Being a Catholic Christian is not for the faint of heart. We are on an epic adventure that requires everything we’ve got! These gifts will come in very handy at key moments on our journeys. When have you seen one of these gifts show up in your life when you needed it most?

Response of Supplication

Use your reflections to guide a prayer to the Holy Spirit.

Take a moment to pledge yourself more fervently to Our Lord as a key player in the advancing of God’s Kingdom. Ask the Holy Spirit for an increase of his gifts. Ask for a specific gift you need to face a trial.

Guided Imaginative Prayer

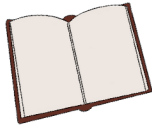
Follow the prompt to enter into imaginative prayer with God.

Imagínese en un enorme castillo medieval vestido con armadura, sudoroso y cansado. Acabas de demostrar tus habilidades en la virtud de la fortaleza en un torneo. La Reina de la Paz desea concederte siete regalos del tesoro de su Esposo para prepararte para una batalla inminente en la que deberás luchar. Te arrodillas ante ella en veneración. Por el poder del Espíritu Santo, ella coloca la Espada de la Verdad sobre tu hombro y declara que los dones de sabiduría, comprensión, consejo, fortaleza, conocimiento, piedad y temor de Dios son tuyos para que los empuñes. Siente el fuego del Espíritu Santo penetrar tu corazón al recibir este maravilloso regalo.

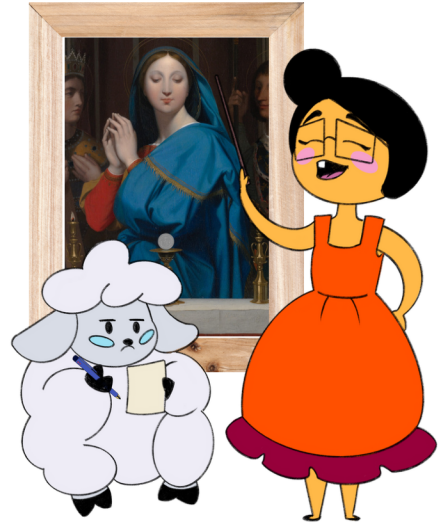


Transubstantiation

Transubstantiation is when the substance of something changes.



After he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." - 1 Corinthians 11:24-25



Creative Expression of Devotion

The Real Presence of Jesus in the Blessed Sacrament is the source and summit of our faith. It moves our hearts to deep love of God, envelops us in mystery, and grounds us in the reality of God with us. Using the talents he's given you, use the blank space below to express your feelings about the Most Holy Eucharist. You can draw an image, write a song, a poem, or a prayer...What are you inspired to create in response?



Did You Know?

The term transubstantiation was first used by Hildebert of Tours around 1079. However, it was officially used in magisterial documents at the Council of Trent in 1551. The council was called as a response to the Reformation, a Protestant revolution where some reformers questioned the nature of the real presence of Jesus in the Eucharist.

Reflection Questions



Pause to reflect on the Eucharist.

We believe that the Eucharist is the body, blood, soul, and divinity of Jesus under the appearance of bread and wine. What does God becoming food for you to eat mean to you? What does it say about God?

Did you know that the food we eat maintains, repairs, and builds all the new cells that make up our body? What if your food is God himself? What thoughts come to mind as you reflect on this?

Response of Adoration

Use your reflections to guide a prayer to Jesus.

Consider the miracle of the Blessed Sacrament (the Holy Eucharist). Jesus giving us his body in great love at every Holy Sacrifice of the Mass. He promised to be with us to the end of the age, and he truly is. Take a moment to thank Jesus for this intimate gift of himself.

Guided Imaginative Prayer

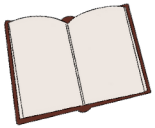
Follow the prompt to enter into imaginative prayer with God.

Imagine the most beautiful church you've ever seen. The sunlight shines through the stained glass windows creating a pattern of colored light on the walls. There are candles that smell like honey, the incense from Mass lingers in the air making the a magnificent display of the streams of light. Upon the altar is Jesus in the Blessed Sacrament, held in a monstrance that looks like the sun. You kneel in reverence of the King. You gaze on him, and him on you. In this quiet moment with Our Lord, what does he say? How do you feel? What does your heart say without words?



Ash Wednesday Ashes

Wearing ashes on our forehead is a tradition of repentance.



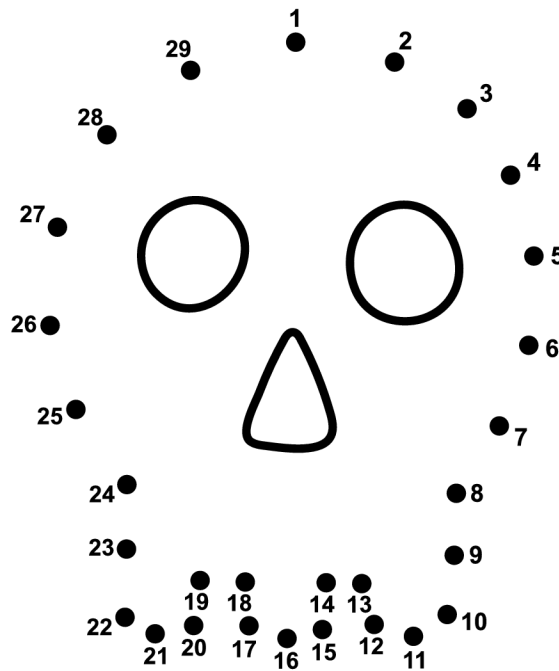
By the sweat of your brow you shall eat bread, Until you return to the ground, from which you were taken; For you are dust, and to dust you shall return.

- Genesis 3:19



Memento Mori

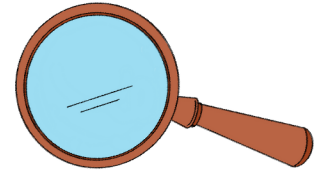
Something we do during Lent and on Ash Wednesday is remember that we will one day die and return to dust. Connect the dots on this skull image to reflect on the importance of living a holy life.



Did You Know?

Catholics are required to fast on Ash Wednesday. We may eat one full meal, or two small meals not equaling more than one regular meal (no meat). We are NOT required to go to Mass on Ash Wednesday, but many do in order to receive the sacramental ashes.

Reflection Questions



Pause to reflect on the season of Lent.

On Ash Wednesday we wear ashes to symbolize our sorrow for sin. How does this outward sign prepare us for Lent?

When someone points out your ashes in public, what is a good way to explain why you have dirt on your forehead?

Response of Confession

Use your reflections to guide a prayer to the Lord.

Lent is a season where we reflect on our sin, our weakness, and our mortality. Take a moment to talk to God about your shortcomings. Ask for his help to avoid sin and grow in virtue. Meditate on his greatness, goodness, and love for us in sending Jesus to free us from sin and death.

Guided Imaginative Prayer

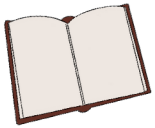
Follow the prompt to enter into imaginative prayer with God.

Imagínese que vive en Nínive durante la época del Antiguo Testamento. El profeta Jonás acaba de anunciar que dentro de 40 días la ciudad será destruida. Los líderes del pueblo han llamado a todos a vestirse de cilicio y ceniza sobre sus cabezas para pedirle a Dios que les ahorre esta calamidad. Piensas en lo horrible que ha actuado tu gente unos con otros y con Dios. Piensas en tus propios pecados y en cómo has ofendido a Dios. Conmovido hasta las lágrimas de tristeza por el dolor que te rodea por el desorden y el mal, te pones una vieja bolsa de comida a modo de túnica, caes de rodillas, recoges las cenizas del fuego de la cocina de anoche y las viertes sobre tu cabeza. Pasas el día en oración, ayunando de todo alimento, creyendo en la misericordia de Dios.



Liturgical Colors

Priests wear different colors according to the liturgical season we're at.



Israel loved Joseph best of all his sons, for he was the child of his old age; and he had made him a long ornamented tunic. - Genesis 37:3 (NABRE)

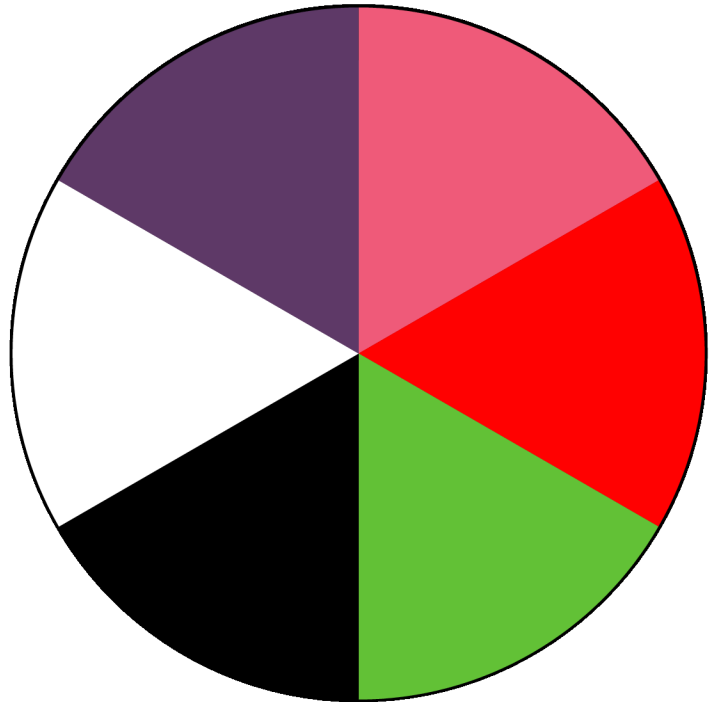


Choose the Color

Priests and deacons will wear different colors during the varied liturgical seasons, but also for special Masses. Write the event or season in its proper place on the color wheel. Take your best guess for events based on what colors make the most sense. Some have multiple options.

Office of the Day

Ordinary Time
Celebrations of the Lord (non-Passion)
Pentecost
Celebration of Angels
Advent
4th Sunday of Lent
Celebration of Martyrs
Celebration of Apostles/Evangelists
Marian Celebrations
3rd Sunday of Advent
Easter
Mass for the Dead
Celebration of Saints (non-martyr)
Sacrament of Marriage
Good Friday
Lent



Did You Know?

Before the 4th century, priests wore only white vestments. The liturgical colors were introduced shortly thereafter. Each color is meant to signify a mystical meaning. Rose is the color used least often (only 2 days per year).

Reflection Questions



Pause to reflect on the Church.

What is your favorite season of the liturgical year? What color is used? What do you like about that season?

Think about your favorite Mass of the year and what the priest is wearing / how the church is decorated. What emotions do these adornments and colors bring up in you?

Response of Thanksgiving

Use your reflections to guide a prayer to the Lord.

Take a moment to offer thanks to God for his Bride, the Church. Her liturgical traditions add so much beauty to our life of faith. Talk to the Lord about the parts of his Church that are most wonderful to you. He loves to hear nice things about his beloved.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with God.

Imagine you are sitting in the pews at your home parish. You are kneeling to prepare your heart and mind for Mass when you notice something is off... You look around and see that the church is in black and white. The world looks dull and you can't tell what time of year it is. You look to the statues and decorations in the church to help you get to a prayerful state, but everything feels lifeless. You close your eyes for a few moments, opening them at the sound of the entrance hymn. When you open your eyes, color has returned and seem brighter than ever!

Notice how this stirs you.

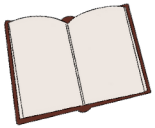


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Easter!

Easter is when we celebrate Jesus conquering death and giving us new life!

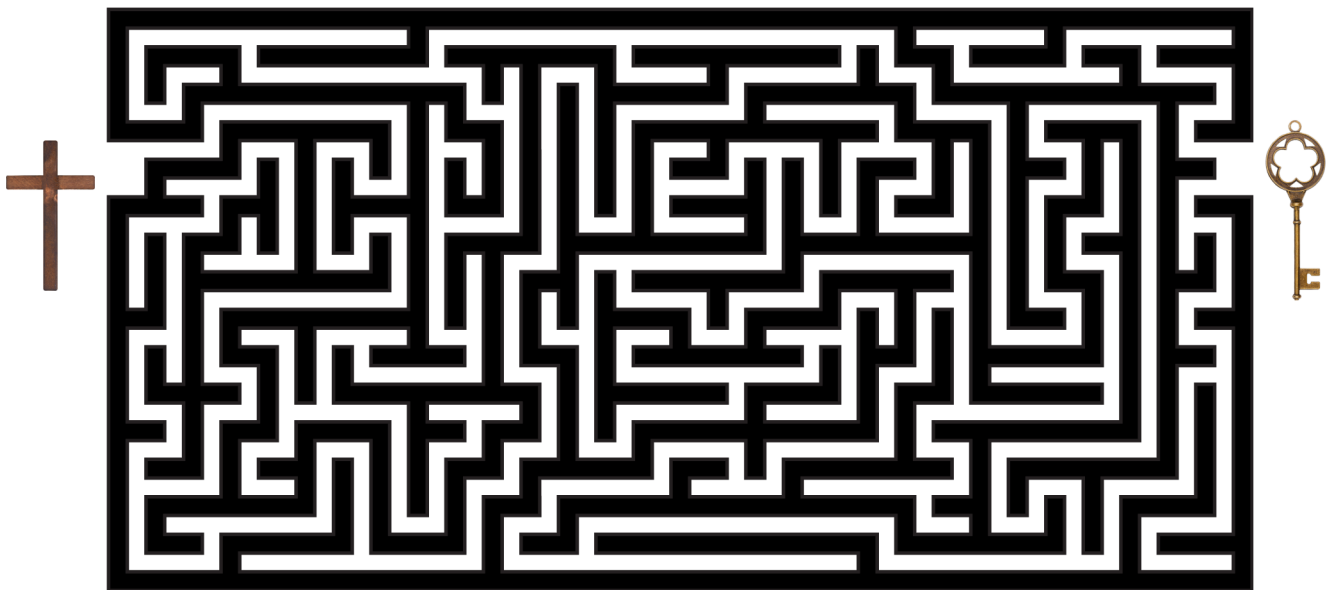


Do not be afraid. I am the first and the last, The one who lives. Once I was dead, but now I am alive forever and ever. I hold the keys to death and the netherworld.
-Revelation 1:17-18



Keys of the Netherworld

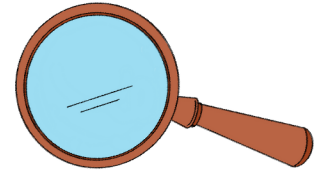
Celebrate Jesus' holding the keys of the underworld and His victory over sin through His death and resurrection with this maze.



Did You Know?

The term "Easter" comes from Anglo-Saxon roots referring to the rising light of day and the beginning of Spring. Many other languages use the Aramaic root word Paschal (meaning passover) to name the day and season. The term Pascal Mystery refers to the Passion, Death, and Resurrection of Jesus Christ Our Lord.

Reflection Questions



Pause to reflect on the Paschal Mystery.

When Jesus rose from the dead, he conquered sin and death - taking power away from the Accuser and the Prince of Lies. How do you think heaven responded when this happened?

The Paschal Mystery makes it possible for us to be ransomed from the powers of evil and darkness. It makes it possible for us to be raised to new life through our baptism. How can we respond to Jesus' unfathomable act of heroism?

Response of Adoration

Use your reflections to guide a prayer to God.

The entire Trinity participated in the Paschal Mystery. Take a moment to pray to the Father, thanking him for sacrificing his beloved Son, to Jesus for enduring his Passion out of love for us and the Father, and to the Holy Spirit who is the love between Father and Son for raising Jesus from death to life.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with Jesus.

Ha sido el peor día de tu vida. Estás abrumado por el dolor y el miedo. La desesperación tiene su fea mano sobre tu hombro y nadie está contigo para consolar tu alma. Te sientas en una roca, te quedas helado y con el rostro en carne viva por las lágrimas, con las manos esposadas. El sol empieza a salir, pero apenas te das cuenta. Detrás de ti, escuchas una voz autoritaria. He declarado tu nombre. Cuando te das la vuelta, Jesús resucitado está frente a ti. La desesperación corre aterrorizada, notas llaves de oro en las manos de Jesús. Jesús se acerca a ti y te quita las esposas, liberándote. Él extiende sus brazos para abrazarte. "Tú eres mía", dice.



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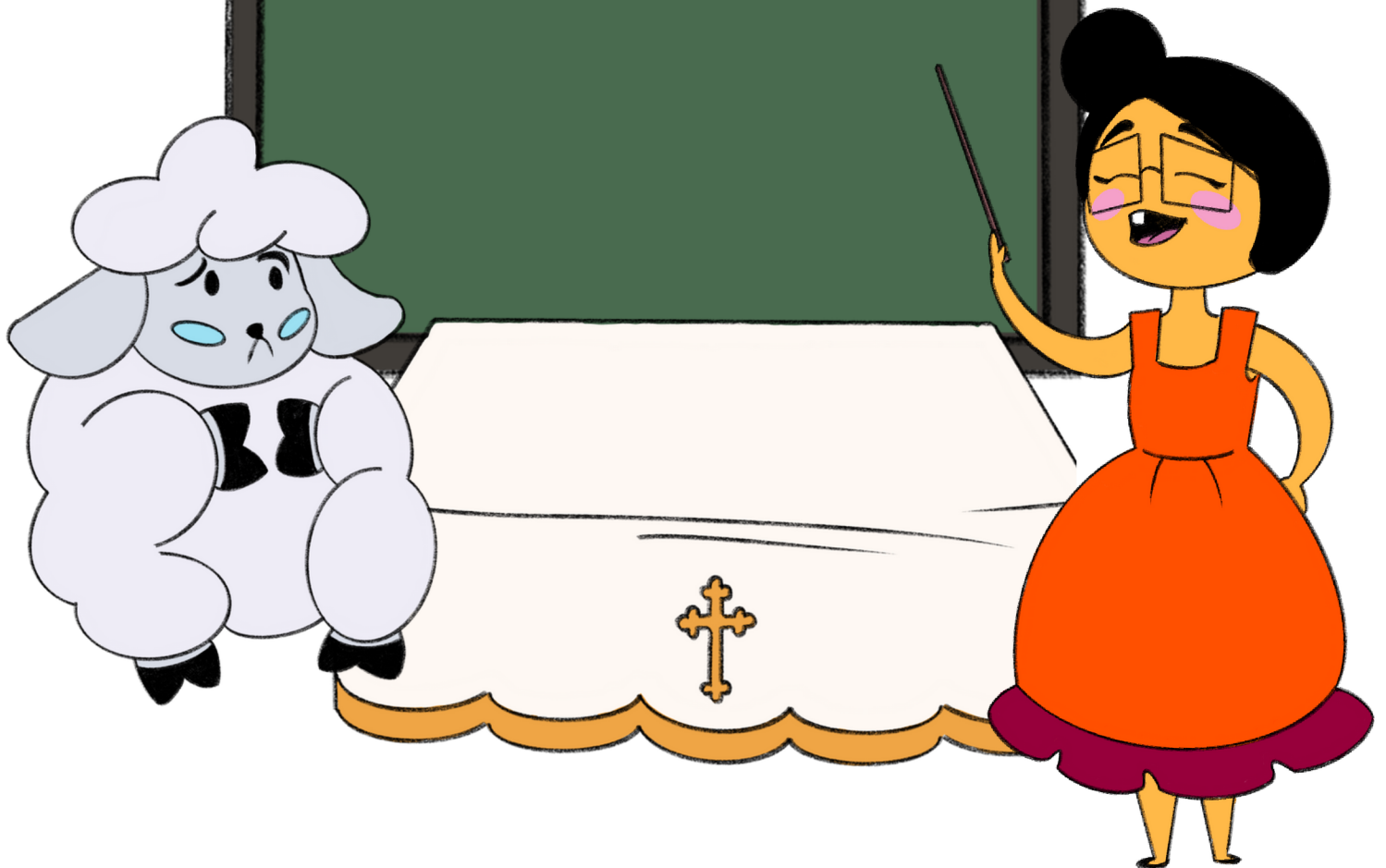
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Easter!

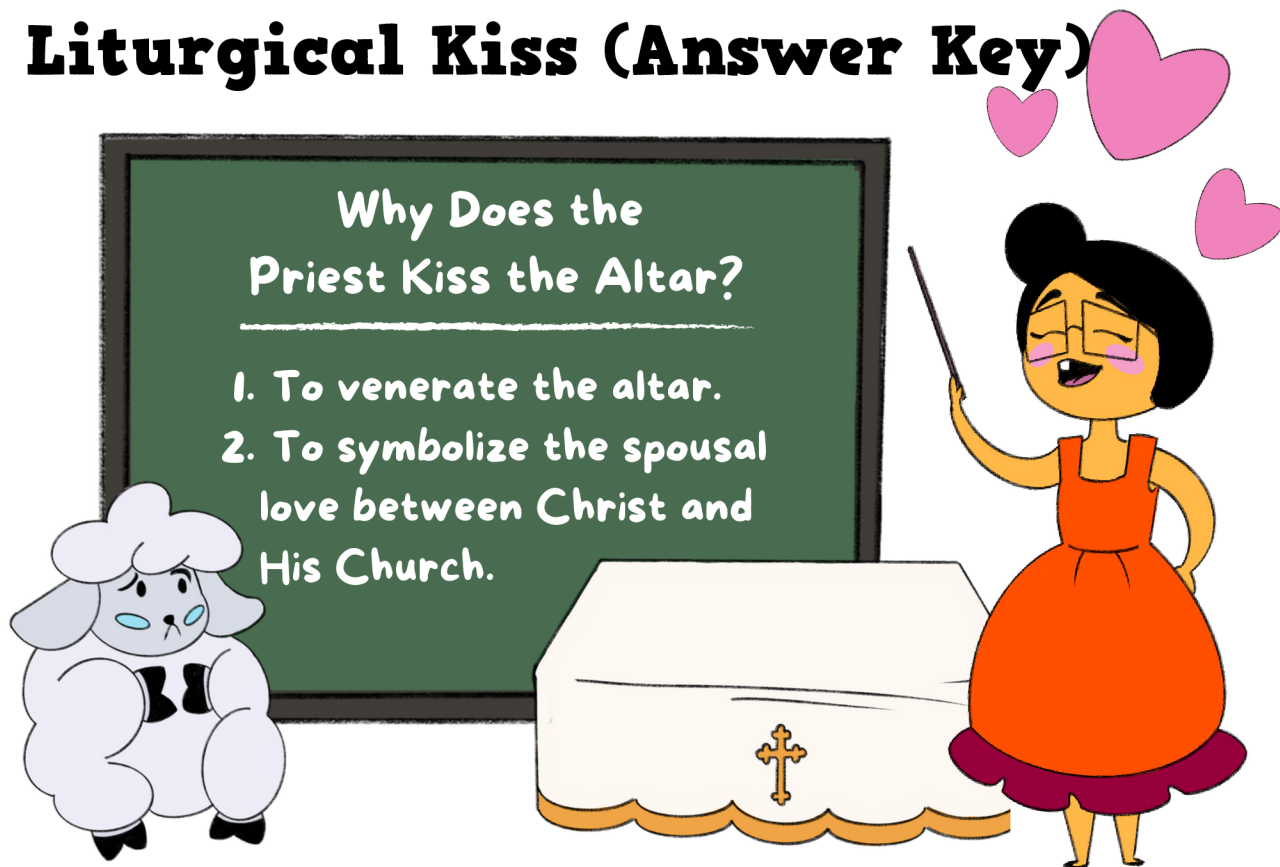
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Answer Keys

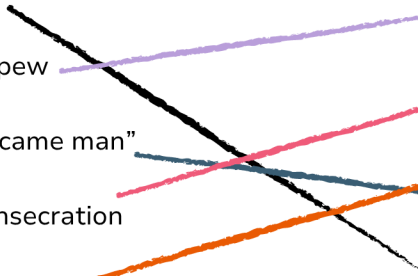






Liturgical Kiss (Answer Key)

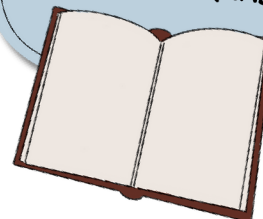


Gestures of Respect

Draw a line to match the gesture to the part of the Mass. If you're not sure, notice the answers the next time you participate in the Mass.

Sign of peace		Genuflect
Entering your pew		Kneel
The Creed "became man"		Stand
During the Consecration		Bow
The Gospel is read		Handshake or hug

"Greet one another with a holy kiss. All the churches of Christ greet you."
-Romans 16:16 (NAB)



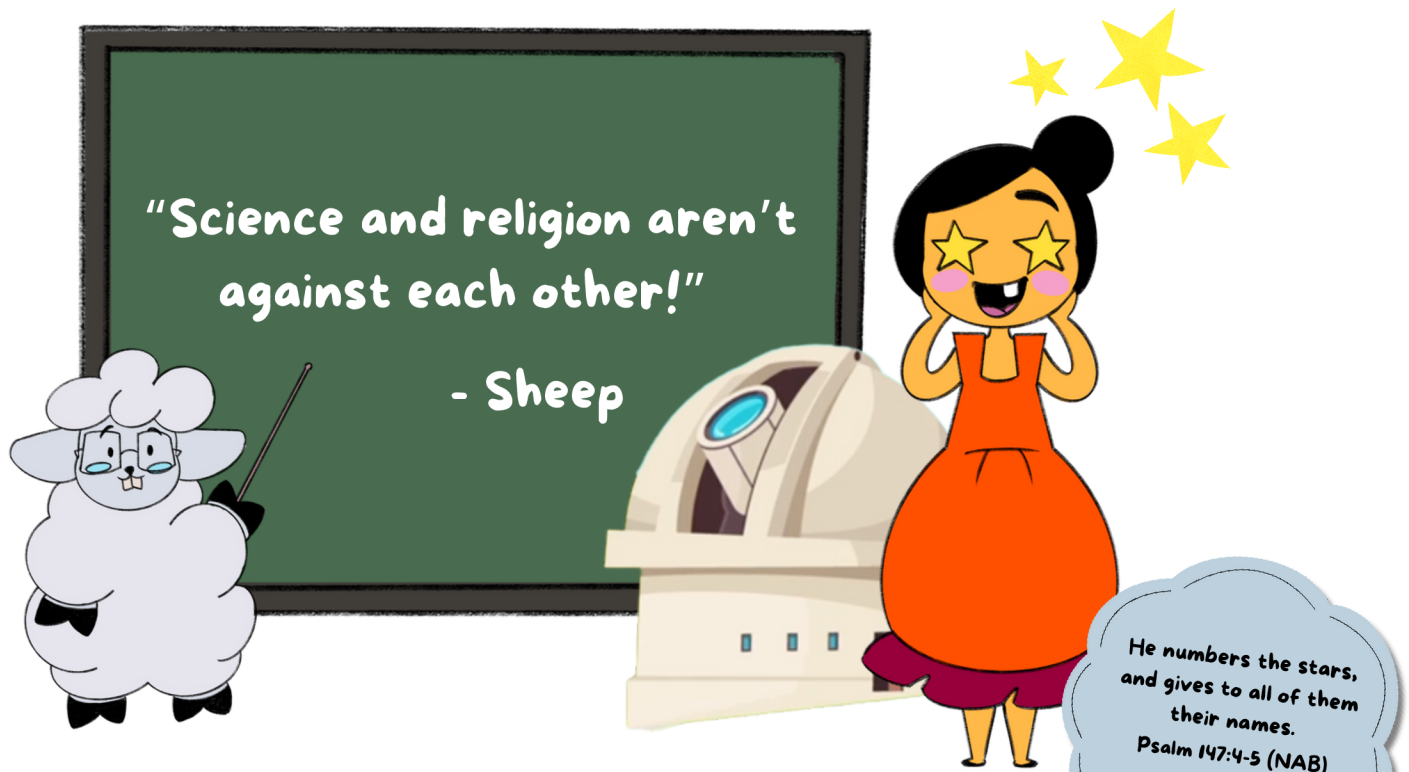
What does "venerate" mean?

Venerate means "respect or awe inspired by the dignity, wisdom, dedication, or talent of a person" (Miriam-Webster).

Veneration is different than worship. We venerate symbols of God, Mary, the saints, and angels, but worship God alone.



Vatican Astronomy Program (Answer Key)



Order the Days of Creation

For answers, look up Genesis 1



Literal or Symbol?

The Catechism teaches that the creation story should be interpreted symbolically.

However, the story reveals God as Creator of a marvelously ordered universe.

Through the study of creation, we can see the beauty of the Creator and His excellent design.

(CCC 337)



Did You Know?

The Specola Vaticana is one of the oldest astronomical institutes in the world.

The Vatican has a second research center in the United States at Mt. Graham, Arizona.

The observatory hosts an annual summer school for college students.



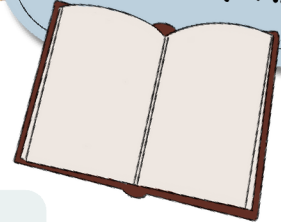
Penitential Act (Answer Key)

Penitential Act

1. The penitential act does **NOT** replace confession.
2. True penitence is being determined to not sin again.



Humble yourselves
before the Lord and
he will exalt you.
-James 4:10 (NAB)



Fill in the Blank

Fill in the blanks in the prayer below using the word bank.

Lord our God thoughts Mary ever-Virgin
words brothers and sisters Angels and Saints

I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned through my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.



Did You Know?

During the Penitential Act, participants in the Mass lightly beat their chests as they say, "Through my fault, through my fault, through my most grievous fault."

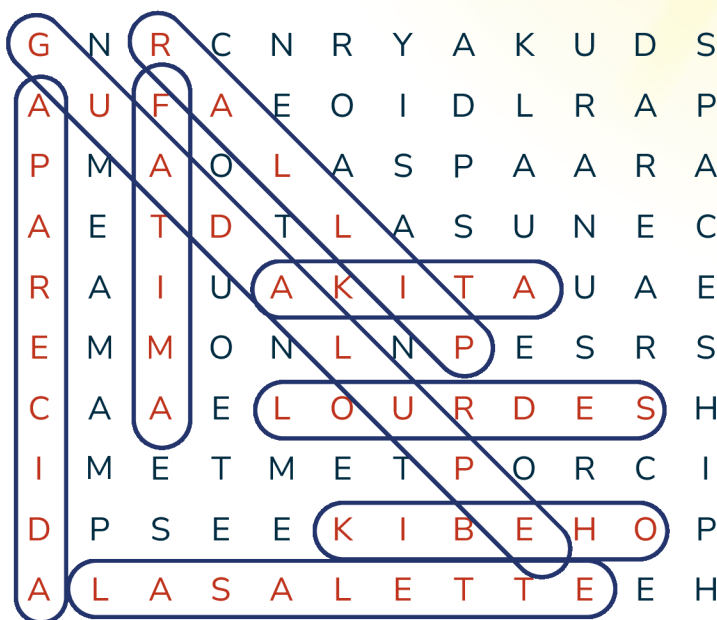
Penitents (those confessing) in the Early Church would make their confessions in front of the whole congregation!



Marian Apparitions (Answer Key)



W
O
R
D
S
E
A
R
C
H



FATIMA

LA SALETTE

LOURDES

PILLAR

APARECIDA

GUADALUPE

AKITA

KIBEHO



Did You Know?

There are currently 16 Vatican approved apparitions of Our Lady.

The messages of Mary always lead us to her Son, Jesus.

Then he said to the
disciple, "Behold, your
mother." And from
that hour the disciple
took her into his home.
John 19:27



Communion of the Saints (Answer Key)



Who's That Saint?

Match the saint with their description.

I had a heart for the poor and rebuilding the Church, received the stigmata, and was known to praise God for his creation.

I was the protector of the Holy Family, am known as the greatest saint apart from Mary, and worked as a carpenter.

I was the first person to announce Jesus' resurrection, was delivered from 7 demons, and am known as the apostle of apostles.

I entered into religious life at 15 years old, I am the patron of missionaries, and I love sending roses from heaven.

St. Mary Magdelene

St. Joseph

St. Therese

St. Francis



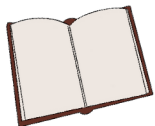
Did You Know?

Only a pope can canonize a saint. Typically, two miracles through the intercession of the proposed saint have to be verified. A person is considered a "blessed" before they are canonized a saint. Blessed Carlo Acutis (the first millennial saint) will be canonized in 2025.



Eucharistic Wine

In the prayer of the Mass,
we offer our work to the Father.

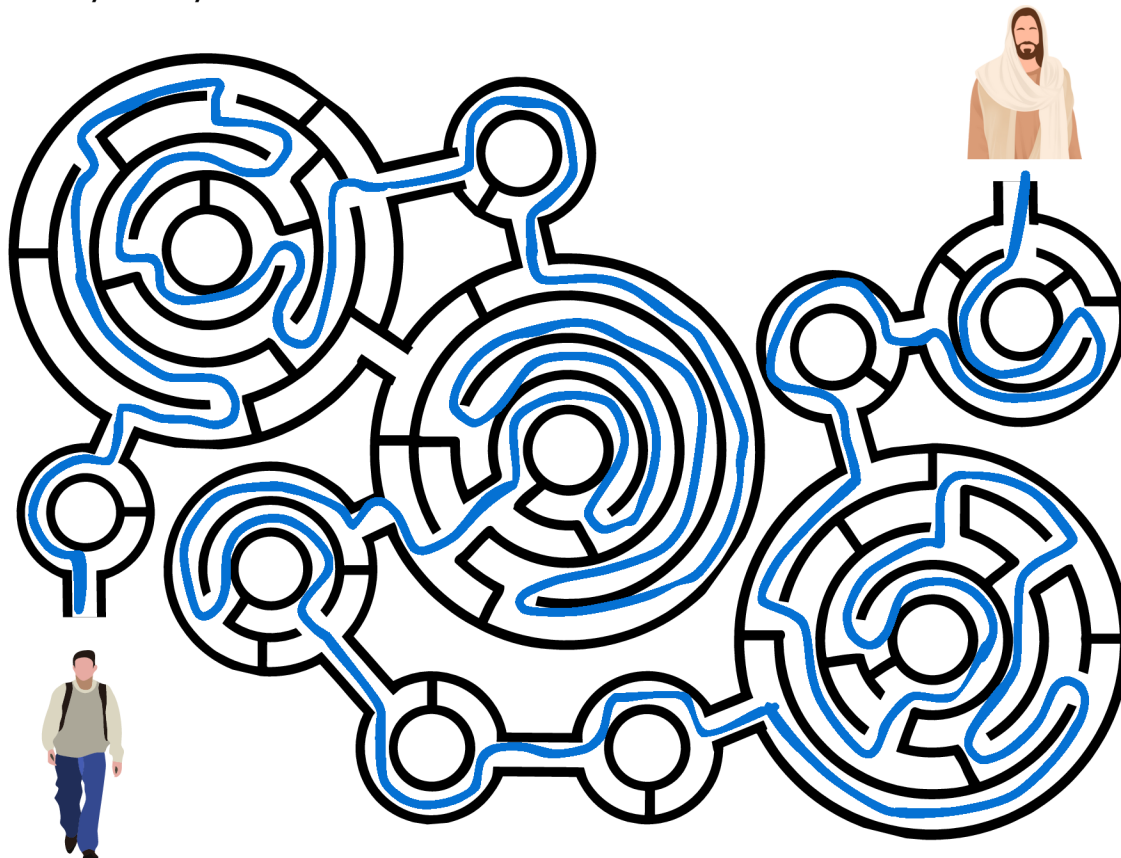


I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. John 15:5 NABRE



Remain with Jesus

Jesus is the true vine. Complete the maze as a reminder to always stay connected to Him.

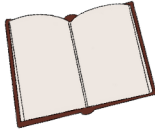


Did You Know?

In Genesis 14, a mysterious priest-king named Melchizedek brings out bread and wine when he blesses Abraham, the father of God's chosen people Israel. He foreshadows Jesus as our High Priest and King.

Name That Pope! Answer Key

A pope will change their name to signify their new mission as head of the Church.



Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church."
- Matthew 16:16-18 NABRE



Number Challenge

Fill in the blank with the proper Roman numeral in place of the Arabic number next to the popes' names. Remember, if a smaller numeral is before a larger, you subtract from the larger numeral. If a smaller number is after a larger numeral, you add it.

I	1
V	5
X	10

St. Pope John Paul 2

II

Pope Leo 13

XIII

Blessed John 23

XXIII

Blessed Pius 9

IX

St. Gregory 7

VII

Pope Benedict 16

XVI

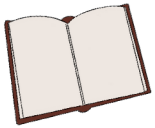


Did You Know?

Pope Francis is the first pope to take the name Francis. He chose the name after St. Francis of Assisi. He is the 265th successor of St. Peter.

Preparing the Altar

The Mass is a banquet we share with the Blessed Trinity. It is an echo of the heavenly banquet the faithful will share with Christ at the end of time.



Then the angel said to me, "Write this: Blessed are those who have been called to the wedding feast of the Lamb." And he said to me, "These words are true; they come from God." - Revelation 19:19



Match the Sacred Vessels

Name the images of the sacred vessels using the word bank.

WORD BANK

Chalice

Water & Wine

Paten

Purificator

Corporal



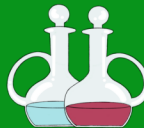
Corporal



Chalice



Paten



Water & Wine



Purificator

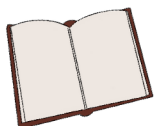


Did You Know?

The Holy Grail is considered one of the greatest treasures in literature. It was made famous through the Arthurian legends and the Indiana Jones' films. The Holy Grail was the cup used by Christ at the Last Supper. At the Mass, when the chalice is raised, we participate in the continuation of that event, and behold the world's greatest treasure.

Doctors of the Church Answer Key

A Doctor of the Church expands the knowledge of the faith with their research and study.

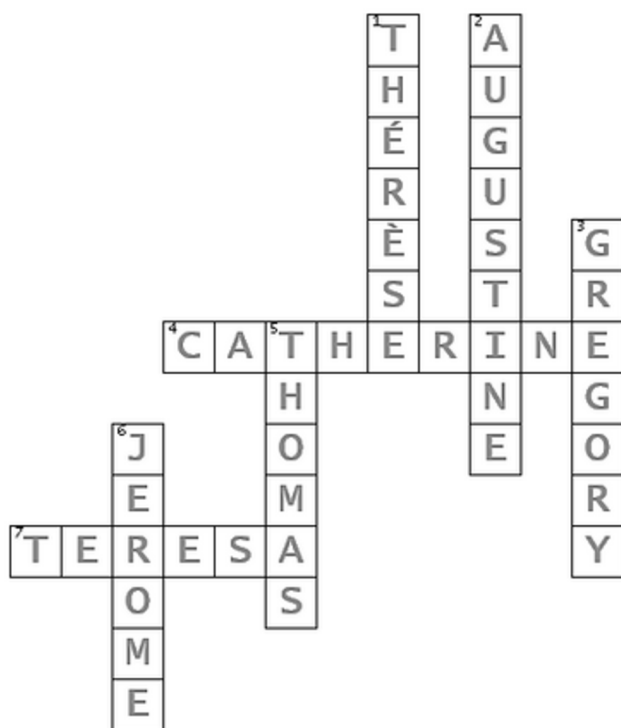


"The beginning of wisdom is fear of the Lord, and knowledge of the Holy One is understanding."
- Proverbs 9:10



Crossword Puzzle

Use the clues to fill in the words above. Words can go across or down.
Letters are shared when the words intersect.



ACROSS

4. Mystic and Third Order Dominican often depicted with a crown of thorns on her head.
7. Carmelite nun who wrote *Interior Castles* and *The Way of Perfection*.

DOWN

1. Known as the "Little Flower".
2. Wrote *City of God* and *Confessions*.
3. A "Great" pope known for his humility and love of poverty.
5. Known as the Angelic Doctor
6. Translated the Old and New Testaments into Latin.

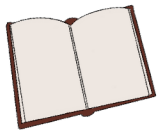


Did You Know?

In the Middle Ages, the first 4 saints to declared Doctors of the Church were chosen. They were : "St. Ambrose, 4th century bishop of Milan, St. Augustine, 5th century bishop of Hippo, St. Gregory the Great, who was pope at the start of the 7th century, and St. Jerome, the 5th century biblical scholar and translator." (Doctors of the Church? 2015)

Eucharistic Prayer

The Eucharist, like the manna in the desert, is bread from heaven. Blessed are we to receive such bread!



So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." John 6:32-33



Spot the Difference

The manna in the desert was a foreshadowing of the Eucharist, but there are some differences between the two because the **new (the Eucharist)** fulfills the **old (manna)**. Write an N next to the phrase that pertains to the Eucharist, and an O next to the phrase that pertains to the manna. Write a B when the statement applies to **both**.

O

Gathered every day **but** the Sabbath

N

Must be consumed every Sabbath.

N

Is the food of eternal life.

O

Sustains the body, not the soul.

B

Miraculous bread from heaven.

B

Known as the "Bread of Angels"

B

Stored in a special sanctuary.

O

Tastes like honey.

B

Can be consumed daily.

N

Body, blood, soul, and divinity of Jesus.

O

Shows up miraculously out of nothing,

N

Is made my man, then transubstantiated.

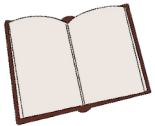


Did You Know?

Dew is a collection of water droplets that appear on surfaces when water vapor condenses. It often appears on grass, spider-webs, leaves of trees, and flower petals; looking like little diamonds. When the light hits dew at the right angle, a prismatic, rainbow affect can occur that is quite beautiful.

What is a Sacrament? Answer Key

Sacraments are a visible sign of an invisible reality. They give grace.

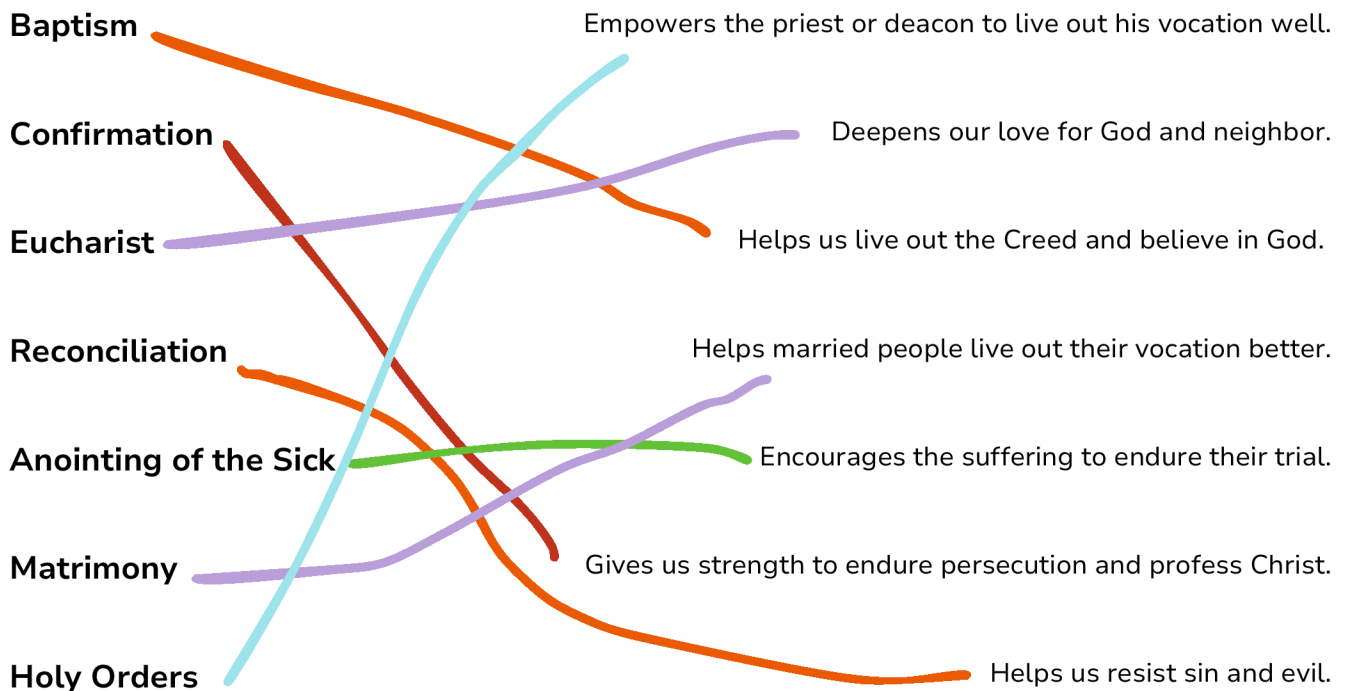


*"The word was made flesh, and dwelt among us."
- John 1:14*



Activity Title

Match the sacrament with the grace given through it.

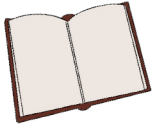


Did You Know?

The Council of Trent states: "If any one saith, that the sacraments of the New Law were not all instituted by Jesus Christ, our Lord; or, that they are more, or less, than seven, to wit, Baptism, Confirmation, the Eucharist, Penance, Extreme Unction, Order, and Matrimony; or even that any one of these seven is not truly and properly a sacrament; let him be anathema."

Lamb of God Answer Key

Jesus became the Lamb that takes away our sins once and for all.



Isaac spoke to his father Abraham. "Father!" he said. "Here I am," he replied. Isaac continued, "Here are the fire and the wood, but where is the sheep for the burnt offering?" "My son," Abraham answered, "God will provide the sheep for the burnt offering." Then the two walked on together. - Genesis 22:7-8



Sacrifice for Sin

Read the following passage of scripture and underline all the sins Jesus talks about. He came to redeem us from the bondage of all this evils.

Mark 7: 17 - 23

When he got home away from the crowd his disciples questioned him about the parable. He said to them, "Are even you likewise without understanding? Do you not realize that everything that goes into a person from outside cannot defile, since it enters not the heart but the stomach and passes out into the latrine?" (Thus he declared all foods clean.)

"But what comes out of a person, that is what defiles. From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile."

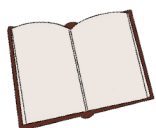


Did You Know?

Jesus being the Lamb of God was foreshadowed many times in Scripture. For example: the saving blood of lambs on the doorposts of the Israelite slaves during the plague of Egypt, God's provision of a sacrificial ram when Abraham was asked to offer up his son Issac, the sacrificial system set up in the Law of Moses, and the prophecy in Isaiah about the Messiah.

Seven Gifts Answer Key

The Seven Gifts of the Holy Spirit
make our souls pleasing to God.



And the Spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord. - Isaiah 11:1-3



Seven Gifts / Seven Shields

Write the correct gift on the shield that holds its definition:
Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of God

Denotes a firmness of mind in doing good and in avoiding evil, confidence to overcome all obstacles, by virtue of the assurance of everlasting life.	Where we revere God and avoid separating ourselves from him.	Allows a man to be directed by God in matters necessary for his salvation.	Penetrating insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation—in effect, the ability to “see” God.
Fortitude	Fear of God	Counsel	Understanding

Ability to judge correctly about matters of faith and right action, so as to never wander from the straight path of justice.	Revering God with filial affection, paying worship and duty to God, and to all men on account of God, honoring the saints, and not contradicting Scripture.	Both the knowledge of and judgment about “divine things” and the ability to judge and direct human affairs according to divine truth.
Knowledge	Piety	Wisdom

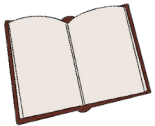


Did You Know?

The Seven Gifts of the Holy Spirit , “are infused into every Christian as a permanent endowment at his baptism, nurtured by the practice of the seven virtues, and sealed in the sacrament of confirmation.” (Blisard 2024)

Liturgical Colors

Priests wear different colors according to the liturgical season we're at.



Israel loved Joseph best of all his sons, for he was the child of his old age; and he had made him a long ornamented tunic. - Genesis 37:3 (NABRE)

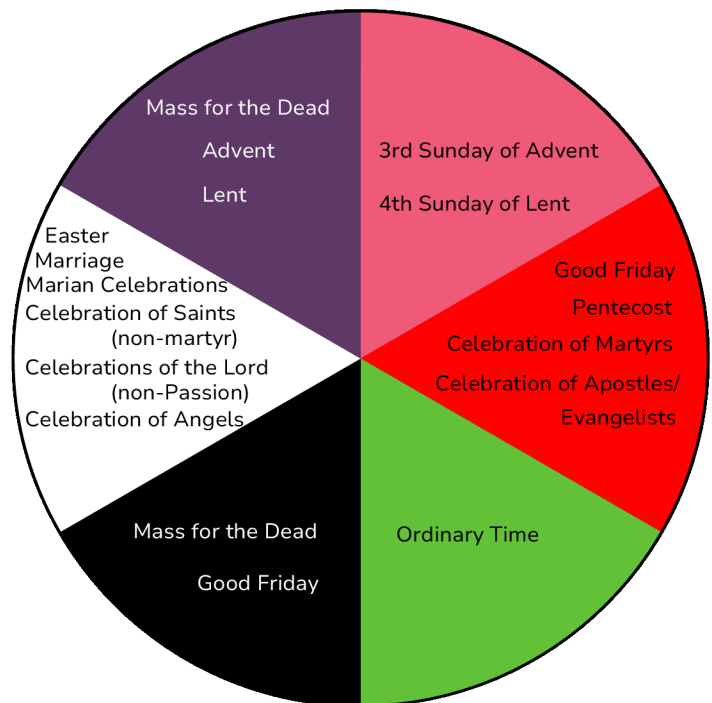


Choose the Color

Priests and deacons will wear different colors during the varied liturgical seasons, but also for special Masses. Write the event or season in its proper place on the color wheel. Take your best guess for events based on what colors make the most sense. Some have multiple options.

Office of the Day

Ordinary Time
 Celebrations of the Lord (non-Passion)
 Pentecost
 Celebration of Angels
 Advent
 4th Sunday of Lent
 Celebration of Martyrs
 Celebration of Apostles/Evangelists
 Marian Celebrations
 3rd Sunday of Advent
 Easter
 Mass for the Dead
 Celebration of Saints (non-martyr)
 Sacrament of Marriage
 Good Friday
 Lent

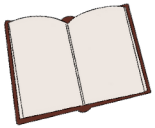


Did You Know?

Before the 4th century, priests wore only white vestments. The liturgical colors were introduced shortly thereafter. Each color is meant to signify a mystical meaning. Rose is the color used least often (only 2 days per year).

Easter!

Easter is when we celebrate Jesus conquering death and giving us new life!

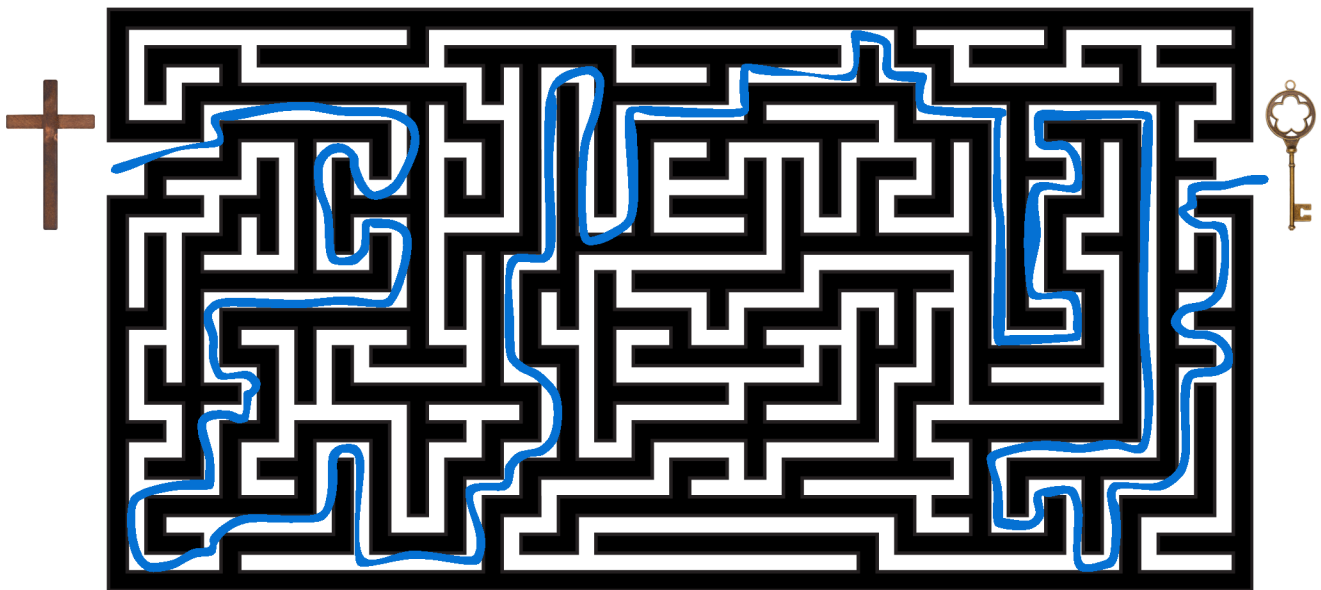


Do not be afraid. I am the first and the last, The one who lives. Once I was dead, but now I am alive forever and ever. I hold the keys to death and the netherworld.
-Revelation 1:17-18



Keys of the Netherworld

Celebrate Jesus' holding the keys of the underworld and His victory over sin through His death and resurrection with this maze.



Did You Know?

The term "Easter" comes from Anglo-Saxon roots referring to the rising light of day and the beginning of Spring. Many other languages use the Aramaic root word Paschal (meaning passover) to name the day and season. The term Pascal Mystery refers to the Passion, Death, and Resurrection of Jesus Christ Our Lord.