

June 2025

Dear Parents of Middle School Students (or incoming Middle School Students),

The end of the school year has finally arrived! At this time of year, we begin to plan for the fall and our expectations for student work over the summer. All students entering Middle School should know the **Sign of the Cross, Our Father, Hail Mary, Glory Be, Morning Offering, Grace before and After a Meal, Apostle's Creed and Act of Contrition**. Students will be given graded activities during the first weeks of school to assess their knowledge of these basic Catholic prayers of our faith.

Throughout the year, they will also be assessed on their knowledge of other Catholic Basics: **the Ten Commandments, The Beatitudes, The Seven Sacraments, The Precepts of the Church, Virtues, Prayer for the Faithful Departed, Nicene Creed, Anima Christi, Hail Holy Queen, St. Michael the Archangel Prayer and Prayer to the Holy Spirit**. Please see the attached review materials which will provide assistance with these basic Catholic prayers. Students and families are also encouraged to attend Sunday Mass.

All Middle School students will need a **Catholic Bible** at home to use as reference for homework assignments throughout the school. If your household does not have a Catholic Bible, here are some recommendations (Please note the last four on the list are geared towards teenagers):

- St. Joseph's New American Bible, NABRE
- The New American Bible, NABRE,
- Breakthrough! The Catholic Bible for Young People, St. Mary Press, NABRE
- The Catholic Youth Bible, St. Mary Press, NSRV, Catholic Edition
- Prove It! The Catholic Teen Bible, NABRE
- Catholic Teen Bible, Lifeteen, NAB

The Catholic Bible **can also be accessed via the USCCB website** (<https://bible.usccb.org/bible>). However, your child will need internet access and a device to utilize this format.

Have a peaceful and blessed summer.

Sincerely,
Mrs. Hamling
Middle School Religion

MY FAVORITE PRAYERS



NAME _____

THE TEN COMMANDMENTS

1. I am the Lord your God; You shall have no strange gods before me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

PRECEPTS OF THE CHURCH

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

THE BEATITUDES

Matthew 5:1-12

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Blessed are the merciful, for they will receive mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

THE SEVEN SACRAMENTS

Sacraments of Initiation

- Baptism
- Confirmation
- Eucharist

Sacraments of Healing

- Confession
- Anointing of the Sick

Sacraments of Service

- Matrimony
- Holy Orders



THEOLOGICAL VIRTUES



Faith
Hope
Charity

CARDINAL VIRTUES

Justice
Prudence
Temperance
Fortitude

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come unto Thee.
That I may praise Thee with Thy saints and with Thy angels.
Forever and ever. Amen.

PRAYER TO THE HOLY SPIRIT

V. Come, Holy Spirit, fill the
hearts of your faithful.

R. And kindle in them the
fire of your love.

V. Send forth your Spirit
and they shall be
created.

R. And you shall renew the
face of the earth.

HAIL, HOLY QUEEN

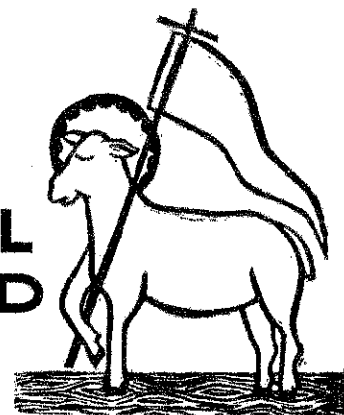


Hail, holy Queen, Mother of mercy,
our life, our sweetness and
our hope. To thee do we cry, poor
banished children of Eve: to thee do
we send up our sighs, mourning and
weeping in this valley of tears. Turn
then, most gracious Advocate,
thine eyes of mercy toward us, and
after this our exile, show unto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

PRAYER TO ST. MICHAEL THE ARCHANGEL

Saint Michael the Archangel,
defend us in battle, be our
protection against the
wickedness and snares of the
devil. May God rebuke him
we humbly pray; and do thou,
O Prince of the Heavenly host,
by the power of God, cast into
hell Satan and all the evil
spirits who prowl about the
world seeking the ruin of
souls. Amen.

PRAYER FOR THE FAITHFUL DEPARTED



Eternal rest
grant unto them, O Lord,
and let perpetual light
shine upon them.

May the souls of
the faithful departed,
through the mercy of God,
rest in peace. Amen.