

June 2024

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 Divine Mercy Chaplet, Anima Christi, the Prayer before the Crucifix, The Seven Sacraments, The Precepts of the Church, Virtues, The Beatitudes, The Corporal and Spiritual Works of Mercy, the Rosary and the Stations of the Cross**. 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

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.

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

PRAYER TO MY GUARDIAN ANGEL

Angel of God
My guardian dear
To whom God's love
commits me here.
Ever this day
Be at my side
To light and guard
To rule and guide
Amen.

THE ANGELUS

Leader: The angel of the Lord declared to Mary
All: and she conceived of the Holy Spirit.
Hail Mary...

Leader: Behold the handmaid of the Lord
All: Be it done unto me according to Thy word.
Hail Mary...

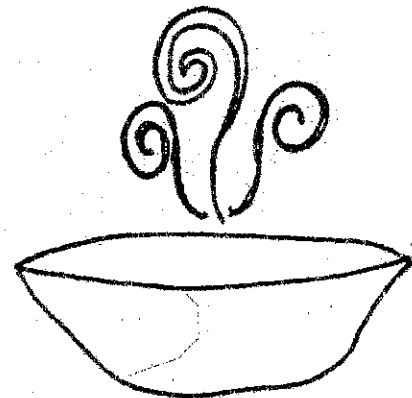
Leader: And the Word was made Flesh,
All: And dwelt among us.
Hail Mary...

Leader: Pray for us, O Holy Mother of God,
All: that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

PRAYER AFTER MEALS



We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end.

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

THE SIGN OF THE CROSS

In the Name of the Father,
(right hand on forehead)

and of the Son,
(right hand on chest)

and of the Holy Spirit.
*(right hand from left
shoulder to right shoulder)*

Amen.

MY PRAYERS OF THE ROSARY BOOK

Name _____

GLORY BE

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

HAIL MARY

Hail Mary,
full of grace,
the Lord is with you;
blessed are you
among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners
now and at the hour
of our death.
Amen.

OUR FATHER

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

APOSTLES CREED

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from
the dead; he ascended into heaven,
and is seated at the right hand of
God the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

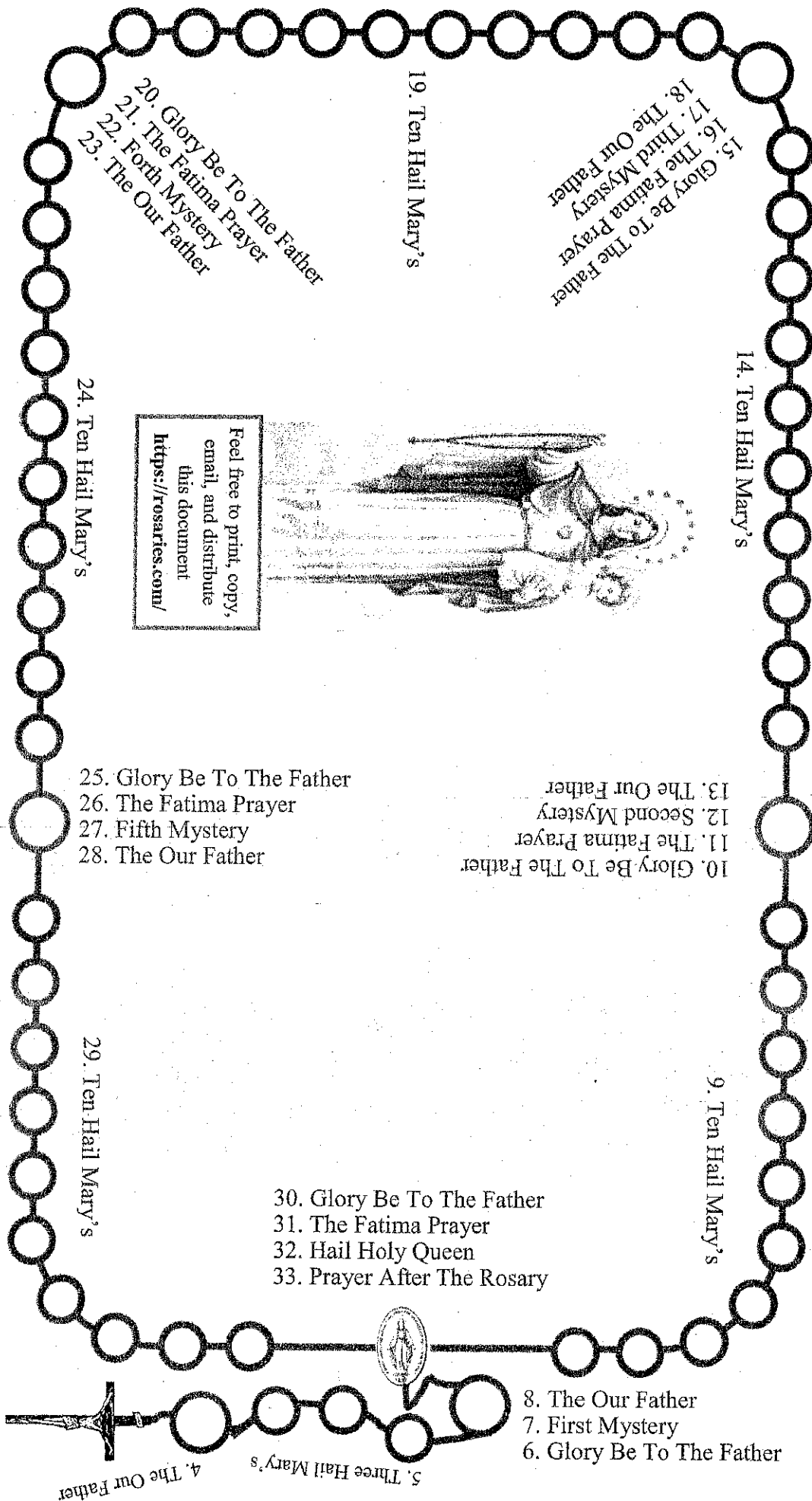
HAIL HOLY QUEEN

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 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.

FATIMA PRAYER

O my Jesus, forgive us our
sins, save us from the fire of
hell, lead all souls to
heaven, especially those
who are in most need of
Thy mercy. Amen.

COLOR & PRAY THE HOLY ROSARY



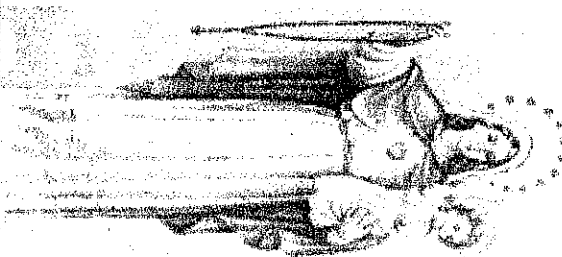
15. Glory Be To The Father
16. The Fatima Prayer
17. Third Mystery
18. The Our Father

19. Ten Hail Mary's

20. Glory Be To The Father
21. The Fatima Prayer
22. Forth Mystery
23. The Our Father

24. Ten Hail Mary's

Feel free to print, copy,
email, and distribute
this document
<https://rosaries.com/>



14. Ten Hail Mary's

10. Glory Be To The Father
11. The Fatima Prayer
12. Second Mystery
13. The Our Father

25. Glory Be To The Father
26. The Fatima Prayer
27. Fifth Mystery
28. The Our Father

9. Ten Hail Mary's

30. Glory Be To The Father
31. The Fatima Prayer
32. Hail Holy Queen
33. Prayer After The Rosary

29. Ten Hail Mary's

6. Glory Be To The Father
7. First Mystery
8. The Our Father

5. Three Hail Mary's
4. The Our Father

3. The Apostle's Creed
2. Prayer Before The Rosary
1. The Sign of the Cross

**THE
JOYFUL
MYSTERIES**
MONDAY & SATURDAY

1. The Annunciation
Luke 1:26-38
2. The Visitation
Luke 1:39-56
3. The Nativity
Luke 2:4-15
4. The Presentation
Luke 2:22-39
5. Finding Jesus in the Temple
Luke 2:41-51

**THE
SORROWFUL
MYSTERIES**
TUESDAY & FRIDAY

1. The Agony in the Garden
Matthew 26:36-46
2. The Scourging
Matthew 27:26
3. The Crowning with Thorns
Matthew 27:29-30
4. Carrying the Cross
Luke 23:26-32
5. The Crucifixion
Luke 23:33-46

**THE
LUMINOUS
MYSTERIES**
THURSDAY

1. The Baptism of Jesus
Matthew 3:11-17
2. The Wedding Feast at Cana
John 2:1-12
3. The Sermon on the Mount
Matthew 5:1-12
4. The Transfiguration
Matthew 17:1-8
5. Institution of the Eucharist
Matthew 26:26-28

**THE
GLORIOUS
MYSTERIES**
WEDNESDAY & SUNDAY

1. The Resurrection
Matthew 28:1-10
2. The Ascension
Luke 24:50-53
3. Pentecost
Acts 2:1-41
4. The Assumption
Revelation 12:1-5
5. The Coronation of Mary
Revelation 12:1

THE SEVEN SACRAMENTS

Sacraments of Initiation

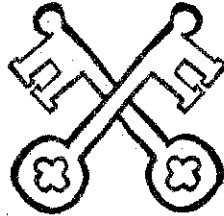
- Baptism
- Confirmation
- Eucharist

Sacraments of Healing

- Confession
- Anointing of the Sick

Sacraments of Service

- Matrimony
- Holy Orders

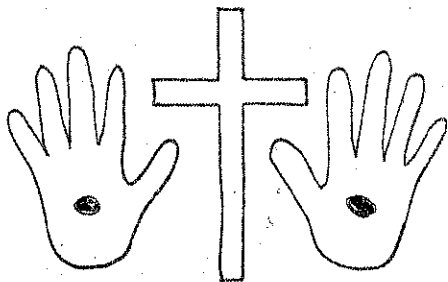


PRECEPTS OF THE CHURCH

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.

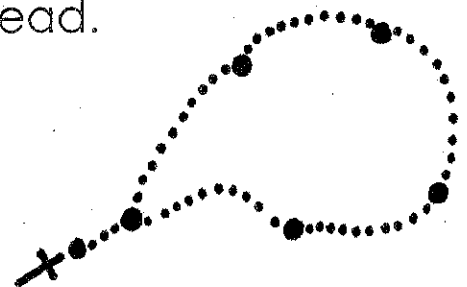
THE CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.



THE SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish the sinner.
4. Comfort the sorrowful.
5. Forgive injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.



STATIONS OF THE CROSS

- I. Jesus is condemned to death
- II. Jesus carries His cross
- III. Jesus falls the first time
- IV. Jesus meets his Mother
- V. Simon of Cyrene helps Jesus to carry his cross
- VI. Veronica wipes the face of Jesus
- VII. Jesus falls the second time
- VIII. Jesus meets the women of Jerusalem
- IX. Jesus falls a third time
- X. Jesus clothes are taken away
- XI. Jesus is nailed to the cross
- XII. Jesus dies on the cross
- XIII. Jesus is taken down from the cross
- XIV. Jesus is laid in the tomb

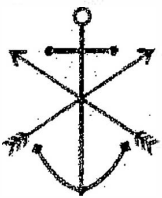


THE BEATITUDES

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.

THEOLOGICAL VIRTUES



Faith
Hope
Charity

CARDINAL VIRTUES

Justice
Prudence
Temperance
Fortitude

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 BEFORE A CRUCIFIX

We adore you,

O Christ, and

we praise you,

because

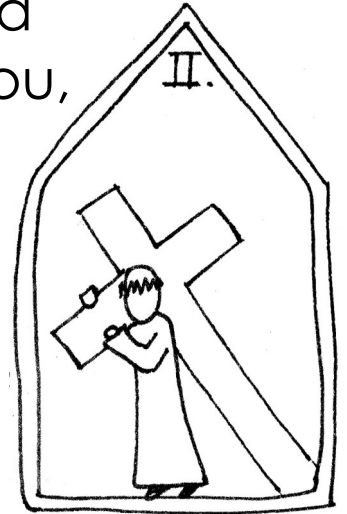
by your

holy Cross

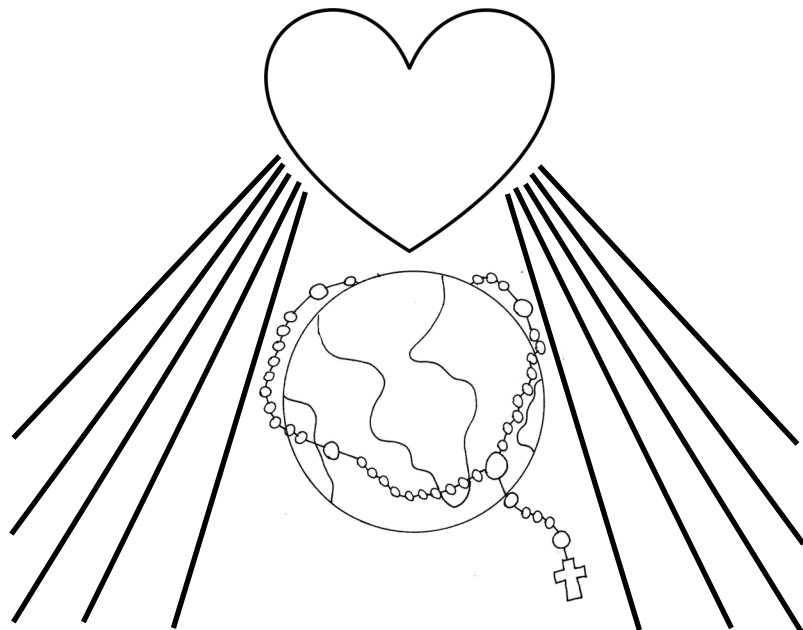
you have

redeemed

the world.



CHAPLET OF DIVINE MERCY



1. Begin with the Sign of the Cross, one Our Father, one Hail Mary and The Apostles Creed.
2. Then on the Our Father Beads say the following:
Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.
3. On the 10 Hail Mary Beads say the following:
For the sake of His sorrowful Passion, have mercy on us and on the whole world.
4. Repeat step 2 and 3 for all five decades.
5. Conclude with (three times):
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.