



A FAMILY OF  
*Faith*

**St. Philip Parent Catechesis '25-'26**



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**~ November/December 2025 ~**

# Let us pray

Dear Lord, thank you for our time together.

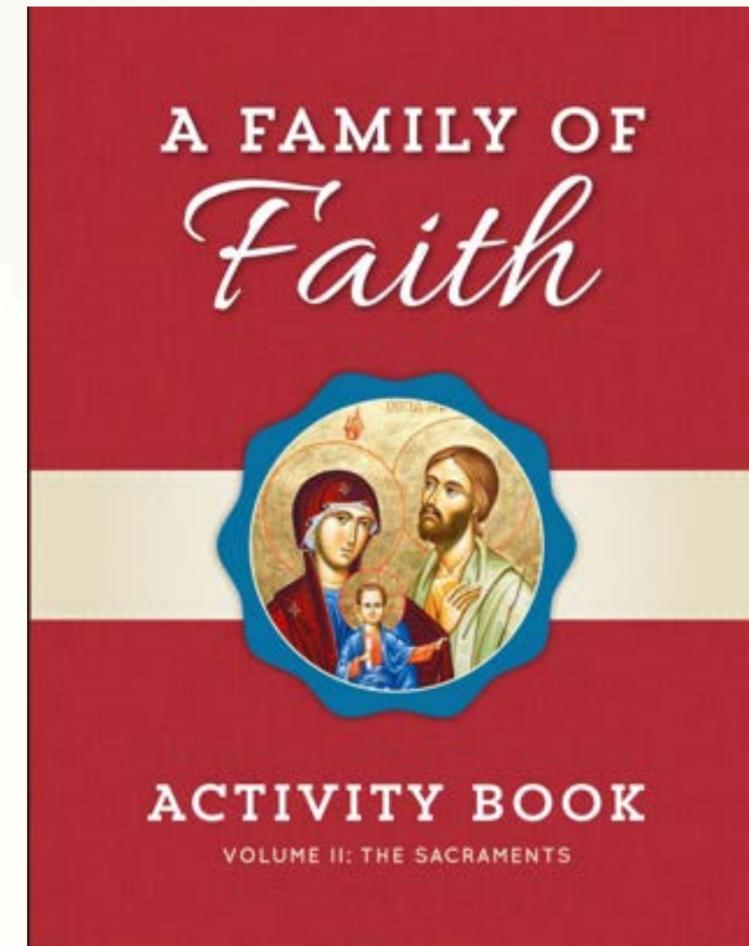
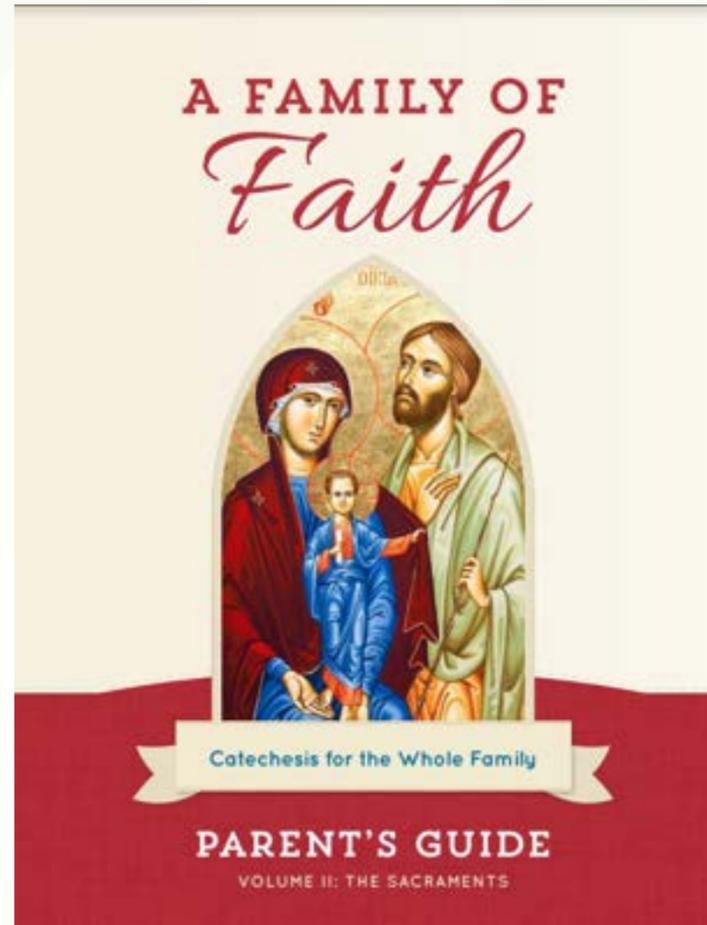
Thank you for the outpouring of grace that you sent the Apostles at Pentecost and that you continue to offer us in the Sacrament of Confirmation. You told us many times in the Bible not to be afraid. All of us, and especially the young people in our families, need your help to be holy in this world. Please help us always to do good and to avoid evil, to hold our faith as a shield, and to do your will even if we feel afraid. We know we do not need to be afraid, because you have already won the battle for us.

Bless all our families and fill us each with Your Holy Spirit. Amen.



# Books for the year

## Volume II: The Sacraments



- **ONE** Parent Guide **per family**
- **ONE** Activity Book **per child** Kindergarten - 5<sup>th</sup> Grade
- See Maria Herrera in the church education office to get your copy or send her an email to at [mherrera@stphilipfranklin.com](mailto:mherrera@stphilipfranklin.com)



# Monthly Overview



## January OVERVIEW

### THE SACRAMENTS



#### VERSES OF THE MONTH

**1 CORINTHIANS 5:7**

**JOHN 6:51**

#### SAINT OF THE MONTH

**ST. THOMAS AQUINAS**

#### LESSON 6

### THE EUCHARIST: JESUS, THE PASSOVER LAMB



#### Overview

This lesson examines the Eucharist as a sacrifice, and its foreshadowing in the Old Testament – especially as seen in the Passover. In the Old Covenant, God saved the physical lives of His people, the Israelites, through the blood of a lamb. In the New Covenant, Jesus saves the spiritual lives of His people through the shedding of His own Blood. It is this sacrifice of Jesus' Body and Blood that we commemorate every time we celebrate the Eucharist at Holy Mass.

#### Catechism Articles to Read

- ▶ 1322-1419

#### Words to Know

- ▶ Covenant
- ▶ Eucharist
- ▶ Passover
- ▶ Pascha
- ▶ Paschal Lamb

# Monthly Objectives

**BY THE END OF THIS MONTH, YOUR CHILDREN SHOULD BE ABLE TO:**

- Recite this month's Scripture Memorization.**
  - Parent's Guide: Pages 108, 111,
  - Activity Book: Pages 54, 55, 74.
  
- Define this month's Words to Know.**
  - Parent's Guide: Pages 116, 131,
  - Activity Book: Page 81.
  
- Explain that Jesus Christ instituted the Eucharist at the Last Supper.**
  - Parent's Guide: Pages 117-120, 125-128,
  - Activity Book: Pages 57-63, 65-72.
  
- Understand that the Eucharist is the Body and Blood of Jesus Christ.**
  - Parent's Guide: Pages 132-139,
  - Activity Book: Pages 75-78.
  
- Explain some of the Old Testament roots of the Eucharist, and why Jesus is called the Paschal Lamb.**
  - Parent's Guide: Pages 121-129
  - Activity Book Pages 56 (Answers in Parent's Guide Page 122) 57-63, 73
  - (Answers in Parent's Guide Page 129).
  
- Tell you about St. Thomas Aquinas.**
  - Parent's Guide: Pages 140-141,
  - Activity Book: Pages 79-80.



# Monthly Pacing Guide



|        | Weekly Teaching for Parents  |
|--------|--|
| Week 1 | <ul style="list-style-type: none"> <li>❑ <b>Introduce Words to Know:</b> Parents discuss <b>words to know</b> with their children on Parent Guide pages 116 and 131. Teach their children what the words mean.</li> <li>❑ <b>Understand Words to Know:</b> By the end of the week, the children should know how to <b>explain and define the words to know</b>.</li> <li>❑ <b>Get to know St Thomas Aquinas</b> Parents and children should read the brief biography of Saint Thomas on Parent Guide pages 140-141</li> <li>❑ <b>Learn Scripture Verse:</b> Begin reciting daily the <b>Scripture verse for the month</b>. <i>"For our paschal lamb, Christ, has been sacrificed."</i> (1 Corinthians 5:7) and <i>"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that i will give is my flesh for the life of the world"</i> (John 6:51)</li> </ul> |
| Week 2 | <ul style="list-style-type: none"> <li>❑ <b>Parent and Child Activities:</b> Parents should choose one or more activities on the Eucharist in the Parent's Guide pages 213-228, lead the children through this activity.</li> <li>❑ <b>Learning Goal for the Week:</b> The child should understand that -             <ul style="list-style-type: none"> <li>❑ At every Mass, bread and wine become the Body and Blood of Jesus Christ.</li> <li>❑ When we receive the Eucharist we are separated from sin, and united with Christ and other Christians.</li> </ul> </li> </ul>  |
| Week 3 | <ul style="list-style-type: none"> <li>❑ <b>Parent and Child Activities:</b> Parents should choose one or more activities on the Mass in the Parents Guide on pages 231-236 to teach their children.</li> <li>❑ <b>Learning Goals for the Week:</b> The Child should understand that -             <ul style="list-style-type: none"> <li>❑ All of our Faith flows from, and points toward, Jesus in the Eucharist.</li> <li>❑ Jesus instituted the Eucharist at the Last Supper, the fulfillment of the Jewish Passover.</li> </ul> </li> <li>❑ <b>Your Catholic Home:</b> Celebrate the solemnity of Mary, Mother of God, by going to mass with your family and adding an icon of Mary to your prayer corner (or another prominent place in your home).</li> </ul>   |

The Catechism refers to the Eucharist as  
“Sacrament of Sacraments” and the  
“Source and Summit” of the Christian Life.



**Lesson 6:**  
**The Eucharist:**  
**Jesus, the Passover Lamb**



# Lesson Activities & Key Concepts



## Lesson 6: Eucharist / Passover

### LESSON 6 THE EUCHARIST: JESUS, THE PASSOVER LAMB



#### Activities and Key Concepts

| Activities you will do with your children  | Key concepts the activity will teach  | Recommended age and time                              |
|--|---|---|
|  <b>What Is the Eucharist?</b><br>Family discussion   | The Eucharist is the source and summit of our Faith.                                      | <b>Ages:</b> All ages<br><b>Time:</b> 15 minutes      |
|  <b>The Passover Sacrifice</b><br>Scripture search  | The Eucharist is prefigured in the Passover.  | <b>Ages:</b> Ages 8 and up<br><b>Time:</b> 10 minutes |
|  <b>Jesus, Our Passover Lamb Reflections and Booklet</b><br>Scripture reflections and activity book | Jesus instituted the Eucharist at the Last Supper; Holy Mass re-presents the Last Supper. | <b>Ages:</b> All ages<br><b>Time:</b> 20 minutes      |
|  <b>Old Covenant, New Covenant</b><br>Matching activity   | The New Covenant in Christ fulfills the Old Covenant.                                     | <b>Ages:</b> All ages<br><b>Time:</b> 5 minutes       |

# Words to Know

## LESSON 6

## WORDS TO KNOW

The Words to Know are words that you and your children should know and understand at the end of this month. Use your best judgment about which words to expect each of your children to learn. For older children, you may want to have them create flashcards to help them remember what they have learned.

**Covenant** A promise that makes family bonds.

**Eucharist** The Sacrament in which we receive Jesus Christ's Body and Blood at Holy Mass. The Eucharist completes Christian initiation.

**Passover** The Jewish festival commemorating God's covenant with the Israelites, and how He saved them from slavery in Egypt.

**Pascha** The Greek word for Passover.

**Paschal Lamb** A title for Jesus that reminds us that His sacrifice saves us from sin.



# Parallels between Passover and Eucharist

1. The Passover lamb had to be a one year-old male without blemish.
2. The lamb had to be sacrificed in an assembly at evening twilight.
3. None of the lamb's bones could be broken.
4. The lamb had to be eaten. Moses gives this command five times in Exodus 12.
5. The Passover celebrated the Israelites' freedom from slavery in Egypt.
6. The Israelites could eat only unleavened bread at the Passover meal.

1. Jesus was a man without the stain of sin, in the prime of His life.
2. Jesus was crucified in front of a crowd and died in the late afternoon.
3. None of Jesus' bones was broken on the cross.
4. In John 6, Jesus says five times that we must eat His flesh and drink His blood.
5. The Eucharist celebrates our freedom from sin.
6. Jesus turns unleavened bread into His body.

**Most importantly, Jesus instituted the Eucharist at the Passover.**



By instituting the Eucharist in the context of the Passover celebration, Jesus gives the Passover its definitive meaning:

He is the Lamb of God and the Eucharist is the new and everlasting sacrifice of the New Covenant.



**Lesson 7:**  
**The Eucharist and**  
**the Holy Mass**



# HOLY MASS AND THE EFFECTS OF THE EUCHARIST



## Activities and Key Concepts

| Activities you will do with your children                                    | Key concepts the activity will teach  | Recommended age and time                                   |
|--|---|--|
| <p><b>This Is My Body</b><br/>Reading and discussion</p>                     | <p>At every Mass, bread and wine become the Body and Blood of Jesus Christ.</p>                                       | <p><b>Ages:</b> All ages<br/><b>Time:</b> 5-10 minutes</p> |
| <p><b>Receiving the Blessed Sacrament Worthily</b><br/>Family discussion</p> | <p>Catholics in a state of grace can and should receive the Eucharist.</p>  | <p><b>Ages:</b> All ages<br/><b>Time:</b> 5 minutes</p>    |
| <p><b>The Effects of Holy Communion</b><br/>Grace Person activity</p>        | <p>When we receive the Eucharist we are united with Christ, separated from sin, and united with other Christians.</p> | <p><b>Ages:</b> All ages<br/><b>Time:</b> 10 minutes</p>   |

# Lesson Activities & Key Concepts



## LESSON 7

## WORDS TO KNOW

The Words to Know are words that you and your children should know and understand at the end of this month. Use your best judgment about which words to expect each of your children to learn. For older children, you may want to have them create flashcards to help them remember what they have learned.

**Altar** The table where a priest offers the sacrifice of the Mass.

**Tabernacle** The sacred box where the Eucharist is reserved, or housed. The word tabernacle means "dwelling place."

**Transubstantiation** The change that occurs during the Consecration, when bread and wine become the Body and Blood of our Lord, Jesus Christ.

# Words to Know



# The Mass is Heaven on earth

The Mass is the gift that Jesus has given us so He can literally be with us in the flesh!

He gives Himself to us in two ways during the Mass:

- In the Scriptures during the Liturgy of the Word
- And in the flesh during the Liturgy of the Eucharist



# Transubstantiation

Transubstantiation is when the bread and wine on the altar become the Body and Blood of Christ.

They still appear as bread and wine, but their entire substance changes into the body, blood, soul, and divinity of Jesus Christ.



# The Effects of Holy Communion

- We are united with Jesus Christ.
- Our souls and spiritual life are strengthened, enabling us to avoid sin and grow in charity.
- Our venial sins are forgiven and we receive strength to resist mortal sin.
- We are united with other Christians, on earth as well as in Heaven and Purgatory.
- We are better able to see the face of Christ in the poor.



# How do we receive the Body of Christ?

The Eucharist is a gift of great value and so the Church calls us to treat it worthily by:

- Fasting for at least one hour before receiving
- Dressing appropriately as a sign of reverence
- Receiving on the tongue or in the hand
- If you receive in the hand, make sure that they are clean and empty and that you put the host in your mouth right away.



**All Catholics who are in a state of grace  
can and should receive the Eucharist.**



Although we are only required to take Communion once a year, the Church warmly invites us to receive Jesus in the Eucharist as often as possible!

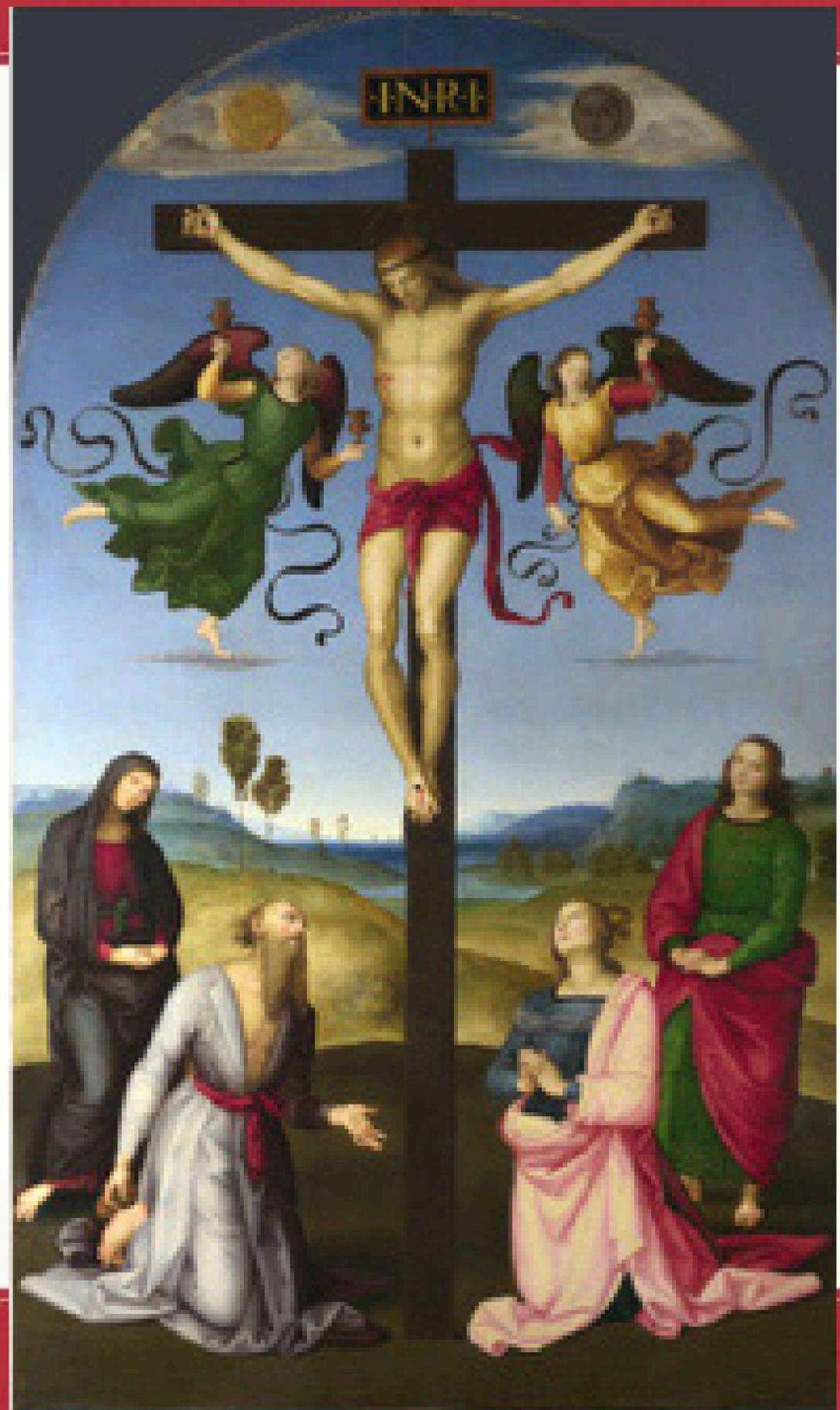


**Sacred Art Discussion:**

# *Mond Crucifixion*

**by Raphael**

*Use the questions on the following slide to lead a discussion with your kids about this piece of sacred art.*



- **How would you describe this scene as Raphael has painted it? What adjectives would you use?**
  - Allow the conversation to go in unexpected directions. If parents seem unsure of their answers, push them a little bit. Is there a reason they're hesitating? Is there something about the painting that's unexpected or uncomfortable?
- **What feelings does this painting seem intended to inspire? Are they feelings you would expect from a painting of Christ's Crucifixion?**
  - Steer the discussion toward how the painting seems much more serene and even joyful than you might expect. The Crucifixion was a horrible event, yet nobody seems to be in great distress. The two women standing behind John and Mary even look like they could be smiling a little bit.



- **Does Jesus appear to be suffering, or does He appear to be at peace? What about the other people in the painting? Why do you think Raphael chose to paint them that way?**
  - Jesus looks very peaceful, as do the other people around him. Allow parents to speculate as to why that is, but guide them towards the conclusion that, although the Crucifixion was a horrific event, it was the culmination of Salvation History, the moment when Jesus freed us from the tyranny of sin forever. If you had just completed the greatest act in all of history, wouldn't you be relieved and at peace?
- **Why do the people gathered at the foot of the Cross have bare feet?**
  - As we just discussed, this is the single greatest and holiest moment in all of history. Does anyone know the story of Moses and the burning bush? In that story, God appears to Moses in the burning bush, and He commands Moses to remove his sandals, because He is standing on holy ground. The fact that the people in this painting have bare feet is a sign of how holy this moment is!



- **There are angels on either side of Jesus. What are they doing? Why?**
  - They are holding cups to catch the blood running from Jesus' hands and side. Does that sound familiar? Where do we find Jesus' blood poured out into a cup?
  - In Holy Communion! In Holy Communion, we drink from the cup of Jesus' blood which brings us salvation! The angels are collecting Christ's blood as a sign of the Eucharist, and because His blood is the most precious substance on earth! It is far too precious for even one drop to hit the ground. Since it brings us our salvation, why would we let it?
- **Raphael painted this picture as part of an altarpiece. Why is a painting like this appropriate for an altar?**
  - The altar is where the sacrifice of the Mass, which is a re-presentation of Christ's sacrifice on the cross, takes place. Therefore, a painting of Christ's crucifixion is actually the most appropriate image to place in an altarpiece, because it reminds us what we are celebrating when we come to Mass!



# Monthly Discussion Questions

- **When did Jesus institute the Eucharist?**
  - At the Last Supper
- **What is the connection between the Passover and Holy Mass?**
  - Holy Mass has deep roots in the Passover. Jesus became the Lamb of God, who takes away the sins of the world.
- **The Passover was a commemoration of the covenant God made with His Chosen People, the Israelites. What is the New Covenant in Christ?**
  - Jesus instituted a New Covenant and offers salvation in His Body and Blood to all of humanity. The Church transformed the Jewish Passover from a commemoration of God's freeing the Israelites from slavery to a celebration of Jesus Christ's death and Resurrection, and the freeing of humanity from the slavery of sin and death.



# Monthly Discussion Questions

- **What is transubstantiation?**

- The change of the bread and wine into the Body and Blood of Jesus. The entire substances of the bread and wine change, although they appear the same as they did before the change. “By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity” (CCC 1413).

- **What are the two main parts of the Mass?**

- The Liturgy of the Word and the Liturgy of the Eucharist.

- **What makes Holy Mass unique among Christian worship services?**

- When we attend Mass, we are participating in a sacrifice. It is the sacrifice of Jesus' Body and Blood that we commemorate every time we celebrate the Eucharist at Holy Mass.



# Monthly Discussion Questions

- **What is one way that we know the Eucharist is Jesus' Body and Blood and not just a symbol of them?**
  - The Baltimore Catechism explains one of the ways: "Christ could not have used clearer, more explicit words than 'This is My body.' He did not say, 'This is a sign of My body' or 'This represents My body,' but, 'This is My body.' Catholics take Christ at His word because He is the omnipotent God. On His word they know that the Holy Eucharist is the body and blood of Christ."
- **What are the effects of receiving Holy Communion?**
  - We are united with Jesus Christ and other Christians. Our souls are strengthened. The Eucharist strengthens our charity. The Eucharist forgives venial sin and helps us avoid mortal sin in the future. The Eucharist also helps us see the face of Jesus in the poor.



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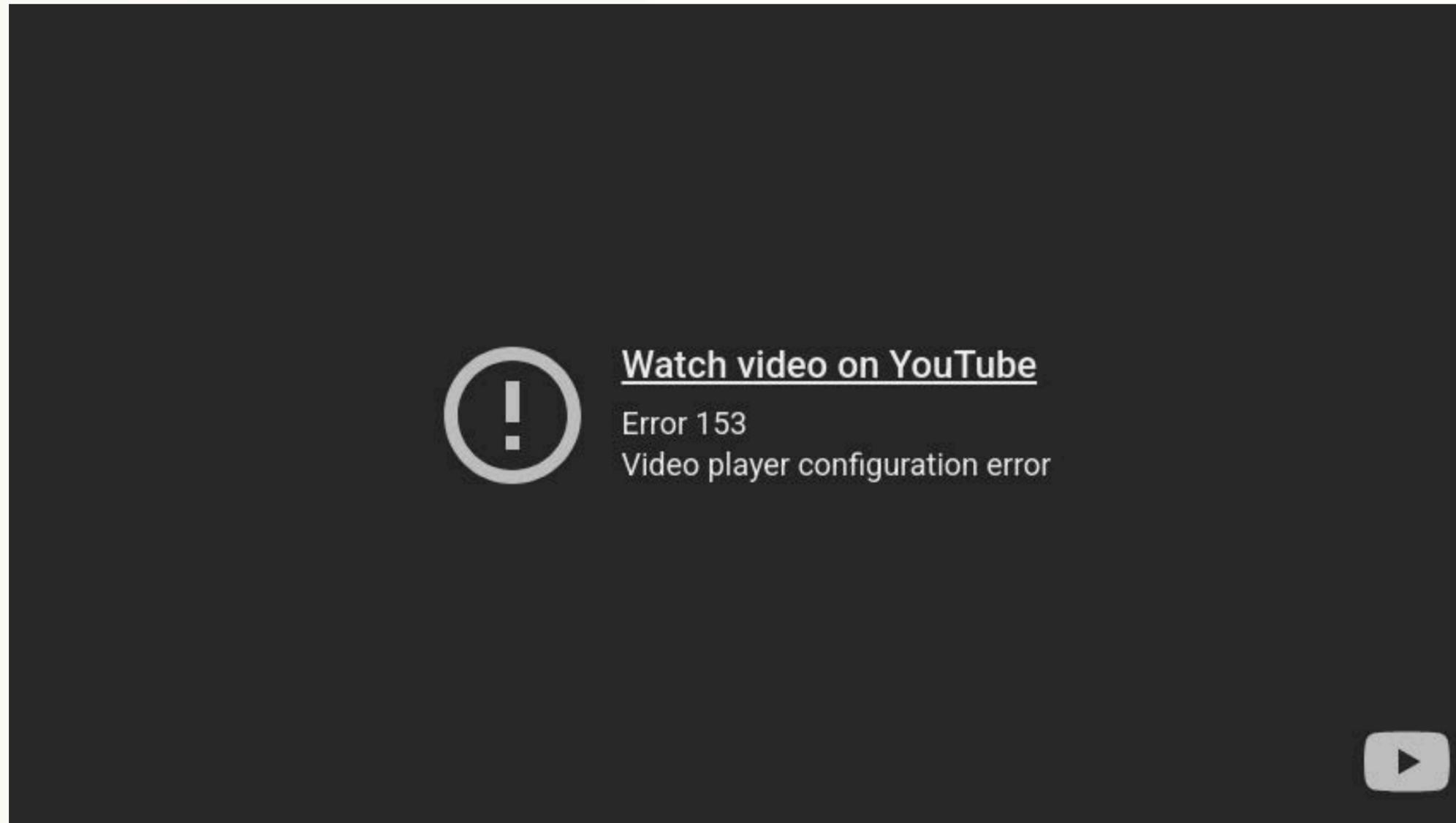


# Monthly Discussion Questions

- **It is often said that the more one attends Mass, the more one wants to attend Mass. Why might that be?**
  - Receiving Communion unites us with Christ. We become like a tabernacle — a home for Jesus. The more often we receive Jesus, the more charity increases in our souls. We are made stronger to avoid sin. In other words, the Eucharist helps us to become good. The more good we become, the more we are naturally drawn toward what is good. The Mass is the greatest good we can experience on this earth! So it makes perfect sense that going to Mass more frequently makes us want to attend Mass more frequently!
- **The Mass is truly and literally Heaven on earth, the wonderful gift Jesus has given us to be with Him in the flesh. If this truth is hard to understand or to relate to, what changes can you make in your life that will make it easier to experience the Mass for what it truly is?**
  - Accept reasoned answers.



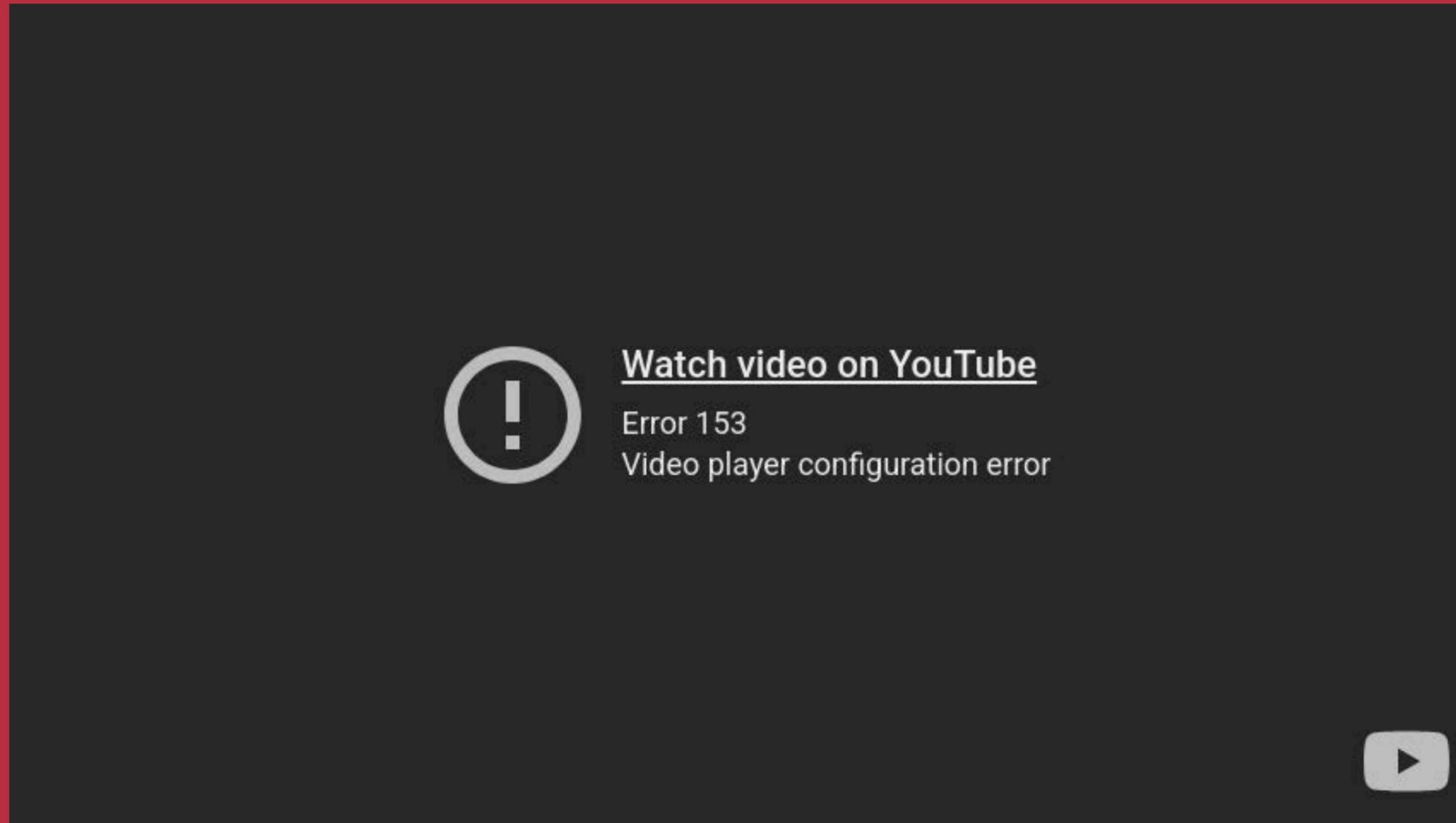
# Sophia Sketch Pad Confirmation Video



<https://www.youtube.com/watch?v=QcB7Uem00n4>

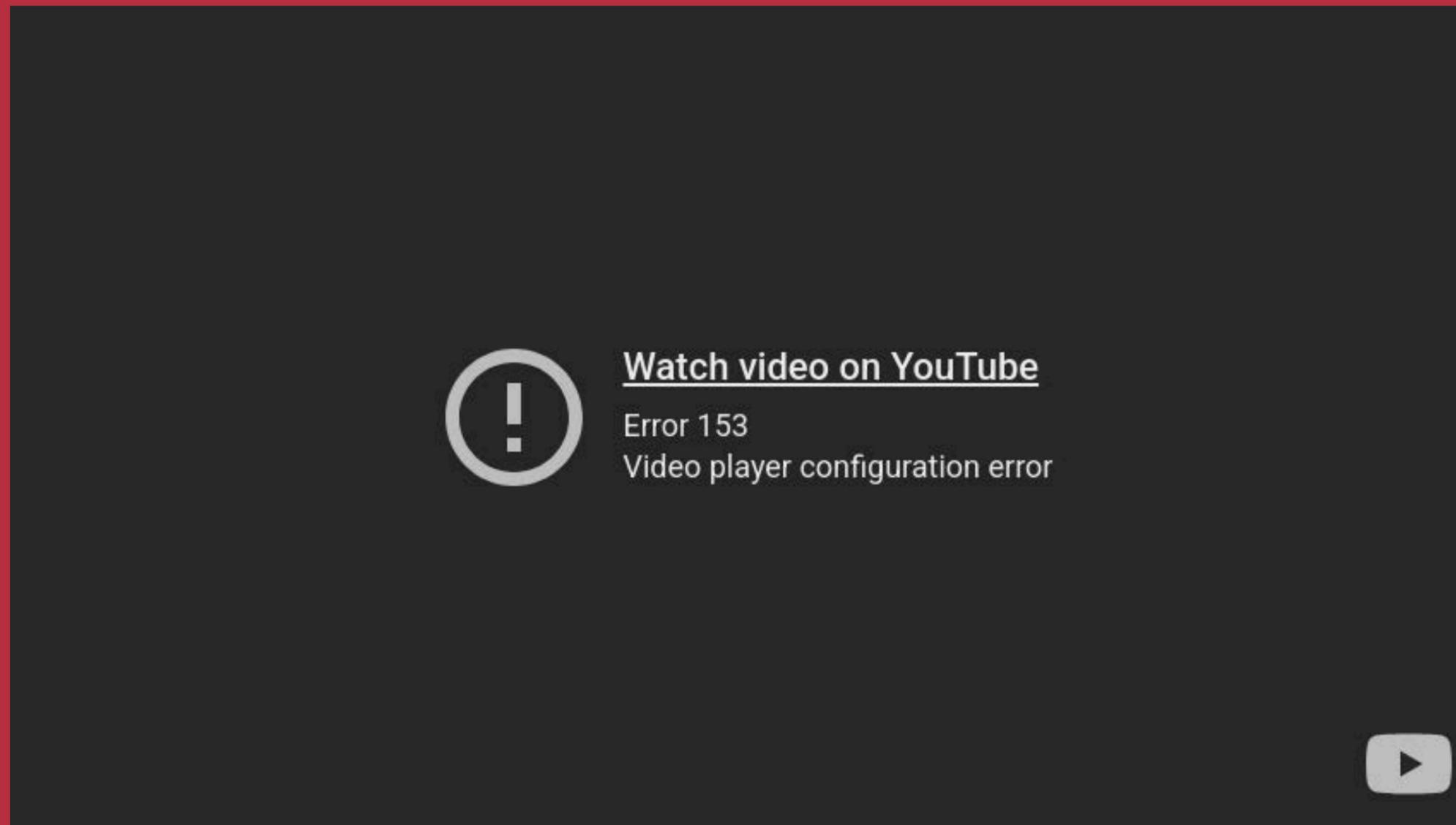


# Bishop Baron on the Eucharist



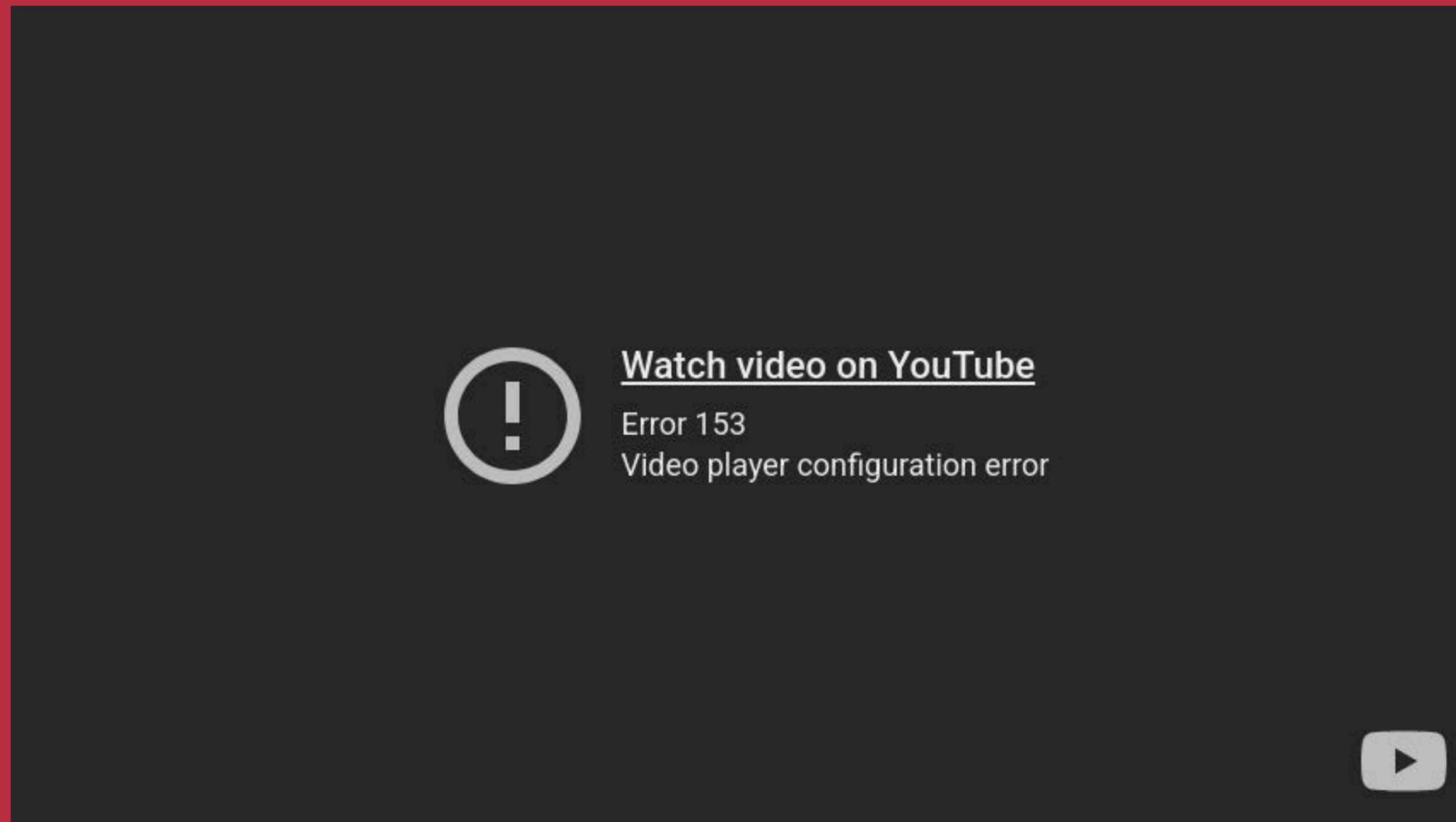
<https://www.youtube.com/watch?v=bJjW3LXuHzo>

# Father Mike Schmitz on the Eucharist



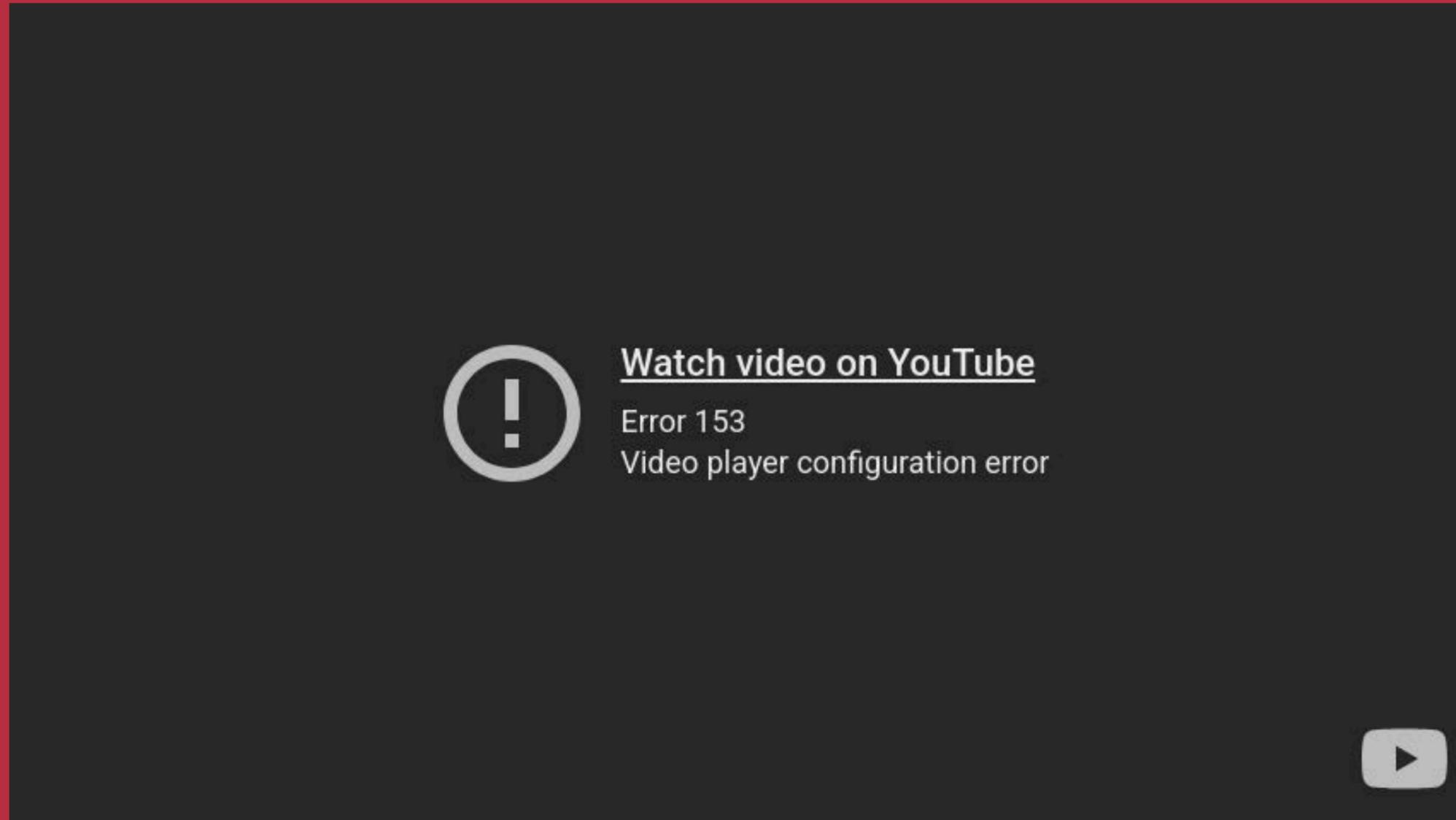
[https://www.youtube.com/watch?v=\\_yKi2OJ70qE](https://www.youtube.com/watch?v=_yKi2OJ70qE)

# The Eucharist: A KoC Documentary



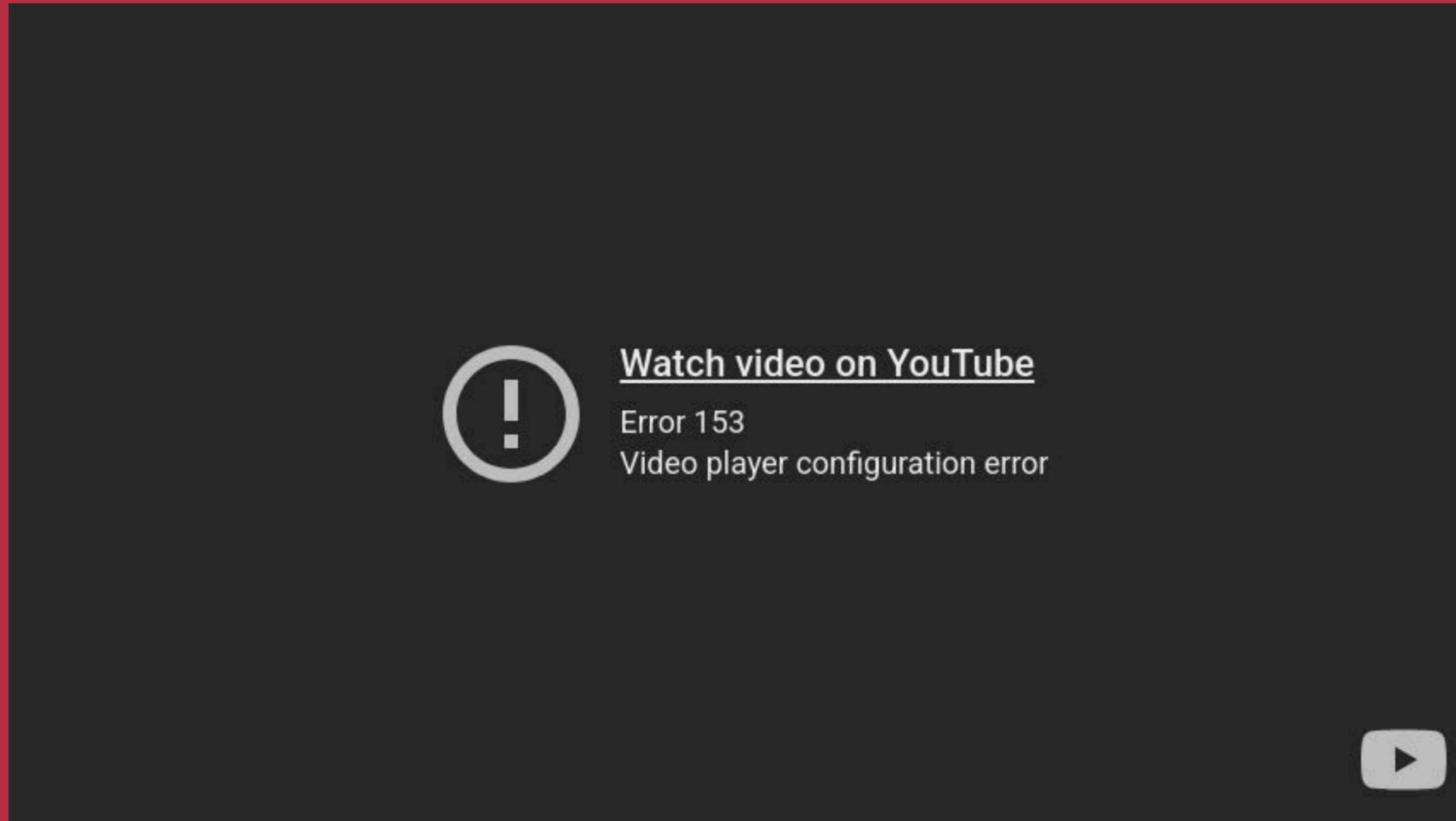
<https://www.youtube.com/watch?v=BNSxxqPfVHo>

# The Veil Removed: What Happens At Mass



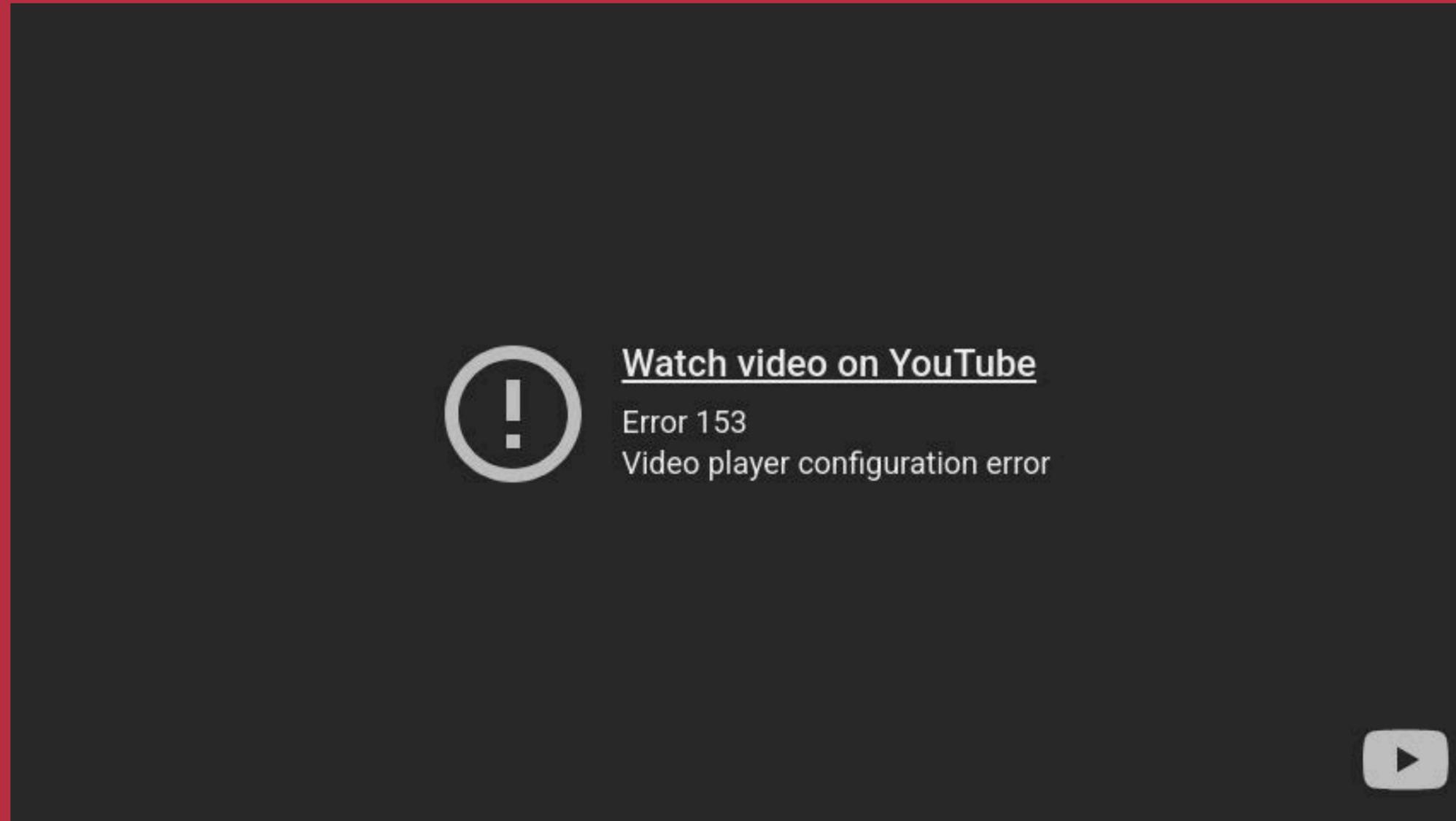
<https://www.youtube.com/watch?v=OOLZDaTgIaM>

# The Real Presence



[https://www.youtube.com/watch?v=O6l\\_9UVT-rA](https://www.youtube.com/watch?v=O6l_9UVT-rA)

# The Mass Is Everything - Fr. Dan Rehill



<https://www.youtube.com/watch?v=nmL1JjrV6JQ>

**Live Your Faith at  
Home this Month**



*Celebrate!*  
**ST. THOMAS AQUINAS**  
**JANUARY 28**



To love is to will the good of the other.  
-St. Thomas Aquinas

**THINGS TO DO  
THIS MONTH:**

- 1 As a family, visit Jesus in the Blessed Sacrament.
- 2 Add a statue of Mary to your prayer corner.

VERSES OF THE MONTH

**1 CORINTHIANS 5:7**

For our paschal lamb, Christ,  
has been sacrificed.

**JOHN 6:51**

"I am the living bread that came  
down from heaven; whoever eats  
this bread will live forever; and  
the bread that I will give is my  
flesh for the life of the world."

**REMEMBER!**

"The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist" (CCC 1322).

**MEMORIZE!**

The Eucharist is "the source and summit of the Christian life" (CCC 1324).



# Essay Appendix

There is a background essay for every lesson.

We suggest that you read the essay before you teach from the activities.



## LESSON 6

### THE EUCHARIST: JESUS, THE PASSOVER LAMB

#### BACKGROUND READING

Our study of the Sacraments of Initiation culminates in the Eucharist. Although in many places the Sacrament of Confirmation is received after the first Holy Communion, the Church teaches clearly that “The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord’s own sacrifice by means of the Eucharist” (CCC 1322).

The Catechism of the Catholic Church calls the Eucharist “the Sacrament of sacraments” (CCC 1330) and “the source and summit of the Christian life” (CCC 1324). All the other Sacraments and every ministry of the Church flow from the Eucharist and point us toward it. The reason for the centrality of the Eucharist is that the Eucharist is Christ Himself!

Jesus instituted the Eucharist at the Last Supper. In anticipation of His death on the Cross, Jesus gave His Apostles – whom He made the first priests – His Body and Blood to eat and drink. And because Jesus wanted all His people for all time to eat and drink of this heavenly food, He commanded them to continue to make present and real this

Eucharistic sacrifice. “Do this in remembrance of me,” Jesus instructed His Apostles. So whenever we celebrate Mass, we do so at Christ’s command, and in His name. As we find recorded in the Scriptures, “For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes” (1 Corinthians 11:26).

But why would Jesus ask us to do something that sounds as strange as eating His Body and drinking His Blood? When you understand Jesus’ Sacrifice on the Cross as the culmination of salvation history, the Eucharist begins to make perfect sense.

#### The Eucharist in Salvation History

St. Augustine said, “The New Testament lies hidden in the Old and the Old is unveiled in the New.” The Eucharist is a mystery that involves the entire history of salvation. It is prefigured in the Old Testament, finds its origin in the Incarnation, its institution at the Last Supper, and its full revelation and significance in Christ’s death and Resurrection. Aided by the Holy Spirit, these events comprise the bedrock from which we begin to understand the Holy Eucharist.

## LESSON 7

### THE EUCHARIST AND THE HOLY MASS

#### BACKGROUND READING

Have you ever wondered: What do people who have died and gone to Heaven do all day? The answer is simple: they worship God, singing endless hymns of praise. To someone unfamiliar with the Catholic worship service, called Holy Mass, it might sound odd to think that Heaven is one perpetual celebration of worship. But someone who understands what Mass is would have to ask, “Why would you want to do anything else?” The Mass is truly and literally Heaven on earth, the wonderful gift Jesus has given us so that we may be with Him in the flesh.

Since Christ first commanded the Apostles (the first priests) to celebrate Mass for all Christians at the Last Supper, ordained priests have invoked the Holy Spirit and pronounced the words of consecration, transforming bread and wine into the Body and Blood of Jesus Christ.

The Mass is celebrated in two main parts: the Liturgy of the Word and the Liturgy of the Eucharist. More information on these two parts of the Mass are in your children’s activity books.

#### Transubstantiation

The change of the bread and wine into the Body and Blood of Jesus is called transubstantiation. The entire substances of the bread and wine change, although they appear the same as they did before the change. “By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity” (CCC 1413).

The Eucharist is the Body and Blood of Jesus Christ. The Baltimore Catechism explains one of the ways we know this: “Christ could not have used clearer, more explicit words than ‘This is My body.’ He did not say, ‘This is a sign of My body’ or ‘This represents My body,’ but, ‘This is My body.’ Catholics take Christ at His word because He is the omnipotent God. On His word they know that the Holy Eucharist is the body and blood of Christ.”

# *Cultivate Faith-Filled Conversations*

Casual family conversations in the car, dinner, etc.

Let them be intentional, but spontaneous.

## **CAR** *Conversations*

Jesus waits for us in the Eucharist because He loves us and wants to be our friend. Sadly, there are many people who forget about Him, reject Him, or even disrespect Him.

Have you ever wanted to be friends with someone but he or she rejected you or even made fun of you? How did that make you feel?

Can you think of ways you can spend time with Jesus to comfort Him in place of all the people who have rejected Him?

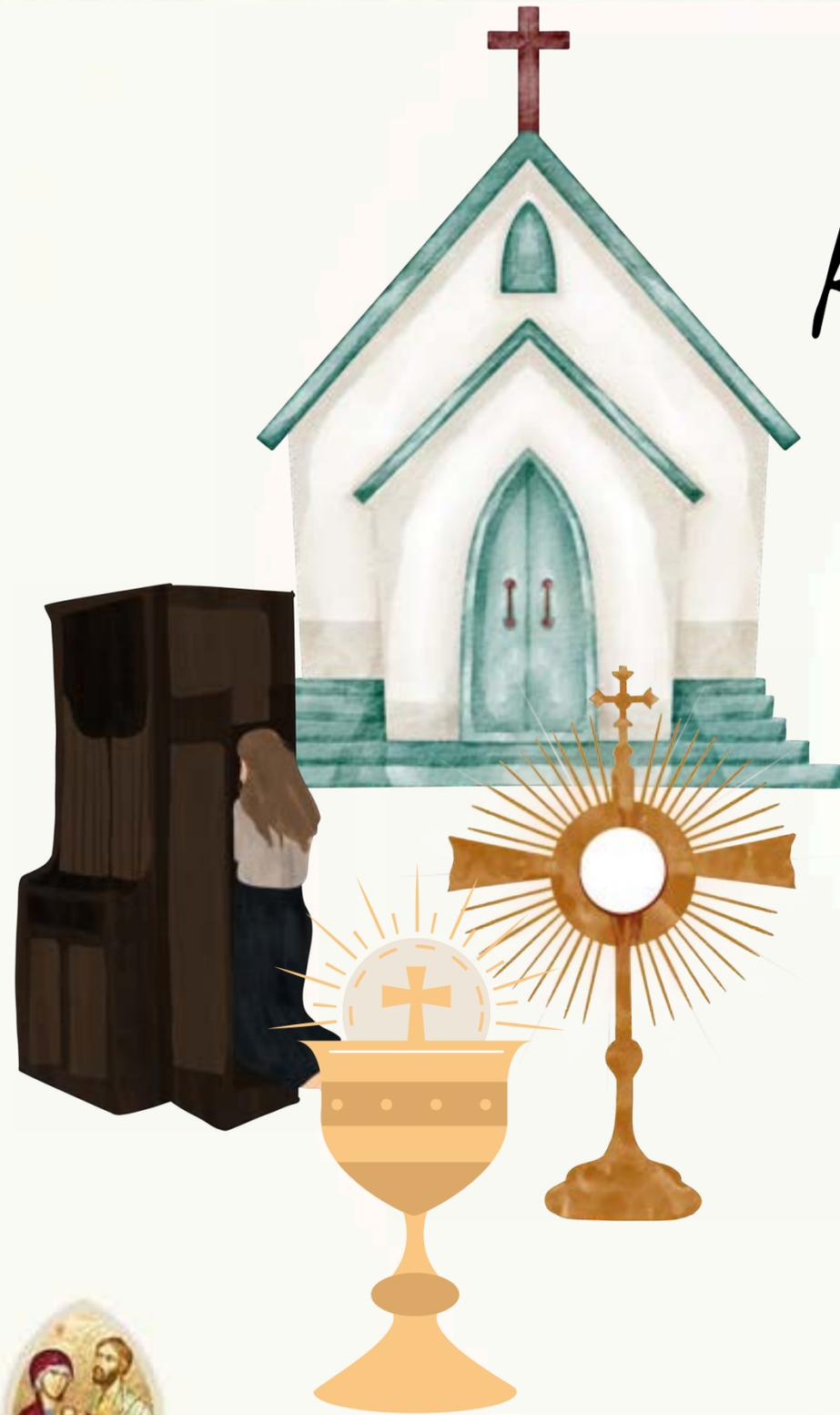


# *Talk about the key points of the month*

- At every Mass, bread and wine become the Body and Blood of Jesus Christ.
- When we receive the Eucharist we are separated from sin, and united with Christ and other Christians.
- All of our Faith flows from and points toward Jesus in the Eucharist.
- Jesus instituted the Eucharist at the Last Supper, as the fulfillment of the Jewish Passover



# Remember Special Liturgical Days



- **Jan 1 - Mary, Mother of God Solemnity**
- **Jan 6 - Feast of the Epiphany**
- **Jan 11 - Baptism of Our Lord**





## YOUR *Catholic Home*

### SOLEMNITY OF MARY, MOTHER OF GOD

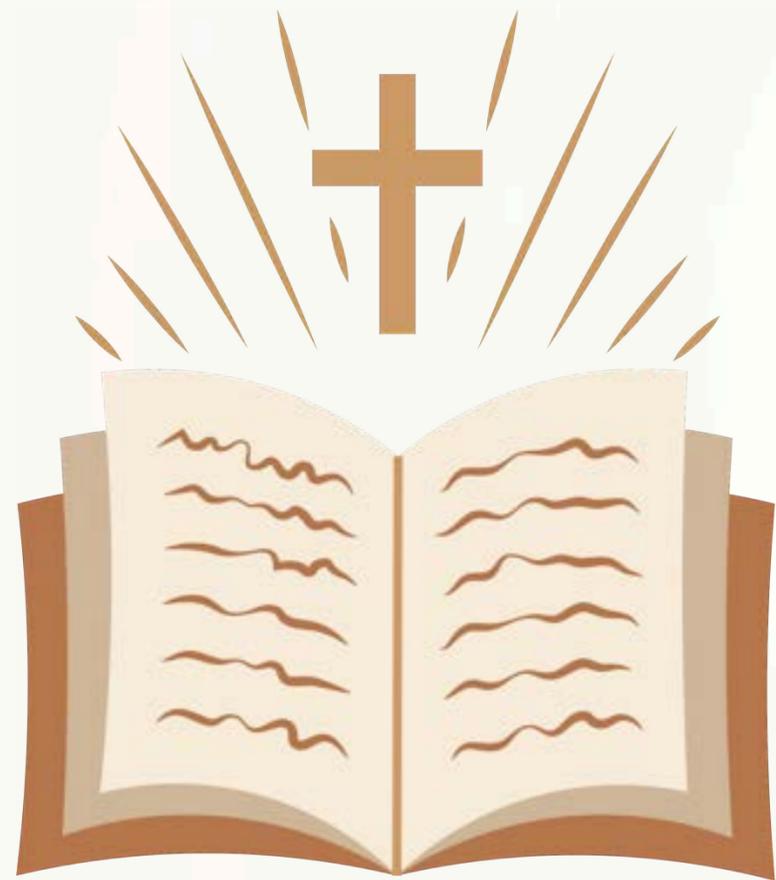
January 1 is the Solemnity of Mary, the Mother of God. A solemnity is a feast day of the highest rank. The Solemnity of Mary, the Mother of God is also a Holy Day of Obligation – a day when Catholics are required to attend Holy Mass.

Catholics honor the Virgin Mary for many reasons, such as her faith in God and her perfect obedience to His will. On January 1, we honor Mary's motherhood. Jesus has two natures – He is both fully God and fully man. Jesus existed with the Father from all eternity, but when He came down from Heaven and became man, He was conceived in Mary's womb by the Holy Spirit. Jesus is Mary's son: the Word made Flesh. Therefore it is fitting to say that Mary is the mother of God Incarnate: Jesus Christ.

#### **Practice It!**

Celebrate this solemnity by going to Mass as a family and adding a statue or icon of Mary to your prayer corner (or another prominent place in your home).

*Memorize Scripture with the Verse of the Month*



## **I CORINTHIANS 5:7**

Clear out the old yeast, so that you may become a fresh batch of dough, inasmuch as you are unleavened. For our paschal lamb, Christ, has been sacrificed.

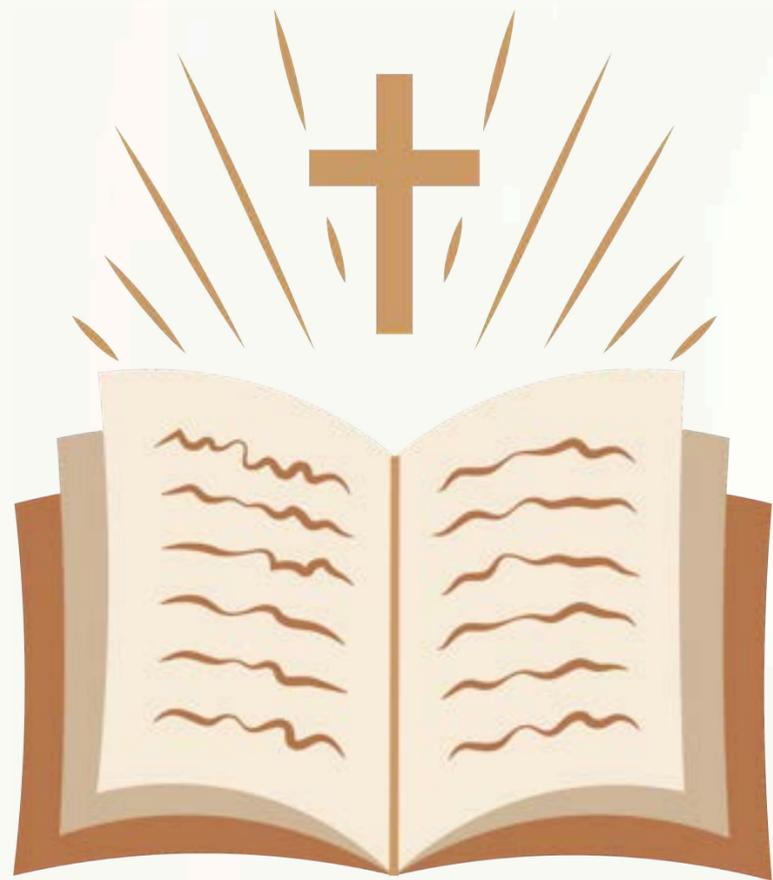


**The Scriptures**

# Memorize Scripture with the Verse of the Month

## **JOHN 6:51**

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.



# *Learn from the Catechism*



The Eucharist is "the source and summit of the Christian life." "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch."

Catechism of the Catholic Church, 1324



## The Catechism

# *Pray as a Family*



- Basic Catholic Prayers
- Prayer Before Meals
- Night Time Prayers
- Family Rosary
- Praying for your children



**Prayer**

# Pange Lingua Prayer



## BONUS ACTIVITY *Pange Lingua prayer*

Age Level: All ages

Recommended time: 5 minutes

Begin with the Sign of the Cross and pray a few verses of a prayer composed by St. Thomas Aquinas called the *Pange Lingua* (from its first lines, "Sing, my tongue the Savior's glory"). The last two verses of this prayer are usually sung at benediction (hymns sung before the Blessed Sacrament).

Sing, my tongue, the Savior's glory,  
Of His Flesh, the mystery sing;  
Of the Blood, all price exceeding,  
Shed by our Immortal King,—  
On the night of that Last Supper,  
Seated with His chosen band,  
He, the Paschal Victim eating,  
First fulfills the Law's command;  
Then as Food to all His brethren  
Gives Himself with His own Hand.  
Word-made-Flesh, the bread of nature  
By His Word to Flesh He turns;  
Wine into His Blood He changes:  
What though sense no change discerns.  
Amen. Alleluia.

## **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.

## **HAIL MARY**

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

## **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.

## **Prayer Before Meals**

### **BLESS US O LORD**

Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen

# **Basic Catholic Prayers**



## MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

## Nighttime Prayers

### ANGEL OF GOD

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.

### DAILY EXAMEN

God, you have been with us all day long, since the time we woke up until now; help us to remember our day, so we can bring it to you. **THANK** God for what went well, **REPENT** for areas of sin, **ASK** for forgiveness where needed, **PETITION** to God for our needs and the needs of others.

# Basic Catholic Prayers



## Consider ways to make a family rosary work for your family.

- Pray a decade or the whole thing
- Take turns leading each decade
- Follow along with a YouTube rosary or the Hallow app
- Use a children's rosary book
- Pray as a part of your bedtime routine
- Pray at the end of dinner
- Pray in the car on the way to school
- Do a rosary walk
- Keep rosaries visible and accessible



# Family Rosary



"I ask for the intercession of all the angels and saints, especially those who are near and dear to our family and those who can help us with our struggles.

Saint \_\_\_\_\_, pray for us."

Find saints to pray for your kids:

- General - Name Saints, Birthday Saints, Etc.
- Gifts - Saints with similar gifts
- Struggles - Saints with similar struggles
- Faith Formation - Name & Confirmation Saints, saints associated with their school or your parish



**Invoke the Intercession of the Saints**

## ST. THOMAS AQUINAS

SAINT OF THE MONTH



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JANUARY

## St. Thomas Aquinas SAINT OF THE MONTH

**Age Level:** All ages

**Recommended time:** 10 minutes

**What you need:** St. Thomas Aquinas (page 79 in the children's activity book), markers and/or crayons

### Activity

Read aloud the story of this month's saint to your children. You may also want to show them the full page saint image. While you are reading or sometime the next day, have them complete the coloring page on page 80 in the children's activity book.



### Biography of St. Thomas Aquinas

ST. THOMAS AQUINAS was born in Italy around the year 1224. His father was a count and he had three older brothers and several sisters. When he was nineteen years old he joined the Dominicans, but his family did not want him to be a Dominican monk. So when Thomas was on the road, his brothers came with a troop of soldiers and kidnapped him. They kept him imprisoned in a castle for two years, but during that time Thomas studied theology and memorized large sections of the bible, and his family eventually let him go.

Then Thomas studied at the University of Paris. He was very smart, but he never showed off. The other students gave him the nickname the "Dumb Ox," because he was big and always quiet and humble. One of his classmates, thinking that Thomas

was too slow to understand, offered to explain the day's lesson to him. Thomas gratefully accepted his help, but then his classmate became confused over a particularly difficult part in the lesson. So Thomas had to explain the lesson to his classmate because he had understood it all along!

Thomas wrote many books, the most famous being the *Summa theologia*, which explains a large part of the Catholic faith. Thomas also loved Jesus in the Eucharist very much. He wrote about the Eucharist with great prayer, and after he was finished, Jesus appeared to him in a vision and told him, "You have written well of the sacrament of my Body." During his vision, Thomas' body levitated, floating off of the ground. Thomas also wrote many

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JANUARY

beautiful Eucharistic hymns. We sing two hymns that he wrote, "O salutaris" and "Tantum Ergo," during Benediction.

Near the end of his life, Thomas Aquinas had many mystical visions. These visions filled him with awe and wonder about the mystery of God. He stopped writing because he knew that nothing he wrote could ever compare to God.

Thomas became ill, and when the pope called him to visit a Council, a meeting of the Church, Thomas collapsed on the road and soon after died at about 50 years of age.

Thomas Aquinas is a great example of humility. His feast day is on January 28, and he is the patron saint of Catholic schools, colleges, and universities.

THE SACRAMENTS, JANUARY

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- **Solemnity of Mary, the Mother of God** - January 1
- **St. Elizabeth Ann Seton** - January 4
- **Epiphany** - January 6
- **St. Gregory of Nyssa** - January 10
- **Baptism of the Lord** - January 11
- **St. Agnes** - January 21
- **Day of Prayer for the Legal Protection of Unborn Children** - January 22
- **March for Life, Washington D.C.** - January 23
- **St. Vincent** - January 23
- **St. Francis de Sales** - January 24
- **The Conversion of St. Paul** - January 25
- **St. Thomas Aquinas** - January 28
- **St. John Bosco** - January 31



**Other Important Days to Remember**



- Read about the saints
- Watch movies about the saints (FORMED & YouTube)
- Listen to Podcasts about Saints
- Learn about any family patron or special saints
- Have pictures and/or quotes of the saints in your home
- Celebrate feast days



# Learn About & Celebrate the Saints

# **PRAYER TO OUR LADY OF GUADALUPE FOR PROTECTION OF THE UNBORN**

Virgin of Guadalupe,  
Patroness of unborn children,  
we implore your intercession  
for every child at risk of abortion.

Help expectant parents to welcome from God  
the priceless gift of their child's life.  
Console parents who have lost that gift  
through abortion,  
and lead them to forgiveness and healing  
through the Divine Mercy of your Son.



**Prayer for the Unborn**

Teach us to cherish  
and to care for family and friends  
until God calls them home.

Help us never to see others as burdens.  
Guide our public officials  
to defend each and every human life  
through just laws.

Inspire us all to bring our faith into public life,  
to speak for those who have no voice.  
We ask this in the name of your Son,  
Jesus Christ, who is Love and Mercy itself.  
Amen.

Our Lady of Guadalupe, Patroness of the Unborn,  
Pray for us.



**Prayer for the Unborn**

**For the intercession of Saint Elizabeth Ann Seton,  
that we may be steadfast teachers of the faith to our children, we pray:**

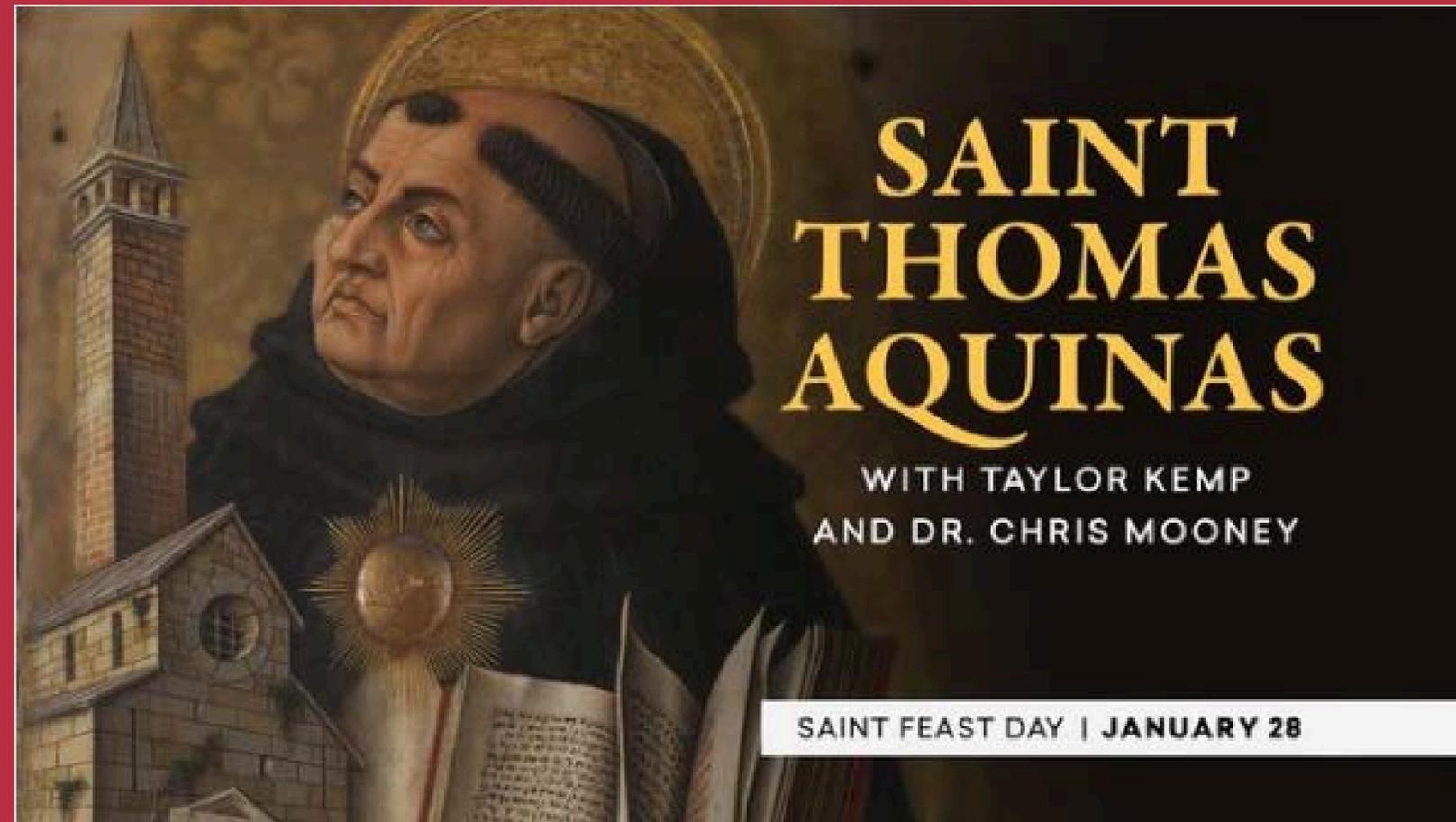


*Holy Father, You called Elizabeth Ann  
Seton to educate Your children.  
Inspire us, by her example, to find  
Your will in the present moment.  
Through her prayers, may we learn to  
teach our own children how to love  
like You. We ask this in the name of  
Jesus Christ, our Lord and Teacher.  
Amen.*



# Resources: FORMED

**Sign Up for Formed**  
Enter St. Philip as your Parish



## St. Thomas Aquinas | Catholic Saints

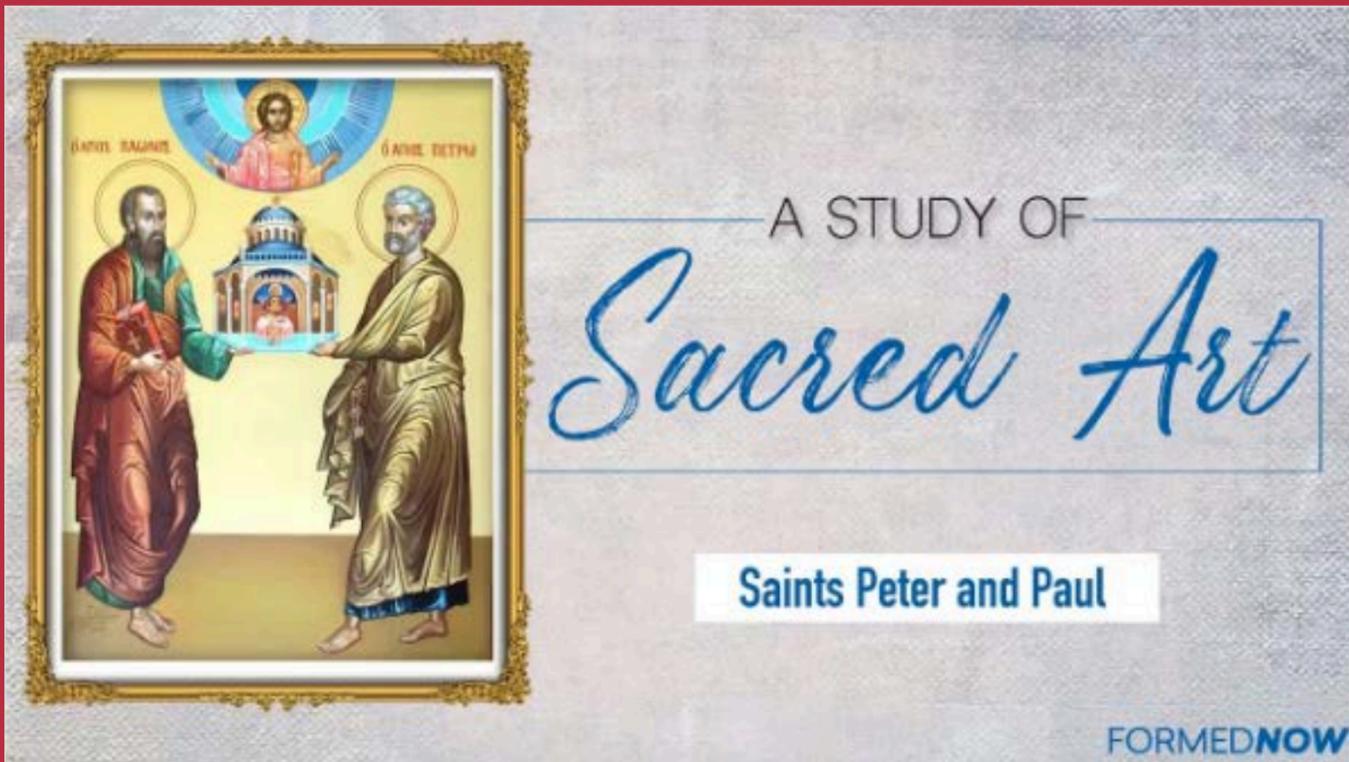
St. Thomas Aquinas was given one of the greatest minds in history. He devoted his life to studying God and used his great intellect to write extensively on almost all theological topics. Not only did St. Thomas cover almost all of theology, but he als...

Formed

# Resources: FORMED

Sign Up for Formed

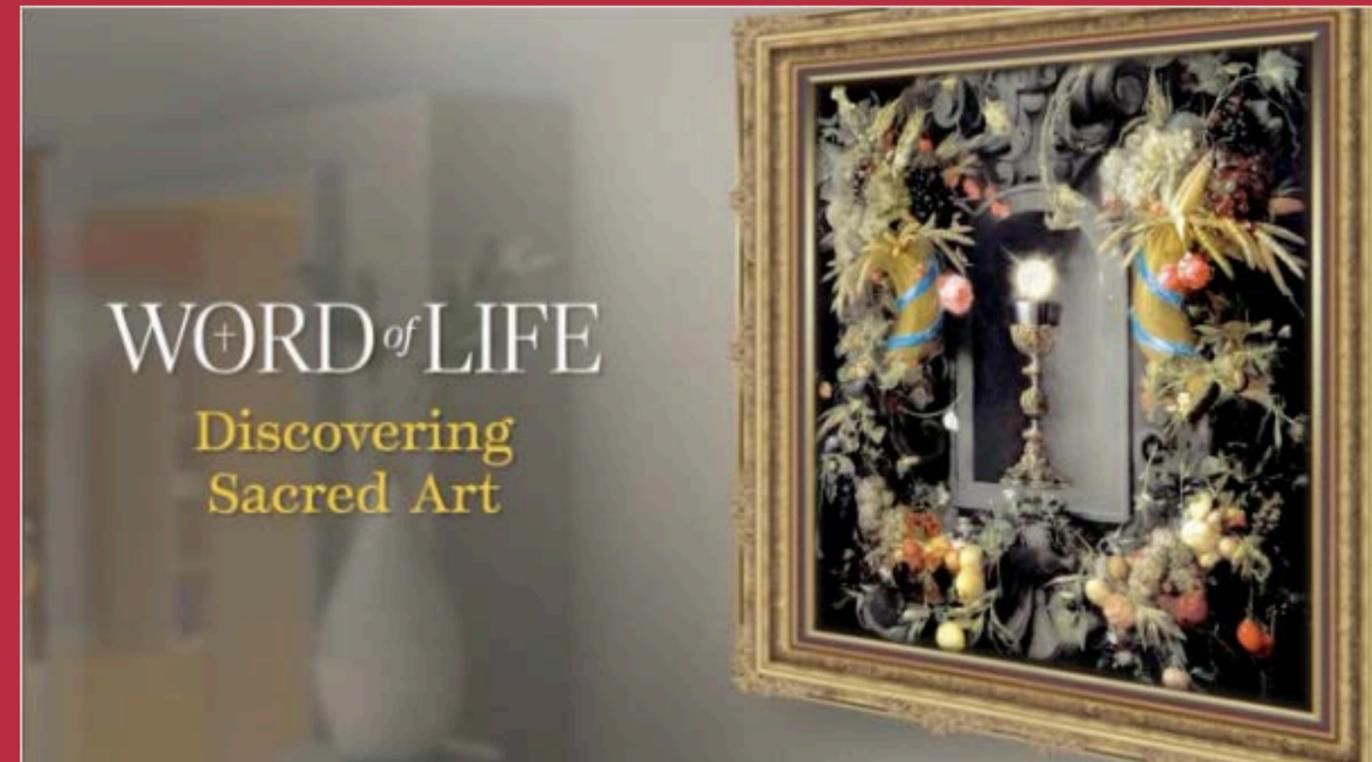
Enter St. Philip as your Parish



## Saints Peter and Paul | Sacred Art - Sacred Art

Dr. Ben Akers and Taylor Kemp sit down with different pieces of Sacred Art to discuss their theological meanings and how they can speak to us today. View all episodes of Sacred Art. Help us share the truth and beauty of the Gospel ...

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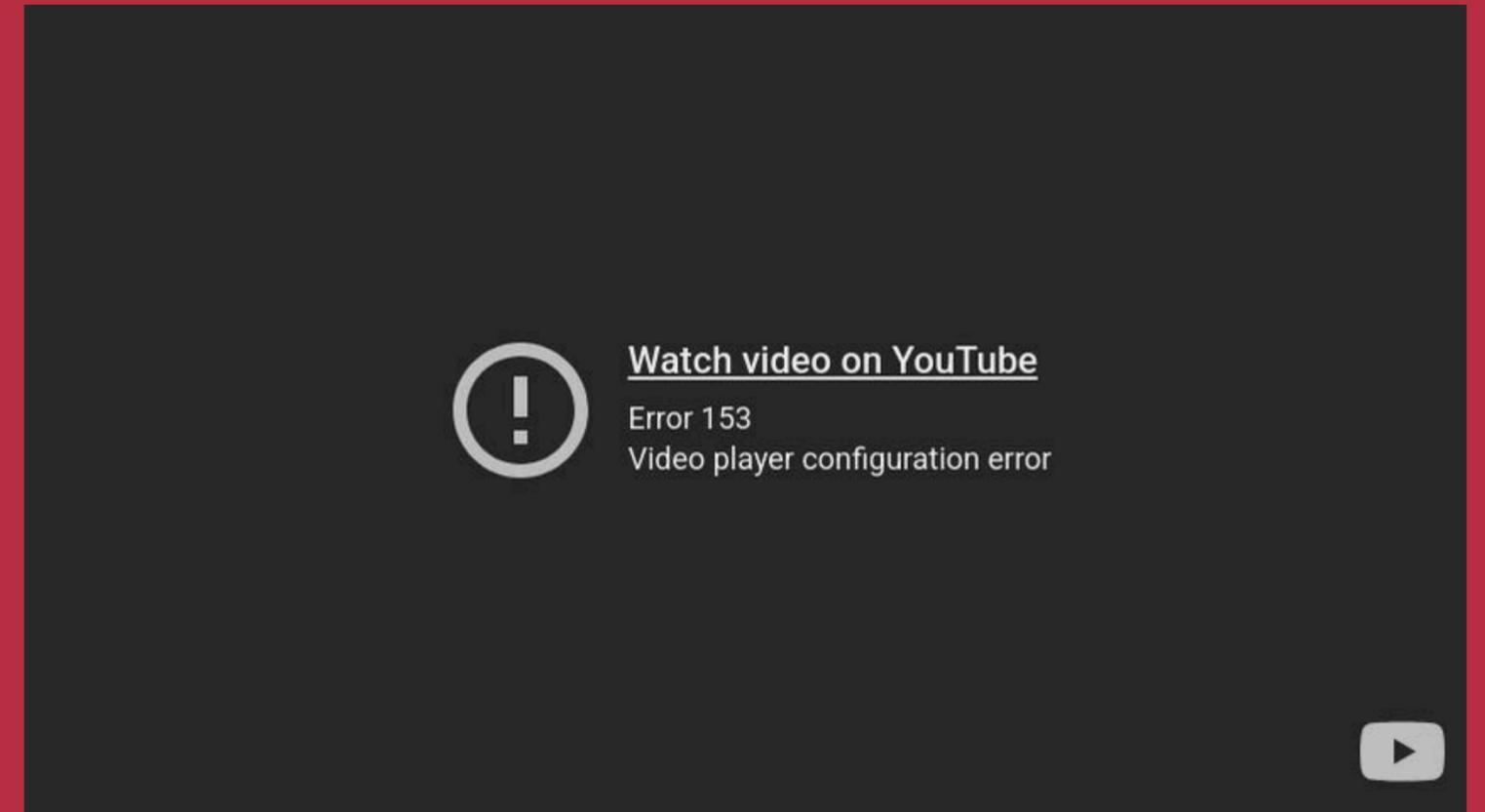
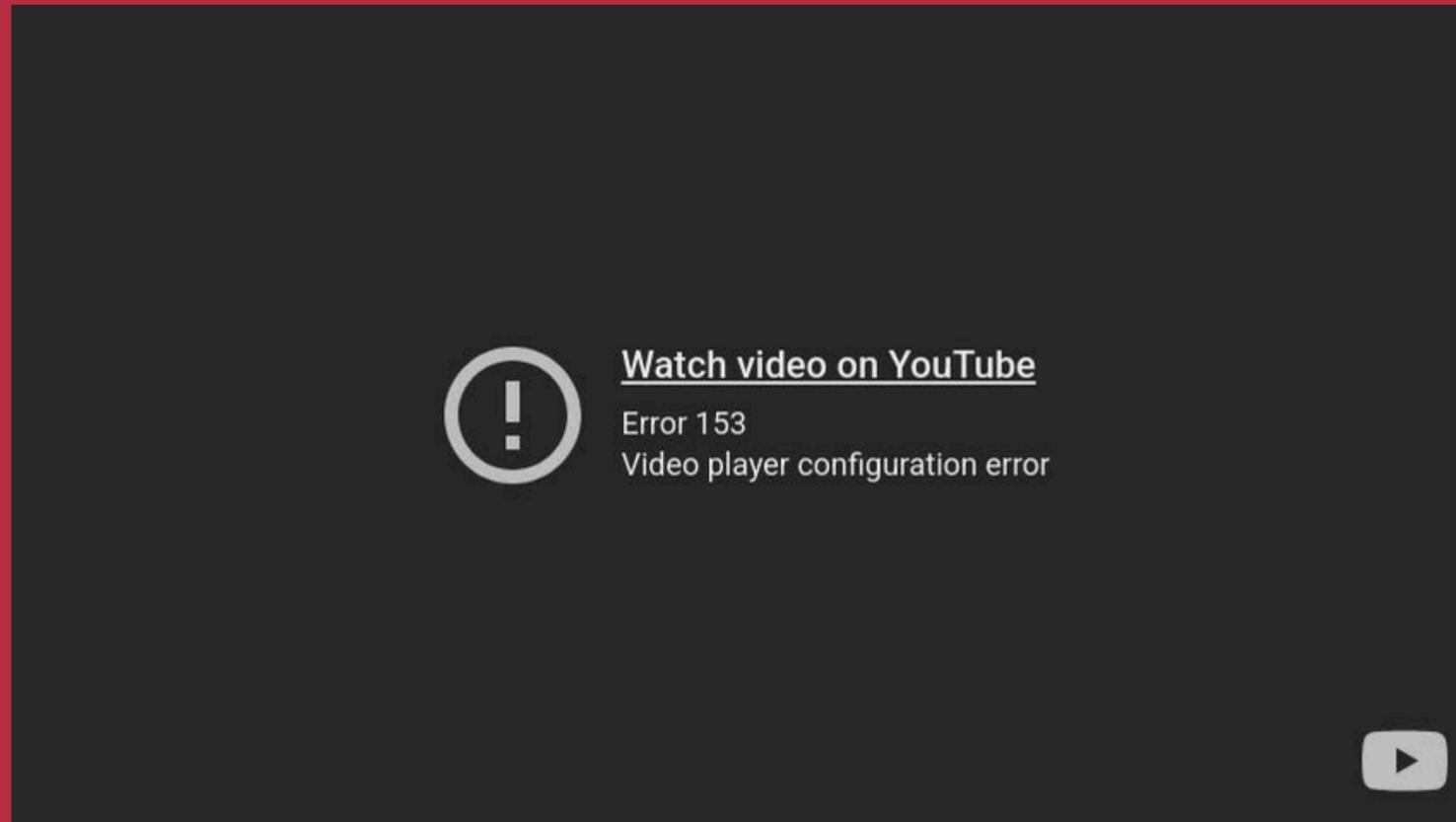


## Sacred Art for Kids

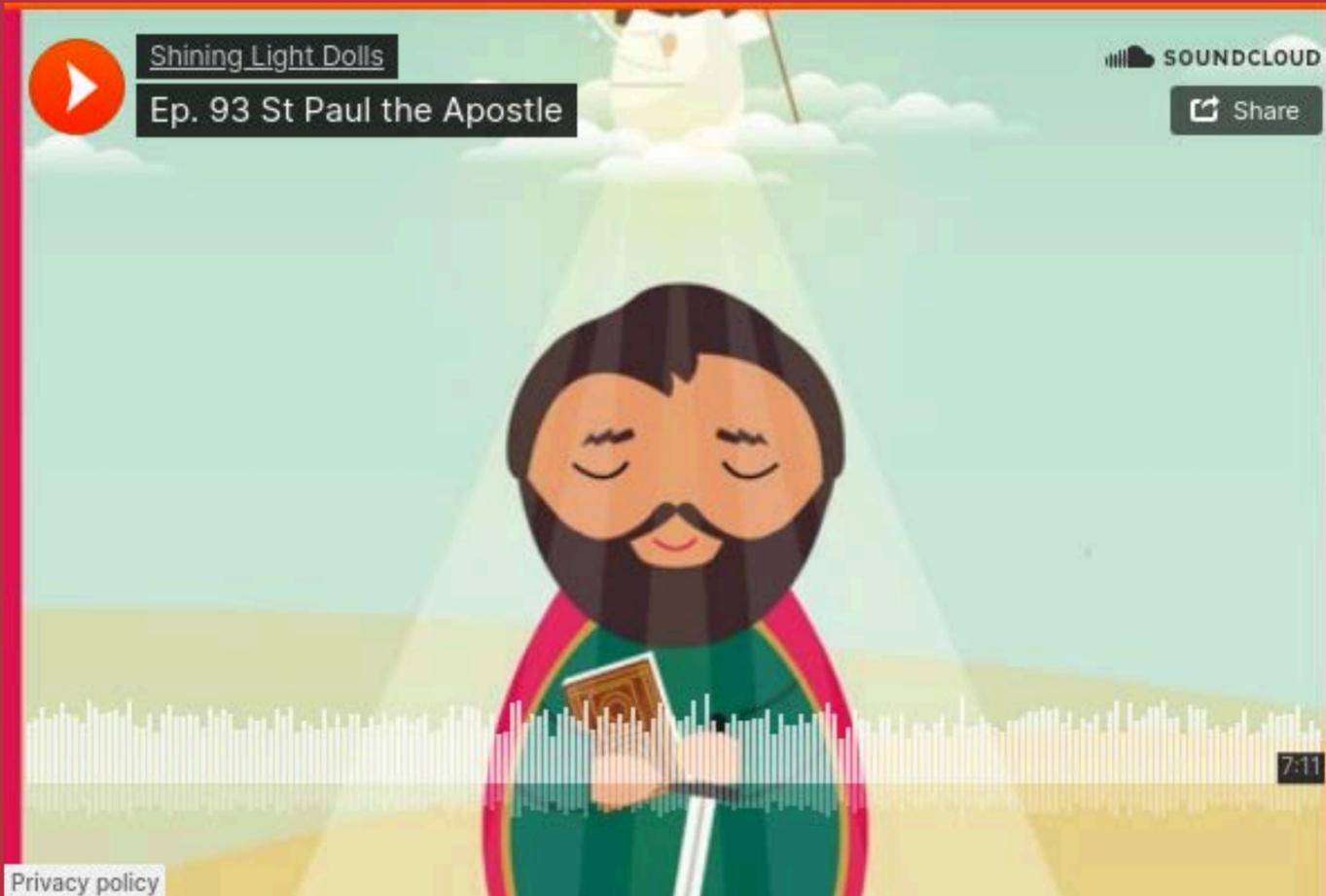
These videos are just a small portion of the Word of Life curriculum created by the trusted theologians and award-winning film studio at the Augustine Institute and at Ignatius Press. Word of Life is a comprehensive, multifaceted Pre-K-8 curriculum...

f Formed /

# Resources: YouTube



# Saint Stories for Kids



Episode 93 -  
St Paul the Apostle



Episode 56 -  
St Thomas Aquinas



Shining Light Dolls™

# CATHOLIC KIDS CLUB

Shining bright with the light of Christ!



ISSUE 02

AUGUST | 2025

Spotlight on  
**ST. ROSE**

The first canonized Saint  
from the Americas!

Sweet, chewy  
**CLOUDS**

A heavenly treat for the  
Transfiguration!

The Father of  
**GENETICS**

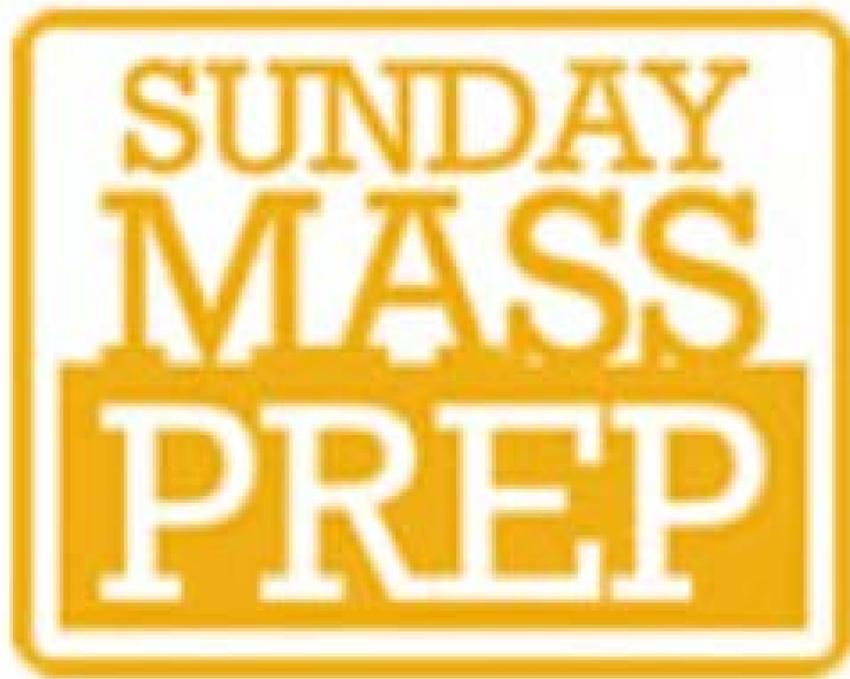
The priest that grew  
over 28,000 pea plants!

# Catholic Kids Club Magazine





# HOLY HEROES®



- Weekly Gospel Video
- Weekly Mass Readings
- Mass Coloring Sheet
- Mass Worksheet
- Mass Quiz
- Bonus Activity

# Local Happenings

*This Lent,  
don't just observe the season...*

## BE TRANSFORMED BY IT.

- **Break free** from spiritual patterns that keep you stuck
- **Grow** in clarity, peace, and spiritual maturity
- Learn how to **live in freedom**, rather than experiencing a singular breakthrough

*Invest in your spiritual health and growth  
this Lent! Sign up today!*

[WWW.DISCIPLESHPDELIVERANCE.COM](http://WWW.DISCIPLESHPDELIVERANCE.COM)

Questions? Email: [admin@wholecatholic.com](mailto:admin@wholecatholic.com)



**Feb. 3 - Mar. 24, 2026**  
**Tuesdays @ 7 PM**



St. Philip Catholic Church  
Activity Center



**SIGN UP ONLINE!**



**\$197** for all 8 weeks!  
*Only one registration needed per household*

**DD**  
Discipleship  Deliverance





# *Adoration*

**MONDAY, WEDNESDAY,**

**1ST SATURDAY** 7:30am - 8:45am - MC

**TUESDAY** 5:30pm - 6:00pm - MC

**FRIDAY**

9:30am / 6:00pm Benediction - OC

**NOCTURNAL ADORATION | ADORACIÓN NOCTURNA**

3rd Saturday of the Month | 3er sábado del mes

8:30pm / 6:45am Benediction - OC



*Saint Philip the Apostle*  
CATHOLIC CHURCH *Est. 1871*

# CHARISMATIC MASS

*Misa Carismática*

Father Gervan Menezes, Celebrant | Padre Gervan Menezes, Celebrante

January 29th  
7 PM



**CHESTERTON ACADEMY**  
OF THE INCARNATION

Nashville's *Only* Catholic Classical High School

*Join us for an*

# INFO NIGHT

JANUARY 15, 2026 7:00 PM

**CATHOLIC \* AFFORDABLE \* CLASSICAL**

To RSVP: scan QR code  
or Email [info@chestertontn.com](mailto:info@chestertontn.com)

2419 Bethlehem Loop Rd. Franklin  
[ChestertonAcademy.com](http://ChestertonAcademy.com)





**March 5-8  
Women's Winter  
Retreat  
Camp Marymount  
Fairview TN**

Register: [NashvilleCursillo.com](http://NashvilleCursillo.com)  
Contact: [Cursillo@StPhilipMinistres.com](mailto:Cursillo@StPhilipMinistres.com)



*She  
Shall Be  
Called  
Woman*



**RESTORED TO RADIANCE**

**7:00pm Wednesdays  
Begins January 21**

In a world where the prevalence of darkness often seems overwhelming, it's easy to feel discouraged, fearful, or even weighed down by the struggles of our culture.

Yet, Scripture offers us a powerful image of light that not only calls us to turn to Christ in our need for conversion, but also reminds us that He has already won the victory.

This season, we are invited to embrace the Light of Christ

To register scan the QR code.  
Led by Katy Lane: [She@StPhilipMinistries.com](mailto:She@StPhilipMinistries.com)

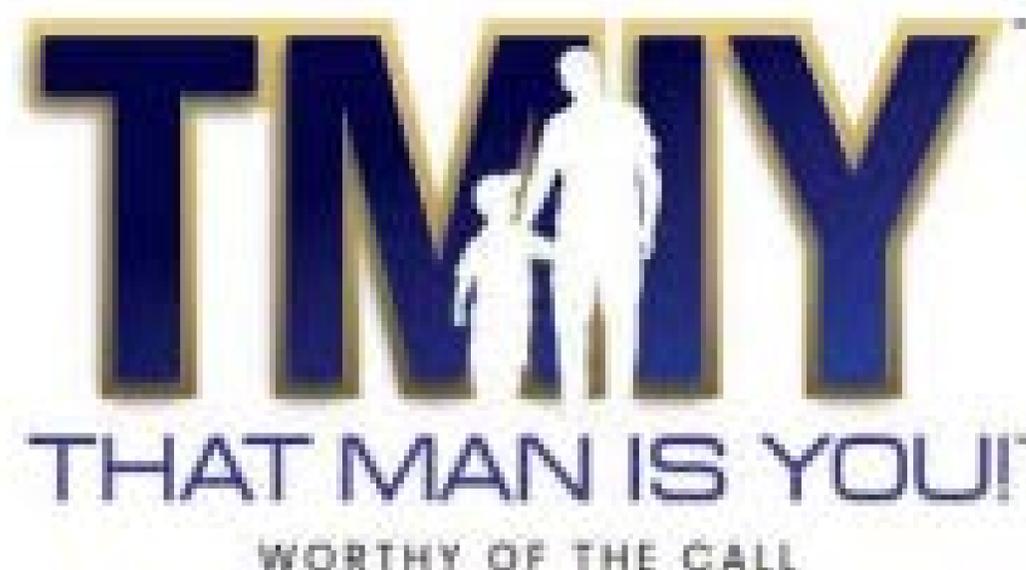
**THAT MAN IS YOU!**  
**Saturday, January 17**  
**Worthy of the Call II**  
*Spring semester*  
**7-8:30am Activity Center**

Are you looking to deepen your relationship with God? Be a better husband? Become a more loving father? Build friendships with other like-minded men?

**All Men are welcome any Saturday.**

Join us by scanning the QR code.

To learn more contact  
Ismael Fierro: [TMIY@StPhilipMinistries.com](mailto:TMIY@StPhilipMinistries.com)



*Solo Inglés*

THREE TO STAY MARRIED

# *Faith & Family*

the Center of It All

Dinner & Inspiration with **MATT BIRK**

NFL Man of the Year, Super Bowl Champ, ALL-Pro Center and Devout Catholic



**SATURDAY, JANUARY 31**

6:15 pm

Cathedral's Fleming Center



## Wedding Anniversary Mass

**Bishop Mark Spalding, Celebrant**

*All married couples are invited  
to celebrate your wedding anniversary  
with the Bishop.*

*Milestone anniversaries,  
25, 50, 60+ years, will be recognized.  
A reception follows the Mass.*

*To RSVP: Call the Office of  
Marriage and Family Life at  
(615) 645-9752,  
scan the QR code  
or go online to*

*[NashvilleFaithFormation.com/  
mfl-events](http://NashvilleFaithFormation.com/mfl-events)*



# World Marriage Day

2:30pm Sunday, February 1  
Cathedral of the Incarnation



DIOCESE OF  
NASHVILLE

# Día Mundial del Matrimonio

## Misa de aniversario de bodas

**Obispo Mark Spalding, Celebrante**

*Todos los matrimonios están invitados  
a celebrar su aniversario de bodas  
con el Obispo.*

*Se reconocerán los aniversarios  
importantes (25, 50, 60+ años).  
Una recepción sigue a la misa.*

*Para confirmar: llame a la Oficina de  
Matrimonio y Vida Familiar al  
(615) 645-9752,  
escanee el código QR  
o ingrese en línea a  
[NashvilleFaithFormation.com/  
mfl-events](http://NashvilleFaithFormation.com/mfl-events)*