

Sacred Heart Faith Formation Handbook



*“Committed
For Life,
Service,
Sacrament”*

Contact Information

Father Leif	Pastor	835-1222	father.leif@gmail.com
Marijo Fischer	Coordinator of Grades K-4 and First Communion	835-2780	fischer@sacredheartschoolwaseca.com
Kayla Greiner	Coordinator of Grades 5-12 and Youth Ministry	835-1500	shffwaseca@gmail.com
Edna Burns	Faith Formation & Youth Ministry Support Staff	835-1500	shffwaseca@gmail.com

Meeting Times

Grades Kindergarten through 4th meet on Wednesdays from 6:00 PM - 7:00 PM in the Sacred Heart School classrooms.

Grades 5 - 9 meet on Wednesdays from 6:30 PM - 8:00 PM. For the first 15 minutes, they meet in the gym. Then, their classrooms are in the Parish Center and School.

Grades 10 - 11 meet on Wednesdays from 6:30 PM - 8:30 PM. For the first 15 minutes, they meet in the gym. Then, their classrooms are in the Parish Center.

Grade 12th meets approximately 10 times throughout the year on Wednesdays from 7:00 PM - 8:00 PM in the Rectory Meeting Room.

Policies

Drop Off/Pick Up

Children in Grades Kindergarten through 4th must be accompanied into the School and to their classroom by a parent to be dropped off. Children must be picked up at their classroom at the end of class. We also ask that you do not use the east doors of the school building.

For youth in Grades 5-11, youth must be dropped off and picked up at the west doors and driveway of the Parish Center. Youth must use crosswalks when crossing the streets. Youth must wait inside the Parish Center at the west doors until they see their parents.

Attendance Policy

If your child(ren) will not be in attendance on a Wednesday evening for Faith Formation classes, please let the Faith Formation office know by email at shffwaseca@gmail.com or by phone at 835-1500. We will be taking attendance each Wednesday in every classroom. If your child(ren) is absent from class and we do not have prior notice, we will be calling to see why your child(ren) is not in attendance. We are implementing this policy for the safety of our youth.

Cancellation of Classes

Faith Formation classes will be cancelled for the night if Waseca Schools have no school or were let out early due to inclement weather. Classes will be cancelled if there is inclement weather at the time of classes. We will notify of cancellation of classes by email, text, website and social media.

Registration Fee/Structure

Registration forms are available on the Sacred Heart website at sacredheartwaseca.org/faith-formation. Faith Formation registration fee is \$50 for Kindergarten, 1st Grade, 3rd Grade and Grades 5-10. For First Communion students (2nd Grade), there is a sacrament preparation fee of \$20, bringing the total fee for

First Communion to \$70. For Confirmation students (11th Grade), there is a sacrament preparation fee of \$60, bringing the total fee for Confirmation to \$110.

Please keep the Faith Formation Office up to date on any contact information changes throughout the year.

Communications

Every Monday at approximately 4:00 PM, there will be a Faith Formation Weekly News email sent to the email you provided on the registration form updating you on News and Events for the week. During the week, there may be periodically emails promoting events and other news.

The Faith Formation office will utilize text message updates sent to parents and youth of Grades 5-12 that have opted into receiving messages to remind about upcoming activities. Text "SHFFYM" to 84576 to join to receive text updates.

In Case of Emergency During Class Time or Youth Ministry Activity

In case of emergency during class time or youth ministry activity with your child(ren), the Faith Formation will call the number provided on the registration form. Please have your phone available during Faith Formation classes or Youth Ministry activities.

Roles and Expectations

In an effort to help each other learn and grow in our relationship with Jesus and become His disciples, we have laid out some roles of individuals involved in Faith Formation to clarify and define how we can work together to become a community of faith. With all of us knowing what our roles are, we can keep each other accountable to meet our mission and goals for the Faith Formation program. Please review the roles with your family.

Roles of Director

- Help youth experience Jesus
- Help youth have a relationship with Jesus
- Coordinate events
- Meet and get to know the students and their parents
- Support catechists in lesson planning and implementing of classes
- Be an example of a disciple of Christ

Roles of Catechists

- Provide support in teaching the youth about our faith
- Help youth learn to have a relationship with Jesus
- Be examples of a disciple of Christ
- Encourage the youth on their journey of faith
- Continue to develop their own faith life

Roles of Parents

- Be the first teachers of our Faith
- Be examples of a disciple of Christ
- Encourage sons and daughters on their journey of faith
- Engage in conversation with sons and daughters about topics discussed in Faith Formation

- Support Faith Formation Director and catechists in providing a safe and respectful environment for all to learn and grow in their relationship with Jesus Christ

Roles of Students

- Have a relationship with Jesus Christ
- Be ready to learn about our faith
- Be engaged in the current activity or lesson in Faith Formation class
- Create an environment of respect where everyone is able to listen and experience God's love, mercy and divine plan
- Show respect to one another, to catechists and to the Director

Curriculum Overview

Kindergarten and 1st Grade students will learn basic prayers: Blessing Before Meals, Sign of the Cross, Angel of God, and Hail Mary. They will learn about God's Creation, how God's love is for everyone, and how we must care for creation together. The students will learn the Great Commandment: to love God above everything. They will learn how the Holy Spirit fills us with love, and the Saints are people who call us to love.

2nd Grade students will be preparing for their sacraments of First Reconciliation and First Eucharist. They will learn how the sacraments are holy signs that come from Jesus and give us grace. They will explore how the Mass is another name for the celebration of the Eucharist, and that Eucharist is a memorial sacrifice of Jesus and how the Eucharist is a sign of joy and example of what heaven will be like. The students will also review what they know about God's creation and how it shows God's goodness. They are expected to have the Act of Contrition, Glory Be, and The Lord's Prayer memorized.

3rd Grade students will review the goodness of God's creation and the Holy Trinity. They will learn how the pope, bishops, and pastors lead and guide the Church. They will explore the seven sacraments and how they are signs that come from Jesus and give us graces. Students will learn the Ten Commandments.

4th Grade students will be able to recognize that every person is worthy of respect because he or she is created in God's image. They will learn how the Church year celebrates the Paschal mystery. Students will learn the Beatitudes. They will understand that we are to love God, and we are to live and act as followers of Jesus.

5th Grade students will study the Liturgical Seasons of the Church Year and Ways to Pray. They will learn how to appreciate the rhythm of the liturgical year. The youth will gain a new perspective of how Jesus works eternally in our everyday lives-He enters our world through the ordinary and makes it supernatural. The youth will be able to enter more deeply into the events of Jesus' life and have a deeper relationship with Jesus through new prayer forms.

6th Grade students will discuss and break down our Creed that we believe in and say at Mass. They will learn where the Creed comes from and why we pray it. The youth will see that the Creed is the summary

of our Faith as passed on from Jesus to the Church that is professed by Catholics worldwide as a sign of our faithfulness and trust in God. Throughout the year, they will deepen their understanding of the seven sacraments and how they are graces given to us from God

7th Grade students will examine the question, “Who is Jesus?” by looking at what each Gospel writer tells us about Jesus. They will compare and contrast the stories from each Gospel to gain a deeper prospect of who Jesus is. They will also discover how Jesus has set up the Church structure we have today. The students will have a deeper understanding of Jesus’ ministry and life on Earth.

8th Grade students will discuss Theology of the Body where they will learn how to answer the tough questions concerning their bodies, their sexuality and their future. They will be challenged to learn how to live chastely. They will also deepen their understanding of Catholic morality and the works of mercy. They will learn how to make moral choices and judgments. The students will understand how to discern between the good and the evil. They will discover how to become better servants to the Church, the poor and the community.

9th Grade students discover and discuss the Teen Timeline of the Bible. They will experience how the Bible can come alive to them by unpacking God’s Word in a way that relates to them. They will see the “big picture” of salvation history. They will be able to wrap their minds and hearts around Scripture and see the Bible as a relevant part of their lives. They will talk about the church history in relation to Scripture.

10th Grade students will begin their first year of Confirmation preparation by using the first half of a book called, *Decision Point* by Matthew Kelly. *Decision Point* gives a short overview of what Confirmation is and what we believe in as Catholics. *Decision Point* is an invitation to the students to explore some of the most important questions in life and shows them how to live up to their potential. During this process, the students will discover the incredible dream that God has for them.

11th Grade students will continue on their journey preparing for the Rite of Confirmation later in the year. Students will continue with *Decision Point* and exploring their plan that God has for them and their life, investigating what it is that God may have chosen for them. Students will continue striving to become the best version of themselves. As part of this process, students will develop their spiritual plan for after Confirmation.

12th Grade students will have seminar discussions on how relationships work, family dynamics, and how to be responsible with their finances. These sessions will help prepare students for life after high school may that be entering college, workforce, or military services.

Sacramental Information

First Reconciliation & First Communion

Students in 2nd Grade will receive their First Reconciliation during Advent and First Communion after Easter. Their preparation for their first sacraments will be in the Wednesday evening Faith Formation classes. During the year, there are two informational parent meetings where attendance is required at

BOTH meetings. One will be in preparation for First Reconciliation held in the Fall. The other parent meeting is in preparation for First Communion held in early Spring.

Students and their parents are required to attend two Faith Sharing Centers that are also part of the sacramental preparation. They are faith-based activities for the parent and child to support and enrich what is being taught in the classroom in preparation of First Reconciliation and First Communion. They are held before First Reconciliation in the Fall and before First Communion in early Spring.

Confirmation

“By this anointing the confirmand receives the “mark,” the seal of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object. Hence, soldiers were marked with their leader’s seal and slaves with their master’s. A seal authenticates a juridical act or document and occasionally makes it secret. Christ himself declared that he was marked with his Father’s seal...”

Catechism of the Catholic Church (CCC) 1295-1296

“A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.” CCC 1319

Confirmation is a two-year process, starting in 10th Grade and receiving the Sacrament of Confirmation in 11th Grade. The Confirmation Requirements are the following: attend weekend Mass on a regular basis, attend weekly Faith Formation classes on Wednesday evenings from 6:30-8:30 PM, 50 hours of volunteer/service hours, 50 homily notes, Baptismal Certificate on file, choose a Confirmation Saint, and attend two retreats (one in 10th Grade and another in 11th Grade. For 11th Grade year, there are additional requirements as followed: write a paper on Confirmation Saint, complete a meeting with Father, write a letter to the Bishop, and attend & participate in the Rite of Commitment (usually in late Fall) and Rite of Testimony (usually in Spring).

Reconciliation

“Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God’s forgiveness and reconciliation with the Church, which are expressed and accomplished liturgically by the sacrament of Penance and Reconciliation.” CCC 1440

“This sacrament reconciles us with the Church. Sin damages or even breaks fraternal communion. The sacrament of Penance repairs or restores it. In this sense it does not simply heal the one restored to ecclesial communion, but has also a revitalizing effect on the life of the Church which suffered from the sin of one of her members. Re-established or strengthened in the communion of saints, the sinner is made stronger by the exchange of spiritual goods among all the living members of the Body of Christ, whether still on pilgrimage or already in the heavenly homeland.” CCC 1469

During our Faith Formation year, we have two reconciliation nights: one during Advent and the other during Lent. However, reconciliation is also offered every weekend half an hour before each Mass, by appointment with Father, and two communal reconciliation services one offered in Advent and the other in Lent.

Eucharist

“The Eucharist is the heart and the summit of the Church’s life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.”

CCC 1407

“The Mass is at the same time, and inseparably, the sacrificial memorial in which the sacrifice of the cross is perpetuated and the sacred banquet of communion with the Lord’s body and blood. But the celebration of the Eucharistic sacrifice is wholly directed toward the intimate union of the faithful with Christ through communion. To receive communion is to receive Christ himself who has offered himself for us.” CCC 1382

Every first Wednesday of each month from September to April, a Faith Formation Mass is offered at 7:00 PM and is open to all parents and parishioners. We encourage families to attend together a weekend Mass offered at 5:15 PM on Saturday or 8:00 AM & 10:00 AM Sunday at Sacred Heart. You may also find a church and Mass times if you are away by going to <https://masstimes.org/> by putting in your city, state or zip code. We also encourage families to attend the Holy Day of Obligations (Jan. 1, Aug. 15, Nov. 1, Dec. 8, and Dec. 25) throughout the year. Daily Mass is offered Tuesdays, Wednesdays, and Fridays at 8:30 AM, and Thursdays at 7:00 AM in the Church and Thursdays at 9:15 AM at the Lake Shore Inn Nursing Home. You can again find other daily Mass times in the area at <https://masstimes.org/>.

Other Ministries and Activities

Community Service

Community service is a great opportunity to give back to the Sacred Heart and Waseca communities your time, talents, and gifts that God has given you. Every month, we will have at least one community service project benefiting the Waseca community and outside the Waseca community

Youth Ministry Activities (Other than Wednesday Nights)

These events will be planned by the youth committee and the director. They will consist of social, spiritual and service events at least once a month. Watch the weekly email, social media sites, website, and bulletin for events.

Altar Serving

Altar Serving is open for any student who is in 4th Grade and older. Altar servers assist Father and serve at weekend Masses with reverence and dignity. To become an altar server, please contact Father Leif for training at 835-1222 or father.leif@gmail.com.

Music Ministry

Cherub Choir

The Cherub Choir is open to all students in Grades 1-4. They meet Wednesday afternoons in the Parish Center Music Room from 4:00-4:45 PM. They cantor at least once a month at a weekend Mass. If interested in joining, please contact Marlys Froehle at 507-461-1600 or cmfroehle@gmail.com.

St. Ephrem Choir

The St. Ephrem Choir is open to all students in Grades 5-8. They meet Wednesday evenings in the Parish Center Music Room from 5:55-6:25 PM and cantor once a month at a weekend Mass. If interested in joining, please contact Sarah Berry at 507-461-3374 or berry.sarah_j@yahoo.com.

Praise & Worship Team

The Praise & Worship team is open to all students in Grades 9-12. They perform and sing at the first Wednesday night FF Mass, at least one other Wednesday FF night in the Parish Center Gym, and at least once a month at a Weekend Mass. If interested in sharing your musical talent, please contact Mark Denn at 507-461-0880 or markandnancydenn@hotmail.com.

Ways to Become Involved in Faith Formation & Youth Ministry

Catechist, Catechist Aide, Substitute Catechist

A catechist serves to teach the youth the faith of the Catholic Church by word and example. They prepare and lead grade-level weekly sessions with another catechist for the youth through activities and lessons on Wednesday evenings either from 6:00-7:00 PM for Grades K-4 or 6:30-8:00 PM for Grades 5-9. Catechists are recommended to teach the same grade for a two-year term. A catechist aide helps the catechists as needed in the classroom. A substitute catechist will fill teaching the class when the regular catechist(s) are unavailable. If interested in leading our young people, please contact the Faith Formation office at 835-1500 or shffwaseca@gmail.com.

Event/Camp/Retreat Chaperone

Throughout the year, the Faith Formation staff and youth committee plan social events, service events, attend camps, retreats, and conferences for the youth to further learn, grow, and deepen their faith. In order for these events to happen, we rely on adult chaperones to assist at the events in accordance with VIRTUS guidelines. Adult chaperones will participate in the events as well as deepen their faith along with the youth.

High School Gatherings and Fundraiser Suppers Cook/Server

Throughout the year, the Faith Formation staff will host high school gatherings on a Wednesday night and host supper fundraisers to raise funds for youth trips and youth ministry programs. Adults are needed to help cook and serve at these events. If you enjoying cooking or are in interested in serving at these events, please contact the Faith Formation office at 835-1500 or shffwaseca@gmail.com.

Faith Formation Committee

The Faith Formation Committee serves to ensure that the pastoral care of youth at Sacred Heart is rooted in the parish and is integral to the life, work and mission of the parish community. The Committee consists of adults who provide vision, direction, support and advocacy for the parish's ministry to youth. The responsibilities will include monthly meetings from September to April and a two-year commitment. Adults who desire a commitment and love for the youth, who have a willingness to share their faith in Jesus, their ongoing journey to God with others, and a willingness to further their understanding of comprehensive youth ministry and youth culture are encouraged to join the committee. If interested and hear the call to be part of the committee, please contact Kayla Greiner at 835-1500 or shffwaseca@gmail.com.