

Our Lady of Perpetual Catholic Church



Parish Religious Education (P.R.E.) Family Handbook

Dear Parents,

Welcome to another year of Parish Religious Education at Our Lady of Perpetual Help!

Thank you for entrusting us with the privilege of walking alongside your family in the faith. As parents, you are the first and most important teachers of your children's faith. Long before they enter a classroom, they learn about God through your example, your prayers, and the way you live the Gospel each day. Our role is not to replace that sacred responsibility but to support, encourage, and equip you as you lead your children to know, love, and serve Jesus Christ.

At OLPH, our Parish Religious Education program seeks to provide a strong Catholic foundation rooted in Sacred Scripture, Sacred Tradition, and the teachings of the Church. Together, we hope to help every child grow in wisdom, faith, and a personal relationship with Christ.

The greatest gift we can give our children is an authentic Catholic life. We encourage every family to make Sunday Mass a priority, receive the Sacraments frequently—especially the Holy Eucharist and Reconciliation—and pray together regularly at home. We also invite parents to continue growing in their own faith through the many adult formation opportunities offered here at OLPH. When parents continue learning and growing in their faith, children naturally follow their example.

Please know that we are excited to partner with you this year. We want this to be a joyful, faith-filled experience for your entire family. If you ever have questions, concerns, or simply need guidance, we are only a phone call or email away. Please don't hesitate to reach out to our Parish Administrator, Kim Pesce, at 901-754-1204 or kpesce@olphgermantown.org. We are here to support you in any way we can.

Thank you again for your commitment to raising your children in the Catholic faith. Be assured of our prayers for your family throughout the year. We ask the intercession of Our Lady of Perpetual Help to watch over our children, parents, catechists, and all who share in this beautiful mission of passing on the faith.

May God bless you and your family abundantly.

In Christ,

**Fr. Jolly Sebastian, MCBS
Pastor**

Guidelines for Placement in Religious Education Classes

Class Placement:

In general, students will be assigned to the PRE class that corresponds to their grade level in school, K – 8th grade.

For Children in (3rd-8th) or older students (8th – 12th grades) who were not able to receive the sacraments at the traditional time, please contact the church office to make arrangements for Sacrament Preparation Courses.

Homeschooling

- Homeschooling families are encouraged and welcomed to participate in our Religious Education Program. This is a wonderful opportunity to foster a sense of community with the parish and interact with other Catholic children in a controlled and caring environment.
- As a rule, we do not permit students to be homeschooled in religious education unless they are homeschooled in all academic subjects.

General Information

Class Time

All PRE classes begin promptly at 10:30am and dismiss at 12pm on Sunday. Parents should drop off and pick up their children in the classrooms. The doors to the school unlock at 10:20am and lock at 10:40am. If you arrive after 10:40am, check your child in at the church office. The doors will unlock at noon. If you need to pick your child up before noon, check your child out at the church office.

Attendance

Please make PRE attendance a priority. We want your students there EVERY week! In cases of excessive absences, please contact the church office so that we can help your child get back on track.

Inclement Weather

In the event of inclement weather, we will send an email to parents. Please use your own best judgment when deciding if you should venture out in severe weather.

Safety and Security

- All outside doors and gates will remain locked during the PRE session. If a parent needs to enter the building, please come to the church office.
- The entire school campus is equipped with cameras to monitor hallways, stairwells, entry doors, and outside areas.
- Fire Drills: For our students' safety, we will conduct one fire drill to make our students and adult volunteers aware of emergency exits and safety procedures in the school building.

Communication

We will communicate with families in the following ways:

- Email
- The parish Weekly Bulletin
- The OLPH church website. <https://olphgermantown.org/faith-formation/youth-faith-formation/>

Please contact the church office if you have any questions or concerns at 901-754-1204 Ext 302. Make sure we have your updated email address when you register for PRE each year.

Discipline

Most of our children in our PRE program are well-behaved, which is expected and appreciated! However, if there is a problem, it will be handled on an individual basis by the catechist, the DRE, and the parents.

- Normal discipline problems will be handled by the catechist. If a problem becomes persistent, the student may be sent to the PRE office for a short "time out".
- If a child's behavior is too disruptive to remain in the classroom, the child may be asked to complete the lesson in a separate space, supervised by an adult.

- A continuing problem may necessitate a phone call to the parents and a conference with the parent.
- If a problem persists, we may ask the child's parent to attend the class with the child until the child has the ability to attend classes independently.

Cell Phones

Cell phones should not be seen or heard during class time except with the teacher's permission. If a student uses a cell phone during class (texting, playing games, taking photos, etc.), the teacher will take it and then return it to the student at the end of class. If the problem persists, the parents may be contacted.

Older students may research saints, service projects, etc. on their phone when directed. Also, all students may answer a call or text from a parent with the teacher's permission.

VIRTUS "Power to Protect" Program for Kindergarten - High School



"Power to Protect" is a companion to the VIRTUS program in which many of us have participated. With VIRTUS, we were educated to identify the warning signs of child abuse. In the *"Power to Protect"* program, our children are given age-appropriate instruction about establishing boundaries important to personal safety. This program consists of a short video introduction for each grade level and a series of discussion points. The material is developmentally appropriate for each age

group and includes content and activities that reinforce the message.

The OLPH PRE program will present these lessons in the month of April, during one class period. Parents are given the opportunity to "opt out" of this program on their registration form each year. Please call the Religious Education office if you have any concerns.

VIRTUS Training for Adults

Protecting God's Children is mandated by the United States Bishops and thus the Diocese of Memphis. Anyone having regular contact with youth must attend the Virtus Training Program and agree to a background check. All of our Teachers and Assistants have attended the training and agreed to the background check as required.

Volunteers - You Can Help!

The involvement of parents over the years has significantly contributed to the strength of the OLPH PRE Program. Active parental involvement is encouraged and needed. Numerous opportunities exist to get involved and take part in your child's faith formation. For more information, call the church office at 754-1204. We rely on teens who have completed Confirmation to help us to assist in classrooms. Please contact us if your older child would like to help.

CURRICULUM

All of our textbook series are on the Conformity Listing of Catechetical Texts and Series approved by the United States Conference of Catholic Bishops.

Catechism of the Good Shepherd (K and 1st Grade)

The Catechesis of the Good Shepherd is a catechetical program for children. It is a reflective-based program of religious formation that helps a child to further develop his/her relationship with God in a developmentally appropriate way. It is rooted in Sacred Scripture, the Liturgy, and the educational philosophy of Maria Montessori.

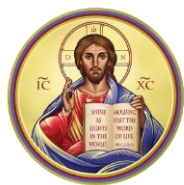
We have Level 1 and Level 2 Atriums at OLPH.

The atrium is a specially designed learning environment where children and adults come together to pray, work, and contemplate the mystery of God and the presence of God in our lives. The atrium is designed to meet the developmental needs of the children and provide beautiful space to share in the process of discovering the Word of God together.

Materials

The Catechesis of the Good Shepherd uses hands-on materials that present central themes to the child. These materials draw the children into the mystery and make it possible for them to have a dialogue with the "Inner Teacher," The Holy Spirit. The materials are handmade by the catechists and parent volunteers. They are simple, yet beautiful, and are set up in an organized curriculum

WORD OF LIFE Augustine Institute (2nd-5th Grades)



The "Word of Life" curriculum, a collaboration between [the Augustine Institute](#) and [Ignatius Press](#), is a K-8 program designed to engage students and families in a deeper understanding of the Catholic faith. It emphasizes not just the transmission of information, but also the transformation of the heart and mind through a comprehensive, multifaceted approach. The curriculum focuses on making the faith relevant to modern culture and fostering a "Christian mentality" that integrates faith and reason.

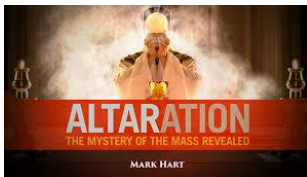
Word of Life forms students in a Catholic worldview. They read Scripture. They learn from beautiful, intellectually rigorous textbooks. They bring resources home to share with their parents. The curriculum is built around four key themes: salvation history, Christian anthropology, heroic virtue, and learning through discipleship.

Theology of the Body Ruah Woods (K-8th Grades)



Ruah Woods Institute uses [John Paul II's Theology of the Body \(TOB\)](#) to help individuals understand their identity as created in God's image and to live out God's design for human love and relationships. Ruah Woods provides resources and curriculum for various age groups, from children to adults, to understand and apply TOB in their lives. Ruah Woods believes that understanding Theology of the Body can help individuals navigate challenges related to identity, relationships, and culture. It offers a framework for understanding the human person and living a more fulfilled life rooted in God's plan.

Altaration Ascension Press (6th Grade)



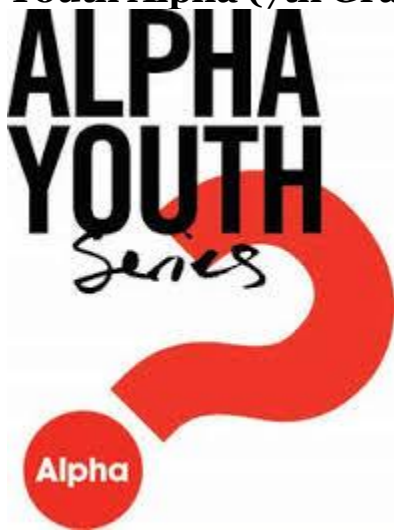
"Altaration" is a Catholic program, produced by Ascension Press, designed to help teenagers understand and appreciate the Mass. It aims to connect the Mass with teens' daily lives, fostering a deeper understanding and love for Jesus through the liturgy.

Encounter Ascension Press (7th Grade)



Encounter is a resource of the Great Adventure Catholic Bible Study Program. It aims to guide students toward a powerful encounter with God by revealing the story of their faith and God's plan for their lives. It utilizes a color-coded Bible Timeline Learning System to help students understand the chronological order of biblical events and how they connect.

Youth Alpha (7th Grade Students)

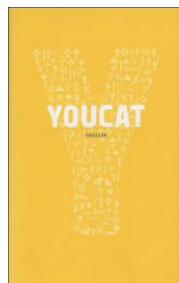
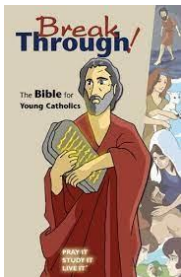


Youth Alpha is an interactive series of sessions designed for young people, aged 13-17, to explore life's big questions, faith, and purpose within the Christian context. The program features video episodes that explore core ideas of the Christian faith in a relevant and engaging way for young people. Topics covered include Who is Jesus, why did Jesus die, the Holy Spirit, prayer, the Bible, and healing.

CHOSEN (8th grade and High School Confirmation Class)



Chosen: Your Journey Toward Confirmation (Ascension Press) is a twenty-four-lesson program that prepares students both intellectually and spiritually to receive the Sacrament of Confirmation and to become lifelong disciples of Christ. All too often we see teens drift away from the Church after Confirmation. *Chosen* seeks to reverse this trend by winning over the hearts of teens at a critical time in their lives and keeping them firmly planted within the faith community of the Church.



Break Through The Catholic Youth Bible, designed for young people, this Bible is issued to all students in their first year of preparation for Confirmation.

YOUCAT - YOUCAT is short for “Youth Catechism of the Catholic Church”. Developed with the help of young Catholics, YOUCAT is an accessible, contemporary expression of the Catholic faith.

It explains:

- What Catholics believe and why (doctrine)
- How Catholics celebrate the mysteries of the faith (sacraments)
- How Catholics are to live (moral life)
- How they should pray (prayer and spirituality)

The YOUCAT is issued to students in their second year of Confirmation preparation.

Prayers

Our Catholic tradition is rich with many forms of prayer. Children are able to understand from their preschool years that prayer is talking and listening to God. Our ministry as parents and catechists is to lead our children to a deeper relationship with God, and prayer is essential to this goal. The chart below lists the prayers that we learn at each grade level in our program; we ask for your help in passing them on to your children. (Please see the appendix at the end of this book for the words to each prayer.)

- [3k-Sign of the Cross](#)
- [4k-Grace before meals](#)
- [K-Grace after meals, Guardian Angel Prayer](#)
- [1st-Our Father, Hail Mary](#)
- [2nd-Act of Contrition, Fatima Prayer, Hail Holy Queen, St. Michael](#)
- [3rd-Serenity Prayer, Morning Offering, The Confiteor, Concluding Rosary Prayer](#)
- [4th-Gloria, Divine Mercy Chaplet, Apostles Creed](#)
- [5th-Nicene Creed, Memorare, Eternal Rest, New Testament Books](#)
- [6th-Anima Christi, Prayer of St. Francis, 10 commandments, Old Testament Books](#)
- [7th-Angelus, Regina Coeli, Divine Praises, Beatitudes](#)
- [8th-Magnificat, Prayer to the Holy Spirit, Corporal Works of Mercy, Spiritual Works of Mercy, Gifts of the Holy Spirit](#)

Sacrament General Information

- All Catholic children between 1st grade and 8th grade should be receiving Religious Education every year – either in a Catholic School or in our PRE program.
- Sacrament prep is a two-year process. Students prepare for 1st Reconciliation and 1st Holy Communion in 1st and 2nd grade. Students prepare for Confirmation in 7th and 8th grade.
- **Parent Sacrament Meetings** – It is required by the Diocese of Memphis that the parents of children who will be receiving First Reconciliation, First Communion, and Confirmation attend parent meetings
 - **For First Reconciliation/First Communion**, parents must attend one meeting for Reconciliation and one meeting for Eucharist, for a total of two meetings.
 - **For Confirmation**, parents must attend the Confirmation Program Overview and one Confirmation Session, for a total of two meetings.

Should any child miss a significant number of religion classes and/or parents fail to attend the Parent Sacrament Meetings, it could result in delaying the sacrament for the child.



APPENDIX

Sign of the Cross

In the name of the Father, and the Son and the Holy Spirit. Amen.

Grace Before Meals

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

Grace After Meals

We give Thee thanks almighty God
For these and all Thy benefits
That we have received
From Thy bounty
Through Christ our Lord, Amen.

Guardian Angel Prayer

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.

Hail Mary

Hail Mary, full of grace. The Lord is with thee.
Blessed art thou amongst 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.

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, Lord, have mercy

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.

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

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those in most need of thy mercy.

The Angelus

V- The Angel of the Lord declared unto Mary.

R- And she conceived by the Holy Spirit.

(Hail Mary....)

V- Behold the handmaid of the Lord.

R- Be it done unto me according to thy word.

(Hail Mary....)

V- And the Word was made Flesh.

R- And dwelt among us.

(Hail Mary....)

V- Pray for us, O Holy Mother of God.

R- 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.

Morning Offering

Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and suffering of this day
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of Your Sacred Heart:
the salvation of souls, reparation for sins, the reunion of all Christians;
I offer them for the intentions of our Bishops and of all Apostles of Prayer
and in particular for those recommended by our Holy Father this month. Amen

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;

to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. 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 unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary! Amen.

The Apostle's 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.
The third day He arose again from the dead;
He ascended into Heaven,
sitteth at the right hand of God, the Father Almighty;
from thence He shall 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 the life everlasting. Amen.

The 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.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help
or sought thy intercession,
was left unaided.
Inspired by this confidence,
We fly unto thee, O Virgin of virgins my Mother;
to thee do we come, before thee we stand, sinful and sorrowful;
O Mother of the Word Incarnate,
despise not our petitions,
but in thy mercy hear and answer them. Amen.

Eternal Rest

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.

Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

Saint Michael Prayer

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 throughout the world seeking the ruin of souls. Amen.

Holy Spirit Prayer

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.