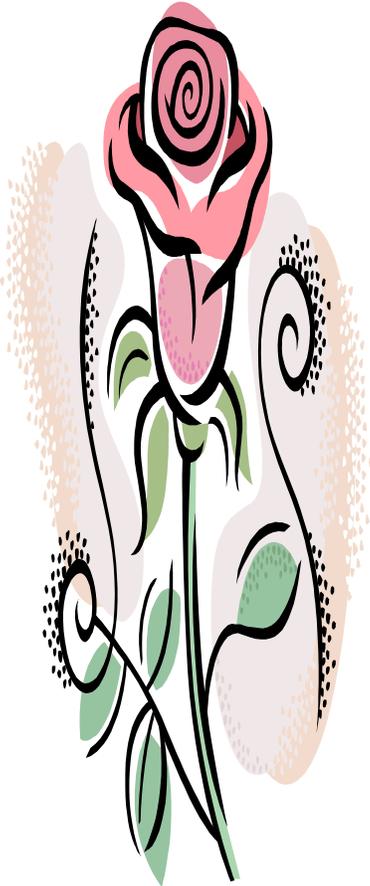




OFICINA DE CATEQUESIS - OFFICE OF CATECHESIS
DIOCESIS DE TYLER - DIOCESE OF TYLER



Mis Quince Años

UN PROGRAMA DE FORMACION PARA QUINCEAÑERAS
A FORMATION PROGRAM FOR QUINCEAÑERAS

Revisado / Revised – January 2013

INTRODUCTION

Definition:

The Quinceañera celebration is an “event” of evangelization within a birthday. It is not a sacramental celebration nor it’s formation a formation to celebrate them.

This celebration is closely linked to what the church calls “sacramentals”.

CCC no. 1670- Sacramentals do not confer the grace of the Holy Spirit in the way that the sacraments do, but by the Church's prayer, they prepare us to receive grace and dispose us to cooperate with it.

CCC no. 1671- Among sacramentals blessings (of persons, meals, objects, and places) come first. Every blessing praises God and prays for his gifts.

Purpose of the Formation Program:

We have prepared these five formation sessions for quinceañeras in an effort to assist the parishes in the Diocese of Tyler with a PROGRAM that will help the young women and their companions to celebrate, in a Christian manner, this special occasion in their lives.

Some of the 15 Goals for the Diocese of Tyler are served as a foundation for the redaction of these sessions. The Three Processes: Christian Initiation, Call to Holiness and Liturgical Renewal are also introduced. The families of the young women and their parish community are encouraged and guided towards recognizing the “event of Evangelization” within this celebration.

The content of these five formation sessions will help the quinceañera to focus her attention to the celebration of the Sacraments (*if she has been fully initiated*). Also, through this formation, we offer the quinceañera an opportunity to look into herself, try to identify her priorities, grow in her relationship with God and discover in her soul the life of Grace that she has been called to from her baptism.

CONTENT

- Session 1.** Origin and Tradition of the Quinceañera Celebration
Quinceañera: An Event of Evangelization
Process: Call to Holiness
Goal # 9: HUMAN DIGNITY – Acknowledge and affirm the dignity of the human person and community.
- Session 2.** The Seven Sacraments
Process: Christian Initiation
Goal # 7: THE SACRAMENTS – Demonstrate the significance of the sacraments, with an emphasis on the centrality of the Eucharist in the life of Catholics.
- Session 3.** Sacraments of Reconciliation, Eucharist and Matrimony
Process: Call to Holiness
Goal #10: CONSCIENCE – Develop a moral conscience grounded in the truth of Jesus Christ.
- Session 4.** The Ten Commandments
Process: Call to Holiness
Goal # 2: RELATIONSHIP WITH GOD – Present an understanding of the human need for a personal relationship with Jesus Christ based on revelation and faith.
- Session 5.** The Eucharist (Liturgy)
Process: Liturgical Renewal
Goal # 15: CATHOLIC TRADITION OF PRAYER – Know and participate in the Catholic tradition of prayer in the name of Jesus Christ.

Note: Diocesan Guidelines for the Quinceañera Celebration in the Diocese of Tyler.

First Session

Theme: Origin and Tradition

Objectives:

- a. That the quinceañera understands the origin of the celebration of her fifteenth birthday and be familiar with the sacramentals used.
- b. That she understands the kind of attitude she must have, in choosing a Christ centered celebration, understanding that she must remain faithful to her personal call to Holiness.
- c. That the quinceañera finds in this celebration the “event of Evangelization”.

CCC # 1700 The dignity of the human person is rooted in his creation in the image and likeness of God

CIC # 1707 That man has been created "in the image and likeness" of the Creator. It is in Christ, Redeemer and Savior, that the divine image, disfigured in man by the first sin, has been restored to its original beauty and ennobled by the grace of God.

Material Needed

Copy of prayer for each session
Copy of flyer #1, for each participant
Copy of How to pray the Evangelization Chaplet
Paper and pencils to take notes

Process: Call to Holiness

Goal: # 9 HUMAN DIGNITY = acknowledge and affirm the dignity of the human person and the community

The dignity of the Human Person: In baptism each one of us is called to holiness. The human silhouette does not have a face, signifying that we are created in God's likeness. Because we were created in God's likeness we are all the same. There are no distinctions of color, race or nationality. We are all children of God

I. Session:

Opening Prayer Holy Mary

(Ask the participants to read the prayer out loud, slowly and understanding the meaning of the words).

II. Explanation

The Mexican tradition of the celebration of the “Quince Años”, for the adolescent indigenous goes back to the old costumes of the “*Toltecas*” and the “*Mayas*”. It was tradition that an adolescent boy, from the tribe, was considered a man only until he reached the age of 15.

The same was applied to the adolescent female, for as soon as she developed physically to become a woman, she was presented in public to the tribe. She was looked upon as a strong vital force, for the tribe, because she could become a mother.

It was fundamental within the “*Nohas*” of North east of Mexico, to teach the young boys the value of labor; but they were more concerned in safe guarding the dignity of their maidens and grant them their faithful admiration. Within the tribes of the “*Pimas*” and “*Yumas*” of the old Sonora (now Arizona, USA), these maidens walked with their bodies covered. Within the tribes of the “*Cocopas*” in Baja California, these

women used a beautiful sea shell as a symbol of their VIRGINITY. They took this shell off only until marriage. On their wedding night, they gave their shell to their husband as a sign of their love and commitment. If for some reason the women came to marriage being no longer a virgin, she was ridiculed.

As the Spaniards came to conquer Mexico, they found in these tribes great respect for women. One of the missionary priests that accompanied Padre Kino said: "The young women here walk with such assurance and candor through the roads and walk trails in the valley that no one dares to offend them". He also added: "Women do not walk with such candor and assurance in some far away Christian lands".

Because of this tradition, the Quinceañera was no longer treated as child, but as an adolescent growing into A WOMAN.

Therefore, it is important that, in the processes of maturity that the young woman begins, she is conscious of her duties with her family, her parish community and society. Families are made a group by its members. Family members, united by blood bond, are good of the whole human family.

A) Duties with family: The young woman that believes in family values must assure herself that in the process of maturity she focuses her energies and enthusiasm, towards a definite goal. By all means, she must search for ways that would help her to strengthen the bonds of love within herself and extend this love to her family members "because a family is made a group, by its members." Family members, united by the same blood type, are good for the whole human family. We are not alone in this world, it is required that we form an organization; "an organization that is be capable of providing for the needs of others, such as: food, health and education (GS 84, 2)." (Translation from the 16 goals text pg. 111). Therefore, it is the young woman's responsibility to practice charity, to be certain that an environment of fraternity and justice is embraced in her household, and that the virtue of love is practiced by all her family members. She must encourage everyone to live in the love of Christ, a love that is strengthened through daily prayer and the Eucharistic Celebration.

The quinceañera, as a good daughter of God and member of a family, is a collaborator with Christ in the propagation of the Kingdom. This propagation is achieved by her fidelity to her parents, brothers and sisters, friends and those whom she helps, teachers and relatives. In the same way, she respects and collaborates with her friends and co-workers assisting with her experience and knowledge (Translation from the 16 goals text pg. 108).

B) Duties with her parish community: We are different as people and as church. As people because each one of us have special gifts and graces that God has granted us for our good but above all for the good of our neighbor (Translation from the 16 goals text pg. 108). This is the reason why the young woman must use her talents, gifts, and time for the good of her parish community so that she can mature in the virtue of good.

The quinceañera is encouraged to be responsible and exercise charity by offering her services to her parish community. In this way, the young woman will grow in the practice of virtue and will offer through her talents, her own part in the building of the Kingdom of God in favor of others.

This custom is taken popularly as a presentation of one who stops being a child and starts growing into a wise and responsible woman, for society and church. She is one that comes to give THANKS TO GOD, for her birth, her life and her faith.

C) Duties with society: At the same time the quinceañera has, as a duty, the responsibility to fulfill her duty before society. "The duty of making oneself the servant of others and to actively serve them, makes her become stronger in any sector of her human life. "When ever you do something for the least of my children, you do for mi" (Mt. 25:40). The same duty is extended to those who think and act differently. The teachings of Christ demand the forgiveness of those who hurt us. Christ himself extends the commandment of love, which is the one in the new law, to all of our enemies (Mt. 5, 43-44)" (Translation from the 16 goals text pg. 111). The quinceañera then must examine her behavior towards her relationship with others and learn not to exclude anyone from her circle of friends because of race, financial status or looks. The quinceañera is also encouraged to participate in programs or events sponsored by the local parish. The participation on such events will help the young woman to build a society where justice and peace embrace.

Once the young woman understands that her life is valuable and that she must live it with meaning, she will convince herself that the celebration of her fifteen birthday is taken, popularly, as a presentation of one who starts to develop into, a wise and responsible woman, socially and physically,. This woman comes to God's house to GIVE HIM THANKS for her birth, her life and her faith.

To demonstrate the religious importance of this custom, Mexican Catholics celebrate this tradition giving special emphasis to the formation of conscience and sensibility of the young woman, with the purpose to instill in her the need for continual formation of her IDENTITY, her values and interests and the challenges that her ecclesial community has to face in this apprehensive but wonderful XXI century.

III. Open for dialogue.

Questions – open answers.

1. Do you consider it important for a young woman your age to keep her virginity? Why?
2. Now that you know the origin of the quinceañera celebration, what do you think would be the challenge for you? Being catholic; how do you think you should celebrate your fifteenth birthday?

IV. SACRAMENTALS

(give a copy of flyer # 1 to each participant) read it out loud and share.

SACRAMENTALS are not part of the Liturgy of the Church but she takes them from the social common life and gives them a spiritual or moral significance so the Quinceañera will keep them as a reminder that she must walk all her life in accordance with the truths of our faith and the commandments of Christianity.

1. BIBLE, ROSARY OR PRAYERBOOK: It's reading must be for the Quinceañera "spirit and life".
2. CRUCIFIX, CROSS OR MEDAL: it is the beautiful reminder of her evangelization and of her first encounter with Christ our Lord. It reminds her of the fidelity to Christ she must keep until death.
3. RING: It will always remind her of her commitment, not only to Christ but also to the ecclesial community, her parents and patriotic duties.
4. CROWN: represents the purity of body and soul that the Quinceañera must keep overcoming the grave temptations of the modern world. It signifies the triumph of her will and her faith over evil.

5. FLOWERS: represents for the Quinceañera the free and joyful offering of her PURITY, and her consecration to the Blessed Mother.

The flowers are a symbol of her commitment and decision to keep her purity untouched. It is a Christian commitment of the young woman to the Blessed Mother, to keep herself chaste and pure until marriage with her parent's blessing. It is a Christian option that goes against the erotic and false love that is expressed in free sexual relationships in paganism. It is to STOP, to say NO in a Christian way, to the invitation TO PREMARITAL SEX in which thousands and thousands of inexperienced young women fall and then bring to the world children who grow with out a father and without a future.

(Give time for questions or personal reflection time).

V. Reflection

For the young adolescent woman, the celebration of her fifteenth birthday can be just an illusion, sensual, with no Christian meaning. A worldly, pagan, social celebration, with loud music, drinks and dance. JUST AN ILLUSION! It leaves her empty because Christ does not take a part in it. But when the young lady's faith is centered in the Blessed Trinity, she asks, wishes and wants with her whole heart a EUCHARISTIC CELEBRATION in which together with her parents, brothers and sisters, friends and relatives, gives THANKS TO GOD HER FATHER, for her birth, for giving her the opportunity to be fifteen years old and celebrate.

For the celebration to be meaningful, the quinceañera prepares herself by attending this formation program made of five sessions and invites her companions to come with her. They receive the sacrament of Reconciliation and receive the Body and Blood of Christ (*if possible*) in the celebration of the Holy Eucharist. If she does this, she will never forget God, and God will never leave her alone!

VI. New Evangelization

It is also important that the quinceañera and her family recognize in this celebration the "Event of Evangelization". They need to be encouraged to be open to God's '**grace**', which is given to them in many ways throughout this special celebration.

- 1) Mission Direction: Evangelization is Jesus Christ Himself, the Good News of God. Our focus and trust is the Trinity: Father, Son and Holy Spirit.
- 2) Perspective of Evangelization: The universal mission to evangelize is born of faith in Jesus Christ, God made flesh. Evangelization is an event a Kairos, a moment of grace, in which God manifests salvation in Jesus Christ. Our Mission is entrusted to the loving hand of the Immaculate Virgin Mary, Patroness of our Diocese.
- 3) Evangelization prayer: A component of evangelization is encouraging all people to pray the Evangelization Chaplet – Each statement in the chaplet has depth of prayer meaning and guidance in forming a unity of vision toward being an evangelizing Diocese.
- 4) Events of Evangelization: In our lives, through events of evangelization, God's loving grace enters into human situations, calling forth conversion of individuals and society to Jesus Christ, mediator between God and man. The Holy Spirit, principle agent of evangelization, may be calling another person to conversion and a deeper walk of truth with the Lord Jesus Christ.

These opportunities present themselves in all activities of life, funerals, weddings, birthdays, baptisms, in the work environment, etc...

- 5) Steps for an effective personal evangelization experience:
- a. Recognize the opportunity
 - b. Pray silently for guidance and direction for the Holy Spirit
 - c. Identify need and share stories; (for example, identify family events that connect with the Catholic faith)
 - d. Invite with appropriate response and follow up.

EVANGELIZATION PRAYER

Eternal Father, Son and Holy Spirit, source of life and holiness,
You call us to faith and trust.
Renew within your Church, the grace of Pentecost and the
Good News of Jesus Christ so that He may be proclaimed with wisdom,
courage and strength.
Through word and Sacrament open our hearts to Your Grace.
Pour out your Holy Spirit that you may be known and loved by all.
In your loving mercy gather the human family into the unity of
Your One, Holy, Catholic and Apostolic Church.
Blessed Virgin Mary, intercede for us, that we may live to
proclaim Jesus Christ, the Way the Truth and the Life.

HOW TO PRAY THE EVANGELIZATION CHAPLET

OPENING PRAYERS

Start with the sign of the Cross

Using rosary beads, with the cross in hand say: "Jesus Christ himself, the Good News of God."

- 1st On the first large bead, recite the Our Father...
- 2nd On the first three beads say the following
- 3rd Grant me faith, hope & love to live Your word today.
- 4th Lead me to proclaim Your loving mercy
- 5th Blessed Virgin Mary intercede for me.

On the large beads say:

"Holy Father, Son and Spirit, I believe in You and I trust in You.

For Each Decade

On the ten small beads for each decade say the following:

- 1st Renew within me the grace of Pentecost.
- 2nd Set my heart on fire that I may proclaim the Good News with wisdom.
- 3rd Give me courage and strength.
- 4th Teach me ways to make you known and loved by all.
- 5th Let my life be a channel of Your love today.



Mary, star of Evangelization, pray for us.

To end this session

(Invite the young women to read out loud the prayer to Mary)

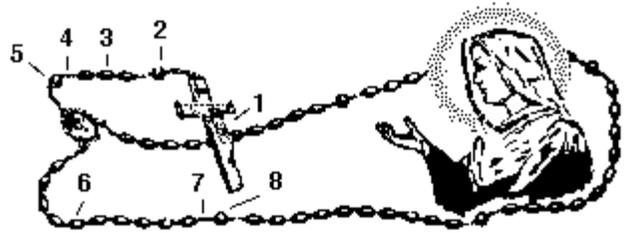
Ask them to attend the next session.

How To Pray the Rosary

Preparation

Start by making the sign of the Cross:

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



Then recite the Apostle's Creed:

2. 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 rose again from the dead; He ascended into Heaven, and 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 Sprit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Then say 1 Our Father, 3 Hail Mary's (for the virtues of Faith, Hope and Charity) and then 1 Glory Be:

3-4 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, 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 death. Amen.

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.

While meditating on the Mysteries, recite:

5 – 8 One Our Father (large beads), 10 Hail Mary (small beads) and 1 Glory Be (before the next large bead) to make a complete decade of the rosary.

After each decade the Fatima Prayer may also be said (Pope Pius XII).

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

After the completion of five mysteries (5 decades), or 15 or 20, the following is customarily said: Hail Holy Queen (or *Salve Regina* may be sung)

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

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

R. That we may be made worthy of the promises of Christ.

Let us pray,

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation.

Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.

Most Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

The Mysteries of the Holy Rosary

JOYFUL on Monday and Saturday.

1. Annunciation
2. Visitation
3. Nativity
4. Presentation at the Temple
5. Finding in the Temple

LIGHT on Thursday.

1. Baptism of Jesus
2. Wedding of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

SORROWFUL on Tuesday and Friday.

1. Agony of Jesus in the Garden
2. Scourging of Jesus at Pillar
3. Crowning with Thorns
4. Carrying the Cross
5. Crucifixion

GLORIOUS on Wednesday and Sunday.

1. Ascension of Jesus
2. Resurrection of Jesus
3. Descent of Holy Spirit
4. Assumption of the Virgin Mary
5. Coronation of Blessed Virgin Mary

SACRAMENTALS

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Flyer #2

HOLY MARY

Holy Mary, at 15 years old
You were also young like me.
On this, my special day,
I want to entrust my life to you,
and ask you to teach me to live
according to what God asks of me.
That I learn to see
the needs of others;
that I learn to generously and tenderly love
those around me;
That I live attentive to God's Word
and let it light my way.

Holy Mary, at 15 years old
I entrust to you my youth
and all the young women
who like me, struggle through life,
I ask you to give your blessing and your love to my parents,
my brothers and sisters, sponsors,
friends, and all those who are with me today.

Holy Mary, at 15 years old
Be with me through out my life,
and teach me the way to Jesus.
Amen.

Second Session

Theme: The Seven Sacraments

Objectives:

- a. That the quinceañera understands the meaning of each of the Sacraments.
- b. That the quinceañera value the Sacraments of Christian Initiation.

Material Needed: A poster of the Seven Sacraments
Activity

(Ask the participants to order the sacraments)

Give each a copy of flyer #1



Process: Christian Initiation

Goal # 7: THE SACRAMENTS - Demonstrate the importance of sacraments, with an emphasis on the centrality of the Eucharist, in the life of Catholics

** The Sacraments: The Eucharist is the center and summit. All other sacraments flow from this one.*

CCC # 1129 The Church affirms that for believers the sacraments of the New Covenant are necessary for salvation.

CCC # 1324 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."

I. SESSION

Opening Prayer: Holy Mary 15 year old.

II. Explanation

What are Sacraments? Sacraments are visible signs instituted by Christ that gives or increases grace.
(show poster)

Ask the participants to share what they think these symbols signify and what is the message each one brings. Invite all to share. There will be no wrong answers.

Each one of the sacraments contains in itself a reality that we do not see, but even though we do not see it, it exists. It is a spiritual reality. In this session we will discuss the beauty of each of the sacraments and how each one on them help us in our journey to the Father, all our life long.

THE SEVEN SACRAMENTS ARE SIGNS THROUGH WHICH GOD GIVES US GRCE.

Grace: God's life within us.

In the many ways in which the Church is a sign of God's love, we find the seven sacraments, which are acts of adoration, in a personal or communal way. The seven sacraments and each one in particular mark a special time, in our development, all along our lives and invite us to participate in God's life in a very special way.

The sacraments have been instituted by Christ (Dz 844), (CCC no. 1210). The sacraments were performed by him and by the ministry of the Church, either directly or intentionally in the person of the Apostles (Dz

926), for the salvation of mankind. To say that Jesus Christ instituted the sacraments is to say that he instituted their substance (James 5, 14), (Translation from the 16 goals text pg. 80).

Additional Information

Some characteristics

- When we say that a sacrament imprints character or that it is an indelible sign of God's grace we are saying that it is permanent, that it is received only once in a lifetime and that it imprints character in the individual's soul. The sacraments of Baptism, Confirmation and Holy Orders are received only once (Dz 852). In other words, definitively involve (affect) the person.
- The Sacraments are essential elements of the ecclesial institution; therefore the church as a whole is of sacramental value. The Church is in itself one and great sacrament but in diverse stages: (Baptism, Communion...).
- The sacraments are acts of Christ through the mediation of mystery and of the community in the heart of the Universal Church.
- At the same time that the Sacraments have a social and ecclesial character, they bring to effect a personal encounter with Christ. In a special way, this encounter happens in the Eucharist which is the sacrament of the sacrifice of the New Covenant that joins together the Universal Church. The Eucharist is the Sacrament, per excellence, of the unity of the Mystical Body of Christ.
- God is one in three persons (Blessed Trinity). Each person of the Blessed Trinity has a sacrament. Baptism is the sacrament of the Father; Eucharist is the Sacrament of the Son, and Confirmation is the sacrament of the Holy Spirit.
- The sacraments of Eucharist and Marriage are different, in a way that in the sacrament of the Eucharist the bread and the wine are not just a symbol but the same Jesus who gives himself to us; and in Marriage the man and the woman aren't symbols either but the objects of grace. They give the sacrament to each other. (Translated from the 16 Text pgs. 81-82)

Sacraments of Initiation

The church in her wisdom, invites us to a fuller participation in the life of Christ through the sacraments of Christian Initiation: BAPTISM, CONFIRMATION, EUCHARIST. Through these signs each one of us is introduced to the church, fortified in faith by the power of the Holy Spirit and nourished with the Body and Blood of Christ.

To be baptized is to be born again and to share in a new life. Baptism is the first of the sacraments of Initiation in the Catholic Church. Through baptism, God's life of love, which we call GRACE, is given to us and we are freed from original sin. To confirm this new life, Jesus sends the Holy Spirit. The Church celebrates this event each Pentecost and in each Confirmation. Lastly, through the Eucharist we complete our Christian Initiation in to Church. For the rest of our lives we will be sustained and nourished by this wondrous Sacrament of the Body and Blood of Jesus Christ.

Sacraments of Healing

The Sacraments of Reconciliation and Anointing of the Sick are known as sacraments of healing. In the celebration of the sacrament of Reconciliation, the church experiences God's loving mercy. All of us, who sin, repent and come back to God, are forgiven. We are reconciled with God and with our brothers and sisters who together with each one of us form the church.

The Sacrament of Anointing of the Sick calls the church to be concerned of the elderly and also of our brothers and sisters who are ill. When a member of the church gets gravely ill the church prays so that he/she might be healed and his /her faith is strengthened.

Sacraments of Service

In the Sacrament of Matrimony we celebrate the union of a man and a woman. The community witnesses their marital vows; to love each other as Christ loves his church. Therefore, the celebration of your quinceañera is not the celebration of the sacrament of marriage, but a way to express your gratitude to God for the precious gift of life.

In the Sacrament of Holy Orders we celebrate the ordination of Bishops, Priests and Deacons to serve as ministers of God for the Christian Community. All that are ordained promise to serve and to try to contribute to alleviate the needs of the community.

Remember:

The Sacraments are a strength source of life for each one of us. It is in these Seven Sacraments that each member of the community encounters Christ.

(Write the meaning of each vocabulary word)

VOCABULARY: Sign: _____

Sacrament:: _____

III. Open for Dialogue

To end the session you might want to ask questions based on today's theme.

What has been helpful from this session?

How can you help other quinceañeras to be better prepared for their celebration?

From now on, How will you celebrate the sacraments?

IV. Closing Prayer:

Lord Jesus, You have given us your divine grace through the sacraments.

Come and live inside of me and give me your grace and guide me.

Come and live in my heart and my soul.

May you find in me a servant worthy of your holy presence.

May your presence be the love that shines.

Amen.

Flyer #1

Session Two *** THE SEVEN SACRAMENTS

SACRAMENT	MINISTER	TIMES	MATTER	FORM	GIFTS
Baptism	Priest or any other person in case of emergency	once	Water, holy oils, white robe, candle	I baptize you in the name of the Father and of the Son and of the Holy Spirit	Children of God, heirs of heaven, original sin taken away, members of the church
Confirmation	Bishop or delegate	once	Oil – Holy Chrism	Be sealed by the gift of the Holy Spirit	Strength of faith Soldiers for Christ
Reconciliation Penance/Confession	Priest	many times, once a month recommended	Sins	I absolve you from your sins in the name of the Father, of the Son and the Holy Spirit.	Forgiveness of sins, internal peace.
Eucharist	Priest	many	Bread and wine	The Body of Christ, The Blood of Christ	Food for our soul
Anointing of the sick	Priest	More than once	Oil of the sick	Special prayer commendation of the soul	Healing of the soul
Holy Orders	Bishop	Once	Oil Holy Chrism	“You are a priest for ever”..	Servant of God Servant of the Church
Matrimony	Couple	Until death One/two/three times	Marriage vows	I accept you... as my... I accept you... as my...	A holy marriage with God's blessing

Third Session

Theme: Sacraments of Reconciliation, Eucharist and Matrimony

Objectives:

- a. That the participants be aware of the meaning we find in being reconciled with God before the celebration of the quinceañera. (*when possible*)
- b. That they understand the value of being in communion with Christ and the significance this communion has in each one's life and at the same time analyze the importance of the Sacrament of Matrimony.
- c. That they become aware and interested in being faithful to their personal call to holiness through their choices.

Material Needed.

- Copies of flyer # 1 for each participant.
- Poster of the Eucharist or a (non-consecrated) host.
- Poster to explain Reconciliation

CCC # 1783 Consciences must be informed and moral judgment enlightened. A well-formed conscience is upright and truthful.

CCC # 1785 In the formation of conscience the Word of God is the light for our path,⁵⁴ we must assimilate it in faith and prayer and put it into practice.

CCC # 1696 The way of Christ "leads to life"; a contrary way "leads to destruction."²⁰ The Gospel parable of the two ways remains ever present in the catechesis of the Church; it shows the importance of moral decisions for our salvation:

CCC # 1614 In his preaching Jesus unequivocally taught the original meaning of the union of man and woman as the Creator willed it from the beginning



Process: Call to Holiness

Goal 10 - Moral Conscience: Develop a moral conscience grounded in the truth of Jesus Christ

A scale. It means our conscience formation. Placing our choices in a scale.

I. Session

Opening Prayer: Holy Mary

Note: Finish the session on The Sacraments if for some reason you did not finish last week.

I. Christian morality

Christian morality is specifically based in loving God, more and better, each day (Mt. 22, 37-39) in response to his infinite love for each one of us. The maximum expression of God's love for us is the incarnation of his Son, his life, death and resurrection. If we love God we fulfill his commandments, follow his advice; feel and think like him and in everything imitate him.

Christian morality is not only an external, empty, mechanic or obliged commitment to God. The most important thing in this world is to love God and for his love do his will (Jn. 14, 31).

Christian morality emerges from the heart; this is why man's heart must belong to God, so that his words, deeds and projects also are his (Cfr. CIC no. 1776). It is not healthy to deliberately consent or foment

desires, thoughts or emotions that can bring memories, satisfactions or even be the origin of sinful acts. "From the heart come evil intentions..." (Mt. 15, 18). (Translation from 16 Goals Text pgs. 116-117)

II. The Sacrament of Reconciliation

We can all find in God, a loving Father. To show us His unconditional love, God has given us the Sacrament of Reconciliation. In this Sacrament, through God's grace and mercy, our friendship with God and with the whole Christian community, is re-established. We celebrate God's love and forgiveness, and love and forgiveness with each other.

Before celebrating the Sacrament of Reconciliation, we should take a few minutes to examine our conscience. We should make a good confession. We must confess our sins of thought, word; all what we have done and what we have failed to do. All of these sins separate us from the life of grace, which is God's life in us. It would be a good idea to talk about this with the priest at your parish (*If you find it necessary*).

To properly receive the Sacrament of Reconciliation, it is necessary that you understand the meaning of the words used during the celebration of this Sacrament.

Sin: To freely choose to do something that we know is wrong and goes against God's will. By sinning, we choose to do something that is not good, hurts our neighbor and we hurt ourselves. Our love and personal relationship with God weakens each time that we chose to live outside of his will. When we sin, we set ourselves apart from God and get closer to something that is not of God. **God loves us unconditionally because we are His children. This unconditional love of God for us is clearly expressed in the Sacrament of Reconciliation.**

Sometimes we are able to see that we are going the wrong direction. Then we examine our conscience to recognize that we are failing.

Conscience: It is the ability that we have to discern when an action is good or wrong. We ask the Holy Spirit to enlighten us and to help us discern which direction we need to take. When we examine our conscience, we should honestly ask ourselves about our relationship with God and neighbor. For example:

(Give each participant a copy of flyer # 1)

Sin is always a personal option. When we deliberately choose to completely break our relationship with God, our choice is called: **Mortal Sin**.

Conditions for mortal sin:

For a sin to be mortal it needs to meet three conditions: It needs to be of grave matter, the person must know that it is grave and fully conscious decides to sin.

When someone decides to commit a mortal sin, he/she loses God's grace. Mortal sins are only forgiven through the Sacrament of Reconciliation. (Translated from 16 Goals Text, pg. 127)

A less serious sin is called **Venial Sin**.

Our world today is always challenging us and sometimes it is difficult to live in it, but we must understand that temptation is not a sin but an attraction to sin. We are all tempted. This is the reason why we need

God, so we can resist temptation and make good choices. It is **recommended** that we come to the sacrament of **reconciliation** for at least **once a month**, so that we can be fortified by God's grace and therefore, be able to easily overcome the temptations.

Requirements for a good confession:

- I. Examination of conscience
- II. Sorrow for the sins committed
- III. Promise to not sin again
- IV. Confess all sins
- V. Fulfill given penance

Do not be afraid or embarrassed to confess your sins, God loves you very much and always wants you to come and ask him for his forgiveness through the person of the priest (Cfr. CIC 1450-1460). (Translated from the 16 Goals Text pgs. 127)

(Give example with poster)

Eucharist: We have already discussed how the Eucharist is the Sacrament through which our faith is strengthened. It is in this Eucharist that we find the nourishment that sustain us all along our lives.

Each time we receive Jesus in Holy Communion, we unite ourselves to Him and He unites us to Himself. So, if you want your quinceañera to be a true Christian celebration, you should receive Jesus in Holy Communion *(if fully initiated in the sacramental life of the Catholic Church)*. In Jesus you will find the joy of life. Your companions should be a support for you; all of them should participate in the banquet of love *(If catholic and initiated)*. If they do not receive Jesus in communion - what's the purpose, for them, to be there? What benefit would you get from them? Think about it. Your party should be a celebration where God is present. The only way to make God present at your party is if you and your companions properly prepare to receive the sacrament of God's merciful love, and receive the Body and Blood of Christ... Don't you think that this would be awesome?

Show them a non consecrated host (explain)

Jesus makes Himself present in a very simple piece of bread, like this one. But through faith, we know that, when consecrated, it is no longer bread which we receive... but the same Body and Blood of our Lord Jesus Christ. I invite you to take yourselves seriously. Take your soul seriously and realize that only in God you will find perfect joy. Only in Him can we find peace.

If you want a peaceful birthday party, with family and friends who love you, **then do not forget what needs to be done.**

It is also very important that you understand that your quinceañera celebration **is not your wedding**. **You are NOT getting married.** You come to church to give thanks to God for making it possible for you to reach your fifteenth birthday. Be careful as you look for your quinceañera dress, let it not look like a wedding dress, but a dress for a young girl who wants to please God and give Him thanks.

From now on, it will be essential that you learn to take care of your body and your soul, so that when the moment comes, to make a decision on the vocation to which God calls you, you make a conscious and

wise decision. Remember that Matrimony is one of the Seven Sacraments and it is a very strong commitment between a man and a woman with God. In consecrated life, a woman consecrates herself in body and soul to the service of God and man.

For now, celebrate your fifteenth birthday, thank God for the gift of your life and prepare yourself for whatever God has in store for you. It can be marriage or consecrated life, or single life; these other two options can also be for you. Pray, so that when the right moment comes, you choose with intelligence, understanding that God will be with you always. Remember that He will show you the way that will take you to true happiness, because **“where God is, nothing else is needed”**.

Closing Prayer

- Evangelization Chaplet (Pg. 16)
- Consecration to the Blessed Mother (Pg. 53)

Flyer #1

EXAMINATION OF CONSCIENCE

2. Do I know God and some of His doctrine?
3. Am I evangelized and made my first commitment with Christ our Lord?
4. Do I read daily a chapter of the Gospel?
5. Do I study or am I lazy?
6. Do I educate my will by sacrificing some of my desires?
7. Do I say my morning prayers, before meals and at night?
8. Do I joyfully attend Mass on Sundays and Holy days of obligation?
9. Do I honor my parents, obey them, respect them, love them?
10. Do I walk away from friends that bring bad influences and vices?
11. Do I study with love and dedication and place my homework first than a TV show or any other game?
12. Am I too worldly, not spiritual; too much of a flirt and not self controlled?
13. Through my daily behavior, do I bring joy and satisfaction to my parents, brothers and sisters?
14. Do I read helpful information for my own good or do I choose what I know is wrong?
15. Do I volunteer to help my parents in cleaning the house and other chores?
16. Do I visit family members or neighbors to instruct them and invite them to come and celebrate the Eucharist?

Answer for yourself the following questions and prepare to receive the gift of forgiveness.

Theme: The Ten Commandments

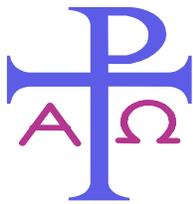
Objectives:

- a. That all participants may understand and value The Ten Commandments
- b. That all participants learn to make a distinction between each of the Commandments.

CCC # 27 The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for.

Material Needed: Poster of Mosses with the Ten Commandments
Copy of work sheet for each participant

Process: Call to Holiness



Goal 2: RELATIONSHIP WITH GOD: Present an understanding of the human need for a personal relationship with Jesus Christ based on revelation and faith.

P in Greek means Christ; A is the first letter in the Greek alphabet and Ω the last, all put together means that Christ is the beginning and end of all. Jesus is the beginning and the end, the alpha and the omega... showing the needs of men to establish an intimate relationship with the One who is.

I. Session

Opening Prayer: Holy Mary

II. Explanation of the Ten Commandments

In many ways, God sought to be close to the people of Israel. In the Old Testament, we learn that God desired to form this people into a holy nation, a different nation. God would achieve this by establishing a covenant with them. A covenant is a “special agreement” with God and His people.

The Israelites kept this “covenant” as something really special. This is the “covenant” that God made with his people through Moses, who freed the Israelites from slavery. The reason for all of this, is that God wanted His people to be free not only from political slavery, but also free from spiritual slavery and sin. God explained to Moses the kind of responsibilities that the Israelites would have to take in observing this covenant. The people of Israel accepted these responsibilities. These responsibilities were simplified in what we know now as the Ten Commandments.

The Ten Commandments are laws that teach us the way we should respect, honor and love God and neighbor. The Catholic Church teaches us that the Ten Commandments are laws given to us by God, and no one can change them. We believe that by observing the 10 Commandments we are made free. The first three Commandments are specifically related to God and the other seven to our brothers and sisters and our relationship with them.

THE FIRST COMMANDMENT: Reminds us that we serve and adore only ONE GOD. In our lives, we give God the first place and reject any other god. When we live our life in accordance with the Commandments we do not place our faith in superstitions or false cults. Our faith is placed only in God.

THE SECOND COMMANDMENT: It is directed towards honoring God's Name. It also helps us in the good use of words and communication, saying each word carefully and respectfully. All of us should revere the Name of Jesus Christ, our Lord.

As Catholics, we observe the THIRD COMMANDMENT participating in the Eucharistic Celebration on the Day of the Lord, keeping this Day as a Holy Day. We keep this day Holy especially through prayer and by not committing to unnecessary duties. In God's wisdom, we remember that we need to rest of labor.

THE FOURTH COMMANDMENT: It teaches us to obey and take care of our parents. We should also show respect and love to all those who are older than us or are in a place of authority. All of us, Christians, take the example of Jesus who was obedient and docile towards Mary and Joseph, his parents.

THE FIFTH COMMANDMENT: Teaches us to respect life, especially human life. We should reject any kind of murder, abortion, suicide and homicide. The Church teaches us that there is no excuse for a person to interfere en God's plan towards human life.

THE SIXTH COMMANDMENT: Condemns not only adultery – *infidelity in marriage* - but also any kind of harm done to our sacred gift of human sexuality. This sacred gift was given to us by God. This gift should not be used in any way that could be contrary to God's plan. This commandment also reminds us not to fear our sexuality because it is something really beautiful. Through this gift life is give. It is a gift that comes from God.

THE SEVENTH COMMANDMENT: It is related to any kind of justice; it highlights the dignity of the human person and gives him the right to share God's gifts, to be respected as equals in the presence of the Creator. To steal, cheat, and to be dishonest in any way goes against this Commandment.

It is necessary to be truthful if we want to live in a society that is open and honest. THE EIGHT COMMANDMENT teaches us to respect each individual's reputation and to avoid anything that might hurt the good name of the human person. To lie is to hide the truth from those who have the right to know the truth; it is against the Christian's life.

THE NINTH COMMANDMENT: It relates to the control that we must have towards our sexual inclinations. This commandment walks to a positive road in a direction that will help us to live not worrying to much about our sexuality. We should also remember that pornography in its different faces diminishes our dignity and destroys the sacredness of our sexuality.

THE TENTH COMMANDMENT: Prepares us against envy and any desire to possess that which belongs to others. Envy should not have a place in our lives, because it can never take us to true happiness. Jesus knew this and told us to build up our treasures in heaven.

Additional Information

NEW COMMANDMENT OF LOVE: (Matthew 22: 34-40)

"Teacher, what is the greatest commandment in the Law?" And [Jesus] said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the great and foremost commandment. The second is like it: 'You shall love you neighbor as yourself.' On these two commandments depend the whole Law and the Prophets."

Remember that God, in his infinite mercy and unconditional love, has given us, from creation, a wonderful gift called: freedom. Freedom is one of the gifts God has given man from the moment of creation. The word freedom, in creation, means "good." At the moment that Adam and Eve sinned, concupiscence (confusion) becomes part of our human condition. The word freedom is sometimes misunderstood by society. When this word is misunderstood people fall into sin because it is taken as "to do what ever pleases you." Freedom is the power born from reason and will; to act or restrain, to do this or that, to do by ourselves deliberate acts. Because of our free will, each one of us is the master of his/her actions. Only in the understanding of God's design for man, can one comprehend that sin is the abuse of freedom. God gave us the gift of freedom so that we can choose to love him and love each other (CIC 387, 1730-1742). (Translated from 16 Goals Text pg. 24)

Covenant: A "special agreement" between God and men.

Commandments: Laws that teach us to respect, honor and love God and brothers and sisters.

The Ten Commandments are:

- | | |
|---|--|
| 1. I am the Lord your God: you shall not have strange gods before me. | 6. You shall not commit adultery. |
| 2. You shall not take the name of the Lord your God in vain. | 7. You shall not steal. |
| 3. Remember to keep holy the Lord's Day. | 8. You shall not bear false witness against your neighbor. |
| 4. Honor your father and your mother. | 9. You shall not covet your neighbor's wife. |
| 5. You shall not kill. | 10. You shall not covet your neighbor's goods. |

III. Analysis

Questions with open responses

1. Do you believe the sacrament of reconciliation is important to keep your soul in grace? Why?
2. How often do you think it is necessary to celebrate the sacrament of reconciliation?
3. How do we suppose to live so our lives may be an example for others?

IV. Closing Prayer: Holy Mary - or – spontaneous prayer

Note:

- Thank them for their good behavior.
- Invite them to be part of the parish youth group or participate in any other parish activity.
- They can come back and visit with you any time they want. (once in a while).

Flyer #1

PARTICIPANT'S WORK SHEET

THE TEN COMMANDMENTS

Fifth Session

Theme: Sacred Liturgy

Objectives:

- a. That each participant be awoken and value the Holy Mass.
- b. That the participants understand that the real meaning of the quinceañera celebration is found in the Liturgy.
- c. That the participants learn to fully participate in the Liturgy.

CCC # 2663 In the living tradition of prayer, each Church proposes to its faithful, according to its historic, social, and cultural context, a language for prayer: words, melodies, gestures, iconography. The Magisterium of the Church has the task of discerning the fidelity of these ways of praying to the tradition of apostolic faith; it is for pastors and catechists to explain their meaning, always in relation to Jesus Christ.

Materials Needed:

- Poster of the Holy Mass
- Copies of Flyer 1 and 2 for each participant.
- Copy of the Hymn. “Gracias Señor” “Thank you Lord” *(in Spanish)*



Process: Liturgical Renewal

Goal #15: CATHOLIC TRADITION OF PRAYER - Know and participate in the Catholic tradition of prayer in the name of Jesus Christ

My personal relationship with God is strengthened through prayer. I must search for spiritual formation in whatever level I find myself. I must nurture my spiritual life to joyfully respond to my call to discipleship. Our life is guided to and fortified by God, but finds its greatest support in prayer, in our personal relationship with God.

I. Session

- Opening Prayer: Holy Mary.
- Song: Gracias, Señor.

II. Explanation on the Sacred Liturgy.

Sacred Liturgy is divided into two parts: Liturgy of the Word and Liturgy of the Eucharist. Many years ago, during the time of Jesus to be more exact, people came to the synagogues to listen to the Word of God. There, the Sacred Scriptures were read and explained to the people by the priests. In many occasions, Jesus did the same He came, read and explained the Scriptures. There was a very special temple in Jerusalem. This special temple was called “Sacred”. Only the priests were able to enter this temple to offer sacrifices. These sacrifices were offered in the sanctuary, which was called at that time “The Holy of Holies”.

Coming to our modern time, we now understand that all that was done before Jesus came into our world to worship the Father, has been changing, better said has been perfected so that we better understand the mystery of Redemption, and so that we, as Christians can participate in this Holy Sacrifice. To better understand this idea, let us look at flyer # 1 and share what it teaches us. *(Give copy of the flyer to each participant)*

Let us now take a look at the order of Mass *(use a missalette – give each participant a copy of it and ask them to name each part of the Mass – write them in a sheet of paper in order).*

Reflection.

Sometimes we feel that the Sacred Liturgy is boring and we feel this way because we do not really understand it or are familiar with it. We find it boring also because the priests does not say or do what we would like for him to do or say or also because it is hard for us to concentrate. All of this is true, because we are humans. Never the less we should be aware of the fact that in the Sacred Liturgy, Jesus Himself comes and meets us. It is Jesus who wants to come and stay by our side. It is Jesus who tells us "I am here, do you want to open your heart to me?"

Brief Explanation = Flyer #1

What is it? "The celebration of the Mass, as the action of Christ and the People of God arrayed hierarchically is the center of the whole Christian life for the Church both universal and local, as well as for each of the faithful individually. In it is found the high point both of the action by which God sanctifies the world in Christ and of the worship that the human race offers to the Father, adoring him through Christ, the Son of God in the Holy Spirit (GIRM 16)".

What does it require? A dignified place, a priest and "a conscious active and full participation of the faithful both in body and in mind, a participation burning with faith, hope and charity, of the sort which is desired by the Church and demanded by the very nature of the celebration, and to which the Christian people have a right and duty by reason of their Baptism (GIRM 18)".

Different Elements:

A. Proclamation of the Word: When the Sacred Scriptures are read in the Church, God himself speaks to his people, and Christ, present in his own word, proclaims the Gospel (GIRM 29).

B. The Prayers and other Parts Pertaining to the Priest: "Among the parts assigned to the priest, the foremost is the Eucharistic Prayer, which is the high point of the entire celebration. Next are the orations: that is to say, the collect the prayer over the offerings and the prayer after communion. These prayers are addressed to God in the name of the entire holy people and all present, by the priest who preside over the assembly in the person of Christ. It is with good reason, therefore, that they are called the "presidential prayers" (GIRM 39-40)".

C. Hymns: "Singing is the sign of the heart's joy (cf. Acts 2:46). Thus Saint Augustine says rightly, "Singing is for one who loves." There is also the ancient proverb: "One who sings well prays twice. Therefore, be attached to the use of singing in the celebration of the Mass, with due consideration of the culture of the people and abilities of each liturgical assembly (GIRM 39-40)".

D. Movements and Posture: "The gestures and posture of the priest, the deacon, and the ministers, as well as those of the people, ought to contribute to making the entire celebration resplendent with beauty and noble simplicity, so that the true and full meaning of the different parts of the celebration is evident and that the participation of all is fostered (GIRM 42)".

E. Silence: "Its purpose, however, depends on the time it occurs in each part of the celebration. Even before the celebration itself, it is commendable that silence be observed in the church, in

the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred action in a devout and fitting manner (GIRM 45)".

PROCESSIONS IN THE CELEBRATION OF THE MASS

It is important that we learn about the processions that are proper to the celebration of the Holy Mass. On your special day you will probably be invited to participate of one or two of these processions. It is important that you understand the meaning of each one of them so that you can act accordingly.

The proper procession to celebrate the Liturgy are:

Entrance Procession: The celebration of the Mass begins with a procession. From times of old, the people of God, united itself to their priests in prayer and communion, for the celebration of the Sacred Mysteries. Liturgical Tradition understands that the entrance procession is a symbol of the human family that moves forward, in history to the house of God. In this procession the focus is the Altar of God.

The altar is the central point of the church. A church is built giving the altar a special place. The altar is where the Eucharistic sacrifice is offered. Through the offering of this sacrifice, on the altar, the church enters into the "*Sancto Sactorum*" the "*Holy of Holies*", the city of God, the banquet of the Kingdom and begins a new life. The altar is the symbol of Christ himself and of his Mystical Body of Christ which is the church.

From the middle ages, the relics of saints have been positioned in a special place in the altar, in recognition of their sacrificial offering for love of God (GIRM 46-50).

Gospel Procession: Before the Gospel Procession, a deacon takes the Gospel Book from the altar. This is a sign of the Good News that come to us through Christ. At taking the Gospel Book, the deacon goes to the celebrant and asks for a special blessing so that he can proclaim the Gospel with dignity.

This procession reminds us of some events of the life of Christ: The Incarnation, The Word that came to the world and became man and the Lordship of Jesus. (GIRM 62-63).

Procession of the Gifts: The time set aside for this procession is not a pause between the Liturgy of the Word and the Liturgy of the Eucharist. The importance that is given to this procession comes to us from the people of God who brought their offerings for the sacrifice before the Lord. We continue with this tradition to this day and we offer what is necessary for the celebration of the Mass: Bread and Wine.

Bread and wine are brought to the altar, a deacon and the priests receive them before placing them on the altar. In bringing these gifts in procession a hymn is sung and the faithful are invited to offer themselves and as living sacrifice and the bread and wine will be transformed into the Body and Blood of Christ. (GIRM 73-77).

Communion Procession: This act is the one that helps us to deepen the mystery that the Lord Jesus left us and it is the one that clearly manifests our desire to participate in the sacrifice of the Lord for the salvation of the world. The experience of this procession fills us with joy and deepens our desire to receive him in our hearts and also enkindles our love.

The reception of Holy Communion is the paschal feast that the Lord prepares for each one of us from the beginning of Mass. This sacred banquet is the anticipation of the banquet in the kingdom.

Through this procession be approach the altar, the table of the Lord, with our brothers and sisters in Christ. Receiving Holy Communion is an action through which, publicly, we confirm our identification with Christ and with his Mystical Body, the Church. (GIRM 84-89)

PARTS OF THE MASS

Liturgy of the Word: "The main part of the Liturgy of the Word is made up of the readings from Sacred Scripture together with the chants occurring between them. As for the Homily, the Profession of Faith, and the Universal Prayer, they develop and conclude it. For in the readings, as explained by the Homily, God speaks to his people, opening up to them the mystery of redemption and salvation, and offering spiritual nourishment; and Christ himself is present through his word in the midst of the faithful" (GIRM 55).

Liturgy of the Eucharist: "At the Last Supper Christ instituted the Paschal Sacrifice and banquet, by which the Sacrifice of the Cross is continuously made present in the Church whenever the Priest, representing Christ the Lord, carries out what the Lord himself did and handed over to his disciples to be done in his memory".

"For Christ took the bread and the chalice, gave thanks, broke the bread and gave it to his disciples, saying: Take, eat and drink: this is my Body; this is the chalice of my Blood. Do this in memory of me. Hence, the Church has arranged the entire celebration of the Liturgy of the Eucharist in parts corresponding to precisely these words and actions of Christ" (GIRM 72).

Real and Living Sacrifice: "For in the celebration of Mass, in which the Sacrifice of the Cross is perpetuated, Christ is really present in the very assembly gathered in his name, in the person of the minister, in his word, and indeed substantially and uninterruptedly under the Eucharistic species (GIRM 27)".

IV. Conclusion.

Let us finish with a hymn. (*Spanish*) "Gracias Señor". (Thank you Lord)

From: OCP Publications # 855 by: (Eleazar Cortes)

GRACIAS SENOR

Tiene hoy mi Corazón
una oración para el Señor
siente mi alma una canción
para dar gracias a Dios

Quinceañera,
tierna flor que se abre en primavera
bello himno de gratitud que se escucha por vez
primera
Quinceañera,
que consagras este instante y la vida entera

a la presencia de Dios
Gracias Señor.

Quinceañera,
tierna flor que se abre en primavera
bello himno de gratitud que se escucha por vez
primera
Quinceañera,
que consagras este instante y la vida entera
a la presencia de Dios
Gracias Señor,
Gracias Señor.

Flyer #1

THE SACRED LITURGY

What is it?

What does it require?

Elements needed?

Liturgy of the Word

Liturgy of the Eucharist

Real living Sacrifice

GRACIAS SEÑOR

Tiene hoy mi Corazón
una oración para el Señor
siente mi alma una canción
para dar gracias a Dios

Quinceañera,
tierna flor que se abre en primavera
bello himno de gratitud que se escucha por vez primera
Quinceañera,
que consagras este instante y la vida entera
a la presencia de Dios
Gracias Señor.

Quinceañera,
tierna flor que se abre en primavera
bello himno de gratitud que se escucha por vez primera
Quinceañera,
que consagras este instante y la vida entera
a la presencia de Dios
Gracias Señor,
Gracias Señor

From: OCP Publications # 855 by: (Eleazar Cortes)

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