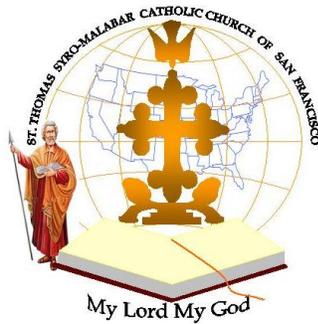


**St. Thomas Syro-Malabar Catholic Church of San Francisco
(Syro-Malabar Catholic Diocese of Chicago)**



CCD Program 2019-2020
Parent / Student Handbook

Matthew 6:33 - Seek first the kingdom of God



“Let the children come to me...” Mark 10:14

St. Thomas Syro-Malabar Catholic Diocese of Chicago, Curia members:

Mar Jacob Angadiath, Bishop
Mar Joy Alappatt, Auxiliary Bishop & Proto Syncellus
Rev. Fr. Thomas Kadukappillil, Syncellus
Rev. Fr. Thomas Mulavanal, Syncellus
Rev. Fr. Johnykutty George Puleessery, Chancellor

CCD Staff Members:

Rev. Fr. George Danavelil, Director – CCD Program – Diocese of Chicago
Rev. Fr. George Ettuparayil , Vicar – St. Thomas Syro Malabar Church of SFO, Milpitas
Vipin Jose, Director of Religious Education (DRE)
Jossy Ajit, Assistant Director of Religious Education

Teaching and non-teaching staff:

Grade	Teachers
Pre-K	Anu Jose, Pearl Varghese, Molly Shaji, Lincy Chemmannoor
TK & K	Sophy Sunny, Riny Anoop , Shini Reji, Mary Chiramel
1	Jasmine Bosky, Linta George
2	Rosy Antony, Toony Mathew, Leena Antony
3	Tomcy Sebastian, Joseph Olakangil, Harsha John
4	Princy Thomas, Neethu Justin
5	Biju Mathew, Pauly Kavalakatt, Sojan Mathew
6	Jose George, Rina Mathalikunnel, Dona Reji
7	Kevin Bastin, Nessie Antony
8	Mary John, Ann Merin Peter
9	Preethy Thomas, Josy Cheruvellil, Caren Thomas
10	Princy Anthony, Merin Kodenkandath
11 & 12	Mathew (Suresh) Augustine, Seeja Ambooken, Manu Thomas, Aby Abraham
Sacraments	Jossy Ajit, Princy Anthony, Sily Joshy, Shyja Kavalakatt
CML Coordinator	Sheji Irimpan, Sily Joshy
Non-teaching	Vipin Jose, Jimmy Louis – Assist any Grade as needed
Non-teaching	Paul (Babichan) Cyriac

A Message From Our Vicar Rev. Fr. George Ettuparayil



Dear loving parents and children,

We are at the gate of a new Academic year 2019-2020, in our faith formation. Faith formation is the strongest link that binds all of us in this parish community. Every parent has the primary responsibility of being heralds of Faith for their children. The CCD program supports the parents in this task. Our CCD teachers are committed to this effort of fostering each child's spiritual faith formation. This community should be thankful and appreciate and provide whole hearted support to our CCD teachers to fulfill their voluntary services with cheerful face. All the teachers should take this opportunity as privilege and a pleasure to work as a Sunday school teacher to mold up Jesus Christ in every child's heart.

The mission of catechesis is entrusted to each of us by virtue of our baptismal call. The goal of Catechism is the conversion and growth in the spirit of the whole person's body, mind and soul to God. Catechism should be Christ centered; it is living and learning in the midst of Christian community that shares, nurtures and strengthen the faith of the individuals who make up the church. Our goal must be to **Integrate Our students with Holy Qurbana** making our faith expressed and experienced for their formation.

I would like to appreciate all the former pastors, especially Mathews Achan, the parents, teachers and students who helped and supported the CCD program to be as wonderful as it is for last years. We should continue that spirit and co-operate each other to build up our parish as a wonderful Faith filled Loving family

Let us together ask the Lord for His blessings in the continued success of the faith formation program so that He is given due respect and adoration from our people in generations to come. I hope this year God's Special Blessings will shower upon us abundantly.

May God Bless you all.
Sony Achan.

RELIGIOUS EDUCATION PROGRAM

The members of the St. Thomas Syro-Malabar Parish, a family celebrating faith, born into the family of God at Baptism, are called to grow in faith and to witness to the Gospel message and mission of Jesus Christ.

Thank you for choosing to register your child in the School of Religious Education for the 2019-2020 academic year. We, the catechetical community of this parish, sincerely feel that we offer a very well established, well-planned, educationally sound program. The Religious Education Program of St. Thomas Syro-Malabar Catholic Church of San Francisco is staffed by caring adult Catholics who proclaim and share the Gospel message of Jesus Christ, the doctrines, and the Syro-Malabar traditions with our young people.

Please note the following facts, which we believe, distinguish our program:

1. Classes are scheduled at a convenient time on Sunday mornings. There are thirty two (32) scheduled classes this year with 2-3 teachers per class who are passionate about faith formation and use creative teaching methods like use of multi-media.
2. When possible our Vicar/DRE visits the classes and become involved in the teaching process.
3. Classes from Pre-Kindergarten through Twelfth grades are provided which makes this a unique Religious Education Program.
4. Every year our teachers receive at least two days of continuing education in faith formation and relevant subjects.
5. Materials used in the program have been approved by the Syro-Malabar Diocese and in conformity with the Catechism of the Catholic Church.
6. The program strives to impart basic knowledge of Catholic Christian faith as well as Syro-Malabar traditions and Liturgical celebrations.
7. Students learn through a variety of teaching methods and materials: song, videos, projects, art, stories, power point presentations etc.
8. Students enjoy being a part of the Religious Education process because our traditions and values are nurtured.
9. Relevant information about the program and the School of Religious Education are available on our web page <http://syromalabarsf.org/sundayschool.php>
10. The study material used in classes are linked to the web page http://www.syromalabarcatechesis.org/Syro_class/
11. Annually the students are recognized for outstanding performance and achievements.

The Syro-Malabar Catechetical Ministry seeks to foster a young person's growth in holiness through the teaching of Catholic Doctrine, tradition, and the experience of Christian celebration. Religious education programs create opportunities for the young to receive systematic catechesis. All facets of these programs are designed to help young people see themselves as unique children of the loving God. As a result, the young people will receive from and contribute to the parish family during their journey to mature in their role as Catholic witnesses of faith.

POLICIES AND GUIDELINES

ELIGIBILITY FOR REGISTRATION

Students starting **Transitional Kindergarten** (turning 5 years between September 2 and December 31 2019) to **Grade 12** are eligible for CCD.

We will also have **Pre- Kindergarten** this year. Students turning 4 years by December 31, 2019 are eligible for Pre-Kindergarten registration.

PARENT INVOLVEMENT

As guided by the Church, the catechetical staff of St. Thomas Syro-Malabar Parish believes that parents are the primary religious educators of their children. Catechist/Parent/Students are partners in learning. Parents can greatly aid catechists in the faith development of students by regular Holy Qurbana attendance, by encouraging family prayer, and by taking active interest in both the formal and informal religious education of their children.

PRAYER

Each of the Sunday sessions begins with a class assembly prayer to be held at 9:10 AM inside the church. In their individual classes, students are taught formal and informal prayer and are encouraged to grow in their prayer lives. Please review the prayers that your child learns in the class. Prayers are given in the last segment of this handbook. A family prayer book is given once to each family to be used as part of the daily prayers. Parents who have not received the same can collect prayer book from the Director of religious education (DRE). Also, aid them in developing a habit of informal prayer or "spontaneous prayer." Most importantly, parents and children must attend Sunday Holy Qurbana keeping in mind that the Sunday Liturgy is the distinguished celebration of our church and participation in Sunday Liturgy is the responsibility of all Catholic Christians.

CLASS ATTENDANCE

Regular and prompt attendance is expected for the entire class period. Parents are not allowed to accompany students to any classroom.

Generally, more than four consequent absences during the course of the year will call into question a student's ability to remain in the program at the current level. Frequent absences will also call into question a student's readiness to receive various Sacraments.

Each Class Teacher duly records student's attendance and the record is maintained in the parish office. Frequent absences or a pattern of inconsistency or tardiness may result in the Director's request for a parent consultation.

Attendance award eligibility: 100% present and on time.

Grades 4 to 12:

- Class starts at 9:30am
- Late marked if students arrive at or after 9:40am to class

Grades Pre-K to 3:

- Class starts at 11:15 am
- Late marked if students arrive at or after 11:25 am to class

EARLY DISMISSAL

No student will be dismissed early from the class without a written note to the class catechist from his/her parent. All authorizations for an early dismissal will come directly from the class catechist.

STUDENT BEHAVIOR

Students are expected to conduct themselves in a manner befitting school situation in a Catholic Christian environment. They must respect the authority of the catechist as a teacher, respect each other, and respect school and parish property. Vulgarity, profanity, or any disrespectful language or behavior will not be tolerated.

Ordinarily, the catechist will handle misbehavior in the classroom. If a student consistently or seriously misbehaves, the director will be asked to assist in handling the situation. Parents will receive notification of such incidents on the same day of the occurrence.

MID AND FINAL EXAM

Mid-term exam will be in January and final exam in May for all grades. Standard exam formats including syllabus and question papers are provided by the Diocese; in the absence of such instructions exam format and syllabus is at the class teachers' discretion and will be informed to students well in advance. If a student is absent on the exam day he/she has the option to take the exam on the following week under parent supervision and send in the answer paper to the class teacher within two days of collecting exam paper. The exam answer paper for absent student will be evaluated but not graded and hence will not be included in computing the prize winners of the class.

Excellence award for academics:

Marks weightage

Grades 4 to 12: 90% and above for Grades 3 to 12

1. Mid-term + final exam is 70%
2. 2 Assignments (1 in each semester): 20%; Topics at class teachers' discretion
3. Discipline in class and Church: 10% Mark assigned at class teachers' discretion
 - a. Bring CCD textbook, Holy Qurbana book, Bible
 - b. Follows directions of teachers, attentive and participation in class

Grades TK to 3: Appreciation given in class to all students for their hard work and dedication.

Teachers will grade students as below

1. Mid-term + final exam is 80%
2. Discipline in class: 20% Mark assigned at class teachers' discretion
 - a. Bring CCD text book
 - b. Follows directions of teachers, attentive and participation in class

MONTHLY LAST SUNDAY ACTIVITIES

Every other fourth Sunday of the month students will participate in grade appropriate activities.

- Christine: Grades Transitional Kindergarten to First Grade
- Thirubala Sakhyam: Grades 2 to 3
- Cherupushpam Mission League: Grades 4 to 12

Students will also be quizzed on Bible chapters and basic Catechism. All materials for this quiz will be made available to students in advance on the church website. Parents are requested to provide the same to their children.

OUTREACH PROGRAM

During the year students will participate in

- Kids Mission: Students are encouraged to make small sacrifices during the year, do extra chores and collect pocket money, make small birthday gifts towards the Kids Mission. This is a year round program with extra emphasis during the Lenten season.
- Serving the Needy outreach ministry: Students will participate in this outreach program that is initiated by our Church for the last several years. Refer to the calendar for grade assignment.

MEDIA RELEASE

From time to time photographs of various CCD and Church related programs will be taken and published on the Church website, bulletins, articles submitted to various news agencies, and social media to display our CCD program. If you do not wish your child's photograph to be published, please provide a written request addressed to Director of Religious Education.

DRESS CODE

Students must keep in mind that they are to attend Holy Qurbana after their Sunday class for grades 4 to 12 and before the class for students in Pre-Kindergarten to 3. Students must dress well and comfortably for the class. All clothing should be neat and within the bounds of good taste. T-shirts with offensive language or pictures as well as revealing clothing are not acceptable. Girls should not wear spaghetti strap tops or dresses unless a cardigan or shrug is worn on top of it at all time; the dress or skirt to be long enough to reach the knee. Jeans should be free of holes and tears. No hats are allowed in the classrooms.

STUDENT SAFETY

All teachers will make -an honest attempt possible to adhere to the schedule set for the class time. Teachers should not make plans that may result in student's stay beyond their scheduled class-hours without permission from the Vicar or DRE. Programs that may result in overnight stay of the children without parents' presence should not be organized.

When parents bring the students to the school for any reason on non-scheduled days/time, should ensure presence of authorized person before the parents leave the Church premises.

ENVIRONMENT SAFETY

All catechists and other volunteers who have regular contact with students are required to have criminal background check completed. All students and catechists are required to attend Safe Environment Training as set by the Syro-Malabar Catholic Diocese of Chicago. Age appropriate Safe Environment Training is imparted to students at the beginning of the academic year.

TUTION AND FEES

Tuition and books fee for the 2019-2020 academic year have been established as follows:

One child: **\$100**

Two children: **\$125**

Three or more: **\$150**

Parents are requested to pay tuition and fees in full at the time of registration. Financial aid is considered upon receipt of a written request and approval of the Vicar. Families in financial difficulty who are unable to meet financial requirement and deadlines are requested to contact the Vicar.

SACRAMENTAL PREPARATIONS

Reconciliation, Holy Communion and Confirmation

Ordinarily, students who have completed the third grade and enrolled in fourth grade of the catechetical program are prepared for the sacraments of Reconciliation, Holy Communion, and Confirmation. Fourth grade curriculum includes Sacrament preparation. Parents of students preparing to receive First Reconciliation and/or First Holy Communion and/or Confirmation MUST attend sacrament preparation seminars, parent/teacher meetings, and prayer services. The details of the sacrament preparation meeting and prayer service for this academic year will be announced in class followed by emails to parents. In addition to Sunday classes, there will be additional three-hour classes on Saturday; dates will be announced and emailed to parents well in advance.

The church considers the faith formation of parents as an essential element of the sacramental preparation process of child. Thus, in accordance with the mandates of the Church, missing sacramental preparation seminars and meetings is not an option. Also, it is important to note that parents' attendance at the meetings is required even if the parent has participated in sacramental preparation with an older child.

If your child is scheduled to receive one or all of the above listed sacraments for the first time, please mark your calendars with appropriate meeting dates. In the event that a parent cannot attend a meeting, an adult substitute (godparent, relative) should attend in parent's place. FAILURE TO ATTEND THE APPROPRIATE SACRAMENTAL PREPARATION MEETING MAY RESULT IN A DELAY IN YOUR CHILD'S FIRST RECEPTION OF THE SACRAMENT.

RELIGIOUS EDUCATION CURRICULUM OUTLINE

Grade Pre-Kindergarten

Pre-K students will learn

- Sign of the cross
- Morning and evening prayers
- Important church feast days
- Name of Parish, Vicar, Diocese and Pope
- Introduction to parables and other Bible stories

Grades Transitional Kindergarten and Kindergarten

TK and KG students will learn

- Prayers "Our Father.., Hail Mary..., Glory be to the father..."
- Sign of the cross
- Grace before and after meals
- Morning and evening prayers
- Guardian Angel prayer
- Important church feast days

- Name of Parish, Vicar, Diocese and Pope
- Introduction to parables and other Bible stories
- Lives of some saints

Grade 1

First grade students will...

- Recognize that God is a loving Father who is the Creator of all things
- Understand that God's love is infinite, so he created everything perfect for us
- Learn the importance of giving thanks and praise to God
- Understand god send his own son, Jesus, to live with us and help us reach the Father in Heaven
- Learn Jesus' mother is everyone's mother
- Understand that God speaks to us through His living Word, the Bible
- Understand that Jesus taught to pray and to love others
- Learn that they are the members of the Syro-Malabar Church
- Recognize and celebrate the significance of feasts and season of the Church
- Learn basic prayers at the appropriate level.
- Learn about St. Thomas the apostle

Grade 2

Second grade students will...

- Recognize that God is a loving Father, Creator of all things and made man in his own image.
- Recognize that even though we drift away from God when we sin, He is always in search of us
- Recognize that God's son Jesus, born of Virgin Mary, is the promised Savior.
- Learn about the birth of Jesus, how Jesus received Baptism from John the Baptist, and about his death and resurrection.
- Understand that the Gospel is the message of salvation given to us through Jesus by God the father.
- Understand that the Holy Eucharist is the bread of life and we receive Jesus in the Blessed Sacrament.
- Learn the names of Jesus' disciples and understand how they spread the good news and learn about St. Thomas, the apostle.
- Know the Lord's Prayer, Hail Mary, Holy Mary, and the Ten Commandments.
- Understand the significance of why we celebrate Mass.

Grade 3 (Class of Reconciliation, First Holy Communion and Confirmation)

Third grade students will...

- Know and appreciate how Catholic Church is special
- Better understanding of The Ten Commandments and how they help us to lead a life pleasing to God.
- Better understanding of sin as a violation of The Ten Commandments and how it can affect our divine life and the life around us.
- Learn more about the Penance, God's sacrament of healing and forgiving as they prepare for

Reconciliation.

- Realize that prayer brings us closer to God
- Become familiar with Jesus and strive to be more like him.
- Become familiar with the Seven Sacraments and how they help us to grow in holiness.
- Value the Eucharist as the sacrament of Jesus living within us as they prepare to receive first Holy Communion.
- Better understanding of the third person of Trinity, The Holy Spirit, as they prepare to receive the Sacrament of Confirmation.
- Better appreciation of the sacrifices made by the apostles to witness Jesus Christ.
- Become familiar with various celebrations and seasons of the Church year
- Identify and learn Mary as the model of faith and Mother of the Church
- Learn Bible stories
- Learn Basic Catholic prayers by heart
- Learn that St. Thomas, after his arrival in India, established Christian communities in southern part of India.

Grade 4

Fourth grade students will...

- Learn about Jesus as the source of our divine life and how we should live in the Church according to his will
- Recognize that love for God can be expressed by showing love for our neighbors through their study of Ten commandments and Beatitudes
- Learn about each of the sacrament - Baptism, Anointing, Holy Eucharist, Reconciliation, Anointing of the Sick, Holy Orders and Matrimony
- Develop a deep understanding of the value of sacraments in our lives and how it brings us closer to God
- Scripture Learning - Be able to read the Holy Bible on a daily basis (Old and New testament)
- Know the difference - between good and evil and different types of sins
- Develop reverence for life, people and the gifts of the earth.
- Come to know what God reveals about respecting truth and property.
- Learn about celebrating faith and serving in our Church

Grade 5

Fifth grade students will...

- Learn an overview of the history of salvation
- Learn about the books of the Holy Bible
- Continue to learn the history of salvation starting with the call of Abraham to the birth of Jesus Christ.
- Develop a personal relationship with the Lord by developing a habit of saying a personal prayer in the morning and before going to bed.
- Try to participate in the Holy Mass with better understanding.
- Learn important forms of family prayer like the Holy Rosary.
- Lead family prayer at home.
- Learn to apply Ten Commandments and Jesus' law of love in their life.

- Learn the importance of forgiveness, and practice forgiveness in their lives.
- Be encouraged to go for confession once in a month.

Grade 6

Sixth grade students will learn...

- Jesus life- from His Birth through Death to Resurrection.
- To experience Jesus in their own lives.
- Holy Qurbana and the liturgical seasons along with their relation to the life of Jesus.
- Sacraments of Confession and Holy Communion in detail.
- The gift of Faith and understand the Apostle's Creed in detail.
- The mystery of Holy Trinity.
- Importance of personal prayer and how to enforce personal prayer in their daily lives.
- To read and reflect on the given books of Holy Scripture
- Basic prayers - Morning Prayer, Holy Rosary with Litany, Prayer to Holy Spirit, Divine Mercy Chaplet, selected Psalms etc.

Grade 7

Seventh grade students will...

- Review the significance of the Ten Commandments
- Understand man's relationship to God in the first three commandments
- Understand man's relationship with each other in the next seven commandments
- Importance of observing the Lord's Day and the obligatory days of Syro-Malabar Church
- Discuss duties of children towards parents.
- Discuss importance of protection of life from conception to natural death
- Learn about sexuality and how to live in sexual purity
- Learn about wrongness in contemporary issues like abortion, euthanasia, drug/substance abuse, etc.
- Learn about justice, respecting public and personal wealth
- Learn importance of honesty and discuss sins against the truth
- Understand virtues that help to conquer covetousness
- Understand precepts of the Church
- Work on formation of Conscience and Faith

Grade 8

Eighth grade students will...

- Focus on the different characteristics of the Church
- Understand the old covenant through Moses and the new covenant through Jesus
- Learn about the only redeemer and the means of salvation
- Continue to learn about our faith and the basic qualities of faith in detail
- Understand the authority of the Holy Spirit and work to bear the fruits of the Holy Spirit

- Learn that each one is a member of Christ's body
- By understanding that we are a priestly people, try to exercise our ministry of common priesthood
- Learn that sharing is the fundamental nature of the Church
- Understand the prophetic nature of the Church and try to bear witness to the Truth
- Learn about the missionary work of the Church and try to involve in missionary activities
- Learn about the individual churches in the Catholic Church
- Learn to practice the different means of sanctification in the Church
- Study the Apostolic heritage of the Syro-Malabar Church
- Learn about the Universality of the Catholic Church
- With the help of "Lumen Gentium" study the teachings of the Church on Mother Mary
- Learn progressively about our Mother Church, to love and serve her

Grade 9

Ninth grade students will...

- Learn in detail about each segment of the Syro-Malabar Holy Qurbana
- Study about the Signs & Symbols used in the Syro-Malabar Holy Qurbana
- Learn about the seven Sacraments and its role in our lives
- Do a detailed study of the Liturgical seasons in the Syro-Malabar Church
- Examine and learn about the authenticity of Holy Bible
- Learn the history, formation and organization of Holy Bible
- Discuss how Holy Bible is God Breathed
- Do a study of the major books of the Holy Bible, discussing their context and authorship
- Study in detail about a few chosen books in the Bible
- Discuss Introductory Apologetics
- Examine and learn about various aspects of Catholic Faith and ways to witness their faith in the youth years
- Participate in class charity activities like 'Serving the Needy', field trips, etc.

Grade 10

Tenth grade students will learn...

- What the Church expects out of us
- What is meant by being a Missionary of Christ
- Making Charity part of life
- What kind of charitable life is expected out of us
- What is expected of us through family life
- Priestly Apostolate
- Leading a Religious life centered in Christ
- Lead a life of Sainthood
- How to be a missionary in daily life
- How to share your faith
- How to answer common objections to Christian/Catholic faith
- How to be a reflection of Jesus

Grades 11 and 12

Eleventh and twelfth grade students will...

- Learn about the Value and Greatness of life
- Learn about Love and Marriage
- Study the role of Mass media and Christian Life
- Discuss the challenges to faith and temptations of life
- Learn about our Church and her Social teachings, knowing Jesus our Savior
- Learn about grooming, traits and formation of the Christian personality
- Learn about the Bible history, Faith and reason, scientific basis for the existence of God
- Discuss Christianity and its relationship to other religions
- Other Planned activities - Field trip, visit homeless, feeding the needy, old age home, planned parenthood vigil, walk for life etc.

OUR DAILY PRAYERS

Sign of the Cross

In the Name of the Father; and of the Son; and of the Holy Spirit. Amen.

The Lords' Prayer

Our Father, who art in heaven, hallowed be thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary full of grace, the Lord is with you; blessed are you among women, blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory to the Father

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.

Morning Offering

I adore you O, my God and love you with all my heart. I thank you for having created me and called me in to your Church and preserved me during the night passed. I offer you all my actions of this day grant that they may be done according to Your Holy Will and greater glory. Watch over me during this day and free me from all dangers. May Your grace be always with me and with all those who are dear to me. Amen

Evening prayer

O my God, I adore You, and I love You with all my heart. I thank You for having created me and saved me by Your grace, and for having preserved me during this day. I pray that You will take for yourself whatever good I might have done this day, and that You will forgive me whatever evil I have done. Protect me this night, and may Your grace be with me always. Amen.

Guardian Angel

Angel of God, My Guardian Dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

The Confiteor

I confess to Almighty God, to blessed Mary ever virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the saints that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary Virgin, blessed Michael and Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the saints, to pray to the Lord our God for me. May Almighty God have mercy on me, and forgive me my sins, and bring me to everlasting life. Amen. May the Almighty and Merciful Lord grant me pardons, absolution, and remission of all my sins. Amen.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offended You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

Angelus

The angel of the Lord declared unto Mary:
And she conceived of the Holy Spirit.
Hail Mary...

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

And the word was made flesh:
And dwelt among us.
Hail Mary ...

Pray for us O holy mother of God:
That we may be worthy of the promises of Christ.

Let us pray

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen.

Prayer to Mary, Queen of Heaven (The Regina Caeli)

Queen of heaven, rejoice. Alleluia.
The Son whom you were privileged to bear, Alleluia,
Has risen as He said, Alleluia.
Pray to God for us, Alleluia.
Rejoice and be glad, Virgin Mary, Alleluia.
For the Lord has truly risen, Alleluia.

Let us pray

O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of eternal life. Through Christ, our Lord. Amen.

The Holy Rosary

The Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, was buried. He descended into hell; the third day He arose again from the dead. He ascended into heaven, sits 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.

Our Father, who art in heaven...

I salute thee, Daughter of God the Father obtain for us the gift of firm faith...Hail Mary...

I salute thee, Mother of God the Son obtain for us the gift of ardent charity...Hail Mary...

I salute thee, Spouse of the Holy Spirit obtain for us the gift of constant hope...Hail Mary

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

The Joyful Mysteries

(Said Mondays, Saturdays, and Sundays from the First Sunday of Advent until Lent)

1. The Annunciation

"In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" – *(Lk 1:26-28)*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

2. The Visitation

"In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zachariah and greeted Elizabeth. (...) And Mary remained with her about three months, and returned to her home." *Lk 1:39-40, 56*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

3. The Nativity

“And she gave birth to her first-born son and wrapped him in a manger, because there was no place for them in the inn,” *Lk 2:7*

1 Our Father, 10 Hail Mary, and Glory be to Father...

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

4. The Presentation in the Temple

“And his father and his mother marveled at what was said about him; and Simeon blessed them and said to Mary his mother, “behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed.” *Lk 2:33-35*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

5. The finding in the Temple

“After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at this understanding and his answers.” *Lk 2:46-47*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

The Luminous Mysteries

(Said Thursdays)

1. The Baptism of Christ

“And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, ‘This is my beloved Son, with whom I am well pleased.’” *Mt 3:16-17*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

2. The Wedding at Cana

“This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.” *Jn 2:11*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

3. Preaching of Christ on the Kingdom, conversion and reconciliation

“Now after John was arrested, Jesus came into Galilee preaching the Gospel of God, and saying, ‘The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the Gospel’” *Mk 1:14-15*

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

4. The Transfiguration

While Jesus was praying His face changed in appearance and His clothing became dazzling white. And behold two men were conversing with Him, Moses and Elijah, who appeared in glory and spoke of His exodus that He was going to accomplish in Jerusalem." (Luke 9:28-31)

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

5. The Institution Of The Eucharist

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (John 6:51)

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

The Sorrowful Mysteries

(Said Tuesdays, Fridays, and Sundays of Lent)

1. The Agony in the Garden

“And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” And going a little farther he fell on his face and prayed, ‘My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt’” *Mt 26:37-39*

I Our Father, 10 Hail Mary, and Glory be to the Father...

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

2. The Scourging at the Pillar

“So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified.” *Mk 15:15*

1 Our Father, 10 Hail Mary, and Glory be to the Father

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

3. The Crowning with Thorns

“And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, ‘Hail, King of the Jews!’ and struck him with their hands.” *Jn 19:2-3*

1 Our Father, 10 Hail Mary, and Glory be to the Father

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

4. The Carrying of the Cross

“So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Golgotha.” *Jn 19:17*

1 Our Father, 10 Hail Mary, and Glory be to the Father

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

5. The Crucifixion and Death

“And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right and one on the left. And Jesus said, “Father, forgive them; for they know not what they do.”” *Lk 23:33-34*

1 Our Father, 10 Hail Mary, and Glory be to the Father

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

The Glorious Mysteries

(Said Wednesdays and Sundays from Easter until Advent starts)

1. The Resurrection

Jesus rises from the dead on Easter Sunday, glorious and immortal, as He has predicted. (Matt. 28:1-7).

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

2. The Ascension

Jesus ascends into Heaven forty days after His resurrection to sit at the right hand of God the Father. (Luke 24:50-51)

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

3. The Descent of the Holy Spirit

Jesus sends the Holy Spirit in the form of fiery tongues on His Apostles and disciples. (Acts 2:2-4)

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

4. The Assumption of the Blessed Virgin Mary

Mary's soul returns to God and her glorified body is taken up into heaven and reunited with her soul.

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

5. The Coronation of the Blessed Virgin Mary

Mary is crowned as Queen of heaven and earth, Queen of angels and saints.

1 Our Father, 10 Hail Mary, and Glory be to the Father...

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

Rosary Prayer

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.

Litany of the Blessed Virgin

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, *graciously hear us*

God, the Father of Heaven, *have mercy on us*

God, the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*
Holy trinity, one God, *have mercy on us.*
Holy Mary, *pray for us.*
Holy Mother of God, *pray us.*
Mother most pure, *pray for us*
Mother most chaste, *pray for us*
Mother inviolate, *pray for us*
Mother undefiled, *pray for us*
Mother most amiable, *pray for us*
Mother most admirable, *pray for us*
Mother of good counsel, *pray for us*
Mother of our Creator, *pray for us*
Mother of our Savior, *pray for us*
Virgin most prudent, *pray for us*
Virgin most venerable, *pray for us*
Virgin most renowned, *pray for us*
Virgin most powerful, *pray for us*
Virgin most merciful, *pray for us*
Virgin most faithful, *pray for us*
Mirror of justice, *pray for us*
Seat of wisdom, *pray for us*
Cause of our joy, *pray for us*
Spiritual vessel, *pray for us*
Vessel of honor, *pray for us*
Singular vessel of devotion, *pray for us*
Mystical rose, *pray for us*
Tower of David, *pray for us*
Tower of ivory, *pray for us*
House of gold, *pray for us*
Ark of the Covenant, *pray for us*
Gate of Heaven, *pray for us*
Morning star, *pray for us*
Health of the sick, *pray for us*
Refuge of sinners, *pray for us*
Comforter of the afflicted, *pray for us*
Help of Christians, *pray for us*
Queen of angels, *pray for us*
Queen of Patriarchs, *pray for us*
Queen of Prophets, *pray for us*
Queen of Apostles, *pray for us*
Queen of Martyrs, *pray for us*
Queen of Confessors, *pray for us*
Queen of Virgins, *pray for us*
Queen of all saints, *pray for us*
Queen conceived without original sin, *pray for us*
Queen assumed into Heaven, *pray for us*
Queen of the most holy rosary, *pray for us*
Queen of peace, *pray for us*

Lamb of God, who takes away the sins of the world, *spare us, O Lord.*
Lamb of God, who takes away the sins of the world, *graciously hear us, O Lord.*
Lamb of God, who takes away the sins of the world, *have mercy on us,*

Pray for us, O holy Mother of Lord.
That we may be made worthy of the promises of Christ.

Let Us Pray

Grant, we beseech You, O Lord God, that we Your servants, may enjoy perpetual health of soul and body; and by the glorious intercession of blessed Mary, ever virgin, may be delivered from present sorrows and rejoice in eternal happiness. Through Christ, our Lord. Amen.

Anima Christi

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me.
Water from the side of Christ, wash me. Passion of Christ, strengthen me.
O good Jesus, hear me. Within thy wounds, hide me.
Suffer me not to be separated from Thee. From the malignant enemy, defend me. In the hour of my death, call me.
And bid me come to Thee.
That with Thy saints I may praise Thee. Forever and ever. Amen

Hail, Holy Queen

Hail, Holy Queen, mother of mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your 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.

Memorare

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

Prayer to St. Joseph

We come to thee, O blessed Joseph, in our sore distress. Having sought the aid of thy most blessed spouse, we now confidently implore thy assistance also. We humbly beg that, mindful of the dutiful affection which bound thee to the immaculate Virgin Mother of God, and of the fatherly love with which thou didst cherish the Child Jesus, thou wilt lovingly watch over the heritage which Jesus Christ purchased with His blood, and by Thy powerful intercession help us in our urgent need. Prudent guardian of the Holy Family, protect chosen people of Jesus Christ; drive far from us, most loving father, all error and corrupting sin. From your place in heaven, most powerful protector, graciously come to our aid in this conflict with the powers of darkness, and as of old you delivered the Child Jesus from danger of death, so now defend the holy Church from the snares of the enemy and from all adversity. Extend to each one of us your continual protection, that, led on by your example, and borne up by your strength, we may be able to live and die in holiness and obtain everlasting happiness in heaven. Amen.

A Prayer for the Priests

Divine Savior Jesus Christ, Thou are the Good Shepherd who gives His life for His sheep. Oh, be in a very special way the Good Shepherd of those poor lost priests who are also appointed by Thee to be leaders of Thy people, but who have broken the oath of their holy ordination and have become unfaithful to their exalted calling. Bestow upon these poorest of the poor the very fullness of that pastoral solicitude with which Thou dost so faithfully seek the sheep that are lost! Touch their hearts with the irresistible ray of grace which emanates from Thine all-merciful love! Enlighten their minds and strengthen their wills, that they may turn away from all sin and error and come back to Thy holy altar and to Thy people. Amen.

Precepts of the Church

1. To worship God at Mass with the community on Sunday and Holy day of obligation, and to keep Sunday a day rest.
2. To lead a sacramental life
3. To study Catholic Teaching
4. To observe the marriage laws of the Church
5. To strengthen and support the Church throughout the world
6. To do penance, including abstaining from meat and fasting from food on the appointed days
7. To join in the missionary spirit of the Church

Sunday School Calendar 2019-2020

Sunday - Dates	Activities	Additional Highlights
8/18/2019	CCD registration starts	Teachers meeting from 11:30 AM
8/25/2019	First day of CCD academic year 2019-2020	
9/1/2019	Labor Day Weekend - No CCD	SEP Training for new teachers - 8/31 Ettu Noyumbu Starts, Only one Holy Qurbana
9/8/2019	Regular CCD SEP Training for students and Parents.	Nativity of Our Lady
9/15/2019	Regular CCD Class PTA: Pre-K, TK/K,1,2, 3 (after First Holy Qurbana) Annual SEP training for CCD teachers/volunteers	Catechetical Sunday, 3rd Grade parents meet with Achan (after second Holy Qurbana)
9/22/2019	Thirubalasakhyam, CML - 1 Class PTA: 4,5,6,11/12 (after First Holy Qurbana)	St. Mariam Thresia talk by Holy Family Nuns
9/29/2019	Regular CCD : Bible Quiz 1 (Gospel of Mark : 1-8) Class PTA: Grades 7,8,9,10 (after First Holy Qurbana)	Fr. George Danavelil visit on Saturday - Teachers Conference. All PTA Reps Meeting with DRE (after second Holy Qurbana)
10/6/2019	Regular CCD.	
10/13/2019	Regular CCD	Canonization of Blessed Mariam Thresia
10/20/2019	Regular CCD	Mission Sunday : CCD Rosary
10/27/2019	Regular CCD : Bible Quiz 2 (Gospel of Mark : 9-16)	
11/3/2019	Regular CCD	CCD - All Saints Day celebration
11/10/2019	Thirubalasakhyam, CML - 2	Talk by Mother Theresa Sisters
11/17/2019	Koinonia - No CCD	Koinonia Grande Finale
11/24/2019	Regular CCD, Parish level Bible quiz	All Chapters : Gospel of Mark
12/1/2019	Thanksgiving weekend (Nov 28) - No CCD	Advent - First Sunday
12/8/2019	Regular CCD	
12/15/2019	Regular CCD	
12/22/2019	Thirubalasakhyam, CML-3 CCD Christmas celebration	Guest Achan from Austin
12/29/2019	Christmas / NewYear Break - No CCD	
1/5/2020	Regular CCD	Jan 6: Epiphany
1/12/2020	Mid-Term for all grades - Chapters 1 to 7	Mid-Term for all grades - Chapters 1 to 7
1/19/2020	Regular CCD	
1/26/2020	Regular CCD	
2/2/2020	Regular CCD	
2/9/2020	Regular CCD	
2/16/2020	Regular CCD	
2/23/2020	Regular CCD	FAITH FEST - CCD Day celebrations
3/1/2020	Regular CCD	Way of the Cross on Friday - Grade 6
3/8/2020	Regular CCD	Way of the Cross on Friday - Grade 7
3/15/2020	Regular CCD	Way of the Cross on Friday - Grade 8

3/22/2020	Thirubalasakhyam, CML-4	Way of the Cross on Friday - Grade 9 Talk by CMC Sisters
3/29/2020	Regular CCD	Way of the Cross on Friday - Grade 10
4/5/2020	Palm Sunday - No CCD	Way of the Cross on Friday - Grade 11-12
4/12/2020	Happy Easter - No CCD	Good Friday Enactements - DYA
4/19/2020	St. Thomas Feast - No CCD	
4/26/2020	Regular CCD	
5/3/2020	Regular CCD	5/2/20 Saturday- Holy communion? May Crowning - devotion to Mother Mary
5/10/2020	Regular CCD	
5/17/2020	CCD Final exams - Fun Sale - Last day	Fun Sale + Pizza Party
5/24/2020	Memorial Day weekend - No CCD	
5/31/2020	Pentcostal Sunday	Ezhuthiniruthu
6/7/2020	Summer Vacation	
6/14/2020	Summer Vacation	12th Grade Graduation

Student Handbook 2019-2020 Acknowledgment of Receipt

This handbook describes the policies in place for our Religious Education. It is important that you carefully read and understand the contents of the Parent/Student handbook. Keep in mind, however, that we can't anticipate every situation that may arise or provide information that answers every possible question, so it's not possible for this handbook to cover every conceivable contingency.

Circumstances may arise which require modification of the policies, practices, and benefits contained in this document, so we can revise, supplement, or rescind any of the provisions of this handbook as needed or desired. This handbook, as well as revisions and updates, will be available at the administration office.

This is to acknowledge that I have received and reviewed the St. Thomas Syro-Malabar Catholic Church of San Francisco's Religious Education Parent/Student Policy Handbook for 2019-2020 and that I have read it and agree to abide by the rules, policies, and standards set forth herein. I also hereby give permission to the Religious Education Program to impart Safe Environment Training to my child/children as appropriate to their age level. If you do NOT wish for your child to participate in Safe Environment Instruction, please sign the Opt-Out form available at Church Office and return to the Director of Religious Education before the date of your child's instruction.

<u>Name of child/children</u>	<u>Grade</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Parent Signature: _____

Parents Name (please print): _____

Date: _____