

## Content Standard

Students in the Diocese of Bridgeport will recognize that the transforming power of God's grace is lived through the Mass and the sacraments. They will know that sacraments are God's gift to us, instituted by Christ, and entrusted to the Church. They will know that the Holy Spirit works through the seven sacraments to help us live holy lives.

## Rationale

Christ invites us to be in union with him through the sacraments. We respond to Christ's invitation for spiritual nourishment because of our basic need for sanctification, purification, forgiveness, healing, and strength. Sacraments touch all stages and key moments of Christian life. Most importantly, because God has made us for himself and we belong to him (St. Augustine), Christ's Body and Blood transform us into his image, thereby enabling the Church to become the sacrament of Christ.

*They devoted themselves to the teaching of the apostles and to the communal life,  
to the breaking of the bread and to the prayers Acts 2:42.*

*Catechesis is intrinsically linked with the whole of liturgical and sacramental activity, for it is in the sacraments, especially in the Eucharist, that Christ Jesus works in fullness for the transformation of people ( CCC 1074 -Pope John Paul II, Catechesi Tradendae, n. 23).*

*The Christian is the eighth sacrament-the only sacrament that the  
non-believer will ever receive – Pope John XXIII.*

## **Performance Standards**

1. Students will know that Christ gave the Church the Eucharist to show his constant and enduring love for us.
2. Students will realize that the Mass is central to the communal and personal lives of Catholics because it makes present the very act of redemption, which Jesus accomplished in his life, death and Resurrection. (*CCC 1067, 1140, 1141, 1323-1327, 1382-1396, 1401-1405*).
3. Students will understand that the seven sacraments are visible signs that give grace, are given to us by Christ, rooted in Sacred Scripture, and formed through Catholic Tradition (*CCC 1123*.)
4. Students will develop an awareness of the sacramentality of everyday life; i.e., the presence of Christ in one another, in all creation, and in all that we do (*CCC 337-344*).
5. Students will have a working knowledge of the blessings, devotions, signs, symbols, and sacramentals of the Catholic faith (*CCC 1146-1162*).
6. Students will know and understand the significance of liturgical seasons and feasts of the Church (*CCC 1163-1199*).

## Grade Level Competencies

*By the end of the Pre-K--Kindergarten program, students will be able to:*

1. Tell that we celebrate together as a Church family by attending Sunday Mass.
2. Demonstrate appropriate and respectful behavior during liturgy.
3. Understand that through Baptism we become children of God.
4. Know that we say we are sorry when we have done something wrong and we forgive one another.
5. Understand that all creation is good.
6. Understand that God's love is shown to us through the love of our families and friends.
7. Respect the fact that God gave each of us different talents.
8. Identify Advent as a time to prepare for Christmas – the Birth of Jesus.
9. Identify Lent as a time to prepare for Easter – the Resurrection of Jesus.

*By the end of Grade 1, students will be able to:*

1. Know that Jesus shares himself with us in a special way during the Mass.
2. Know that Communion is *Jesus*.
3. Know that Baptism is a celebration of becoming a member of the Catholic Christian family, called the *Church*.
4. Identify the Baptismal font, holy water, candle, and white garment as signs of the new life with Jesus.
5. Understand that we prepare for Penance/Reconciliation by forgiving others and by saying, we are sorry.
6. Understand that the church building is the place where our parish family gathers to celebrate Mass.
7. Know that we show signs of respect, including genuflecting and bowing, because Jesus is present in our church building, specifically in the tabernacle.
8. Recognize the liturgical colors match the liturgical seasons: Advent, Christmas, Lent, and Easter.
9. Understand that Holy Days are special days, other than Sundays, when we come together to celebrate Mass.

***By the end of Grade 2, students will be able to:***

1. Actively participate in the Mass.
2. Know that during the Last Supper (Holy Thursday) Jesus changed the bread and wine into his Body and Blood.
3. Know that the Last Supper was the first Mass that Jesus celebrated with the Apostles the night before he died.
4. Know that everyone must receive the sacrament of Penance/Reconciliation before receiving First Communion.
5. Understand that the Eucharist, which is the Real Presence of Jesus, nourishes and strengthens us to follow Jesus.
6. Recognize that the Mass has two main parts: Liturgy of the Word and Liturgy of the Eucharist.
7. Know that through the sacraments, Jesus shares his divine life with us, which is called *grace*.
8. Recognize that Baptism is the first and primary sacrament that prepares us to receive all other sacraments.
9. Know that when we choose to do wrong and fail to do good, we have sinned against God whom we should love above all things.
10. Know that through the sacrament of Penance/Reconciliation, we express sorrow for our sins, receive God's forgiveness through the priest, and are reconciled with God and the people of the Church.
11. Receive the sacrament of Penance/Reconciliation.
12. Receive First Communion.

***By the end of Grade 3, students will be able to:***

1. Understand that the Eucharist, the Real Presence of Christ, is the center of our Catholic faith.
2. Know that we gather at Mass to listen to God's Word and to receive Jesus so that we can bring Christ's love to the world.
3. Recognize that the sacred vessels, sacred books, vestments, Baptismal font, altar, lectern, and tabernacle are used in worship.
4. Understand the significance of each of the liturgical seasons.
5. Know that the bread and wine are changed into the Real Presence of Jesus during the Liturgy of the Eucharist.
6. Understand that after First Communion, all Catholics have the obligation to attend Mass every Sunday.
7. Identify Baptism, Confirmation, and Eucharist as sacraments of Initiation.
8. Realize that Jesus heals and forgives through the sacraments of Penance/Reconciliation and Anointing of the Sick.
9. Participate in the Stations of the Cross.

10. Understand that on Good Friday, we remember that Jesus suffered and died to forgive our sins and to give us eternal happiness in heaven.

***By the end of Grade 4, students will be able to:***

1. Know that Mass is also known as the celebration of the Eucharist.
2. Know the order of the Introductory Rites and the Liturgy of the Word.
3. Know that during the Penitential Rite (Introductory Rites at the beginning of Mass) we do not confess our sins; however, we humbly acknowledge them in our hearts, ask for mercy, and accept God's pardon.
4. Help plan and participate in liturgical celebrations.
5. Identify Matrimony and Holy Orders as sacraments of Service (vocation).
6. Know that Christ sent the Holy Spirit who guides us through grace and helps us to lead holy lives.
7. Recognize that we follow God's laws to show our love for creation and our appreciation of God's gifts.
8. Understand that Epiphany symbolizes Jesus' mission to the whole world.
9. Discuss the Liturgical Year, which begins with the First Sunday of Advent, and identify the ways we celebrate seasons and major feasts.

***By the end of Grade 5, student will be able to:***

1. Understand that we are members of the Church, the Body of Christ, and of a parish community.
2. Know the effects of the grace of Matrimony: Christ enables a man and a woman to share their love through a strong, permanent commitment to one another and through their willingness to welcome, nurture, and educate in the faith the children sent to them by God.
3. Know that the Paschal Mystery refers to Christ's suffering, death, Resurrection, and Ascension.
4. Define sacrament as an outward sign of an inward grace, instituted by Christ.
5. Understand that sacraments are sacred moments in which Christ shares his life with us, and we become visible signs of God's presence.
6. List the signs and symbols of each sacrament.
7. Know the effects of Baptism: we are cleansed from original sin, we receive sanctifying grace, and we are reborn as children of God and members of Christ's Body, the Church.
8. Recognize that Eucharist is the center of Catholic life and understand the effects of the Eucharist: It nourishes us with the Body and Blood of Christ, unites us more deeply with Christ and his Church, transforms us and reconciles us in Christ's love, and empowers us to serve one another.

9. Know the effects of the grace of Confirmation: renews the promises and perfects the graces of Baptism, imparts the fullness of the Holy Spirit, and strengthens the Christian's witness to Christ in their lives.
10. Know the effects of the grace of Reconciliation: forgiveness of sins, reconciliation with God and the Church, and the strengthening of the resolve to do good and avoid sin in the future.
11. Know the effects of the grace of Anointing of the Sick: strengthening, consolation, courage in the face of illness, union with Christ's suffering on the cross, and the spiritual and physical healing in the way that God wills.
12. Know the effects of the grace of Holy Orders: chosen men are configured to Christ in order to lead the Church to holiness by teaching, sanctifying, and shepherding God's flock.
13. Identify that the Triduum, which is celebrated from Holy Thursday evening through Evening Prayer on Easter Sunday, is the most sacred time of the liturgical year.
14. Understand that Baptism, Confirmation, and Holy Orders may only be received once because through them, the Holy Spirit confers an indelible spiritual seal on the soul.
15. Understand the significance of the Liturgical seasons: Advent, Christmas, Easter, and Ordinary Time.

***By the end of Grade 6, students will be able to:***

1. Know that the Order of the Mass includes: Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist, and Concluding Rite.
2. Know that listening to the Words of Scripture attentively and receiving the Eucharist reverently during Mass helps us to become more Christ-like.
3. Explain the link between the Jewish Passover, the Last Supper, and the Celebration of the Mass.
4. Explain the difference between sacraments and sacramentals.
5. Know that the Church's liturgy has retained certain integral elements of the worship of the Old Covenant: reading the Old Testament, praying the Psalms, and, above all, recalling the events of salvation history.
6. Recognize that the struggles and the triumphs of our ancestors in faith helped to deepen their relationship with God.
7. Understand that the Jesse Tree is an example of Advent tradition that helps us to recall important persons and events in Scripture before the birth of Christ.
8. Identify the Feast of the Epiphany of Jesus as the public manifestation of Jesus as the Promised One for Israel and the Gentiles.
9. Explain why Easter is the most important Christian feast and discuss some of the symbols associated with it (Paschal candle, lamb, Easter lily).
10. Understand that the Paschal Mystery is celebrated at every Mass.
11. Know that it is a serious obligation for Catholics to attend Mass on Sunday.

*By the end of Grade 7, students will be able to:*

1. Know that during the Penitential Rite (within the Introductory Rite at Mass) we acknowledge our sins and ask for God's mercy.
2. Know that the Lectionary is the official book of sacramental readings, arranged in a three-year cycle, used during the Liturgy of the Word.
3. Know that within the Liturgy of the Eucharist, we offer thanks and praise with Jesus to the Father.
4. Participate actively and reverently in the celebration of the Mass through proper gestures, responses, and songs.
5. List, understand, and define the signs and symbols of the Funeral Rite, e.g., pall, Paschal candle, incense, and sprinkling of holy water.
6. Express that the Mass of Christian Burial (Funeral Liturgy) celebrates the triumph of Christ's victory of life over death.
7. Know that in the sacrament of Holy Orders, the three degrees of ordination are: deacon, priest, and bishop.
8. Know that sacraments are special encounters with Jesus at key points in our journey of life, and that Jesus continues to care for us through the sacraments.
9. Know that human life is changed at death but not ended, and that our bodies will rise again.
10. Understand that the Liturgical Year begins with the First Week of Advent.

*By the end of Grade 8, students will be able to:*

1. Know that Jesus instituted the Eucharist, which is the source and summit of Catholic life, worship, and unity.
2. Identify the principal parts of the Mass: Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist, and Concluding Rite.
3. Know that Sunday is the Sabbath set aside for worship, family, and relaxation, and that Catholics have a serious obligation to attend Mass every Sunday.
4. Know that, throughout history, Catholics have expressed faith and worship through song, drama, art, architecture, literature, and prayer.
5. Understand that the sacraments strengthen our faith, hope, and love and empower us to participate in the mission of the Church.
6. Know that the Rite of Christian Initiation of Adults (RCIA) is the formation process for those who wish to become full members of the Catholic Church.
7. Know that the sacrament of Confirmation imparts the fullness of the Spirit through the gifts of the Holy Spirit and celebrates the Confirmand's personal decision to follow Christ.
8. Understand that God's providential grace and love shapes and guides the Church, even through the times of conflict in Church history, including the Protestant Reformation, the Western Schism, and other events.

9. Know the importance of the missionary activity of religious orders in the growth of the Church.
10. Understand the effects of the Councils of Trent and Vatican II on the Mass and on the sacraments.
11. Realize that although the Church exists in the world and is affected by it, the Holy Spirit always guides, sanctifies, and protects it.