

# Ấu Nhi of The Holy Eucharist

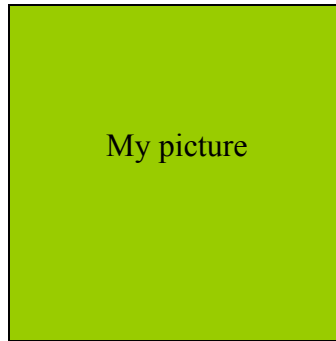
The Journey to the Holy Eucharist

Personal Growth Plan for Ấu Nhi Level 1  
Ages 7-8, 2<sup>nd</sup> Grader,  
And/or First Communion Class

By Tr. Tân Uyên Hồ

# The Journey to the Holy Eucharist

Personal Growth Plan for **Ấu Nhi** Level 1  
Ages 7-8, 2<sup>nd</sup> Grader  
First Communion Class



HÍ!

I am ..... This book belongs to me and it is all about my journey to my first communion - my union with the Holy Eucharist. If you found this book please contact me at.....or return to

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Thank you!

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## **BECOMING AN ÂU NHI OF THE HOLY EUCHARIST**

#1

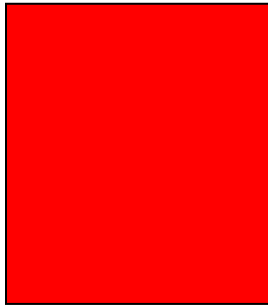
I must be baptized to belong to Jesus Christ. The Sacrament of Baptism likes a gate that leads me to the Holy Eucharist.

#2

I must know the Âu Nhi Motto "Ngoan," means "Obedient." This Motto is from the Bible verse, John 14:23. Jesus said, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him."

#3

And I must know and keep the Âu Nhi Pledge. The Âu Nhi Pledge helping me unite with Jesus Christ and become a Eucharistic crusader carrying His love and words around the world.



Knowing the Pledge is easy, but keeping up with my Pledge is hard. The Journey to the Holy Eucharist is a growth plan that will draw me closer to the Holy Eucharist. It includes my journals, stories, lessons, activities, and challenging missions that help me to keep the Âu Nhi Pledge.

# PLEDGE

**As Áu Nhi of the Holy Eucharist,  
I do my best to be Ngoan in union with Jesus Christ through:  
Prayers - Holy Communion - Sacrifices - and Apostolate services**

## ÁU NHI CA

Đoàn em như những mầm mạ non,  
    xanh tươi,  
    luôn vui cười,  
luôn ngoan ngoan sống đời Áu Nhi.  
    Nguyện bền trí  
theo gương Chúa Giêsu tuổi thơ,  
em mang Chúa cho tuổi Áu Thơ.

# Understanding the Pledge of *Âu Nhi*

A Pledge is a promise

"*Ngoan*" is obedient, good, well-behaved

Union is being together, becoming one

Prayer is a talk directly to God or indirectly to God through Mary and other saints

Example:

- Talk directly to God by telling Him directly what I want to say to Him.
- Talk indirectly to God by asking someone more worthy to pray to God for me like Mary, Mother of God or other saints.

Holy Communion is the reception of Jesus in the Holy Eucharist.

A Sacrifice is a heroic act, an act of love and a bravery act for the goodness.

Example: Jesus sacrificed His life to save us from sin. *Âu Nhi* bravery makes obedience as a sacrifice for God. All good doings are heroic acts. Practicing each of our virtues: Faith, Hope, Love, Charity, Humility, Obedience, Kindness, Chastity/purity, Patience, and Diligence, is a heroic act, an act of love for God and for others.

Apostolate service is the work of bringing the goods of God to others, serving others and helping others with their needs. Apostolate service is a sacrifice.

Example: helping the poor by saving money to buy them food, cloth, helping the elder with their needs, helping sick people, helping other children with less fortune.

## HOW TO EARN MY EUCHARISTIC AWARDS

A Spiritual offering chart is look like this:

--insert spiritual chart--

I record all my good-doings in this chart daily/weekly. At each meeting, the leaders will collect and adding all my points with other in my group and the total points of Spiritual offering charts will be brought to the Alter as gifts for God on Sunday Mass.

### Earning points and The Eucharistic Awards

Prayers: 1000 points	For Prayer pin
Holy Communion: 1000 points	For Holy Communion pin
Sacrifices: 1000 points	For Sacrifice pin
Apostolate Service: 1000 points	For Apostolate Service pin
Complete my Journals: 1000 points	For Effort pin
Attending Camp/Retreat: 1000 points	For Challenge pin

Master in **Áu Nhi** level 2: 6000 points total of 1000 points for each of the categories above.  
Master pin and certificate of **Áu Nhi** "Ngoan"



# INTI Rules

# MISSION #1

## Searching for God, the Father

### The Creator

- Bible verse:
- CCC#

### The First and Last

- Bible verse:
- CCC#

### The Father

- Bible verse:
- CCC#

### A God of Truth

- Bible verse:
- CCC#

### A God of Love

- Bible verse:
- CCC#

### A forgiving God - A God merciful and gracious

- Bible verse:
- CCC#

# Prayer

Prayer of the week - Our Father

Jesus taught me this prayer. Mathew: 6:9-13, Luke 11:2-4, Mark 11:25-26.

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.

Our Father Prayer helps me to tell my God He is.....

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I commit to pray daily with the prayer of the week

- say Our Father in the morning
- say Our Father at night
- say Our Father before dinner
- write down Our Father on a piece of paper
- say Our Father in Vietnamese
- say Our Father in English
- Marking my spiritual chart the number of time I do Our Father Prayer

# Holy Communion

Our family belongs to (my church)

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I was baptized on

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My saint name is

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My God father...mother...parents

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Some of my activities at church:

CCD...TNTT...Vietnamese class...Choir...Alter boy/girl.... and

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My church is a Catholic Church. It belongs to Jesus. Jesus gave the Catholic Church seven sacraments to give everyone graces, strength and bring everyone who believe in Him to God the Father in Heaven.

The seven sacraments:

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Sacrament means:

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I received the first sacrament, Baptism to belong to.....

I will receive my First Holy Communion in the year of.....

People say that receiving Holy Communion is receiving.....

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But I won't see any meat or blood because He is in the Host which is bread and wine that made from pure and unleavened wheat and pure grape.

Because I can not physically receive the Holy Eucharist, this prayer will help me to receive Jesus spiritually and nourish my desire to be with Him in the Holy Eucharist

The Act of Spiritual Communion

My Jesus,  
I believe that You  
are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if  
You were already there and unite myself wholly to You.  
Never permit me to be separated from You.

Amen.

I commit myself to the Holy Eucharist this week by

- Attending Mass on  
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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass







I make obedience my sacrifice this week by:

- ❑ following class rule
- ❑ following TNTT rule
- ❑ Marking my spiritual chart each day I follow the school or TNTT rules.
- ❑ Minus 3 points each time I violate 1 rule

# Apostolate Services

Apostolate service is the work of bringing the goods of God to others, serving others and helping others with their needs. Apostolate service is a sacrifice.

Jesus said to his disciples: "if you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." Matthew 19:21

Jesus came down from heaven to serve and deliver from everyone from sins. He brings love and forgiveness. He served His people with his own body now in the Holy Eucharist.

Saint Elizabeth of Hungary

Elizabeth was a princess of Hungary. She had a lot of money, nice clothes and jewelries. Elizabeth loved Jesus a lot. She made sacrifices to show her love. She sold all her clothes, jewelries to buy food for the poor. She gave very thing she had for others.

This is what I want to do for other:

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I commit to serve the poor this week.

- ❑ Make a Sharing Bowl, place it in the kitchen area
- ❑ Drop a coin(s)/bill(s) in the Bowl for the poor at each dinner.
- ❑ To "earn" money for the poor, I.....

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- ❑ Mark my spiritual chart for each dinner with a coin(s)/bill(s) dropped in the box.





# MISSION #2

## Searching for Mary, Mother of God

### Mother of God

- Bible verse:
- CCC#509

### New Eve

- Bible verse:
- CCC#975

### Ever-Virgin

- Bible verse:
- CCC#963

### The obedience of faith

- Bible verse:
- CCC#148

# Prayer

Prayer of the week - Hail Mary

Hail Mary, full of grace, the Lord is with you.  
Blessed are you among women, and blessed is the fruit of your womb, Jesus.

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

Hail Mary Prayer helps me to praise.....  
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Others say When talk to Jesus, I may also ask Mary, Mother of Jesus, angels and other saints to pray for me because they are so close and so worthy to Jesus in heaven.

I will asked.....to pray for me because She is so close to God.

- I commit to pray daily with Hail Mary Prayer for this week
- say Hail Mary in the morning
  - say Hail Mary at night
  - say Hail Mary before dinner
  - write down Hail Mary on a piece of paper
  - say Hail Mary in Vietnamese
  - say Hail Mary in English
  - Marking my spiritual chart the number of time I ask Mary through Hail Mary Prayer to pray to God for me





I believe Jesus truly present in the Holy Eucharist. Yes...No...

I commit myself to the Holy Eucharist this week by

- ❑ Attending Mass on  
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- ❑ Saying the Act of Spiritual Communion
- ❑ Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- ❑ Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

A sacrifice is a heroic act, an act of love and a bravery act for the goodness.

God gives me Jesus as a special gift of love. Jesus loved me. Jesus gave up His life to save me from the sins and death.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God.

St. Dominic Savio made obedience his sacrifice and penance and to seek sanctification by the martyrdom of daily duty. St. Dominic said, "I can't do big things but I want everything to be for the glory of God." So Dominic made small, everyday things into sacrifices for God; never complaining about the weather or food, doing little odd jobs for the other students, and faithfully controlling his eyes to guard his purity.

Jesus said, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him." John 14:23.

I continue to make obedience my sacrifices for.....

My family rules

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I continue to make obedience my sacrifice for this week by:

- ❑ Following class rules
- ❑ Following TNTT rules
- ❑ Following family rules
- ❑ Marking my spiritual chart each day I follow the rules either from school, from family or from TNTT
- ❑ Minus 3 points each time I violate 1 rule

# Apostolate Services

Jesus said to his disciples: "if you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." Matthew 19:21

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This is another saint who loved God and served other:  
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I commit to serve the poor this week by.

- ❑ Doing extra chores at home to earn money for the poor
- ❑ Dropping a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s), bill(s) dropped in the box.





# MISSION #3

## Searching for the Holy Trinity

### One God

- Bible verse:
- CCC#509

### Three divine persons

- Bible verse:
- CCC#509

### God the Father

- Bible verse:
- CCC#509

### God the Son

- Bible verse:
- CCC#509

### God the Holy Spirit

- Bible verse:
- CCC#509



# Prayer

Prayer for the week - The Glory be 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 will be forever. Amen.

After the Our Father and the Hail Mary we usually say the  
"Glory be to the Father" to praise the Blessed Trinity, the three  
Persons in one God. We cheer God because He loves us and He is  
so good. He made things good from the beginning, now and His  
goodness never ends.

Amen

The prayer According to.....

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The Glory be to the Father always means to me that.....

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The Blessed Trinity means

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- I commit to pray daily with the prayer of the week
- ❑ say Glory Be to the Father in the morning
  - ❑ say Glory Be to the Father at night
  - ❑ say Glory Be to the Father before dinner
  - ❑ write down Glory Be to the Father on a piece of paper
  - ❑ say Glory Be to the Father in Vietnamese
  - ❑ say Glory Be to the Father in English
  - ❑ Marking my spiritual chart the number of time I do  
Glory Be to the Father Prayer

# Holy Communion

## The Bread of Life

Jesus said: "I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die".

According to .....

"The Bread of Life" means:

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I believe that Jesus truly presents in the Holy Eucharist.

Yes...No...

I truly believe that Jesus is the Bread of Life. Yes...No...

Jesus said: "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give is my flesh for the life of the world."

According to:.....

Jesus meant .....

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I believe that Jesus truly present in the Holy Eucharist. Yes...No..

I truly believe that Jesus is the Bread of Life. Yes...No...

I truly believe that receiving Holy Communion will bring me everlasting life. Yes...No...

I commit myself to the Holy Eucharist this week by

- Attending Mass on
 

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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

Sacrifice is.....  
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God gives me Jesus as a special gift of love. Jesus loved me. Jesus gave up His life to save me from the sins and death.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God.

St. Dominic Savio made obedience his sacrifice and penance and to seek sanctification by the martyrdom of daily duty. St. Dominic said, "I can't do big things but I want everything to be for the glory of God." So Dominic made small, everyday things into sacrifices for God; never complaining about the weather or food, doing little odd jobs for the other students, and faithfully controlling his eyes to guard his purity.

Jesus said, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him." John 14:23.

I continue to make obedience my sacrifices for.....

3 Rules of thumb how to obey - Promptly, Neatly and quickly

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Neatly.....

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Quickly.....

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My family rules

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I practice obedience this week by:

- Follow class rule
- Follow family rule
- Marking my spiritual chart each time I follow the rules either from school or from family
- Minus 3 points each time I violate 1 rule



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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.



# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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# MISSION #4

## Searching for the Catholic Faith

Believe in God the Father

Believe in God the Son, Jesus Christ

- Bible verse:
- CCC#

Believe in God the Holy Spirit

- Bible verse:
- CCC#

Believe in Holy Catholic Church

- Bible verse:
- CCC#

Believe in Communion of Saint

- Bible verse:
- CCC#

Believe in the Forgiveness of Sin God

- Bible verse:
- CCC#

Believe in the Life of Everlasting

- Bible verse:
- CCC#

# Prayer

## Prayer of the week - The Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven and is seated at the right hand of God the Father Almighty. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Amen.

The Prayer According to.....  
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The Apostle's Creed Prayer helps me to tell God that .....  
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I commit to pray daily with the prayer of the week

- ❑ say The Apostle's Creed in the morning
- ❑ say The Apostle's Creed at night
- ❑ say The Apostle's Creed before dinner
- ❑ write down The Apostle's Creed on a piece of paper
- ❑ say The Apostle's Creed in Vietnamese
- ❑ say The Apostle's Creed in English
- ❑ Marking my spiritual chart the number of time I do  
The Apostle's Creed Prayer

# Holy Communion

## The Eucharistic Celebration - The Mass

Jesus said: "This is my body given for you; do this in remembrance of me"

According to.....  
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Jesus meant .....  
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The Mass is.....  
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I believe that Jesus truly present in the Holy Eucharist. Yes...No..

I believe that Jesus is the Bread of Life. Yes...No...

I believe that receiving Holy Communion will bring me everlasting life. Yes...No...

I commit myself to the Holy Eucharist this week by

- Attending Mass on

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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

A Sacrifice is a heroic act, an act of love and a bravery act for the goodness.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God.

St. Dominic Savio made obedience his sacrifice and penance and to seek sanctification by the martyrdom of daily duty. St. Dominic said, "I can't do big things but I want everything to be for the glory of God." So Dominic made small, everyday things into sacrifices for God; never complaining about the weather or food, doing little odd jobs for the other students, and faithfully controlling his eyes to guard his purity.

"Do all things without complaining and disputing." Philippians 2:14

Complain means.....

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How can I sacrifice my complaining?.....

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- I make my stop complaining as my sacrifice this week by:
- ❑ Say "Yes" to you parent, teachers
  - ❑ Do thing right away when asked
  - ❑ Marking my spiritual chart each time I say "yes" and do thing right away
  - ❑ Minus 3 points each time I say "no" or did not do thing right away or complain

# *Apostolate Services*

Jesus said to his disciples: "if you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." Matthew 19:21

This is another saint who loved God and served other.....

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An Apostolate service can be.....

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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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My fun....sad....silly....other....story of the week.....

Dotted lines for writing.

# MISSION #5

## Searching for the Faith in God

Believe in one God in three Divine

- Bible verse:
- CCC#

Believe in God the Father

- Bible verse:
- CCC#

Believe in God the Son, Jesus Christ died for my sin and will come again

- Bible verse:
- CCC#

Believe in God the Holy Spirit

- Bible verse:
- CCC#

Believe in the Truths which the Catholic Church teaches

- Bible verse:
- CCC#

# Prayer

Prayer of the week – The Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.  
Amen.

In the Gospels, Jesus was constantly stressing the importance of faith in Him. In Matthew 17:19, Jesus said that even faith the size of a mustard seed could move mountains. In John 20:29, Jesus said “Because you have seen me, you have believed. Blessed are they who have not seen, and yet have believed.” In the Sermon on the Mount, Matt 6:33, Jesus asked all to seek the kingdom of God and His justice first and all these things our daily needs shall be given to us.

The Act of Faith Prayer helps me to tell God that .....

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I commit to pray daily with the prayer of the week

- ❑ say The Act of Faith in the morning
- ❑ say The Act of Faith at night
- ❑ say The Act of Faith before dinner
- ❑ write down The Act of Faith on a piece of paper
- ❑ say The Act of Faith in Vietnamese
- ❑ say The Act of Faith in English
- ❑ Marking my spiritual chart the number of time I do  
The Act of Faith Prayer



# Holy Communion

Jesus said: "This is my body given for you; do this in remembrance of me"

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Jesus meant .....

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I believe that Jesus truly present in the Holy Eucharist. Yes...No..  
I believe that Jesus is the Bread of Life. Yes...No...  
I believe that receiving Holy Communion will bring me everlasting life. Yes...No...

I commit myself to the Holy Eucharist this week by

- Attending Mass on  
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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

God gives me Jesus as a special gift of love. Jesus loved me. Jesus gave up His life to save me from the sins and death.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God.

St. Dominic Savio made obedience his sacrifice and penance and to seek sanctification by the martyrdom of daily duty. St. Dominic said, "I can't do big things but I want everything to be for the glory of God." So Dominic made small, everyday things into sacrifices for God; never complaining about the weather or food, doing little odd jobs for the other students, and faithfully controlling his eyes to guard his purity.

"Do all things without complaining and disputing." Philippians 2:14

Avoid Fighting.....

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Avoid Rebelling.....

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I make my stop complaining as my sacrifice this week by:

- Say "Yes" to you parent, teachers
- Do thing right away when asked
- No fighting with others
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- .....
- Marking my spiritual chart each time I say "yes" and do thing right away
- Minus 3 points each time I say "no" or did not do thing right away or complain
- Minus 3 points each time you fight with other

# *Apostolate Services*

*Jesus said to his disciples: "if you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." Matthew 19:21*

*This is another saint who loved God and served other.....*

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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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# MISSION #6

## Searching for the Hope in God

### Infinite goodness

- Bible verse:
- CCC#

### God's promises

- Bible verse:
- CCC#

### Forgiveness of sin

- Bible verse:
- CCC#

### Life Everlasting

- Bible verse:
- CCC#

### Jesus Christ my Lord and Redeemer

- Bible verse:
- CCC#

# Prayer

Prayer of the week – The Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Amen

Hope is a powerful weapon against darkness and negativity. Jesus said “with God all things are possible,” Matthew 19:26. This prayer will make everyone brave bring them back their confident and happiness

The Act of Hope Prayer helps me to tell God that .....

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I commit to pray daily with the prayer of the week

- ❑ say The Act of Hope in the morning
- ❑ say The Act of Hope at night
- ❑ say The Act of Hope before dinner
- ❑ write down The Act of Hope on a piece of paper
- ❑ say The Act of Hope in Vietnamese
- ❑ say The Act of Hope in English
- ❑ Marking my spiritual chart the number of time I do  
The Act of Hope Prayer



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I believe that Jesus truly present in the Holy Eucharist. Yes...No..  
I believe that Jesus is the Bread of Life. Yes...No...  
I believe that receiving Holy Communion will bring me everlasting life. Yes...No...

I commit myself to the Holy Eucharist this week by

- Attending Mass on  
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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

God gives me Jesus as a special gift of love. Jesus loved me. Jesus gave up His life to save me from the sins and death.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God.

St. Dominic Savio made obedience his sacrifice and penance and to seek sanctification by the martyrdom of daily duty. St. Dominic said, "I can't do big things but I want everything to be for the glory of God." So Dominic made small, everyday things into sacrifices for God; never complaining about the weather or food, doing little odd jobs for the other students, and faithfully controlling his eyes to guard his purity.

"Do all things without complaining and disputing." Philippians 2:14

Negative behavior is when one.....

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Positive behavior is when one .....

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I make my positive behavior in any situation as a sacrifice this week by:

- ❑ Say "Yes" to my parent, teachers
- ❑ Do thing right away when asked
- ❑ Happy to do things when asked
- ❑ Marking my spiritual chart each time I say "yes" and do thing right away
- ❑ Minus 3 points each time I say "no" or did not do thing right away or complain

# Apostolate Services

Jesus said to his disciples: "if you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." Matthew 19:21

This is another saint who loved God and served other.....

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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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# MISSION #7

## Searching for the Love for God and for Other

### God's Love

- Bible verse:
- CCC#

### God teaches us Love

- Bible verse:
- CCC#

- Bible verse:
- CCC#

### Life Everlasting

- Bible verse:
- CCC#

### Jesus Christ my Lord and Redeemer

- Bible verse:
- CCC#

# Week 7 Prayer

Prayer of the week - The Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Amen.

Jesus said: "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself." Matthew 22:37-39

Our actions are what really count as love in God's eyes because Jesus told everyone so. Jesus told us to love the Lord with our whole heart and with our whole soul, and with our whole mind and we shall love our neighbor as ourselves.

The Act of Love Prayer helps me to tell God that .....

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I commit to pray daily with the prayer of the week

- ❑ say Act of Love in the morning
- ❑ say Act of Love at night
- ❑ say Act of Love before dinner
- ❑ write down Act of Love on a piece of paper
- ❑ say Act of Love in Vietnamese
- ❑ say Act of Love in English
- ❑ Marking my spiritual chart the number of time I do Act of Love Prayer

# Holy Communion

Jesus institutes the Sacrament of Penance

Jesus said to his disciples: "Peace to you. As the Father had sent me, I also send you." When Jesus had said this, He breathed on them; and He said to them: "Receive the Holy Ghost. Whose sins you shall forgive, they are forgiven them: and whose sins you shall retain, they are retained." John 20:21-23

Why Jesus institutes the Sacrament of Penance? .....

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How can I receive the Sacrament of Penance?

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I believe that Jesus truly present in the Holy Eucharist. Yes...No..

I believe that Jesus is the Bread of Life. Yes...No...

I believe that receiving Holy Communion will bring me everlasting life. Yes...No...

I commit myself to the Holy Eucharist this week by

- Attending Mass on

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- Saying the Act of Spiritual Communion
- Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass



# Sacrifices

Because Jesus' sacrifice, God will forgive sinners. Jesus as a special gift of love. Jesus loved me. Jesus sacrifices his life so that my sins may be forgiven.

All saints in Heaven sacrificed their times, money and their comfort to serve others because they love God. Some

Patron saint forgiveness

St. Maria Goretti is the patroness of youth, young women, purity, and victims of rape. Her family was too poor to pay for Masses in her father's memory. Every night Maria would recite the five Mysteries of the Rosary for the repose of her father's soul. She was pious and prayed often. She spent a difficult childhood assisting her mother in domestic duties. The family survived by working for a man named Giovanni Serenelli and his teenage son Alessandro.

In 1902, 20-year-old Alessandro began ordering 11-year-old Maria to perform difficult chores, none of which could be completed to his satisfaction. Alessandro also began making advances on Maria. She refused, he grabbed her, and demanded that she submit to him, but she told him that God did not wish it and it would be a sin. Angrily Alessandro stabbed her to death, with Maria preferring to die rather than be raped.

She survived for 20 hours in the hospital, undergoing surgery without anesthesia. Asked if she forgave her murderer, she replied, "Yes, for the love of Jesus I forgive him...and I want him to be with me in Paradise. May God forgive him" She died kissing the crucifix and holding a medal of Our Lady.

Alessandro was captured and sentenced to 30 years. He was unrepentant until he had a dream that he was in a garden. Maria was there and gave him flowers. When he woke, he repented of his crime and living a reformed life. When he was released after 27 years he went directly to Maria's mother to beg her forgiveness, which she gave him.

Alessandro was present at St. Peter's when she was canonized by Pope Pius XII in 1950 for her purity as a model for youth. She is called a martyr because she fought against Alessandro's

attempts at sexual assault. The most important aspect of her story is her forgiveness of her attacker. Her concern for her enemy extended beyond her death.

Forgiveness is .....

I need to forgive other because.....

I make forgiveness my sacrifice this week by:

- ❑ Asking my parent, teachers, other for forgiveness
- ❑ Forgive those who make fun of me
- ❑ Forgive those who not fair to me
- ❑ Never hate any one
- ❑ Marking my spiritual chart each time I forgive other or each day I live without hatred
- ❑ Minus 3 points each time I hate or do not forgive others



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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box .

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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# MISSION #8

## Searching for the forgiveness

### God's forgiveness

- Bible verse:
- CCC#

### God teaches us to forgive others

- Bible verse:
- CCC#

### What to forgive?

- Bible verse:
- CCC#

### Why to forgive

- Bible verse:
- CCC#

### How to forgive

- Bible verse:
- CCC#





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I commit to pray daily with the prayer of the week

- say The Confiteor in the morning
- say The Confiteor at night
- say The Confiteor before dinner
- write down The Confiteor on a piece of paper
- say The Confiteor in Vietnamese
- say The Confiteor in English
- Marking my spiritual chart the number of time I do  
The Confiteor Prayer

# Holy Communion

The Sacrament of Penance

The steps of Penance .....

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- I believe that Jesus truly present in the Holy Eucharist. Yes...No..
- I believe that Jesus is the Bread of Life. Yes...No...
- I believe that receiving Holy Communion will bring me everlasting life. Yes...No...
- I believe in the forgiveness of sins in the Sacrament of Penance Yes...No....

I commit myself to the Holy Eucharist this week by

- ❑ Attending Mass on

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- ❑ Saying the Act of Spiritual Communion
- ❑ Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- ❑ Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass



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I make penance my sacrifice this week by:

- ❑ Keeping the 10 Commandments
- ❑ Saying sorry and do it right to others
- ❑ .....
- ❑ Marking each time I say sorry and do or intend to do it right again to others
- ❑ Marking my spiritual chart each day I live without breaking the 10 Commandments
- ❑ Taking 3 minus points each time I break any one of the 10 Commandment



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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.



# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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# MISSION #9

## Searching for the Purity

What is purity?

- Bible verse:
- CCC#

Why purity?

- Bible verse:
- CCC#

How to practice virtue of purity

- Bible verse:
- CCC#

# Week 9 Prayer

Prayer of the week – The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever lead me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.  
Amen.

The bible stories about the repentance:

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The Act of Contrition helps me to tell God that .....

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- I commit to pray daily with the prayer of the week
- ❑ say The Act of Contrition in the morning
  - ❑ say The Act of Contrition at night
  - ❑ say The Act of Contrition before dinner
  - ❑ write down The Act of Contrition on a piece of paper
  - ❑ say The Act of Contrition in Vietnamese
  - ❑ say The Act of Contrition in English
  - ❑ Marking my spiritual chart the number of time I do  
The Act of Contrition Prayer



I commit myself to the Holy Eucharist this week by

- ❑ Attending Mass on

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- ❑ Saying the Act of Spiritual Communion
- ❑ Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- ❑ Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

Jesus said: "I came not to call the righteous, but sinners to repentance." Luke 5:32

St. John the Baptist appeared, preaching in the desert of Judea, said: "Repent, for the kingdom of heaven is at hand!"

Penance or Repentance means conversion from human ways of doing things to God's way

How I make penance my sacrifice in my daily life:.....

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God's Way - The 10 Commandments

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I make penance my sacrifice this week by:

- ❑ Keeping the 10 Commandments
- ❑ Saying sorry and do it right to others
- ❑ .....
- ❑ Marking each time I say sorry and do or intend to do it right again to others
- ❑ Marking my spiritual chart each day I live without breaking the 10 Commandments
- ❑ Taking 3 minus points each time I break any one of the 10 Commandment



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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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My fun....sad....silly....other....story of the week.....

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# MISSION #10

## Searching for the Goodness

What is goodness?

- Bible verse:
- CCC#

Why goodness?

- Bible verse:
- CCC#

How to practice virtue of goodness

- Bible verse:
- CCC#

# Week 10 Prayer

Prayers of the week -

Sign of the Cross  
The Confiteor  
The Apostles' Creed  
Our Father  
Hail Mary  
Glory to the Father  
Act of Faith  
Act of Hope  
Act of Love  
Act of Contrition

I commit to pray daily with the prayers of the week

- say all of the prayers in the morning
- say all of the prayers at night
- write down all prayers on papers
- say all prayer in Vietnamese
- say all prayer in English
- Marking my spiritual chart when I do all prayers of the week in one day.





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*My Practice Experience*

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- ❑ I believe that Jesus truly present in the Holy Eucharist. Yes...No..
- ❑ I believe that Jesus is the Bread of Life. Yes...No...
- ❑ I believe that receiving Holy Communion will bring me everlasting life. Yes...No...
- ❑ I believe in the forgiveness of sins in the Sacrament of Penance Yes...No....

I commit myself to the Holy Eucharist this week by

- ❑ Attending Mass on  
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- ❑ Saying the Act of Spiritual Communion
- ❑ Marking "S" in Holy Communion box on the spiritual chart for time I receive Jesus spiritually through the Act of Spiritual Communion
- ❑ Marking "M" in Holy Communion box on the spiritual chart for each time I attend mass

# Sacrifices

Reviewing my Sacrifice commitments

I make obedience my sacrifice in my daily life:

I make no-complaining my sacrifice in my daily life

I make positive behavior my sacrifice in my daily life

I make penance-keep the 10 commandment my sacrifice in my daily life

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I make penance my sacrifice this week by:

- Keeping the 10 Commandments
- Keeping Obedience virtue
- Keeping positive behavior
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- Marking my spiritual chart each day I live without breaking the 10 Commandments and still happy
- Taking 3 minus points each time I break any one of the 10 Commandment



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I commit to serve the poor this week by.

- ❑ Do extra chores at home to earn money or do fundraising
- ❑ Drop a coin(s)/bill(s) in the Bowl/Box/Can for the poor at dinner time.
- ❑ To earn the money for the poor I.....

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- ❑ Marking my spiritual chart each dinner with a coin(s)/bill(s) dropped in the box.

# Spiritual Chart

Parent acknowledgement: .....

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My problem(s) while doing all these:

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