

DEPARTMENT OF CATECHESIS DIOCESE OF FARIDABAD-DELHI



DIOCESE OF FARIDABAD-DELHI

CATECHETICAL DIARY 2021-2022

Name.....

Admission No.....Std.....

Parish/Centre.....

Address.....

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DIOCESE OF FARIDABAD-DELHI

Syro-Malabar Catholic Diocese in Delhi



MESSAGE



On the occasion of the beginning of our new catechetical year, I want to convey my warm regards to young and beautiful minds who are growing very firmly in our Christian faith. The catechetical motto of the year 2021-22, 'Sharing Christ through Social Media', gives me immense joy in appreciating all your efforts you had put in conducting faith classes online without any interruptions.

It was very motivating to see the enthusiasm of our children to keep learning about Christ and Church even during tough pandemic hours. I wish all the very best to each of you for this year, and pray that you never dwindle a bit from your faith practises. Our catechism teachers are a true inspiration to many others, who choose to bring souls closer to God.

May you continue your selfless service passionately. Let's pray that our good Lord bless our catechism department abundantly.

Yours in Our Lord,

+ *Kuriakose Bharanikulangara*

Archbishop Kuriakose Bharanikulangara
Diocese of Faridabad

Bishop's House, 8A/13, W.E.A., Karol Bagh, New Delhi - 110 005, India.
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DIOCESE OF FARIDABAD-DELHI

Syro-Malabar Catholic Diocese in Delhi

MESSAGE



Dear Catechism teachers and beloved children in Jesus Christ,

Christian discipleship is a passage from 'becoming Christian' to 'being Christian'. In this formation, three elements are important: know, experience and share. To be a true Christian, one has to know about Jesus Christ deeply, experience Him personally and share Him passionately. This year our catechism department has taken the motto "Sharing Christ through social media". There are different media through which we share our Christ-experience with

others: prayers, sacraments, talks, books, arts, social network etc. However, the best medium to transmit Christ-experience is one's own witnessing life itself.

Amidst Covid-19, we are forced to share our Christ-experience with others through social media. In this age, there is an ocean of social media links to share Gospel message to the world along with counter witnessing social media programs. But, how many of these networks really touch the hearts of people and realistically lead them to have a deeper experience of God? Have these social media networks enabled people to become a true disciple of Jesus Christ? It is proudly noticed that many Christian social media messages effectively enabled people to have a deeper experience of God and to lead a better Christian life.

Pope Benedict XVI said, 'During the cyber era, social media enables us to reach maximum people and to build up relationship with them. It must lead us from horizontal relation with others to vertical relation to God'. Social media platform must be used to evangelize people. A missionary using social media must inspire others to build up a vertical relationship with God. Using social media with our personal experience of God and deeper prayer life will surely transform the lives of children attracting them again to Church and sacraments in the post-covid era. I wish and pray that our catechetical formation through social media may inspire our children to love Jesus more, to live with Church faithfully and to lead a better life in family and society. May Jesus Christ bless our catechism formators so that they may be able to transform the lives of the children entrusted to their care. Sealed with the blessing of God.



Bishop Jose Puthenveetil

Auxiliary Bishop, Diocese of Faridabad

Bishop's House, 8A/13, W.E.A., Karol Bagh, New Delhi - 110 005, India.

E-mail: faridabaddioocese@gmail.com Tel. +91 11 25759160, +91 11 25812346

WORDS FROM THE DIRECTOR

Dear Promoters, Headmasters, Teachers and Students,



The deep-rooted Christian Faith Formation has become a great apprehension for the church today in this scenario of Covid-19 pandemic. When all the activities in societies and world at large are orbiting around virtual platforms, our faith calls us to be a Roman in Rome. Imparting Christ to the world and particularly to the faithful and young in our parishes reminds us of our mission entrusted to us by the Christ. Social media being a cup of wine for the youth of today makes our task easier to approach them on this platter. Taking a year ahead, towards catechesis, the motto “Closer to Jesus” through the instrumentality of social media will only mark the journey in sharing Christ to all, a cakewalk.

However, the journey on this mission had already begun when the deadly virus had closed us indoors. Along with the academic year 2020-21 running on this platform, most of the parishes had hit the nail on the head, by capturing the occasion to continue the faith formation through online classes. This year too, calls for the perpetuation of the same. One year of experience has made our children judicious enough to handle the situation sound and effectively. As missionaries and catechists, our obligation is to channel the energy of our children in the best way possible to bring the ‘Digital Generation’ closer to Jesus through social media.

A handwritten signature in black ink, appearing to read 'Fr. Anithanam', with a long horizontal stroke extending to the right.

Fr Babu Anithanam MST
Catechism Director, Faridabad Diocese



“SHARING CHRIST THROUGH SOCIAL MEDIA”

‘Closer to Jesus’, that is my life plan. The Pandemic Covid-19, that has engulfed us since last two years, has ceased all our learnings, social interactions and created panic situation. This social distancing has affected our faith formation indefinitely. However, it is the Lord’s amazing grace that didn’t stop or surcease the catechetical practices. Inspired by the marvellous dedication and efforts put together, this year, a motto was chosen that would be relevant in the present situation, “Sharing Christ through Social Media” and thus sending across a message to be closer to Jesus. The Church has a great responsibility in imparting faith education to the present and the upcoming generations. The lockdown and social distancing have bridled faith formation and its effectiveness. However, through various online platforms, the catechism classes sprouted up once again. Since, virtual platform being dearer to the present generation, the same is pertinently used to share the teachings of Christ. The motto of 2021-22 is also a call to each of us to utilize the electronic media for the sake of evangelization. Hope we all once again come together with the same zeal and enthusiasm.

**FARIDABAD DIOCESAN
CATECHETICAL COMMISSION**

Name	Designation	Telephone Number
Archbishop Kuriakose Bharanikulangara	Archbishop	9716525555
Bishop Jose Puthenveettil	Bishop	9495335210
Rev. Fr. Babu Anithanam MST	Director	9702000653
Rev.Fr. Jomon Kappalumakkal	Asst. Director	8281406226
Mr. Renji Abraham	Secretary	9582212422

CATECHISM PROMOTERS 2021

No.	Name of Promoter	Parish	Zone
1	Mr. Sunny Xavier	Dilshad Garden	Jt. Secretary
2	Mr. Sebastian Augusthy	Mayur Vihar -1	East
3	Mrs. Rani Joseph	Noida	East
4	Mr. Joseph K.S.	Mayur Vihar -3	East
5	Mr. Chacko V.C.	Ashok Vihar	North
6	Mr. Antony P.	Burari	North
7	Mrs. Aleyamma Abraham	Karol Bagh	North
8	Mrs. Mini Martin	Tagore Garden	North
9	Mr. Jacob Thomas	Jasola	South
10	Mr. Kunjumon K Joseph	Kalkaji	South
11	Mr Mathew Mathai	Lado Sarai	South
12	Mr. Sabu Joseph	South Extension	South
13	Mr. Jijo K.K.	Dwarka	West
14	Mrs. Jessy Antony	Harinagar	West
15	Mrs. Santhi Joseph	Gurgaon S.H.	West
16	Mr. Rijo George	Janakpuri	West

CATECHETICAL ZONES

SOUTH ZONE	NORTH ZONE	WEST ZONE	EAST ZONE
Aya Nagar	Ashok Vihar	Dwarka	Dilshad Garden
Faridabad, Kristuraja Cathedral	Burari	Gurgaon St.Claret	Indirapuram & Vaishali
Faridabad, St.Peter's Mass Center	Karol Bagh	Gurgaon S.H.	Geeta Colony
Kalkaji	Kingsway Camp	Gurgaon Lourdes Matha	Mayur Vihar Ph.I
Lado Sarai	Motiakhan	Hari Nagar	Mayur Vihar Ph.II & IP Extention
Jasola		Janakpuri	Mayur Vihar Ph.III
Pushp Vihar	Rohini	Mahipalpur	Noida
R.K.Puram	Shahbad	Najafgarh	Sahibabad
South Extn.	Tagore Garden	Palam	Greater Noida
Sanjoepuram		Vikasपुरi	

CATECHETICAL UNIT OUTSIDE DELHI REGION

Chandigarh	Ludhiana	Bhatinda
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DIOCESE OF FARIDABAD AT A GLANCE

Heavenly Patron	St.Thomas the Apostle
Head of the Catholic Church	Pope Francis
Head of the Syro Malabar Church	Cardinal Mar George Allencherry
Apostolic Nuncio	Archbishop Leopoldo Gireli
Our Bishops	Archbishop Kuriakose Bharanikulangara & Bishop Jose Puthenveetil

Cathedral	Kristuraja Cathedral, Faridabad
Population	150000
Area of the Diocese	National Capital Territory of Delhi, Hariyana, Punjab, Himachal Pradesh, Union Territories of Chandigarh, Jammu and Kashmir, Ladakh and two districts of Uttar Pradesh - Ghaziabad and Gautam Buddh Nagar
Parishes & Mass Centers	71
Priests	72
Sisters	855
Churches	15
Chapels	50
Religious Houses for Men	24
Religious Houses for Women	163
Educational Institutions	32
Health Care Centers	12
Social Welfare Programmes	37

Central Office

1B/32, N.E.A., Old Rajender Nagar,
New Delhi-110060, Tel.: 011-25759160

E-mail: dsmcatechism@gmail.com

Website: www.catechismfaridabad.org

Website: www.faridabaddiocese.in

SYLLABUS FOR THE ACADEMIC YEAR 2021-2022

The academic year is divided into two semesters. The syllabus will be as follows:

FIRST SEMESTER				SECOND SEMESTER		
Class	Text Book	Saints	Bible	Text Book	Saints	Bible
KG	1-6			7-11		
I	1-7			8-15		
II	1-7			8-15		
III	1-7			8-15		
IV	1-7	1-2	Mt. 1-4	8-15	3-4	Mt. 5-8
V	1-7	1-2	Mt.9-12	8-15	3-4	Mt.13-16
VI	1-7	1-2	Mt.17-22	8-15	3-4	Mt.23-28
VII	1-7	1-2	Lk.1-6	8-15	3-4	Lk.7-12
VIII	1-7	1-2	Lk.13-18	8-15	3-4	Lk.19-24
IX	1-7	1-2	Mk.1-8	8-15	3-4	Mk.9-16
X	1-9		Jn.1-10	10-15		Jn.11-21
XI	1-6			7-12		
XII	1-7			8-12		

PERCENTAGE OF MARKS FOR FIRST SEMESTER EXAMINATION

Class	Text Book	Bible + Prayer	Saints	General / Church News	Internal Assessment				Total
					Being Present On Video	Attendance	Funola	Chapter Activities	
KG	30	NA	NA	NA	3	2	3	12	50
1	30	NA	NA	NA	2	1	3	14	50
2	30	NA	NA	NA	2	1	3	14	50
3	30	NA	NA	NA	2	1	3	14	50
4	20	3+2	3	2	2	1	3	14	50
5	20	3+2	3	2	2	1	3	14	50
6	20	3+2	3	2	2	1	3	14	50
7	20	3+2	3	2	2	1	3	14	50
8	20	3+2	3	2	2	1	3	14	50
9	20	3+2	3	2	2	1	3	14	50
10	20	3+2	NA	2	2	2	3	16	50
11	25	NA	NA	5	3	2	3	12	50
12	25	NA	NA	5	3	2	3	12	50

PERCENTAGE OF MARKS FOR ANNUAL EXAMINATION

Class	Text Book	Bible + Prayer	Saints	General /Church News	Internal Assessment			Total
					Being Present On Video	Attendance	Chapter Activities	
KG	30	NA	NA	NA	5	5	10	50
1	30	NA	NA	NA	2	2	16	50
2	30	NA	NA	NA	2	2	16	50
3	30	NA	NA	NA	2	2	16	50
4	20	3+2	3	2	2	2	16	50
5	20	3+2	3	2	2	2	16	50
6	20	3+2	3	2	2	2	16	50
7	20	3+2	3	2	2	2	16	50
8	20	3+2	3	2	2	2	16	50
9	20	3+2	3	2	2	2	16	50
10	25	3+2	NA	2	3	3	12	50
11	30	NA	NA	5	3	2	10	50
12	30	NA	NA	5	3	2	10	50

PERCENTAGE OF MARKS FOR SCHOLARSHIP EXAMINATION

Class	Text Book	Bible + Prayer	Saints	General / Church News	Total
KG - 4	NA				
5	60	20	10	10	100
6	60	20	10	10	100
7	60	20	10	10	100
8	60	20	10	10	100
9	60	20	10	10	100
10	70	20	NA	10	100
11	90	NA	NA	10	100
12	90	NA	NA	10	100

USAGE OF HOLY BIBLE

Follow RSV / NRSV Bible in English or POC in Malayalam for Catechism and Logos examinations.

MODEL SUNDAY SCHOOL

On the basis of promoter visit and further investigations, few catechism units will be announced as Model Sunday School every year.

ATTENDANCE

Minimum 50% of attendance in the catechism class is mandatory for students to appear for the examinations.

PRIZES AND AWARDS

Each standard will have 1st, 2nd and 3rd prizes. The students who score top marks and full attendance will be awarded.

CATECHETICAL SCHOLARSHIPS

No Scholarship exam up to 4th Class. Students who got 90% and above marks from Class-5 to 12 (both semester combined) are eligible for Scholarship Examinations.

SUNDAY SCHOOL CERTIFICATES

Sunday School Certificates shall be given to all the students who complete Twelveth Class of the Sunday School.

SUNDAY SCHOOL TEACHERS

Catechism teachers have to give living witness to the children in the community. Each unit should have a Head Teacher (HM), Secretary, sufficient number of teachers and some auxiliary staff for substitution in the case of absence of a regular teacher. It is advised that the head teacher may be changed after a period of 3 years.

- No class should be missed due to absence of teachers.
- It is advisable that the teachers should not be shifted from one section to another frequently and unnecessarily.
- Teachers shall be those who are brought up in Catholic faith, frequenting the sacraments, accepted in the community, regular in the class and undergone orientation.
- Teachers should prepare the lessons in advance.
- Regular Staff meetings shall be conducted on a monthly basis.
- Secretary has to write the minutes of the meeting.
- Teachers should maintain attendance registers.
- HM shall be a Parish/Mass centre committee member too.
- Sufficient fund should be sanctioned from the parish for Catechism.

- All the teachers are requested to give maximum care in the online classes. Teachers should help the students through the online classes, using all available resources.
- All the catechism units must have online live classes or offline classes

SUNDAY SCHOOL TEACHERS ENRICHMENT PROGRAMMES (SSTEPS)

- Orientation Seminar, in the beginning of the academic year.
- A Teachers convention
- Catechism Teachers Training Course (CTTC) for two days.
- Orientation Classes for Parents & Children.
- The teachers are advised to complete the 3 year theology course conducted by the Catechism department.

TEACHERS DAY

Teachers' Day will be celebrated on the following Sunday of the feast of St. Charles Borromeo (4th November), the patron of catechists. This day is specially set apart to remember and honour the teachers. The gathering of all the teachers will be held on this day at unit level.

CATECHETICAL DAY

Every unit shall celebrate Faith Formation Sunday given in the calendar in order to give awareness to the whole parish on the need of Catechesis. Mass shall be celebrated focussing on faith formation and giving more participation for children, meetings and seminars shall be conducted for parents, teachers shall be honoured on the day, talented students shall be awarded etc.

BIBLE DAY

All the units have to arrange some biblical programmes on this day in order to propagate the message of Bible, programmes like skits, songs, Bible quiz etc. can be arranged.

CATECHETICAL LITERAL ART PROGRAMMES (CLAP)

It is advisable to conduct short meetings with small cultural programs during important days like Parish feast day, Independence Day, Mission Sunday, Christmas etc. to highlight the importance of the event and to give opportunity to children to develop their talents.

CATECHETICAL LIBRARY

It is good to have a library for each catechetical units for reference and use of teachers and students. It helps to develop the reading habits of the children especially of spiritual books.

CATECHETICAL DIGITAL LIBRARY & SMART CLASSROOM

A collection of (about 500) films on Bible, Saints and Moral Values are available at catechism department. The list of them are published in the website. Those who want any of them can copy free of cost by contacting catechism director. It is advisable to start Smart Classroom in each parish for this purpose.

SACRAMENTS

Students shall be encouraged to receive sacraments of Confession and Holy Communion frequently.

- They shall be familiarized with prayers and songs of the Holy Mass.
- It is advisable that the second reading of Sunday shall be read by a Sunday School student.
- Transliterated texts are available and should be used by those who can not read or write in Malayalam.
- There shall be special preparation for First Holy Communion and Confirmation.
- Students shall be administered First Holy Communion preferably in the fourth standard.

ALTAR SERVERS

Altar Servers shall be trained from among the Sunday School students.

CHILDREN'S CHOIR GROUP

Each unit shall form a student choir group and will give them opportunities to sing during Holy Mass and other occasions.

WEBSITE: WWW.CATECHISMFARIDABAD.ORG

Website contains all details of the Department of Catechesis, Diocese of Faridabad. News, information about the Catechetical units, circulars, study materials, photo and video galleries etc are also available in the website.

STUDENTS CORNER

The students can upload their creative works such as articles, stories, poems, paintings, PPT etc through the link *POST YOUR ARTICLE* in the website. The selected works will be published on the page *STUDENTS CORNER* in the website.

CHILDREN'S CONVENTION

There will be Children's Convention every year. The zonal wise convention will be conducted according to the convenience of respective zones.

LOGOS QUIZ 2021

- The next Logos Quiz will be held in December 2021 and the portion for this quiz is that of the year 2020: Deuteronomy 22-34; Sirach 18-22; 1 Corinthians 1-8; Mark 1-8.
- The diocesan level examination will follow the usual written method.
- The Logos site will be open for additional registration in October 2021.

CATECHETICAL YEAR PLANNER 2021-22

SEMESTER- I

JUNE 2021

- 27 Sunday Catechism Academic Year Diocesan Level Inauguration & Teachers' Seminar. Season of Apostles. Deut. 4:1-8 (4:1-10), Is 2:1-5 (2:1-19), 1 Cor 10:23-31 (10:14-32), Lk 12:57-13:5 (12:57-13:17)

JULY 2021

- 03 Saturday Dukhrana – Feast of St. Thomas.
- 04 Sunday Class-1 Inauguration & Sunday School Re-opens at Unit Level
Deut. 4:10-14 (4:10-24), Is 5:8-20 (5:8-25),
1 Cor 16:1-14 (15:58-16:24),
Lk 13:22-30 (13:22-35)
- 11 Sunday Class-2, Season of Kaitha 1 Kgs 18:30-39,
Acts 5:12-20 (5:12-32), 1 Cor 1:9-16,
Lk 14:7-14 (14:1-14)
- 15 Thursday St. Kuriakose, Feast of Our Archbishop
- 16 Friday Our Lady of Mount Carmel
- 18 Sunday Class-3, Season of Kaitha
Deut. 4:32-40, Is 4:2-6 (3:16-4:6),
2 Cor 3:4-12 (3:4-18), Lk 15:11-32 (15:4-32)
- 19 Monday Feast of 12 Apostles
- 22 Thursday St. Mary Magdalene
- 25 Sunday Class-4, St. Jacob, the Apostle, St. Joachim & St. Anna (Parents of Mother Mary)
Deut. 5:6-16 (5:1-16), Is 5:1-7,
2 Cor 7:1-11, Jn 9:1-12, 35-38 (9:1-38)

CATECHETICAL YEAR PLANNER 2021-22

AUGUST 2021

- 01 Sunday Class -5, 15 Days of Lent Begins,
Deut. 5:16-24 (5:16-6:3), Is 9:13-21 (9:8-21),
2Cor 10:12-18 (10:1-18), Mk 7:1-13(7:1-23)
- 04 Wednesday St. John Maria Vianney –Patron Saint of
Priests
- 06 Friday Transfiguration of Our Lord.
- 08 Sunday Class-6, St. Dominic
Lev. 23:33-44, Is 28:14-22, 2 Cor 12:14-21,
Lk 16:19-31 (16:19-17:10)
- 11 Wednesday St. Clare
- 14 Saturday St. Maximillian Kolbe
- 15 Sunday Class-7, Feast of Assumption of Our Lady
(Day of Obligation), Indian Independence Day.
Lev 19:1-4, 9-14, Is 29:19-24 (29:13-24),
1 Thes. 2:1-12, Lk 17:11-19
- 21 Saturday St. Pius X
- 22 Sunday Class-8, Lev 19:15-18(19:15-19+20;9-14),
Is 33:1-15, 1 Thes. 2:14-20, Lk 18:1-8
(18:1-14)
- 24 Tuesday St. Bartholomew, the Apostle
- 28 Saturday St. Augustine
- 29 Sunday Class-9, St. Euphrasia, Deut. 6:20-25
(6:20-7:6), Is 31:4-9 (31:1-9), 2 Thes. 1:3-10
(1:1-10), Lk 18:35-43 (18:35-19:10)

SEPTEMBER 2021

- 01 Wednesday 8 Days of Lent Begins
- 05 Sunday Class-10, St. Teresa of Kolkata, Season of
Elijah Sleeva Moses, Deut. :7-11, Is 30:18-26
2Thes.2:14-3:3(2:14-3:18), Mt.13:1-9,
18-23(13:1-23)

CATECHETICAL YEAR PLANNER 2021-22

- 08 Wednesday Nativity of Mother Mary
- 12 Sunday Class-11, St. John Chrysostom, Deut. 7:12-16 (7:12-26), Is 32:1-8 (32:1-33: 6), Phil 1:12-25, Mt 13:24-30 (13:24-43)
- 14 Tuesday Exaltation of the Holy Cross
- 19 Sunday Class -12, Deut. 8:11-20, Is 33:13-24, Phil 2:1-11 (1: 27-2:11), Mt 4:12-17 (4:12-5:16)
- 21 Tuesday St. Mathew, the Apostle
- 26 Sunday Class-13, St. Vincent De Paul, Duet 9:1-6 (9:1-8), Is 25:1-8, Phil 3:1-11 (3:1-14), Mt 17:14-21 (17:14-27)
- 29 Wednesday Archangels Michael, Gabriel and Raphael
- 30 Thursday St. Jerome

OCTOBER-2021

- 01 Friday St. Teresa of child Jesus
- 02 Saturday Guardian Angel
- 03 Sunday St. Francis Assisi
Deut. 9:13-24, Is 26:1-11 (26:1-19),
Phil 4:4-9 (4:4-23), Mt 15:21-28 (15:21-38)
- 10 Sunday Class-14, Deut. 11:1-9 (11:1-12), Is 40:12- 17 (40:1-17), 2 Cor 2:12-17 (1:23-2:17),
Mt 20:1-16
- 15 Friday St. Theresa of Avila
- 16 Saturday Bl. Thevarparambil Kunjachan
- 17 Sunday Class-15, Mission Sunday, St. Ignatius of Antioch, St. Luke the Evangelist
Deut. 11:1-9 (11:1-12), Is 40:12-17 (40:1-17),
2 Cor 2:12-17 (1:23-2:17), Mt 20:1-16
- 24 Sunday Class-16, Deut. 13:12-18, Is 41:8-16 (41:8-20), Gal 6:1-10 (6:1-18), Mt 8:23-34 (8:23-9:9)

CATECHETICAL YEAR PLANNER 2021-22

- 28 Thursday St. Simon & St. Jude Thaddeus (The Apostles)
- 31 Sunday Class-17, Catechism Teachers' Fest 2021
(Teachers day celebration)
Ex 40:17-29,34-38 (40:17-38), Is 6:1-8
(6:1-13), 1cor 13:1-13 (12: 27- 13:13),
Mt 16:13-19

NOVEMBER 2021

- 01 Monday All Saints Day, Season of Dedication of the Church
- 02 Tuesday All Souls day
- 04 Thursday St. Charles Borromeo - Patron Saint of Catechists, Catechism Teachers Day
- 05 Friday St. Zacharia & St. Elizabeth
- 07 Sunday First Semester Examination, Season of Dedication of Church, Ex 40:1-16
(39:32-40:16), 1 Kgs 8:22-29 (8:10-29),
Heb 8:1-6 (8:1-9:10), Mt 12:1-13 (12:1-21)

SEMESTER II

- 14 Sunday Class-1, Result of First Semester Examination.
Num 9:15-18 (7:1-10+9:15-18), Is 54:1-10
(54:1-15), Heb 9:5-15 (9:1-15), Jn 2:13-22
(2:12-22)
- 21 Sunday Class-2, 1 King 6:11-19 (6:1-19),
Ezek.43:1-7 (43:1-7+44:1-5), Heb 9:16-28,
Mt 22:41-46 (22:41-23:22)
- 28 Sunday Class-3, Feast of Christ the King
Gen17:15-22 (17:1-27), Is 43:1-7,10-11
(42:18-43:13), Eph 5:21-6:4 (5: 21 - 6:9),
Lk 1:5-25 (1:1-25),)
- 30 Tuesday St. Andrew, the Apostle

CATECHETICAL YEAR PLANNER 2021-22

DECEMBER 2021

- 01 Wednesday 25 Days Lent Begins (25 Nombu)
- 03 Friday St. Francis Xavier
- 05 Sunday Class-4, Num 22:20-35 (22:20-23:2),
Is 43:25-44:5 (43:14-44:5), Col 4:2-6
(4:2-18), Lk 1:26-38 (1:26-56),
- 08 Wednesday Immaculate Conception of Our Lady
(Amalolbhavam).
- 12 Sunday Class-5, Gen 18:1-10 (18:1-19), Judge 13:2-7,
(13:2-24), Eph 3:1-13 (3:1-21), Lk 1:57-66
(1:57-80).
- 14 Tuesday St. John of the Cross.
- 18 Saturday Miraculous Cross at Mylapore
- 19 Sunday Class-6, Gen 24:50-67, 1 Sam 1:1-18
(1:1-28), Eph 5:5-21, Mt 1:18-24
- 25 Saturday Christmas-Nativity of Our Lord, Season of
Nativity
- 26 Sunday Class-7, St. Stephen, St. John, the Apostle,
Holy Family Day, Gen 21:9-21 (21:1-21),
1 Sam 1:21-28 (1:19-28), Gal 4:21-5:1,
Mt 2:1-12 (2:1-23), St. Stephen,
Acts 6:8-10+7:54-59, Mt 10:16-22
- 28 Tuesday Holy Childhood Day (The Infants' Day)
- 31 Friday End of The Year.

JANUARY 2022

- 01 Saturday New Year Day
- 02 Sunday Class-8, St. Chavara Kuriakose Elias, Season
of Deneha

CATECHETICAL YEAR PLANNER 2021-22

06	Thursday	Feast of Epiphany
09	Sunday	Class-9
16	Sunday	Class-10
20	Thursday	St. Sebastian
21	Friday	St. Agnes, Day of Virgin and Martyr
23	Sunday	Class-11
25	Tuesday	Conversion of St. Paul
30	Sunday	Class-12

FEBRUARY 2022

02	Wednesday	Presentation of Our Lord
06	Sunday	Class-13, Annual Exam for Classes 10 & 12 (Tentative),
13	Sunday	Pethurtha, Season of Lent, 50 Days Lent begins (50 Nombu)
14	Monday	Ash Monday, Feast of Vibhuthi, Day of Abstinence
20	Sunday	Class-14
27	Sunday	Catechism Teachers' Convention

MARCH 2022

06	Sunday	Class-15
13	Sunday	Class-16
19	Saturday	Feast of St. Joseph
20	Sunday	Class-17
25	Friday	The Annunciation
27	Sunday	Annual Examination
28	Sunday	Palm Sunday

CATECHETICAL YEAR PLANNER 2021-22

APRIL 2022

03	Sunday	Annual Examination Result
04	Monday	Day to submit the List of Scholarship Students
10	Sunday	Palm Sunday
14	Thursday	Maundy Thursday
15	Friday	Good Friday
16	Saturday	Holy Saturday
17	Sunday	Easter
24	Sunday	Scholarship Examination

MAY 2022

01	Sunday	St. Joseph the Worker, Scholarship Valuation & Scholarship Exam Result
26	Thursday	Ascension of Our Lord
31	Tuesday	Visitation of the Blessed Virgin

JUNE 2022

05	Sunday	Pentecost Sunday
12	Sunday	Holy Trinity
16	Thursday	Corpus Christi
24	Friday	Sacred Heart of Jesus
26	Sunday	New Catechetical Year Begins.

A BRIEF HISTORY OF SYRO-MALABAR CHURCH

The Syro-Malabar Church was known as the Church of St. Thomas Christians until the 18th century because it was founded by St. Thomas, one of the Apostles of Jesus Christ. He landed at Cranganore, (Kodungalloor) Kerala in 52 AD, and founded seven Christian communities at Palayur, Kodungalloor, Kokkamangalam, Kottakavu (Parur), Quilon, Niranam and Nilakkal. St. Thomas died as a martyr at Chinnamalai in Mylapore, Tamil Nadu in 72 AD. He was stabbed by some Brahmins for refusing to take part in the worship of a Hindu Goddess. The tomb of the Apostle is venerated at the Little Mount, Mylapore, Chennai. Thus Christianity in India is as old as Christianity itself.

Though the Syro-Malabar Church existed outside the Roman empire, it maintained communion with the Church of Rome, through East Syrian or Chaldean or Babylonian Church. In 345 under the leadership of Thomas of Knanai, a group of Christians from Persian Empire migrated to Southern part of India and their descendants are called Knanites. They also belong to Syro-Malabar Church.

With the Portuguese colonization in the 16th century. European Bishops from the Latin Church were appointed by the Pope to govern the St. Thomas Christians. During this period (1653-1887) many divisions took place in the Syro-Malabar Church, in its attempt to get rid of the rule of the Latin Bishops, who often gave little value to the ancient system of administration and Christian heritage. The last Bishop appointed by the East Syrian Patriarch died in 1597 and the Portuguese tightened their control over the Syro-Malabarians and never permitted East-Syrian Bishops to enter Malabar. In 1599 the Latin Archbishop of Goa convened a synod at Udayamperoor (Diamper) and made the people accept many Latin customs, which was unknown to them. The rule of Latin Bishops was never accepted by the Syro-Malabarians, and the climax of their protest was 'Coonan Cross Oath' which took place in 1653. the leaders to the St. Thomas Christian Community pledged in

this oath not to accept the rule of the Jesuit missionaries from whom the Bishops were appointed. The Coonan Cross Oath was a revolt against the oppressive rule of the Europeans and not against the Holy See. After the Oath, St. Thomas Christians were split into two groups. Some remained faithful to Rome again and others joined with the West Syrian Church of Antioch. Efforts continued to re-establish the lost communion, and one group under the leadership of Archbishop Mar Ivanios re-established their communion with Catholic Church in 1930. the Holy See accepted it as a separate Church with the name Syro-Malankara Church.

Those who remained in communion with Pope after the Coonan Cross Oath came to be known as Syro-Malabarians and they continued to fight for their own Bishops and their own rite. It became a reality in 1887 with the establishment of two Apostolic Vicariates of Trichur and Kottayam. Later in 1896 these two Vicariates were divided into three as Trichur, Ernakulam and Changanassery, and the appointment of three indigenous priests as Vicars Apostolic.

Since then syro-Malabar Church grew phenomenally in all aspects. Because of the increased mobility of people many members of the Syro-Malabar Church emigrated to other parts of India and foreign countries. Though they remained members of the Syro-Malabar Church, they had little chance of following their traditions because only Latin Church was present in those areas. The teachings of the second Vatican Council prescribes that the traditions of the Oriental Churches be preserved and fostered, and encourages the faithful to practice and grow in their own traditions wherever they are.

In 1923 the Syro-Malabar Hierarchy was established. On 16th December 1992 Pope John Paul II declared the Syro-Malabar Church as a Major Archiepiscopal Church. Today it has 31 dioceses, 52 bishops, 8547 priests and 32,114 woman religious. The most important heritage of Thomas Christians is the Christ-experience of the Apostle. He bore witness to what he saw, heard, touched and experienced with Jesus.

YEAR OF ST JOSEPH

Joseph is the foster father of Jesus. He was a carpenter. We find Joseph in the Gospels in a few places. Joseph makes his first appearance in the Gospels of St Matthew and St Luke, in the genealogy of Jesus (Mt: 1: 16, Lk: 3: 23). In Matthew 1:18 we see Joseph betrothed to Mary. Then we see that Joseph gets three Visions. In the first vision the Angel of the Lord asked Joseph to receive Mary as his wife, and Joseph obeyed the words of the Lord (Mt: 1: 18-25). In the second vision through the angel, Lord asked Joseph to go to Egypt (Mt: 2: 13). In the third vision, after the death of Herod the Lord informed Joseph to go back to his own home town (Mt. 2: 19-20). After coming back from Egypt Joseph and his family settled in Galilee (Mt. 2: 21-23, Lk. 2: 39). The last appearance of Joseph we see in the Gospel of Luke, finding of the child Jesus in the temple (Lk. 2: 41-51). We never see Joseph speaks anything in the Gospels. The New Testament has no mention of Joseph's death, but he is never mentioned after Jesus' childhood, and Mary is always presented as by herself, often addressed as a widow, in other texts and art covering the period of the ministry and passion of Jesus. The veneration of St Joseph started in the year 800 AD. The feast day of St Joseph is celebrated on March 19.

PATRIS CORDE

On 08 December 1870 Pope Pius IX declared St Joseph as the Patron of the Catholic Church. On the 150th anniversary of the declaration of St Joseph as the patron of the Catholic Church, Pope Francis declared as the year of St Joseph. The year of St Joseph began on 08 December 2020 and it will end on 08 December 2021. On this occasion Pope Francis wrote an apostolic letter named "*PATRIS CORDE*" which means "with a father's heart". In the introductory part of the apostolic letter Pope speaks about the biblical instances where we find St Joseph. Mainly we meet St Joseph in the Gospels of St. Matthew and St Luke. Pope speaks about his predecessors who appreciated the centre role of St Joseph in the history of

salvation. Pope Pius IX declared him as the Patron of Catholic Church, Venerable Pope Pius XII proposed him as the “Patron of Workers” St John Paul II proposed him as the “Guardian of the Redeemer” and universally it is accepted that he is the “Patron of a Happy Death”. Pope Francis brings out seven important elements in the character of St Joseph.

(1) A Beloved Father

The greatness of Saint Joseph is that he was the spouse of Mary and the foster father of Jesus. In this way, he placed himself, “at the service of the entire plan of salvation.” Saint Joseph has always been venerated as a father by the Christian people. This is shown by the countless churches dedicated to him worldwide, the numerous religious Institutes, Confraternities and ecclesial groups inspired by his spirituality and bearing his name, and the many traditional expressions of piety in his honour. Innumerable holy men and women were passionately devoted to him. As a descendant of David (cf. Mt 1:16-20), from whose stock Jesus was to spring according to the promise made to David by the prophet Nathan (cf. 2 Sam 7), and as the spouse of Mary of Nazareth, Saint Joseph stands at the crossroads between the Old and New Testaments.

(2) A Tender and Loving Father

Joseph saw Jesus grow daily “in wisdom and in years and in divine and human favour” (Lk 2:52). As the Lord had done with Israel, so Joseph did with Jesus: he taught him to walk, taking him by the hand; he was for him like a father who raises an infant to his cheeks, bending down to him and feeding him.

(3) An Obedient Father

As he had done with Mary, God revealed his saving plan to Joseph. He did so by using dreams, which in the Bible and among all ancient peoples, were considered a way for him to make his will known. Joseph was deeply troubled by Mary’s mysterious pregnancy. He did not want to “expose her to public disgrace,” so he decided to “dismiss her quietly” (Mt 1:19). Obedience

made it possible for him to surmount his difficulties and spare Mary. In every situation, Joseph declared his own “fiat”, like those of Mary at the Annunciation and Jesus in the Garden of Gethsemane. In his role as the head of a family, Joseph taught Jesus to be obedient to his parents (cf. Lk 2:51), in accordance with God’s command (cf. Ex 20:12). All this makes it clear that “Saint Joseph was called by God to serve the person and mission of Jesus directly through the exercise of his fatherhood” and that in this way, “he cooperated in the fullness of time in the great mystery of salvation and is truly a minister of salvation.”

(4) An Accepting Father

Joseph accepted Mary unconditionally. He trusted in the angel’s words. The spiritual path that Joseph traces for us is not one that explains, but accepts. Only as a result of this acceptance, this reconciliation, can we begin to glimpse a broader history, a deeper meaning. Joseph is certainly not passively resigned, but courageously and firmly proactive. In our own lives, acceptance and welcome can be an expression of the Holy Spirit’s gift of fortitude. Only the Lord can give us the strength needed to accept life as it is, with all its contradictions, frustrations and disappointments. Joseph’s attitude encourages us to accept and welcome others as they are, without exception, and to show special concern for the weak, for God chooses what is weak (cf. 1 Cor 1:27).

(5) A Creatively Courageous Father

In the face of difficulties and troubles Joseph could easily give up, but we see his creative courage helped the Holy Family to go forward. The troubles which Joseph, Mary and Jesus faced were tackled by the courageous acts of Joseph.

(6) A Working Father

From the time of the Encyclical “Rerum Noverum” by Pope Leo XIII, the working aspect in the life of St Joseph was attained great emphasis. Joseph earned his daily bread through carpentry work. Jesus learned the value and dignity of labour from Joseph.

(7) A Father in the Shadow

“A Father in the Shadow” is an expression that Holy Father took from a Polish writer named Jan Dobraczyński from his novel. In his relationship to Jesus, Joseph was the earthly shadow of the heavenly Father: he watched over him and protected him, never leaving him to go his own way. Joseph found happiness not in mere self-sacrifice but in self-gift. In him, we never see frustration but only trust. His patient silence was the prelude to concrete expressions of trust. Our world today needs fathers like him. In every exercise of our fatherhood, we should always keep in mind that it has nothing to do with possession, but is rather a “sign” pointing to a greater fatherhood. In a way, we are all like Joseph: a shadow of the heavenly Father, who “makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust” (Mt 5:45). And a shadow that follows his Son.

Questions

1. Who is the foster father of Jesus?
2. How did Joseph earn his livelihood?
3. In which Gospels do we find Joseph?
4. How many visions did Joseph receive in the dreams?
5. After coming back from Egypt where did Holy Family settle?
6. When does Catholic Church celebrate the feast of St Joseph?
7. When was St. Joseph declared as the Patron of Catholic Church?
8. Who declared St. Joseph as the Patron of the Catholic Church?
9. Who proposed St. Joseph as the Patron of Workers?
10. Which pope declared St. Joseph as the Guardian of the Redeemer?

11. Who is the Patron of Happy Death?
12. Who proclaimed the Year of St. Joseph? And when?
13. What is the reason to proclaim this year as the Year of St. Joseph?
14. Which is the Apostolic Letter that Pope Francis wrote when he proclaimed the Year of St. Joseph?
15. Name the seven characteristics that Pope gave to St Joseph in His Apostolic Letter?

ANSWERS

1. Joseph
2. Doing carpentry work
3. Gospels of St Matthew and St Luke
4. 3
5. Galilee
6. May 19
7. 08 December 1870
8. Pope Pius IX
9. Pope Pius XII
10. St John Paul II
11. St Joseph
12. Pope Francis, 08 December 2020
13. 150th year of the declaration of St Joseph as the Patron of Catholic Church
14. *Patris Corede*
15. A beloved father, a tender and loving father, an obedient father, an accepting father, a creatively courageous father, a working father, a father in the shadow.

CHURCH QUIZ

I. Bible

1. The whole Bible is divided into two. Which are they?
2. How many books are there in the Bible?
3. How many books are there in the Old Testament?
4. How many books are there in the New Testament?
5. Which is the first book of the Bible?
6. Which is the last book of the Bible?
7. Which is the shortest book in the Bible?
8. Which is the longest book in the Bible?
9. Which is the longest chapter in the Bible ?
10. Which is the shortest chapter in the Bible?
11. Which is the longest verse in the Bible?
12. Which is the shortest verse in the Bible?
13. Which book of the Bible is called The prayer book of the Bible?
14. What is the Hebrew name for Pentateuch?
15. Which are the books of the Bible named after women?
16. In which language the New Testament was written first?
17. Who did write the Acts of Apostles?
18. Who divided the Bible into chapters?
19. Which is the first Gospel written among four Gospels?
20. Which is the shortest book in the Old Testament?
21. What are the symbolic features of the each Gospel?

II. Popes and Councils

1. Who is the visible head of the catholic Church?
2. Who was the first Pope of the Church?
3. Who was the second Pope of the Church?
4. How many Popes have ruled the Church till this time?
5. Who is the present Pope?
6. Name the first Ecumenical Council of the Church and the year?
7. When did Vatican Council II begin and end? Who were the Popes at that time?
8. How many Ecumenical Councils were convened in the Church?

III. Church History (General)

1. Who is the first martyr in the Church?
2. Who is the patron saint of priests?
3. Name the emperor who declared Sunday a holiday?
4. How many rites are there in the Church?
5. Who is called the Apostle of Gentiles?
6. Name the saint proclaimed by Pope John Paul II in October 1997 as the “Doctor of the Church”?
7. Name the four types of miracles?
8. Which are the sacraments of initiation?
9. Who did call the Church of Christ as catholic Church for the first time?
10. Who is the first Church historian? Name his important work?

IV. Church History (Indian & Syro- Malabar)

1. How many rites are there in India?
2. Who is the Apostle of India?
3. When and where did St. Thomas die?
4. Who is the second Apostle of India?
5. When did Francis Xavier reach India?
6. Who is the first Indian Cardinal?
7. Who is the Apostolic Nuncio to India?
8. Who is the present president of C.B.C.I?
9. Who is the present president of K.C.B.C?
10. In which year the Syro-Malabar Hierarchy was established?
11. Name the Pope who established the Syro-Malabar Hierarchy?
12. In which year the Syro-Malabar Church was declared a Major Archiepiscopal Church?
13. Who is the first Major Archbishop of the Syro-Malabar Church?
14. Who is the present Major Archbishop of the Syro-Malabar Church?
15. Which are the Major Archiepiscopal Churches other than the Syro-Malabar Church?
16. Who is the first cardinal of the Syro-Malabar Church?
17. Who is the first saint from the Syro-Malabar Church?

18. Name the persons beatified from Syro-Malabar Church?
19. How many dioceses are there in the Syro-Malabar Church?
20. Which is the first mission diocese of the Syro-Malabar Church?
21. Which are the two fasting days in the Syro-Malabar Church?
22. Where is the headquarter of the Syro-Malabar Church is situated?

V. Etymology (Word-Meanings)

1. Bible-Biblion-Book
2. Amen-Sobe it;let it be done;true
3. Sanhedrin-The highest jewish court
4. Bethel-The house of the lord
5. Bethlehem- The house of bread
6. Penuel-The face of the lord
7. Messiah-Anointed
8. Hosana-Lord save us
9. Pentecost-50th day
10. Apostle-One who is sent with a mission.
11. Mar – Lord/saint
12. Sapra-Morning Prayers
13. Ramsa-Evening prayers
14. Leliya-Night prayers
15. ‘Yahweh-shalom’-Lord our peace
16. John- Lord have shown mercy on us
17. Mathew-The gift of God
18. Liturgy-leitourgia-public activity
19. Sleeva-Cross
20. Qudassa-The sanctifying act
21. Emmanuel-God with us

VI. Short forms-Full forms

1. B.C-Before Christ
2. A.D-Anno Domini(Year of the Lord)
3. I.H.S-Iesus Hominum Salvator(Jesus the saviour of mankind)
4. I.N.R.I-Iesus Nazarenus Rex Ieudarorum(Jesus of Nazareth, The King of Jews)

5. A.M.D.G-Ad Majorem Dei Gloriam (for the greater Glory of God)
6. K.C.B.C-Kerala Catholic Bishops Council
7. C.B.C.I-Catholic Bishops Conference of India
8. S.M.C.C-Syro Malabar Catechetical Committee

VII. Word-Explanations

1. Ash Monday-The beginning of the lenten season.The priest put ashes on the foreheads of the faithful, reminding us of the deeper meaning of the season of preparation for Easter.
2. Good Friday-The Friday in Holy Week.We commemorate the death of jesus on the cross to save the world.
3. Easter- The feast of the Resurrection of the Lord
4. Encyclical-A letter of the Pope that is meant for all the catholics.
5. Heaven-A state of total happiness after death in communion with God.
6. Hell-Eternal separation from God,who is the Lord of life and happiness.
7. Pentateuch-The first five books of the Bible,taken together as a set.
8. Exodus-The second book of the Bible.The name Exodus means the departure of the people of the Israel from the exile in Egypt,journey across the desert.
9. Pope-The head of the Church.The successor of Peter,the Apostle and the bishop of the Church of Rome.He has supreme jurisdiction over the universal Church
10. Patriarch-is a Bishop who enjoys power over all bishops and other christian faithful of the Church over which he presides.
11. Major Archbishop- is the head Major Archiepiscopal Church who presides over an entire Eastern Church “Sui Iuris”, but not endowed with the patriarchal title.

CHURCH QUIZ ANSWERS

I. Bible

1. Old Testament and New Testament
2. 73
3. 46
4. 27
5. Genesis
6. The Book of Revelation
7. II John
8. Book of Psalms
9. Psalm 119
10. Psalm 117
11. Esther 8,9
12. John 11,35
13. Psalms
14. Torah
15. Ruth, Esther, Judith.
16. Greek
17. Luke
18. Cardinal Stephen Langton in 1216
19. St. Mark's Gospel
20. Obadiah
21. Mathew-Man
Mark-Lion
Luke-Bull
John-Eagle

II. Popes & Councils

1. Pope
2. St.Peter, the Apostle
3. Pope Linus
4. 266
5. Pope Francis
6. Nicea,A.D.325
7. 11 October 1962 - Pope John XXIII,
8 December 1965 – Pope PaulVI
8. 21

III.Church History (General)

1. St.Stephen
2. St.John Maria Vianney
3. Emperor Constantine
4. 23
5. St.Paul
6. St.Therese of Lisieux (Little Flower)
7. Healing, Raising of dead, Nature miracle, Exorcism
8. Baptism, Confirmation, Holy Eucharist
9. St.Ignatius of Antioch
- 10.Eusebius, Historia Ecclesiastica

IV. Church History (Indian & Syro-Malabar)

1. Three. Latin, Syro-Malankara, Syro-Malabar
2. St.Thomas
3. At Mylapore on the 3rd of July in 72.A.D.
4. St.Francis Xavier

5. May 6,1542
6. Archbishop Valerian Gracious
7. Archbishop Leopoldo Gireli
8. His Eminence Cardinal Oswald Gracias
9. His Grace Rev. Dr. Soosa Pakiam.
- 10.21 December,1923
- 11.Pope Pius XI
- 12.16th December 1992
- 13.Major Archbishop Mar Antony Padiyara
- 14.Major Archbishop Mar George Allencherry
- 15.Ukranian Catholic Church, Syro-Malankara Catholic Church
- 16.Mar Joseph Parecattil
- 17.St. Alphonsa
- 18.Blessed Thevarparambil Kunjachan
- 19.5 Archeparchies, 29 Eparchies, 2 Apostolic Visitations &
1 Apostolic Exarchate. (Total $34+2+1=37$).
- 20.Chanda
- 21.Good Friday, Ash Monday
- 22.Mount St.Thomas, Kakkanadu

Catechetical Explanations On The Holy Eucharist

I. Important things in the Church and objects used in liturgy:

Altar: Altar is where the eternal sacrifice of Jesus is reenacted. It symbolizes Calvary, the table of Jesus during last supper, the tomb of Jesus, throne of God and the steps to go up to heaven.

Bema: The raised platform in the middle of the nave or the Churches on which the Liturgy of the word or the first part of the Eucharist is celebrated.

Tabernacle: It is that Holy box in which the Holy Eucharist, the body and blood of Christ, which is the ultimate expression of the presence of God, is kept. It is the symbol of the Ark of the Covenant in the Old Testament.

Eternal Lamp: Special sign of the presence of God, which is kept burning always. It signifies the presence of Jesus in the tabernacle.

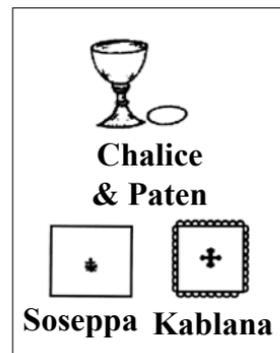
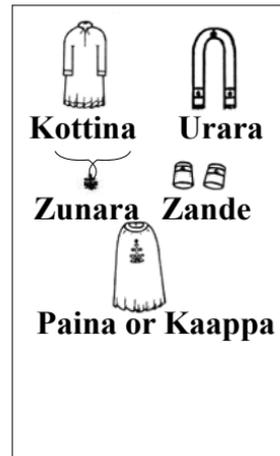
Pulpit: The stand in front of the altar for reading the scriptures & for homily.

Liturgical Vestments:

Kottina: Long clerical garment, normally white, worn prior to other liturgical vestments.

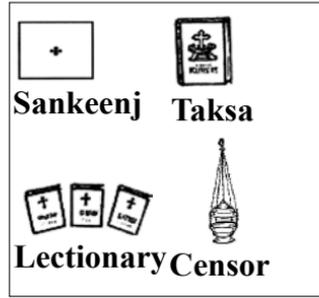
Urara: Worn around the neck over Kottina. This is the symbol of priesthood in all liturgical traditions.

Zunara: Belt worn over Kottina at the waist. The symbol of chastity.



Zande: Hand-cuffs worn to keep the hand-cuffs of Kottina in order.

Paina or Kaappa: The outermost liturgical vestment. This is the garment of justice. It signifies the pastoral duty of the priest as well. Since historically it is the outer garment of shepherds.



Liturgical Objects:

Chalice: The cup in which wine and water are poured that are to become the blood of Christ.

Paten: The plate in which bread is kept that is to become the body of Christ.

Soseppa: Square shaped linen with a cross in the middle made out of the same stuff as that of paina, big enough to cover the chalice and the paten together. In liturgy it signifies the cloth that was used to cover the body of Jesus when he was buried.

Kablana: Square shaped, hard object used to cover chalice.

Ketana: White linen on which chalice and paten are kept.

Sankeenj: The purificator to clean the chalice and paten.

Lectionary: Gospel text, which is brought to the Bema in procession and is proclaimed here from.

Taksa: Literally it means order. In liturgy it indicates the book of prayers, hymns and rituals for Eucharistic celebration.

Censor: Vessel used to burn incense during the divine liturgy.

II. Seven parts of the Holy Eucharist:

Introductory Rites: From the beginning of the Eucharist up to the Resurrection hymn (Lord of all, we praise you). It includes

angels hymn, Lord's Prayer, Psalms, incensing and resurrection hymn.

Liturgy of the Word: From Trisagion (three times praising the hold God with the angels) up to Prayer of the faithful. There are four readings on Sundays and feast days followed by homily. Ordinary days there are only two readings, one from the epistles and the Gospel.

Rite of Preparation: Includes washing hands, preparation of offertory gifts, offertory hymn, offertory prayer, the creed, kissing the altar and request of the priest for prayer from people.

Consecration rites(Anaphora): There are four anaphora prayers. After the third one, there are Consecration or institution narrative and intercessory prayers. After the fourth anaphora, there is invocation of the Holy Spirit (Epiclesis)

Rite of Breaking of bread: This rite includes reconciliation and incensing rites, worshipping and blessing of the holy bread and wine.

Rite of Communion: This includes proclamation of mutual reconciliation with God and fellowmen, Lord's Prayer, receiving communion and prayers for grace.

Concluding rites: Thanksgiving prayers, final blessing and the sealing prayer.

III. Meaning of various rituals in the Holy Eucharist:

Bowing of head: It is the expression of our profound respect and submission to Lord God almighty.

Incensing: There are two purposes for incensing: First is, sanctifying us (the celebrant, the people, the altar and the objects) with the blessed incense, the divine fragrance, the symbol of divine presence. It is the sign of forgiveness of sins and total surrender to God. Secondly, just as the smoke of incense goes up to heaven, our praises and worship are raised to heaven. It is an

exhortation that our hearts, mind and thoughts should raise up to heaven along with the incensing.

Washing of hands: The celebrant washes his hands with a prayer before the offertory. This signifies that God in his abundant mercy cleanses the celebrant and the community and purify their hearts. It reminds us also the washing of feet by Jesus during the last supper.

Preparation of host and wine, the offertory gifts: Host represents the body of Christ and wine represents the blood of Christ. Adding water into wine is the symbol of the blood and water that was poured out of the side of Jesus, when he was pierced with a lance on the Cross.

Offertory prayer with hands crossed: The celebrant takes chalice with wine in right hand and paten with host in the left and raises with hands in the form of cross. This symbolizes the death of Jesus on the cross. It reminds us of the self sacrifice of Jesus on the cross in Calvary.

Kissing the altar: After the offertory, approaching the altar the celebrant bows three times and then kisses the altar in the middle and on both sides. This is to show respect and veneration to the most Holy Trinity, the Father, the Son and the Holy Spirit.

Exchange of peace: The celebrant offers peace of Christ to the faithful raising his hands and with the sign of cross. And the faithful receives this offer of peace with bowed head. Following this the faithful offer one another the peace of Christ that was received through the celebrant.

Consecration (Institution) words: This is one of the most important part of the Holy Eucharist. It is the commemoration of what Jesus did during the last supper as he was instituting Holy Eucharist for us. As we join in the Consecration, we experience the same incident as Jesus and his disciples experienced during last supper. Holy Eucharist is the reenactment of that first sacrifice of Jesus as he had commanded us to do in his memory.

Ringing bell: Bell is to bring to the mind of the people the importance of the rituals in the Eucharist. It evokes in our minds a spirit of devotion and worship.

Epiclesis (Prayer of inviting the Holy Spirit): This is another most important part of the Holy Eucharist. The celebrant prays to the Almighty Father to send his Holy Spirit on the gifts and sanctify them, by which the bread and wine on the altar becomes the body and blood of our Lord Jesus.

The elevation of the bread: The holy bread that has become the living body and blood of Christ through Consecration words and sanctification by the Holy Spirit (Epiclesis) is raised to signify the resurrection and apparitions of Jesus. When Jesus was appeared to his disciples after resurrection, the disciples worshipped him saying “My God and My Lord”. In the same way, the faithful worship the risen Lord at this time.

Breaking of the Bread: After the elevation of the holy bread, the celebrant breaks the bread into two and blesses the wine with one half of the bread. Then he blesses the part of the bread with the other half that was dipped in wine. Then hold the host together and prays for various intentions. This reminds the body of Christ broken by death and re-joined in resurrection.

Receiving Communion: This is the ritual of receiving the blessed and sanctified body and blood of Christ just as Jesus gave bread and wine to his disciples during last supper as his body and blood. As we receive Holy Communion from the minister, we receive it from the hands of Jesus himself.

Final blessing: Eucharist concluded with a blessing just as Jesus blessed his disciples before he ascended into heaven after having entrusted his mission to the disciples. Having received the body and blood of Jesus and his blessing, we go to continue the mission and sacrifice of Jesus in our lives.

IV. Some General Instructions:

1. Position of the faithful during the Holy Eucharist:

Standing: According to the Eastern liturgical tradition, during liturgy, most of the time people are in standing position. Standing is symbol of attentiveness and happiness. It is an expression of praising God and a symbol of participating in the resurrection of Jesus.

Sitting: People sit down at the time of readings, before Gospel, homily and after receiving communion. Sitting is a sign of peacefulness, tranquility and attentiveness. It is to listen to the proclamation and for silent prayer.

Kneeling: During the most important parts of the Holy Eucharist such as Consecration, invoking the coming of the Holy Spirit and at elevation, it is desirable that we kneel down and pray. It is the expression of profound humility, worship, reconciliation and repentance.

2. Liturgical hymns:

Through the songs in liturgy we adore and worship God, ask for his forgiveness and pardon from the Lord and we make intercessions. The songs are to be sung by the community together. The choir is supposed to lead the people into singing and praying. They have to be appropriate to the spirit of Eucharist, meaningful and capable of raising the people into prayer.

- Introductory hymn (Optional)
- Commemorative hymn (Annaa pesaha thirunaalil)
- Gloria (Athyunnathanamaam swarlokathil)
- Lord's Prayer (Svargasthithanaam thaathanin)
- Psalm (Karthave mama raajaave) + (Optional)
- Resurrection hymn (Sarvadhianaam Karthaave)
- Trisagion (Shabdhamuyarthipaadituvin)
- Hymn of Praise (Ambaramanavaratham)

- Gospel Hymn (Halleluiahaadeetunnen) + (Optional)
- Offertory hymn (Mishihaa karthaavin kripayum) + (Optional)
- Commemorative hymn (Thaathanumathupol)
- Hymn of profession (cread) (Sarvashakthathaathanam)
- Hymn of invocation (Mishihaa karthaavin kripayum)
- Hossanna hymn (Onnayuchaswarathilavar) + (Optional)
- Hymn of repentance (Dheivameyennil kaniyename)
- Hymn of adoration (Rakshakaneeshothan)
- Hymn of reconciliation (Aparaadhangal neekkaname)
- Communion hymn (Optional)
- Blessing hymn (Karthaavam Mishihaavazhiyai)
- Concluding hymn (Optional)

SOME SYRIAC TERMINOLOGIES:

Karozutha: Proclamation or preaching of litanic intercessory prayers.

Madbhaha: Sanctuary that is the sum total of the place things and objects for liturgical service.

Pesaha: Literal meaning is Passover. Original significance is that of the Passover of Israel from the slavery of Egypt. Commemoration of the last supper of Jesus with his disciples.

Qudāsa: Literally it means sanctifying; rendering holy etc. it signifies celebration of the Holy Mysteries and other sacraments.

Qurbāna: Literally it means offering. It indicates the celebration of Holy Eucharist.

Rāza: Signifies most solemn form of Eucharistic celebration.

BASIC CATECHISM

Sign of The Cross

By the sign of the Holy Cross + protect us, O Lord + from our enemies + in the name of the Father, + and of the Son and of the Holy Spirit. Amen

Glory

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

'I Confess'

I confess to almighty God/ and to you my brothers and sisters/ that I have sinned through my own fault/ in my thoughts and in my word, in what I have done/ and in what I failed to do, and I ask blessed Mary ever Virgin, all the angels and saints and you/ my brothers and sisters/ to pray for me to the Lord, our God. Amen.

Act of Contrition

O My God, I am sorry for all my sins, because they displease You. You are all good and deserving of all my love. With your help, I will sin no more.

Apostles' 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 to the dead. On the third day He rose again. He ascended into heaven/ and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in Holy Spirit, the Holy Catholic Church, the Communion of Saints/ the forgiveness of sins, the resurrection of the body/ and life everlasting. Amen

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears; turn then, most gracious advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your Womb, Jesus.

O! Clement, O! Loving, O! Sweet Virgin Mary. Amen

Prayer of St. Bernard (Memorare)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intervention, was left unaided. Inspired with this confidence, I fly to 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 me. Amen

The Angelus

The Angel of the Lord declared unto Mary;
And she conceived by the Holy Spirit (Hail Mary...)
Behold the handmaid of the Lord;
Be it done unto me according to Your Word (Hail Mary...)

The Word was made-flesh;
And dwelt among us. (Hail Mary...)
V. Pray for us, O Holy Mother of God,
R That we may be made worthy of the promises of Christ.

Let us Pray

Pour forth, we beseech 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 by his passion and cross be brought to the glory of His Resurrection, through the same Christ our Lord, Amen.

Glory be to the Father,...(3)

Ten Commandments of God

1. I am the Lord your God and you shall not have other Gods than me.
2. You shall not take the name of the Lord, your God in vain.
3. Remember that you keep holy the Sabbath day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

Five Precepts of The Church

1. To keep the Sundays and Holy days of obligation Holy, by attending Mass and resting from servile work.
2. To keep the days of fasting and abstinence appointed by the Church.
3. To go to Confession at least once a year and receive the Holy Communion at least once a year and that at Easter or thereabouts.
4. To contribute to the support of our Church and pastors.
5. Not to marry within certain degrees of kindred and do not solemnise marriage at the forbidden times (Lenten Season).

THE ROSARY MYSTERIES

JOYFUL

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

LUMINOUS

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

SORROWFUL

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

GLORIOUS

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

Requisites of Good Confession

- Recollect for some time and recall to mind the sins committed.
- Be sorry for the sins - Contrition or at least attrition.
- Resolve resolutely not to commit sin any more (Avoid the sins and sinful circumstances/persons).
- Say Clearly to the confessor, all the sins committed.
- Attend keenly to the instructions of the confessor and decide to perform the penance at the earliest.

Fruits of the Holy Sprit

- Charity
- Joy
- Peace
- Patience
- Benignity
- Goodness
- Longanimity
- Mildness
- Faith
- Modesty
- Continency
- Chastity

Seven Gifts of the Holy Sprit

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of God

Theological Virtues

- Faith
- Hope
- Charity (Love)

Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

FOURTEEN WORKS OF MERCY

SEVEN CORPORAL WORKS

- To feed the hungry.
- To give drink to the thirsty.
- To clothe the naked.
- To harbour the harbourless.
- To visit the sick.
- To ransom the captive.
- To bury the dead. (Tob:2:1-9, Mt.25:35)

SEVEN SPIRITUAL WORKS

- To instruct the ignorant.
- To counsel the doubtful.
- To admonish sinners.
- To bear wrongs patiently.
- To forgive offences willingly.
- To comfort the afflicted.
- To pray for the living and the dead.

CATECHETICAL ANTHEM

We are bound together
With the Chords of love
To build a community
To learn and grow

Proclaiming one faith in Trinity
Living our true identity
Lighting the lamp of Charity
Leading a life of Sanctity

We are blend together
With the strings of Hope
As branches of the Vine
To bear much fruit

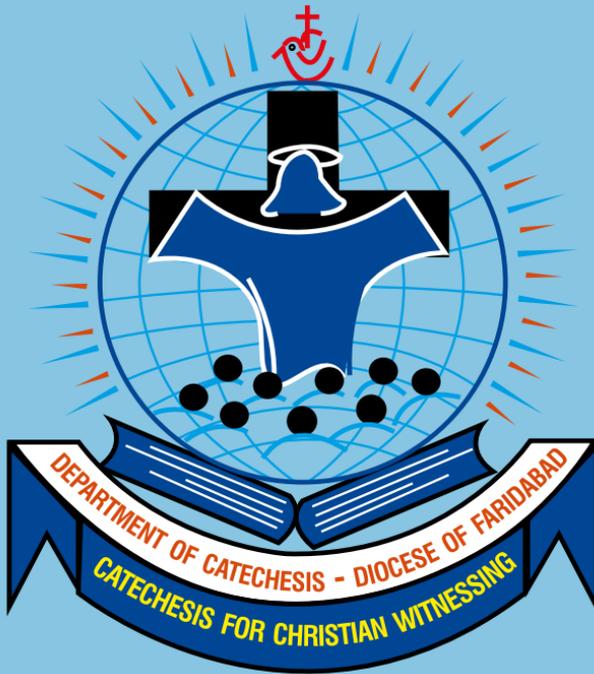
God is our Loving Father dear
We confess Jesus our Saviour
Spirit our Holy sanctifier
St. Thomas, our heavenly
patron here.



CATECHETICAL PLEDGE

In the name of God / I, the catechism student / pledge myself / to be faithful to my call / towards universal brotherhood / and Christian holiness. I love my Church. I am proud of / its rich and varied spiritual heritage. I pledge myself / to abide by the teachings of the Church. I shall attend / the catechism classes regularly. I pledge to respect and honor / the Pope, Major Archbishop / Archbishop / Bishop / the parish priest / teachers / and my parents. Lord Jesus, bless all of us.





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