PHONG TRÀO THIẾU NHI THÁNH THỂ VIỆT NAM

THE VIETNAMESE EUCHARISTIC YOUTH MOVEMENT

STUDENT WORKBOOK

Ngành Thiếu Nhi – SEARCH DIVISION
Cấp 2 – LEVEL II

Tên/Name: _____

Đội/Team: _____

Huynh Trưởng/Youth Leader: _____

Đoàn/Chapter: _____

Miền/Region: _____

Thánh Kinh

Scripture

Asking for God's Help

Xin Được Sáng Suốt

Thánh Kinh # 1

Word of God

Matthew 9: 27

Đang khi Đức Giê-su ra khỏi nơi đó, thì có hai người mù đi theo kêu lên rằng: "Lạy Con Vua Đa-vít, xin thương xót chúng tôi!"

As Jesus went on from there, two blind men followed Him, crying out, "Have mercy on us, Son of David!"

Where are the Words?

Ask God for help when you have a hard time picking a good activity to do.

Fact Finding

Dựa trên thống kê của Nền Tảng Gia Đình Kaiser với 2002 em ở độ tuổi từ 8 tới 18 ở Hoa Kỳ năm 2008 – 2009, thống kê cho thấy trung bình các em đã sử dụng 10 tiếng 45 phút một ngày để xem TV, chơi games, lên mạng và nói điện thoại. Như vậy các em đã sử dụng hết 75 tiếng 15 phút trong một tuần lễ để làm những việc không mấy hữu ích cho bản thân các em.

Hợp Lý:

- Sáng suốt chọn lựa những việc làm tốt và những việc làm có hữu ích mỗi ngày = sẽ trở lên những người hữu dụng + được nhiều hạnh phúc và nhiều người thương mến + mang lại tương lai tốt đẹp cho bản thân.
- Không sáng suốt chọn lựa những việc làm vô bổ mỗi ngày = mất đi thời giờ quí báu + làm hại tới bản thân + mất đi tình thương mến của người khác.

According to the Kaiser Family Foundation survey in the year 2008-2009 of 2002 adolescents with the average ages from 8 to 18 in the US, the survey shows on average teenagers spent 10 hours and 45 minutes a day watching TV, playing games, visiting on social media webpages (Facebook, Twitter) and talk on the phone, etc. On the average, they've spent 75 hours and 15 minutes weekly on the activities that are not very useful in for their lives.

Logic:

- *Have the wisdom to choose useful activities on the daily basis = become useful people + establish relationship with God and family + focus on school + healthy activity (sports, school organization, TNTT)*
- *Not having the wisdom and choose the useless activities on the daily basis = waste of your precious time + hurt yourself + lose the love from others.*

Life Application

Nhận ra những việc làm có lợi ích hoặc việc làm không có lợi ích: *Recognize activities that are useful or useless*	Các em giải thích tại sao những việc làm này tốt hay xấu: *Explain why these activities are good or bad?*
Tham dự thánh lễ và đi sinh hoạt TNTT ***Attending mass and attending TNTT***	
Giúp người nghèo ***Help the poor***	
Tập thể dục, ăn trái cây và rau cải ***Exercise, eat fruits & vegetables***	
Chỉ xem TV và không làm việc gì khác ***Watching TV only and do nothing else***	

Summary

Các em cần có sự sáng suốt để chọn lựa và làm những điều hay việc tốt để mang lại lợi ích nhất cho bản thân. Chúng ta cũng cần có sự sáng suốt để chúng ta nhận ra và tránh những việc làm không tốt hoặc vô bổ. Để có sự khôn ngoan và sáng suốt đó, chúng ta cần phải có lòng tin vào Chúa, siêng năng tham dự thánh lễ và biết lắng nghe và học hỏi từ các thầy cô, các bậc cha mẹ và các huynh trưởng.

We need wisdom to pick out what are good for us, which will give the best result in the future. We also need wisdom to recognize and to avoid those activities that are not useful. We need to have faith in God, receive Jesus spiritually, attend mass and pray often to seek for wisdom to listen to God's words and learning from our teachers, our parents and our youth leaders.

Prayer

Lạy Chúa, xin Chúa ban ơn soi sáng cho con biết chọn những việc làm bổ ích cho bản thân và có thể giúp ích cho mọingười. Xin Chúa cũng ban ơn soi sáng để con nhận biết những tính hư tật xấu và tránh đi những việc làm vô bổ hoặc có hại tới bản thân.

Oh Lord, please give me wisdom to pick activities that will help me grow stronger in faith, also please give me wisdom to recognize my bad habits and avoid any activities that would offend you.

Homework

1. Tại sao em phải có những chọn lựa sáng suốt?
   Why should you pick your choices wisely?

   _____

   _____

   _____

   _____

2. Khi chúng ta chọn lựa những việc làm vô bổ thì hậu quả sẽ ra sao?
   What are the consequences when we choose to do the useless activities?

   _____

   _____

   _____

   _____

3. Em có thể đưa ra một vài việc các em hay làm mà các em cho nó là không bổ ích?
   Can you name a couple activities that are not good use of your time?

   _____

   _____

   _____

   _____

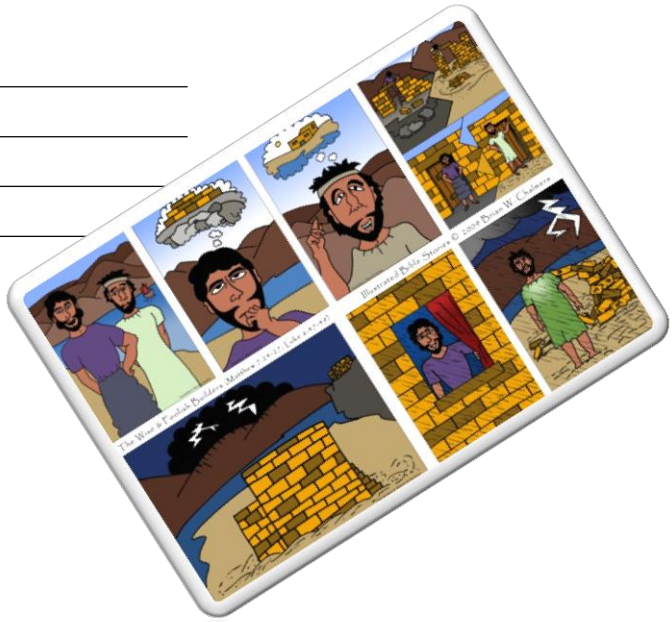
4. Các em nêu ra một vài việc mà các em có thể làm được mà các em nghĩ là sẽ bổ ích cho các em trong tương lai.
   Name some useful activities can be beneficial to you in the future.

   _____

   _____

   _____

   _____



Our Responsibilities
Xin Được Biết Chu Toàn Bổn Phận

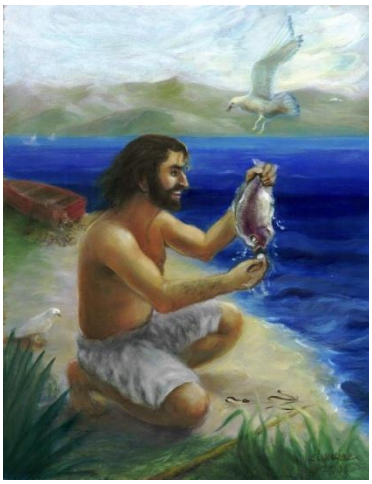
Thánh Kinh # 2

Word of God

Matthew 17: 24 – 27

Khi thầy trò tới Ca-phác-na-um, thì những người thu thuế cho đền thờ đến hỏi ông Phê-rô: "Thầy các ông không nộp thuế sao?" Ông đáp: "Có chứ!" Ông về tới nhà, Đức Giê-su hỏi đón ông: "Anh Si-môn, anh nghĩ sao? Vua chúa trần gian bắt ai đóng sưu nộp thuế? Con cái mình hay người ngoài?" Ông Phê-rô đáp: "Thưa, người ngoài." Đức Giê-su liền bảo: "Vậy thì con cái được miễn. Nhưng để khỏi làm gai mắt họ, anh ra biển thả câu; con cá nào câu được trước hết, thì bắt lấy, mở miệng nó ra: anh sẽ thấy một đồng tiền bốn quan; anh lấy đồng tiền ấy, nộp thuế cho họ, phần của Thầy và phần của anh."

After Jesus and his disciples arrived in Capernaum, the collectors of the two-drachma temple tax came to Peter and asked, "Doesn't your teacher pay the temple tax?" "Yes, he does," he replied. When Peter came into the house, Jesus was the first to speak. "What do you think, Simon?" he asked. "From whom do the kings of the earth collect duty and taxes—from their own children or from others?" "From others," Peter answered. "Then the children are exempt," Jesus said to him. "But so that we may not cause offense, go to the lake and throw out your line. Take the first fish you catch; open its mouth and you will find a four-drachma coin. Take it and give it to them for my tax and yours."



Fact Finding

CATECHISM OF THE CATHOLIC CHURCH

2247 "Honor your father and your mother." *(Deut 5: 16; Mk 7: 10)*

2248 According to the fourth commandment, God has willed that, after him, we should honor our parents and those whom he has vested with authority for our good.

2249 The conjugal community is established upon the covenant and consent of the spouses. Marriage and family are ordered to the good of the spouses, to the procreation and the education of children.

2250 "The well-being of the individual person and of both human and Christian society is closely bound up with the healthy state of conjugal and family life." *(GS 47 § 1)*

Where are the Words?

Even Jesus paid his share of taxes; he always fulfills his responsibility.

The CCC tells us that everyone has responsibilities no matter who they are.

2251 Children owe their parents respect, gratitude, just obedience, and assistance. Filial respect fosters harmony in all of family life.

2252 Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

2253 Parents should respect and encourage their children's vocations. They should remember and teach that the first calling of the Christian is to follow Jesus.

2254 Public authority is obliged to respect the fundamental rights of the human person and the conditions for the exercise of his freedom.

2255 It is the duty of citizens to work with civil authority for building up society in a spirit of truth, justice, solidarity, and freedom.

2256 Citizens are obliged in conscience not to follow the directives of civil authorities when they are contrary to the demands of the moral order. "We must obey God rather than men." *(Acts 5: 29)*

2257 Every society's judgments and conduct reflect a vision of man and his destiny. Without the light the Gospel sheds on God and man, societies easily become totalitarian.

Life Application

Mark is the manager at Sears. His job is to oversee a group of employees and make sure that things are running smoothly. His wife, Amanda is a teacher at the local high school. Her job is to educate the students and prepare them to become productive citizens. Steven is a seventh grade at the local junior high school.

1. What are Steven's responsibilities?

_____

_____

_____

_____

_____

2. Do Steven's parents have to pay tax for the income they make from their jobs? Why?

_____

_____

_____

_____

_____

_____

Summary

Everyone has responsibilities. If we neglect our responsibilities, we affect not only ourselves, but also others around us.

Prayer

Lạy Chúa, xin dạy cho con để biết quảng đại trong công việc xây dưng và phát triển HộiThánh của Chúa. Xin Chúa cho chúng con biết hy sinh và làm trò trách nhiệm của người Kitô hữu.

Lord, please teach us to be mindful in participating in the building of the Church of God. Please teach us know how to sacrifice and fulfill the responsibilities as Christians.

Homework

1. Trách nhiệm của người TNTT là gì?
   What are the responsibilities of a TNTT member?

   _____

   _____

   _____

   _____

2. Trách nhiệm của người con trong gia đình là gì?
   What are the children's responsibilities within the family?

   _____

   _____

   _____

   _____

3. Chúa Giêsu đã chu toàn bổn phận của mình như thế nào?
   How did Jesus fulfill his responsibilities?

   _____

   _____

   _____

   _____

Xin Được Biết Lắng Nghe
Listening

Thánh Kinh # 3

Word of God

Mark 7: 31 – 36

Đức Giêsu lại bỏ vùng Tia, đi qua ngả Xiđôn, đến biển hồ Galilê vào miền Thập Tỉnh.Người ta đem một người vừa điếc vừa ngọng đến với Đức Giêsu, và xin Người đặt tay trên anh. Người kéo riêng anh ta ra khỏi đám đông, đặt ngón tay vào lỗ tai anh, và nhổ nước miếng mà bôi vào lưỡi anh. Rồi Người ngước mắt lên trời, rên một tiếng và nói: "Ép-pha-tha", nghĩa là: hãy mở ra! Lập tức tai anh ta mở ra, lưỡi như hết bị buộc lại. Anh ta nói được rõ ràng. Đức Giêsu truyền bảo họ không được kể chuyện đó với ai cả. Nhưng Người càng truyền bảo họ, họ lại càng đồn ra. Họ hết sức kinh ngạc, và nói: "Ông ấy làm việc gì cũng tốt đẹp cả: ông làm cho kẻ điếc nghe được, và kẻ câm nói được."

Again he left the district of Tyre and went by way of Sidon to the Sea of Galilee, into the district of the Decapolis. And people brought to him a deaf man who had a speech impediment and begged him to lay his hand on him. He took him off by himself away from the crowd. He put his finger into the man's ears and, spitting, touched his tongue; then he looked up to heaven and groaned, and said to him, "Ephphatha!" (that is "Be opened!") And immediately the man's ears were opened, his speech impediment was removed, and he spoke plainly. He ordered them not to tell anyone. But the more he ordered them not to, the more they proclaimed it. They were exceedingly astonished and they said, "He has done all things well. He makes the deaf hear and the mute speak."

Fact Finding

A Brief Summary of Estimates for the Size of the Deaf Population in the USA Based on Available Federal Data and Published Research:

- About 2 to 4 of every 1,000 people in the United States are "functionally deaf," though more than half became deaf relatively late in life; fewer than 1 out of every 1,000 people in the United States became deaf before 18 years of age.
- However, if people with a severe hearing impairment are included with those who are deaf, then the number is 4 to 10 times higher. That is, anywhere from 9 to 22 out of every 1,000 people have a severe hearing impairment or are deaf. Again, at least half of these people reported their hearing loss after 64 years of age.

Finally, if everyone who has any kind of "trouble" with their hearing is included then anywhere from 37 to 140 out of every 1,000 people in the United States have some kind of hearing loss, with a large share being at least 65 years old.

As a Catholic, what do we do after listening to the Word of God weekly?

Anyone who listens to the Word of God can and must speak and transmit it to others, to those who have never heard it, or who have forgotten it and buried under the thorny troubles and deceptions of the world *(Mt 13: 22)*.

Are we afraid? Why is that?

Life Application

Cha Mẹ/Thầy Cô/Huynh Trưởng nói em *Parents/Teachers/Youth Leaders tell you*	Kết quả của không nghe lời *What do you think the results for not listening would be?*	Kết quả nếu biết nghe *What do you think the results of listening and understanding?*
Biết lễ phép với mọi người *Be respectful to all*	1. 2. 3.	1. 2. 3.
Biết kiên nhẫn *Be patient*	1. 2. 3.	1. 2. 3.
Phải đi học đều *Go to school regularly*	1. 2. 3.	1. 2. 3.
Đừng đi chơi với bạn xấu *Don't hang out with bad friends*	1. 2. 3.	1. 2. 3.

Where are the Words?

Good listening means actively trying to understand what you hear.

Summary

Jesus healed the deaf-mute person. The man was able to hear and speak because of his faith in God. For us, we have ears and eyes. We hear and see all creatures God made. Are we really listening to God's talking through priests, parents, teachers, youth leaders and friends, etc.?

There is a difference between "listen and obey".
Listen to comprehend the message: meaning-mind,
listen to understand the situation: reasons-heart,
listen to be with and attentive to the other person: companionship-soul,

listen to lend support to the other person: kindness-spirit,
listen to learn from the other person: wisdom-trust,
listen to be in tune with other: teamwork-bond,
listen to inner voice: self and God.

Prayer

Lạy Chúa, xin Chúa ban cho chúng con ơn biết lắng nghe. Chúng con biết nghe, nhưng chưa biết lắng nghe. Xin Chúa giúp cho chúng con lúc nào cũng có kiên nhẫn để nghe những gì con không muốn nghe, bởi vì những người nói những cái khó nghe là những người thân của con và họ chỉ muốn giúp đỡ cho con.

Oh Lord, please grant us the ability to truly listen, we knows how to hear, but do not know how to listen. Please help us to have the patience to listen to things we may not want to hear, because those come from the people who care for us and want to help us become a better person.

Homework

1. Chọn một ngày trong tuần, cố gắng không nói chuyện trừ khi có người hỏi em câu hỏi. Sau một ngày đó, em viết lại những gì em nghe được.
   For one whole day, do not speak unless spoken to or when you are asked a question. After that day, write down what you learned.

   _____

   _____

   _____

   _____

2. Em nghĩ em sẽ nghe được những điều em nghe trong ngày đó nếu em nói chuyện không?
   Do you think you would have heard the things you heard if you actually spoke that day?

   _____

   _____

   _____

   _____

3. Em có nghe được những gì làm em ngạc nhiên không?
   Did you hear anything that was surprising to you?

   _____

   _____

   _____

   _____

Xin Được Trong Sạch
Keeping Clean

Thánh Kinh # 4

Word of God

Luke 5: 12 – 14

While He was in one of the cities, behold, there was a man covered with leprosy; and when he saw Jesus, he fell on his face and implored Him, saying, "Lord, if You are willing, You can make me clean." And He stretched out His hand and touched him, saying, "I am willing; be cleansed."And immediately the leprosy left him. And He ordered him to tell no one, "But go and show yourself to the priest and make an offering for your cleansing, just as Moses commanded, as a testimony to them."

Fact Finding

In Jesus' time people who were physically unclean or who had a disease were considered to be spiritually unclean and could not participate in prayers or make sacrifices in the temple.

The people in Palestine were afraid of lepers because they could infect healthy people with their disease, and they despised the lepers as people who must have committed terrible secret sins.

Since leprosy shows in the skin, lepers could not hide their illness from the community, so they were shunned and forced to live apart, because other people were afraid they could catch their disease from them.

Though leprosy is not fatal, it can affect the voice and vision, as well as the skin, nose, toes, and fingers, and the leper's physical condition continued to deteriorate during his or her lifetime.

Because lepers could not participate in worship, most people believed that the disease was a punishment for earlier sins – not being able to worship God was the worst punishment people could imagine – so people thought the lepers must have done something horrible to be punished so severely for their whole lifetimes.

That Jesus could cure a disease that no one else could even stop in its course shows that he was a true worker of miracles. That Jesus cured so many people who were prevented from praying and worshipping shows that his mission on earth was to reconcile people to God.

Where are the Words?

In the past, people thought that anyone who was dirty on the outside was also dirty on the inside.

Life Application

This passage is the reminder that it is true humility in the Kingdom of God is when you realize your own imperfection. How often we come to Jesus without putting aside our humility, expecting him to do great things for us or expecting us to do great things for him.

Take a moment, find own story of encounter with Jesus – 'A Leper's Story', and share in a group.

Summary

The man in today's story had a lot of faith in Jesus. He believed that Jesus had the power to heal him. He even risked getting in trouble by going to Jesus. We can have faith in Jesus, too and trust in his mercy and grace.

If you want to truly feel that grace and mercy in your heart and life, you should read and meditate His messages in the Bible, and spend time with God to share with Him your struggles, weaknesses, yearnings, etc.

As much as you have always tried hard, you have stumbled in your shortcomings, fallen due to your weaknesses, and wounded because of the imperfection. Come to Jesus and let Him heal your wounds through His Grace and make you whole through His mercy!

Prayer

Jesus, even your touch is so relieving and soothing to our stressed, tensed, pitiful heart and soul for it reminds me that You love me and care for me.

Homework

1. During the time of Jesus, what did people think leprosy caused by?

   _____

   _____

   _____

2. What caused us to be "unclean" in our lives today and distance us from God?

   _____

   _____

   _____

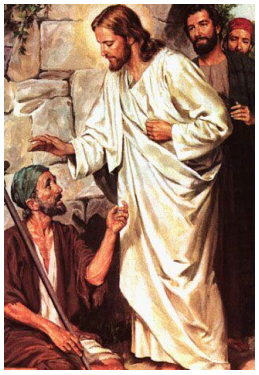
Xin Được Biết Tạ Ơn
Thanksgiving

Thánh Kinh # 5

Word of God

Luke 17: 11 – 19

Trên đường lên Giê-ru-sa-lem, Đức Giê-su đi qua biên giới giữa hai miền Sa-ma-ri và Ga-li-lê. Lúc Người vào một làng kia, thì có mười người phong hủi đón gặp Người. Họ dừng lại đằng xa và kêu lớn tiếng: "Lạy Thầy Giê-su, xin dủ lòng thương chúng tôi!" Thấy vậy, Đức Giê-su bảo họ: "Hãy đi trình diện với các tư tế." Đang khi đi thì họ được sạch. Một người trong bọn, thấy mình được khỏi, liền quay trở lại và lớn tiếng tôn vinh Thiên Chúa. Anh ta sấp mình dưới chân Đức Giê-su mà tạ ơn. Anh ta lại là người Sa-ma-ri. Đức Giê-su mới nói: "Không phải cả mười người đều được sạch sao? Thế thì chín người kia đâu? Sao không thấy họ trở lại tôn vinh Thiên Chúa, mà chỉ có người ngoại bang này?" Rồi Người nói với anh ta: "Đứng dậy về đi! Lòng tin của anh đã cứu chữa anh."



As he continued his journey to Jerusalem, Jesus traveled through Samaria and Galilee. As he was entering a village, ten lepers met him. They stood at a distance from him and raised their voice, saying, "Jesus, Master! Have pity on us!" And when he saw them, he said, "Go show yourselves to the priests." As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan. Jesus said in reply, "Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?" Then he said to him, "Stand up and go; your faith has saved you"

Where are the Words?

Of the ten people, the Samaritan was the person who was least expected to come back to thank Jesus.

Fact Finding

The sacrifice that honors me is a thankful heart. Obey me, and I, your God, will show my power to save *(Psalm 50: 23)*.

Being thankful is very important to God. There are many verses in the Bible that tell us to be thankful. When we have a thankful heart, we are showing God that we recognize where our blessings come from. It also reminds us to keep our focus on God and to give Him the glory for everything.

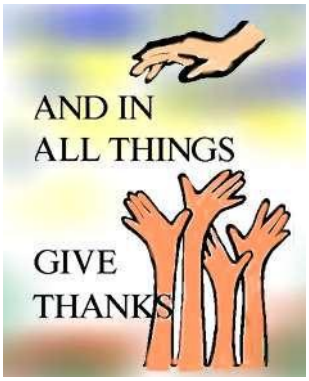
The most important thing to be thankful for is our salvation. Remember—we cannot save ourselves. Salvation is a free gift from God that we can receive because of what Jesus did for us on the cross. He died so that we might live. We can be forgiven of our sins and have eternal life.

Have you received this gift? If not, you can invite Christ into your heart today. And if you have received Jesus, remember to be thankful for all of his blessings.

Life Application

All ten of the men asked Jesus to heal them. But only one of them made the extra effort to return to Jesus and thank Him. He was the only one who received a right relationship with God. The others were healed physically (their bodies), but the Samaritan man was also healed spiritually (his soul).

When you attempt to get more things, look and see how much God has already given you even more than what you have ever asked for or actually needed, and therefore be thankful for all the things you have already received. Then spend time getting to know Him better. That is the way to be blessed.



1. Sáng thức dậy, cám ơn Chúa đã ban cho em một đêm ngủ bình an.
   Waking up in the morning, thank God for a good and safe sleep.
2. Mỗi khi em dùng thức ăn, em hãy nói cám ơn những người đã chuẩn bị thức ăn cho em.
   When you consume food, give Thanks to those people who prepared food for you.
3. Khi bạn bè giúp em học, hay cho mượn sách vở, bút, em hãy nói cám ơn họ.
   When your friends lend you books, notes, pens, give Thanks to them.
4. Em hãy nói cám ơn Cha Mẹ mỗi ngày vì họ đã lo lắng cho em từ miếng ăn cho tới chỗ ở.
   Give Thanks to your parents for giving you shelter and food on the table.
5. Mỗi lần em ao ước được rước Chúa vào lòng, em đọc kinh Rước Lễ Thiêng Liêng và tạ ơn Chúa đã thương ban cho em Thánh Thể của Ngài.
   Everytime you desire to receive Jesus spiritually, say the Spiritual Communion Prayer to receive him spiritually and thanks him for giving himself to save us.
6. Mỗi tối, em nhớ luôn cám ơn Chúa vì Ngài đã ban cho em có một thế giới đẹp tươi. Ngài còn gởi đến cho em có gia đình và bạn bè để giúp đỡ em trong cuộc sống của em.
   Every night, remember to give Thanks to God because he gave you a beautiful world that you live in. He also gave you a family, friends to help and support you in your life.

When you thank someone, you feel good as well!

Summary

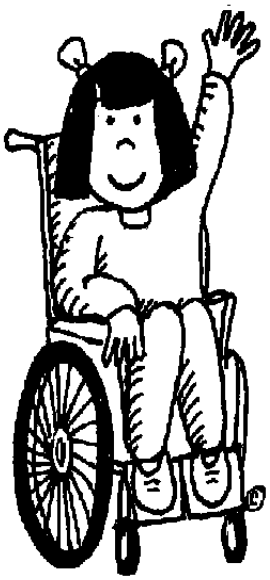
- Being thankful for God's help
- Obeying God without questioning
- Jesus is a healer

Prayer

We have so much to be thankful for, no mater if we are disabled or whatever our circumstances may be. God is truly in control and we need to be thankful for Him. As you pray ask the Lord to help you to be humble as He has called us to be humble.

Homework

Read the story and prepare the answers to share with class next week.



Tommy couldn't understand why he was going through this terrible sickness. "I am a prisoner, trapped in my own home!" He thought. Tommy had a rare disease that required him to stay inside of his house. If he were to go outside he would come into contact with many invisible germs that could get inside his body and make him sicker or even cause him to die. It was very difficult for Tommy to be inside of his house most of the day.

One afternoon, Tommy was standing next to the window and noticed a girl wheeling her wheel chair on the sidewalk. The child was probably close to Tommy's age, which was ten years old. The girl did not have any legs and seemed to struggle to push her wheelchair down the sidewalk. But the entire time she had a big smile on her face and when she saw Tommy standing by the window she waved to him. Tommy waved back. He couldn't understand why she was smiling so big or why she waved to him. The girl steered her wheelchair closer to the window.

She reached into a backpack she had connected to the chair and pulled out a writing tablet and a pen. She began writing questions on the pad. "How come I never see you outside? How old are you? Can you come outside and play?" After reading the messages, Tommy started to get depressed because he knew there was no way for him to go outside. Tommy retrieved a tablet and responded back to the girl outside.

"I am 10 years old and I can't come outside because I have a disease." The little girl responded back with "That's OK. I have a disease too. But someday I will have a new body without any diseases or any problems at all." Tommy thought to himself, "What is this girl so happy about and what does she mean about getting a new body?"

From that point on, every day after school Angela (the girl in the wheelchair) would stop by to talk to Tommy. She learned about Tommy's rare disease and began to communicate with him by writing notes on a tablet. Angela was always joyful, friendly, and she always had a smile on her face. Many times, Angela would tell Tommy about Jesus and how He changed her life. She told Tommy about having a new life and that someday when she died she would get a brand new body. Tommy accepted Christ as his savior one day while visiting with Angela.

God was using Angela despite her illness. Angela bought Tommy a Bible on his birthday. She gave him a guide he could use to find Bible verses and learn more about Jesus. Everyday at around 3:25 p.m. Tommy would walk over to the window to wait for his friend Angela. One day, Tommy went over by the window and waited for Angela. He waited and waited, and there was no Angela. "Angela has not missed a visit for almost two years!" "Were could she be?" Another day went by and no Angela. Four days went by before Tommy heard anything about Angela. Finally on the last day, Tommy received a message from Angela's Father. Angela had a severe infection and was hospitalized. Angela died while she was in the hospital. Tommy was very upset.

Tommy started to feel depressed again. As Tommy opened up his Bible that evening, he noticed a bookmark that Angela had given to him. On the bookmark was a Bible verse that Angela wrote for Tommy; "In everything give thanks; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5: 18). Instead of looking down, Tommy looked up. He was thankful for meeting Angela. He was thankful that Angela introduced him to Jesus Christ. Tommy knew that his illness would bring God glory just like it did with Angela.

1. How did the Lord use Angela even though she had an illness?
2. What did Tommy learn about thankfulness? What have you learned?
3. Would it be difficult for you to give praise or thanks to God even if you were to have a disability or disease?
4. When we receive God's gift of eternal life we are "saved" from the penalty of death, separation from God. We receive a new life by faith. Can you guess why the girl is so happy?

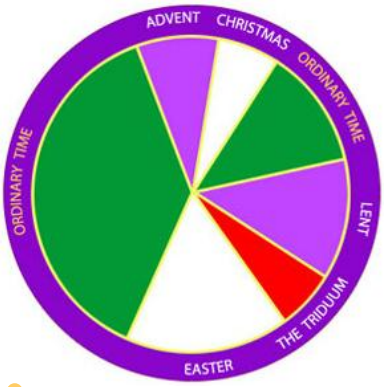
Thánh Thể

Eucharist

Liturgical Seasons
Mùa Trong Năm
Phụng Vụ

Thánh Thể # 1

Reading the Bible



Ecclesiastes 3: 1 – 8

God makes it clear to us in this reading that things will always change. There are times when we are lucky, unlucky; times when we are sad; times when we are happy. When things go well we should enjoy it and when things don't go well we can pray that the situation will change.

Galatians 4: 10

Paul tells the Galatians to pay special attention to certain days, months, seasons and years.

Studying Our Faith

I. ADVENT SEASON

- **Time:** occurs in about 4 weeks, starting from the 1st Sunday of the Advent until the afternoon of the 24th of December.
- **Meaning:** We are a people who wait in joyful hope for the coming of our Savior Jesus Christ. Advent is a joyful time of preparation for the celebration of the birth of Jesus.
- **Color:** violet represents hope.

• CHRISMAS SEASON

- **Time:** Occurs for about 2 weeks, starting from the 25th of December until the Sunday of January 6th.
- **Meaning:** God loves us so much that he sent us his only Son, Jesus. During the Christmas season, we celebrate Jesus' birth and his becoming known to the world – his Epiphany.
- **Color:** white represents Jesus.

• ORDINARY TIME SEASON

- **Time:** The start of a new liturgical year, beginning with the first Sunday

Where are the Words?

Ordinary Time is the only season that occurs twice in the same liturgical year.

of Advent, also marks the transition from one lectionary cycle (A, B, or C) to the next. These cycles are a result of the Second Vatican Council, which ordered a change in the Sunday readings at Mass so that Catholics would become more familiar with the text of the Bible. As a result we now have a three-year cycle of readings built around readings from the three synoptic Gospels—Matthew, Mark, and Luke.

- **Meaning:** It is the time for us to contemplate about the teaching of Jesus while he was living on earth.
- **Color:** green

- ## LENT SEASON
  - **Time:** It begins on Ash Wednesday and, if the penitential days of Good Friday and Holy Saturday are included, lasts for forty days. The week before Easter is called the Holy Week.
  - **Meaning:** Preparation for Easter. It is time for Christians to look back into their lives examining their sins and go to confession to receive the Sacrament of Reconciliation.
  - **Color:** violet

- ## EASTER SEASON
  - **Time:** varies from year to year, according to a lunar-calendar dating system. In the Roman Rite, the Easter season extends from the Easter Vigil through Pentecost Sunday.
  - **Meaning:** Jesus Christ is Risen! Easter celebrates the resurrection of Jesus, the central feast of Christianity.
  - **Color:** white

Summary

In the liturgical year, the Church unfolds the entire mystery of Christ. This mystery is so complex and right in meaning that no one single prayer or liturgical celebration can ever express it adequately.

The liturgical year helps us to "walk around" the paschal mystery. During the course of a year, we view it from different angles, in different lights. Within the cycle of a year, the Church unfolds the whole mystery of Christ, from his incarnation and birth until his ascension, the day of Pentecost, and the expectation of his return in glory.

As we celebrate the mystery of Christ, we are not merely recalling the past events. When we celebrate in memory of Jesus, our liturgical remembering (anamnesis) makes the mystery present.

The liturgical year, with its various feasts and seasons, helps us to keep our hearts open each day to the voice of God in our lives and in our world.

Prayer

God of all seasons,
Help me to remember the sun when it is raining.
Help me to remember the rain when it is shining.

Teach me to respect the unpopular students when I am popular.
Teach me to respect the popular students when I am unpopular.
When I win a game, help me to remember the times I lost.
When I lose a game, help me to remember the times I won.
When I am with my friends, remind me of times when I am alone.
When I am alone, remind me of the times when I am with friends.
Help me to understand that there is a balance to life,
Just as in the seasons of earth.

Practicing Our Faith

Attend mass or go to Adoration whenever possible because in mass it is when we can truly being with Jesus and to strengthen our relationship with Him.

Strive to help other as much as possible when you can.

Faith Alive at Home

Say the Rosary with your family each night to contemplate on the life of Jesus

Discussion

1. What are the seasons in the Liturgical years?

_____

_____

_____

2. What are the meanings of Advent and Lent seasons?

_____

_____

_____

3. What are the masses that celebrated in Christmas and Easter season?

_____

_____

_____

True or False

____ There are 4 seasons in the Liturgical Year.

____ Ash Wednesday is celebrated in Lent season.

____ Ordinary Time season is before Christmas season.

Readings in Mass
Các Bài Đọc

Thánh Thể # 2

Reading the Bible

John 1: 1

In the beginning was the Word, and the Word was with God, and the Word was God.

Studying Our Faith

SUNDAY MASS

- The first reading comes from the Old Testament (except for during Easter). The reading and the responsorial psalm are chosen so that they relate to the gospel reading.
- The second reading is from the New Testament, usually from one of the 13 Pauline epistles. They follow a continual system like the Gospels. The Letters of St. Paul and St. James are read during Ordinary time, while those of John and Peter are read during Christmas and Easter. They do not seem to fit in well with the gospel since they use their own system.
- For the Gospel readings, each year is dedicated to one of the synoptic gospels. The next year continues on in the Gospel reading cycle. The new lectionary year begins on the first Sunday of Advent.
    - Year A for Matthew
    - Year B for Mark
    - Year C for Luke
    - The gospel of John is read each year, primarily during Christmas, Lent and Easter.
- During Advent, Christmas, Lent, Easter and solemnities, all three readings are chosen to reflect the liturgical season.
- Every day during Easter season, the first reading is taken from the Acts of the Apostles. The exact same readings are used each year.
- Towards the end of the year, the readings come from the books of Revelation and Daniel, which fit well with the apocalyptic sermons from Luke.

DAILY READINGS

- The first reading can be taken from either Testament.
- During Ordinary time, all four gospels are read using a semi-continual system: Mark (week 1 – 9); Matthew (week 10 – 12) and Luke (week 22 – 34).
- The New Testament readings give the substance of almost all the letters, but the Old Testament readings only show the important parts of each book. Almost all of the books are used except some prophets and the Song of Songs.

Summary

When in celebrating the Liturgy of the Words, the church proclaims God's words in the Old and New Testament. Christ himself is the center and fullness of the whole of Scripture. Thus, the Scripture is the living water for those who seek life and salvation.

Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness *(2 Timothy 3: 16)*.

Each Sunday mass has three readings: the first from the Old Testament, the second from an Apostle (that is, either from a Letter or from the Book of Revelation, depending on the season), and the third from the gospels.

This arrangement brings out the unity of the Old and New Testaments and of the history of salvation, in which Christ is the central figure, commemorated in His paschal mystery.

Prayer

Jesus, thank you for Your gift of the Holy Bible.

You inspired the prophets and the apostles,

Guiding them to eternalize the Sacred Word.

Always maintain our faith in the Holy Word,

Continue to guide us through its Books,

Granting us the required insight and wisdom

To thoroughly digest Your many mysteries.

We ask this through Christ our Lord. Amen.

Where are the Words?

Acts of the Apostles is the only book that can be used in both the first and second readings.

Practicing Our Faith

- The lectionary is organized in a certain way to help us better understand the Word of God. Look over the readings for the Sunday mass to see if there is any connection or common theme, especially the first reading and gospel.
- Listen to the homily to learn more about the message of Jesus.
- During the week, try to think about Jesus' message and act on it.

Homework

Discussion

1. When does the new lectionary year begin?

_____

_____

_____

2. We are currently in what lectionary year? What gospel writer does it focus on?

_____

_____

_____

3. How do the readings of the mass relate with each other?

_____

_____

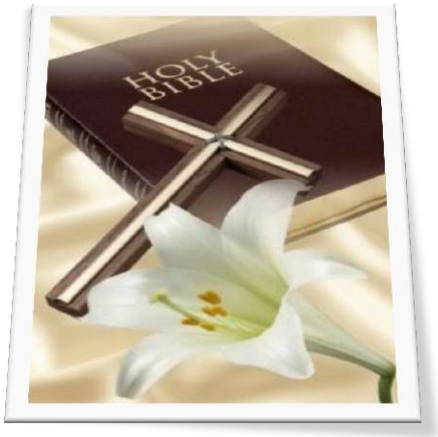
_____

True or False

____ The new lectionary year begins on New Year's Day.

____ During Sunday mass, the first reading comes from the Old Testament.

____ The daily mass has three readings, just like the Sunday readings.



Lễ Buộc, Lễ Trọng, Lễ Kính, và Lễ Nhớ

Holy Days of Obligation, Solemnities, Feasts, Memorials

Thánh Thể # 3

Reading the Bible

Luke 2: 41 – 42

Now his parents went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up to Jerusalem after the custom of the feast.

Studying Our Faith

SOLEMNITY

- Holy days of obligation/solemnity is celebrated to commemorate an event of utmost importance.
- Solemnity normally has Vigil the night before the actual celebration.
- Most of the Holy days of Solemnity are also Holy Day of Obligations, so the two terms are interchangeable (See Canon Law section below).

FEAST

- Feast days are days to commemorate and honor important biblical figures.
- Feast days are not obligatory.

MEMORIAL

- Memorial days are celebrated year round in honor of any figures that is lesser than the previous two categories.

Where are the Words?

In the U.S., there are six Holy Days of Obligation besides Sunday.

LUẬT HỘI THÁNH

Canon Law 1246

On December 13, 1991, the members of the National Conference of Catholic Bishops of the United States of American made the following general decree concerning holy days of obligation for Latin rite Catholics. In addition to Sunday, the days to be observed as holy days of obligation in the Latin Rite dioceses of the United States of America, in conformity with canon 1246, are as follows:

Instead of calling it "Holy Day of Obligation," call it "Holy Day of Opportunity"

- **January 1**, the solemnity of Mary, Mother of God
- **Thursday of the Sixth Week of Easter**, the solemnity of the Ascension
- **August 15**, the solemnity of the Assumption of the Blessed Virgin Mary
- **November 1**, the solemnity of All Saints
- **December 8**, the solemnity of the Immaculate Conception
- **December 25**, the solemnity of the Nativity of Our Lord Jesus Christ

Whenever January 1, the solemnity of Mary, Mother of God, or August 15, the solemnity of the Assumption, or November 1, the solemnity of All Saints, falls on a Saturday or on a Monday, the precept to attend Mass is abrogated.

Canon Law 1247 On Sundays and other holy days of obligation, the faithful are obliged to participate in the Mass.

Summary

In the Third Commandment, God tells us to "Remember to keep holy the Sabbath day." For the Jews, the Sabbath was Saturday; Catholics, however, transferred the Sabbath to Sunday, the day of Jesus Christ's resurrection from the dead. The Church tells us that we have an obligation to fulfill the Third Commandment by refraining from unnecessary work on Sunday and by participating in the Mass, our chief form of worship as Catholics.

From the earliest days of the Church, Christians have understood that being a Christian isn't a private matter. We are called to be Catholics together; while we can and should engage in the private worship of God throughout the week, our primary form of worship is public and communal, which is why Sunday Mass is so important. "For where two or three are gathered together in my name, there am I in the midst of them."(Matthew 18: 20)

Prayer

Dear God, please help us become closer to you and understand why it is so important for us to keep Your Holy days. May we come to cherish the grace that You bestow upon us everyday.

Practicing Our Faith

Whenever we go to Mass, the Lord speaks to us through his Holy Word; we are united with Jesus in the Sacrifice he offered on the Cross for our salvation; we meet him in Holy Communion; we receive the power of his Holy Spirit; and we are united with the whole Church across time and space. It is the holiest act of worship possible on earth. Sometimes we feel inspired, sometimes we feel a bit dry; sometimes we feel very peaceful, sometimes we are completely distracted.

The important thing is that we are there, every Sunday. This is not so much a duty, as an invitation. The Lord is there for us. He asks us to love and honour him, and invites us to share his life. How can we refuse? Whatever is happening in your life, however difficult or dry things are – do everything you can to be at Sunday Mass. Don't pretend it doesn't matter, or you are too.

The important thing is that we are there, every Sunday. This is not so much a duty, as an invitation. The Lord is there for us. He asks us to love and honour him, and invites us to share his life. How can we refuse? Whatever is happening in your life, however difficult or dry things are – do everything you can to be at Sunday Mass. Don't pretend it doesn't matter, or you are too busy.

Faith Alive at Home

Discussion

What is the difference between honoring and fearing God?

_____

_____

_____

_____

_____

True or False

____ Holy Days of Obligations are the same as Holy days of Memorial.

____ Holy Days of Memorial have 3 readings.

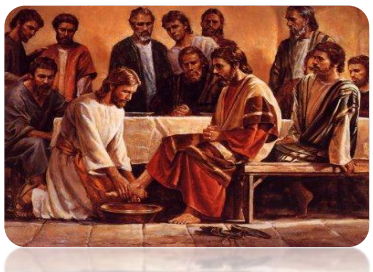
Phẩm Phục và Màu Sắc
Vestment and Colors of the Liturgical Year

Thánh Thể # 4

Reading the Bible

John 13: 1, 4 – 5, 12 – 15

Trước lễ Vượt Qua, Đức Giê-su biết giờ của Người đã đến, giờ phải bỏ thế gian mà về với Chúa Cha. Người vẫn yêu thương những kẻ thuộc về mình còn ở thế gian, và Người yêu thương họ đến cùng ... nên bấy giờ Người đứng dậy, rời bàn ăn, cởi áo ngoài ra,và lấy khăn mà thắt lưng. Rồi Đức Giê-su đổ nước vào chậu, bắt đầu rửa chân cho các môn đệ và lấy khăn thắt lưng mà lau … Khi rửa chân cho các môn đệ xong, Đức Giê-su mặc áo vào, về chỗ và nói: "Anh em có hiểu việc Thầy mới làm cho anh em không? Anh em gọi Thầy là 'Thầy', là 'Chúa', điều đó phải lắm, vì quả thật, Thầy là Thầy, là Chúa. Vậy, nếu Thầy là Chúa, là Thầy, mà còn rửa chân cho anh em, thì anh em cũng phải rửa chân cho nhau. Thầy nêu gương cho anh em, để anh em cũng làm như thầy đã làm cho anh em."



Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. … He rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. …. So when he had washed their feet and put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

Studying Our Faith

- "What do you call that thing that the priest is wearing?" This is a commonly asked question that Catholics ask because they do not know what to call the clothing that is being worn by the clergy.
- The word "vestment" comes from the Latin. It simply means clothing. Now, it is generally used to represent the garments that are worn by the ministers of religion in the performance of their sacred duties.

- Vestments are a sacramental. That means they are set apart and blessed by the Church to excite good thoughts and to increase devotion in those who see and those who use them. They are the uniform of the priest when he is "on duty," while he is exercising the functions of his ministry and using the sacred powers which he received at his ordination. The clothing that is worn by the priest while he is not "on duty," it is not called vestments.
- The Mass vestments were originally ordinary garments of the ancient Roman world. While the the fashions of dressing have changed with the passing centuries, the priest continued to wear at the altar the ancient Roman costume of his predecessors.
- Thus, the priest, vested for mass, is a wonderful witness to the historical continuity of the Catholic Church with the primitive Church of Rome, founded by the Prince of the Apostles.

VESTMENT OF THE PRIEST

Áo Dài Trắng – *Alb*

áo dài trắng mang ý nghĩa trong sạch và thánh thiện

a long white garment to signify innocence

Khăn Lễ – *Amice*

khăn lễ trùm đầu hoặc vai khi cử hành Thánh Lễ mang ý nghĩa việc tránh xa mọi cám dỗ

a white cloth around the shoulders to signify resistance to temptation

Dây thắt lưng – *Cincture*

dây thắt lưng tượng trưng cho sự giản dị

a cord about the waist to signify chastity

Áo Lễ – *Chasuble*

Áo Lễ tượng trưng cho tình yêu và nhắc nhở Linh Mục với Thánh Giá đằng trước và sau áo Lễ lòng mến Thiên Chúa

long vestment over all, to signify love and remind the priest, by its cross on front and back, of the Passion of Our Lord

Khăn Su Tang – *Stole*

khăn quàng trên cổ đại diện cho sự sống bất diệt

a long vestment about the neck to signify immortality

Where are the Words?

Black is no longer used as a liturgical color in the Catholic Church.

THE COLORS OF THE VESTMENTS OF THE PRIESTS AT MASS

1. **Màu Trắng:** Chỉ sự trong sạch, thánh thiện, chiến thắng, vui mừng, e.g. Mùa Giáng Sinh – Phục Sinh – Lễ về Chúa (trừ Chúa Nhật Lễ Lá và thứ 6 Tuần Thánh) – Lễ về Đức Mẹ, thiên thần, các thánh nam nữ, các thánh không tử đạo – Lễ thánh Gioan Tẩy Giả – Lễ thánh Gioan Tông Đồ – Lễ kính tòa thánh Phêrô – Lễ thánh Phaolô trở lại.
   White *signifies innocence and is used on the feasts of Our Blessed Lord, of the Blessed Virgin, and of some saints.*

2. **Màu Đỏ:** Chỉ sự hiến dâng cuộc sống cho Chúa; máu, lửa, hy sinh và chiến thắng tử đạo, e.g. Chúa Nhật Lễ Lá – Thứ 6 tuần thánh (cuộc khổ nạn của Chúa) – Lễ Hiển Linh – Các thánh tông đồ và các thánh sử (trừ thánh Gioan Tông Đồ) – Các thánh tử đạo
   Red *signifies love, and is used on the feasts of the Holy Ghost, and of martyrs*

3. **Xanh Lá câCy:** Chỉ sự hy vọng, sức chịu đựng bền bỉ trong đức tin, e.g. Mùa Thường Niên
   Green signifies hope, and is generally used on Sundays from Epiphany to Pentecost.

4. **Tím:** Chỉ sự thống hối, ăn năn nói lên sự hoán cải, e.g. Mùa Vọng – Mùa Chay – Lễ cầu hồn
   Violet *signifies penance, and is used in Lent and Advent.*

5. **Hồng:** Chỉ niềm vui trước kỳ hạn thống hối. Chúa Nhật thứ 3 Mùa Vọng –- Chúa Nhật thứ 4 Mùa Chay
   Rose *signifies joy in the midst of anticipation or sorrow.*

6. **Vàng:** Tăng phần long trọng
   Gold *is often used for white on great feasts.*

7. **Đen:** Chỉ sự tang chế, cầu hồn, an táng. Đây là truyên thống cũ, được thay bằng màu trắng.
   Black *signifies sorrow, and is used on Good Friday and at Masses for the dead. This is an old tradition, is now replaced by white.*

Summary

1. Các Phẩm Phục của Linh Mục trong Thánh Lễ gồm có: khăn trùm vai, áo dài trắng, dây thắt lưng, khăn su tang và áo lễ.
   The Priest's vestments at Mass include: Amice, Alb, Cincture, Stole and Chasuble.

2. Các Màu Sắc của Phẩm Phục gồm có: Trắng, Đỏ, Xanh lá cây, Tím, Hồng, Vàng và Đen và mỗi màu có ý nghĩa riêng.
   The colors of the vestments include: white, red, green, violet, rose, yellow and black and each color carry different meaning.

Prayer

Lạy Chúa, Giáo Hội đã dùng màu sắc để nhắc nhở chúng con về những việc cứu chuộc nhân loại và lời dạy của Ngài. Xin ban cho chúng con ơn hiểu biết hơn nữa, để chúng con cảm nhận và cùng hiệp thông với những màu áo những Thánh lễ mà lâu nay chúng con chỉ biết nhìn nhưng không thấu hiểu những điều mà Chúa muốn nhắc nhở chúng con qua các màu áo Lễ. Amen.

Faith Alive at Home

During today's mass, notice the color of the priest's vestments and any cloth items that might decorate the front of the altar or cover the tabernacle. At home, discuss with your parents how colors symbolize the church's five liturgical seasons of Advent, Christmas, Lent, Easter and Ordinary Time. Create a map or wheel to track the liturgical seasons and share with class next week.

Bàn Thánh, Các Vật Liệu và Dụng Cụ trong Thánh Lễ

The Altar and Objects Needed for Mass

Thánh Thể # 5

Reading the Bible

Luke 22: 7, 19, 20

Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

Studying Our Faith

The things needed for Mass are

Altar: The central object of the Church. The table on which the offerings – the sacrifice – of the Mass are consecrated. An Altar with linen covers, candles, crucifix, altar stone, and Mass book.

Alb: the white robe that the priest and servers wear.

Cincture: rope "belt" that is tied around the alb.

Stole: the thin "scarf-like" part of the priest's vestment.

Chasuble: the large colored garment worn by the priest overhis alb. The different colors are for the different seasons of the Church's year.

Corporal: the square "place mat" placed on the Altar by the priest when preparing the gifts.

Chalice: a cup used for the distribution of the consecrated wine, "the Blood of Christ."

Where are the Words?

A priest wears the stole around his neck and lets it hang down in front. A deacon wears it across his left shoulder and fastens both ends together on the right side of his waist.

Ciborium: a plate or bowl used for the distribution of the communion bread, "the Body of Christ."

Purificator: a small white cloth used to wipe off the communion cups.

Cruets: small containers used for water and wine.

Carafe: Larger "pitchers" used to hold the water and wine.

Sacramentary: the big, red book used by the priest for the various prayers.

Lectionary: the large book carried by the Lector used for the Scripture readings. This book is always on the pulpit/ambo.

Processional Cross: a cross or crucifix carried by the server in the procession in and out.

Thurible: used for incense, looks like a decorated bowl on a long chain.

Summary

God created the world to exist in a rhythm, and rhythm created for us, His beloved creation, so that we are able to live and thrive harmoniously. As Catholics, experiencing and participating in Mass at least every Sunday is essential to keep our rhythm in tune with God. Understanding the Mass and all the things used during Mass helps us to fully appreciate our special time with Jesus.

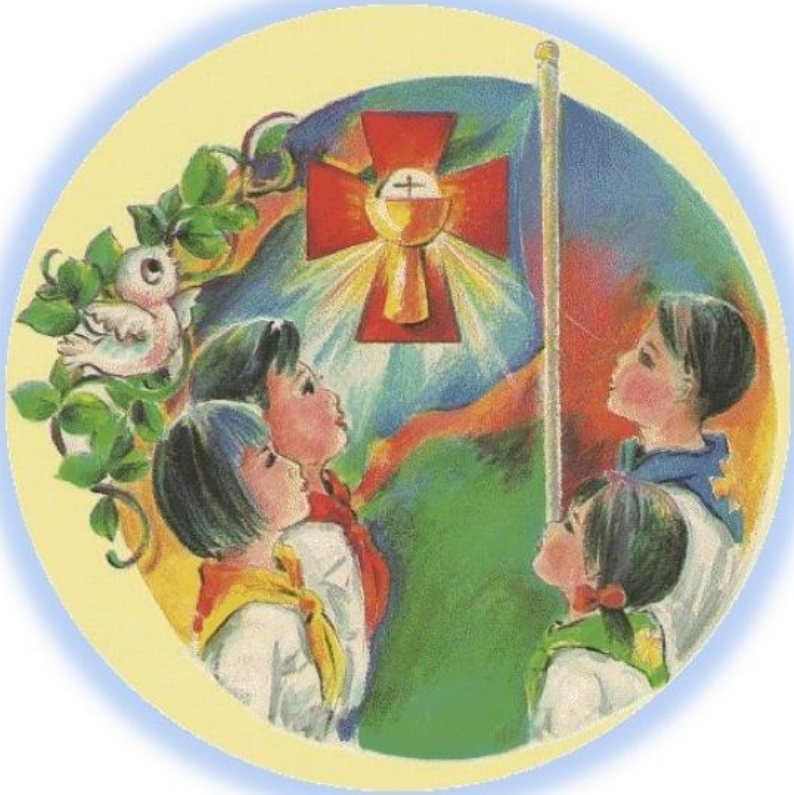
Prayer

Dear God, thank you for the knowledge of the mass that I learned in this lesson. I want to pay more attention and attend mass wholeheartedly from now on. Please help me!

Faith Alive at Home

Take notes during the visit and work together with the team to draw on the posters everything that you learned today. Prepare to share with the class next week.

Phong Trào



VEYS

Before and After Meal Prayers

Kinh Trước và Sau Bữa Ăn

Phong Trào # 1

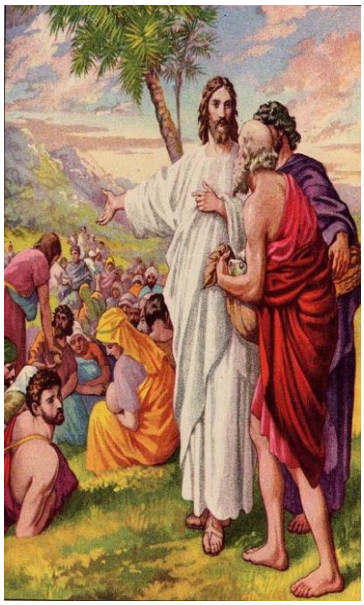
Fact Finding

Christians frequently pray before meals, giving thanks to God for the food we are about to eat. Pre-meal prayers can be a simple "thank you" to God for the meal or lengthier prayers of thanksgiving for all of His provisions in our lives. In praying before meals, we are following the example of the Lord Jesus, whose prayers on several occasions are our model.

In the two instances where Jesus miraculously fed multitudes of people with a few loaves and fish, He "gave thanks" (*Matthew 14: 19 – 21; 15: 34 – 36*). In the first instance, He fed 5000 men, plus women and children, with five loaves of bread and two fish. In the second, He fed over 4000 with seven loaves and a few fish. At the Last Supper, Jesus again set the example of thanksgiving. When He passed the cup and the bread to His disciples, telling them to eat and drink these elements which were symbols of His body and blood, He gave thanks. When He appeared to the two men on the road to Emmaus after His resurrection, He stopped briefly to eat with them, and "took bread, gave thanks, broke it and began to give it to them" (*Luke 24: 30*).

The apostle Paul continued this example of praying before eating, as recorded in Acts 27. In this instance, Paul was on a ship with 276 other people when a hurricane battered the ship.

After fourteen days of not eating, Paul exhorted the sailors and other passengers to eat something in order to survive. He "took some bread and gave thanks to God in front of them all" (*Acts 27: 35*). Even in spite of the danger and terrible circumstances, Paul paused to give thanks to God before the meal.

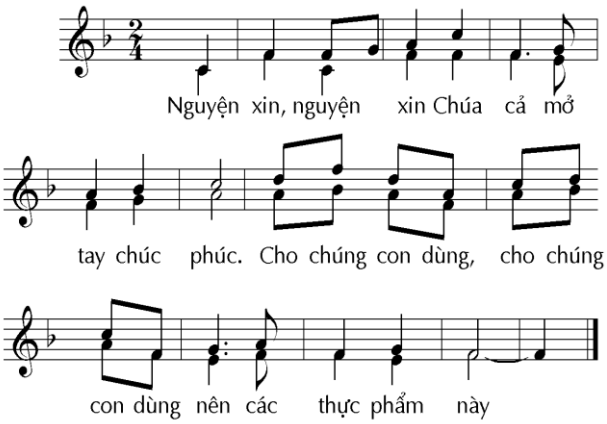


Where are the Words?

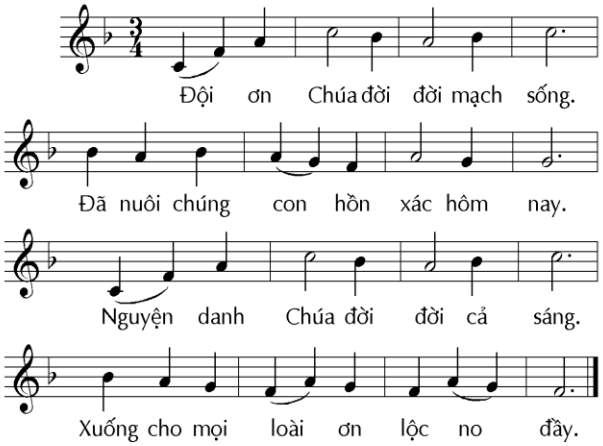
Praying before meals helps remind us about our desire to receive our spriritual food through Holy Communion as well!

The Prayers

Kinh Trước Bữa Ăn



Kinh Sau Bữa Ăn



Summary

When we thank God for providing our daily bread, we are acknowledging that all things come from Him (*Ephesians 5: 20*; *Romans 11: 36*). He is the source of everything we have, and praying before and after meals as a habit helps to remind us of that truth. Praying before and after we eat with a thankful heart brings glory to God and centers our minds on His great love for His children and the blessings He bestows on those who belong to Him.

Homework

Learn the prayers and share the prayers with your family before and after meal this week.

Living The Eucharistic Day
Sống Ngày Thánh Thể

Phong Trào # 2

Fact Finding

SPIRITUALITY OF THE EUCHARISTIC YOUTH SOCIETY

Spirituality is the spiritual method that religious orders and societies choose to follow in life.

- St. Vincent de Paul society's spirituality is charity works.
- Linh Thao's spirituality is words of God in the Bible.
- Eucharistic Youth Society's Spirituality is the Holy Eucharist.

Among seven sacraments institutes by Jesus, The Holy Eucharist is the most venerable sacrament. The Eucharistic Youth Society has chosen the best, the most precious spirituality.

The Holy Eucharist and the Words of God are never separated. Both unite into one single liturgy of the Mass. Therefore, we can see that the Eucharistic Youth Society utilizes the Holy Eucharist, the words of God in the Bible and teaching of the Church as foundation for education and guidance of youths in all activities.

THE MEANINGS OF THE HOLY EUCHARIST

- **A Memory:** Memory of the redemption, the death and the rise of Jesus. "Do this in memory of Me."
- **A Gift:** From God Himself to man.
- **A Spiritual Food:** To nourish the soul.
- **A Method:** Power to eliminate faults and avoid sins.
- **A Guarantee:** For the life to come: eternal reward *(John 6: 50 – 51)*
- **A Union:** Unite us closely with God. Maintain and improve the union, the relation between God and the church and us. Manifest the relationship of all parts of the Body of Christ *(John 6: 56 – 57)*.
- **The True Presence of God:** Jesus with His nature of God and of Man.
  - 1st miracle: God is truly present in the Holy Eucharist.
  - 2nd miracle: the indifference of Christians toward the Holy Eucharist.
- **A New Covenant:** Covenant of love.
- **A Thanksgiving:** Of Jesus to God the Father for mankind.

Where are the Words?

The 3D method stands for Dâng Ngày, Dự Lễ and Dâng Đêm

Activity

LIVING THE EUCHARISTIC DAY

1. STARTING WITH MORNING PRAYERS

a. The Eucharistic Day is a day lived by youth with Jesus as the sun, the center of life. The Eucharistic Day is started with the morning prayers.
b. The sun starts to rise, opening a new horizon with hope through the guidance of God.
c. Morning offering and consecrate our day's activities to Almighty God and offer Him all our prayers, works, joys and sufferings, through the intercession of the Immaculate Heart of Mary, the Mother of God.

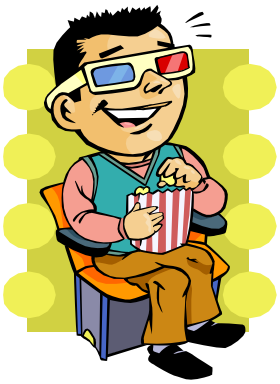
2. RECEIVED GOD INTO OUR HEART (THE MASS & THE HOLY COMMUNION)

a. The peak of Eucharistic Day is the Mass and Holy Communion. The time of Eucharistic Day is marked with prayers, spiritual communion, sacrifices, rosary, and apostolate works…
b. The sun at noon, staggered with daily works (prayers, spiritual communion, sacrifices, rosary, apostolate works…)
c. Christians, especially Thiếu Nhi must recognize the Mass and the Holy Communion as center of life.

3. ENDING THE DAY WITH NIGHT PRAYERS

a. The Eucharistic Day ends with Spiritual Bouquet and the offering of the night.
b. Spiritual Bouquet is a spirituality of reflecting our own life. Spiritual Bouquet, conscience examination, act of contrition, offering good works to God, also weakness to ask God for pardon and help…
c. When the night comes, covering darkness provokes a sense of fear in us. When the sun sets, let Jesus in the Holy Eucharist set in our heart so we can have peace.

Summary



Living the Eucharistic Day is living in the graces of God.

The Eucharistic Day is a method to help us become a saint. Living the Eucharistic Day is a fundamental and special method of the Eucharistic Youth Society, a method that help us to progress to sainthood through the practice of spiritual bouquet.

3D Method

3D = Dâng Ngày
Dự Lễ
Dâng Đêm

Homework

This week, our ngành Thiếu will kick-off 1 week of Spiritual Bouquet Campaign with the theme, "Living A Eucharistic Day." As a team:

1. Design a spiritual bouquet for each member to track Living A Eucharistic Day activities.
2. Gather the results and create a Spiritual Bouquet for your team.
3. Prepare to offer the bouquet during Mass next week.

Chuyên Môn

Skills

Ôn Morse
A – Z, 0 – 9

Chuyên Môn # 1

Fact Finding

After one year of learning, practicing and listening, you probably knowmost of the Morse code of the alphabet already. If you only memorize a few, don't worry. Today you will see a new trick that hopefully will help you memorize all the letters of Morse code.

Let's take a look at the two tables.

BASIC MORSE LETTERS								
A	E	H	I	M	N	O	S	T
.-	.	....	..	--	-.	---	...	-

NON-BASIC LETTERS	HELPFUL MEMO	TRANSLATION	
B	**B**-ni	Like a beanie hat	-...
C	**C**-NN	CNN news	-.-.
D	**D**-ti	D = dinner, t = time	-..
F	**F**-in	Fin	..-.
G	**G**-tn	Gangster TN	--.
J	**J**-am	Jam	.---
K	**K**-ta	"K" ta	-.-
L	**L**-ai	Lai (a language)	.-..
P	**P**-an	Pan	.--.
Q	**Q**-ma	"Q"-ma → Calling a ghost	--.-
R	**R**-en	Ren	.-.
U	**U**-ea	u eat apple	..-
V	**V**-ia	Via (by way of)	...-
W	**W**-at	Wat	.--
X	**X**-na	Like a DNA	-..-
Y	**Y**-nm	Y "n" M	-.--
Z	**Z**-mi	"Z"-mi	--..

Where are the Words?

In sinh hoạt TN, we use the "tè" sound to get attention of others and to inform them to be ready.

The first table consists of 9 basic letters that are really easy to remember. You need to know these letters so that the trick can work.

So here is the trick. The helpful hint will assist you to figure out the Morse code. For example, the hint for letter B is "Bni" as in a beanie, the wool hat. Get it? The reason it is written like that is to emphasize on the "ni" or letter N and I. Morse code for N is "-." and for I is ".." Combining them, we have the Morse code for letter B which is "-…" Anybody is yelling "Eureka" yet? We have the hint "CNN" for letter C. The first letter is to remind you of that letter itself and the remainder is the memo for you to recall the Morse code of that letter. We know that "-." is the Morse code of N. Together, we have "-.-." for letter C. The rest of the table will work the same way. Read through it and see if you can figure it out.

Once you learn all of them, you can use the table below to review the letters as well as the numbers.

Letter	Morse		Letter	Morse		Digit	Morse
A	.-		N	-.		0	-----
B	-...		O	---		1	-----
C	-.-.		P	.--.		2	..---
D	-..		Q	--.-		3	...--
E	.		R	.-.		4	....-
F	..-.		S	...		5	.....
G	--.		T	-		6	-....
H	....		U	..-		7	--...
I	..		V	...-		8	---..
J	.---		W	.--		9	----.
K	-.-		X	-..-			
L	.-..		Y	-.--			
M	--		Z	--..			

Prayer

Dear God, please help open my mind and ears so I can understand Morse in order for me to respond to your words and callings.

Receiving Short Words
Học & Nhận Morse Nguyên Chữ

Chuyên Môn # 2

Fact Finding

Here is your cheat sheet again to review all the letters and numbers we have learnt.

Letter	Morse		Letter	Morse		Digit	Morse
A	.-		N	-.		0	-----
B	-...		O	---		1	-----
C	-.-.		P	.--.		2	..---
D	-..		Q	--.-		3	...--
E	.		R	.-.		4	....-
F	..-.		S	...		5	.....
G	--.		T	-		6	-....
H	....		U	..-		7	--...
I	..		V	...-		8	---..
J	.---		W	.--		9	----.
K	-.-		X	-..-			
L	.-..		Y	-.--			
M	--		Z	--..			

Application

Are you ready for the first word? Write down the Morse code for each letter into each box on the top row. Then decode them into their corresponding letters on the bottom row.

Where are the Words?

In Phong Trào, we use Morse signals, or abbreviated messages, to issue commands, e.g. Huynh Trưởng will blow "D" + "S" to gather all Doan Sinh.

Shall we try again with another word?

Now, let's do two words. Don't worry. It will be easy.

Prayer

Dear God, help me apply the knowledge I've learned and use them for worthwhile actions and good deeds.

Nghiêm Tập

Formations

Tua Khen Thưởng
Achievement Ribbons

Nghiêm Tập # 1

Fact Finding

NGHIÊM TẬP – CHƯƠNG IV:
NGHI THỨC LÃNH THƯỞNG

TỔNG QUÁT VỀ KHEN THƯỞNG

Trong các sinh hoạt của Thiếu Nhi Thánh Thể, khen thưởng là một cách giáo dục không những nêu cao tinh thần đồng đội, mà còn làm phát triển khả năng của cá nhân. Vì thế, lễ nghi khen thưởng cũng mang các hình thức: Khen Thưởng Cá Nhân, Khen Thưởng Đội, Khen Thưởng Nhiều Đội … Phong Trào Thiếu Nhi Thánh Thể dùng tua, cờ danh dự, bằng khen, kỷ vật, v.v… để khen thưởng.

Ý NGHĨA MÀU TUA

Thiếu Nhi Thánh Thể dùng màu sắc của các Ngành để làm màu tua khen thưởng, và mỗi màu tua đều mang một ý nghĩa rõ rệt:

1. Tua Màu Xanh Lá Cây: Phụng Vụ – *Spiritual*

   Màu xanh lá cây là màu của Ngành Ấu, tượng trưng tinh thần cầu nguyện. Tua màu xanh lá cây dùng để khen thưởng những việc làm đạo đức, những sinh hoạt lễ nghi phụng vụ đặc sắc, hoặc những công việc làm triển nở đức tin và lòng sùng đạo.

2. Tua Màu Xanh Biển: Sinh Hoạt – *Activities, Songs, Movements, Be Prompt, Skits*

   Màu xanh nước biển là màu của Ngành Thiếu, tượng trưng tinh thần hy sinh, luôn sống vui trong gian khổ, cũng như mang niềm vui đến cho mọi người. Tua màu xanh biển dùng để khen thưởng những sinh hoạt ca vũ vui tươi, những mục văn nghệ đặc sắc, những tài năng sáng tác, nhất là những sáng kiến gây tạo bầu khí vui nhộn thoải mái trong sinh hoạt.

3. Tua Màu Vàng: Học Tập - *Learning*

   Màu vàng là màu của Ngành Nghĩa, tượng trưng tinh thần đi gieo, luôn cố gắng trau giồi khả năng để ngày nay học tập, ngày mai giúp đời. Tua màu vàng dùng để khen thưởng những sinh hoạt học tập, báo chí, những nghệ thuật đặc sắc, độc đáo và phong phú; những kỹ thuật chuyên môn trong sa mạc như: thủ công lều trại, hoặc sáng chế những vật dụng hữu ích cho đời sống.

4. Tua Màu Đỏ: Tinh Thần – *Highest Honor, Spirit*

   Màu đỏ của Trưởng, tượng trưng tinh thần phụng sự cao độ, xả thân cho lý tưởng. Tua đỏ dùng để khen thưởng tinh thần toàn diện gồm cả tự nhiên lẫn siêu nhiên. Tinh thần nhịn nhục, vị tha, tận tuy trong mọi công việc, tinh thần kiên nhẫn trong mọi thử thách, tinh thần phục thiện trong mọi lỗi lầm, tinh thần hòa nhã trong mọi việc giao tiếp.

Summary

- In the different activities we do in TNTT, giving awards is an educational method, not only does it recognize teamwork, but also for individuals.
- There are four different colors of ribbon: green, blue, yellow and red.
- Each color signifies a different quality whether it is spirituality, competitiveness in activities, educational, or spirit; ribbons are considered a big honor when worn on the right shoulder.
- Wearing a ribbon not only is honorable, but it gives great pleasure to the person who is pinning these ribbons on you as a reminder to keep your fire alive.

Prayer

Father, may You teach us how to wear our ribbons with humility, to show how much hard work we have put into earning these ribbons in Your name. May we also be reminded how significant we are with or without these ribbons to You, to our friends, family, and to our community.

Accepting Awards by Individual and by Team

Lãnh Thưởng Cá Nhân và Đội

Nghiêm Tập # 2

Fact Finding

NGHIÊM TẬP – CHƯƠNG IV:
NGHI THỨC LÃNH THƯỞNG (cont.)

Khen Thưởng Cá Nhân: Individual

- Khi nghe gọi tên, cá nhân mau mắn chỉnh tề lại y phục, chạy thẳng lên đứng thế nghiêm trước mặt vị chủ toạ và hàng quan khách cách ba bước, giơ tay chào hàng Trưởng và Quan Khách (đợi hàng Trưởng và Quan Khách chào lại, rồi bỏ tay xuống).
- Người được mời phát thưởng tiến đến trước mặt người được lãnh thưởng, phát thưởng hoặc gắn tua (tua được gắn trên vai phải).
- Người phát thưởng bắt tay chúc mừng (không phải chào).
- Chờ người phát thưởng về chỗ rồi, cá nhân chào hàng Trưởng và Quan Khách.
- Sau đó cá nhân tự động quay trở về chỗ của mình (không buộc phải chạy vòng quanh Trưởng).

Khen Thưởng Nhiều Cá Nhân: Multiple Individuals

- Khi nghe gọi tên, lần lượt từng cá nhân mau mắn chỉnh tề lại y phục, chạy lên đứng dàn hàng ngang nghiêm chỉnh trước mặt hàng Trưởng và Quan Khách cách ba bước. Người đứng đầu hàng phía trái hàng Trưởng và Quan Khách hô: "Chuẩn bị chào … Chào!" để chào hàng Trưởng và Quan Khách.
- Vị chủ toạ có thể mời nhiều người ra phát thưởng hoặc trao tua cùng một lúc.
- Phát thưởng xong, người phát thưởng bắt tay chúc mừng (không phải chào).
- Chờ người phát thưởng về chỗ rồi, người đứng đầu hàng phía trái Trưởng và Quan Khách hô: "Chuẩn bị chào … Chào!" Chào hàng Trưởng và Quan Khách.
- Sau đó, các cá nhân tự động di chuyển về vị trí đội của mình (không cần thêm động lệnh hay khẩu lệnh nào khác).
- Trưởng Trực bắt bài hát khen thưởng.

Khen Thưởng Đội: Team

- Được lệnh lên lãnh thưởng, Đội Trưởng báo cho đội viên chỉnh tề y phục.
- Đội Trưởng hô tên đội một lần: "Seraphim", cả Đội đáp lại khẩu hiệu đội: "Trong trắng!" Sau đó dùng cờ lệnh cho Đội quay bên phải, rồi dùng khẩu lệnh hô: "Đàng trước … Bước!"
- Đội Trưởng dẫn Đội chạy vòng ra bên ngoài đội hình ngược chiều kim đồng hồ, đến sắp thành hàng ngang trước mặt hàng Trưởng và Quan Khách cách bốn bước, lấy vị trí của vị chủ toạ làm chuẩn đứng giữa.
- Đội Trưởng so hàng đội, sau khi hô tên đội và cả Đội đáp lại khẩu hiệu đội, Đội Trưởng dùng cờ lệnh lẫn khẩu lệnh cho Đội quay mặt vào hàng Trưởng và Quan Khách: "Bên trái … Quay!" "Chuẩn bị chào … Chào!" Chờ hàng Trưởng và Quan Khách chào lại xong, rồi tất cả bỏ tay xuống.
- Đội Trưởng tự động tiến lên trước mặt vị chủ toạ cách ba bước (không chào). Tay phải đưa thẳng cờ lên, rồi hạ nằm ngang vai về phía trước, hợp với thân mình một góc 90 độ, tay trái chuôi cấn cờ sát nách, lòng bàn tay úp xuống đất.
- Chờ người phát thưởng gắn tua trên cờ xong, thì đưa thẳng cờ lên rồi hạ xuống và chuyển cờ ngay sang tay trái để bắt tay người phát thưởng (nếu có phát bằng khen thì chuyển cờ sang tay trái, tay phải nhận bằng khen và chuyển ngay sang tay trái để bắt tay người phát thưởng). Sau khi phát thưởng xong, Đội Trưởng tự động trở về vị trí đội.
- Đội Trưởng ra lệnh cho Đội chào hang Trưởng và Quan Khách: "Chuẩn bị chào … Chào!" Sau đó di chuyển Đội về vị trí bằng khẩu lệnh: "Bên phải … Quay!" "Đàng trước … Bước!" (Nhớ chạy vòng sau lưng hàng Trưởng và Quan Khách ngược chiều kim đồng hồ).
- Trưởng Trực bắt bài hát khen thưởng.
- Về tới vị trí đội, Đội Trưởng dùng cờ lệnh so hàng và cho Đội quay về vị Trí đội hình.

Khen Thưởng Nhiều Đội: Multiple Team

- Được lệnh lên lãnh tua/bằng khen, Đội Trưởng báo cho đội viên chỉnh tề y phục.
- Đội Trưởng hô tên đội một lần: "Seraphim", cả Đội đáp lại khẩu hiệu đội: "Trong trắng!" Sau đó dùng cờ lệnh cho Đội quay phải, rồi dùng khẩu lệnh hô: "Đàng trước … Bước!"

- Các Đội Trưởng lần lượt dẫn Đội chạy vòng ra bên ngoài đội hình ngược chiều kim đồng hồ, đến sắp thành nhiều hàng Trưởng và Quan Khách, Đội đứng trước cách bốn bước, lấy vị trí của vị chủ toạ làm chuẩn đứng giữa.
- Đội Trưởng so hàng đội, sau khi hô tên đội và cả Đội đáp lại khẩu hiệu đội, Đội Trưởng dùng cờ lệnh lẫn khẩu lệnh cho Đội quay mặt vào hàng Trưởng: "Bên trái … Quay!" và đứng nghiêm đợi lệnh.
- Khi các Đội đã đầy đủ và nghiêm chỉnh trong hàng ngũ, Đội Trưởng Đội đứng hàng đầu ra lệnh cho các Đội chào hàng Trưởng và Quan Khách: "Chuẩn bị chào … Chào!" Chờ hàng Trưởng và Quan Khách chào lại xong, rồi tất cả bỏ tay xuống.
- Các Đội Trưởng tự động tiến lên đứng dàn hàng ngang trước mặt vị chủ toạ cách ba bước (không chào).
- Vị chủ tọa có thể mời nhiều người ra gắn tua và trao bằng khen thưởng cùng

một lúc.

- Các Đội Trưởng tay phải đưa thẳng cờ lên rồi hạ nằm ngang vai về phía trước, hợp với thân mình một góc 90 độ, tay trái cầm chuôi cán sờ sát nách, lòng bàn tay úp xuống đất.
- Chờ người phát thưởng gắn tua trên cờ xong, thì đưa thẳng cờ lên rồi hạ xuống và chuyển cờ ngay sang tay trái để bắt tay người phát thưởng (nếu có phát bằng khen thì chuyển cờ sang tay trái, tay phải nhận bằng khen và chuyển ngay sang tay trái để bắt tay người phát thưởng). Sau khi phát thưởng xong, các Đội Trưởng tự động trở về vị trí đội (không cần thêm khẩu lệnh hay động lệnh nào khác).
- Đội Trưởng đứng hàng đầu ra lệnh cho các Đội: "Chuẩn bị chào … Chào!" Chờ hàng Trưởng và Quan Khách chào lại xong, rồi tất cả bỏ tay xuống. Sau đó, di chuyển Đội về vị trí bằng khẩu lệnh: "Bên phải … Quay! "Đàng trước … Bước!" Đội đứng hàng đầu chạy trước, các Đội khác lần lượt chạy tiếp theo sau vòng ra bên ngoài đội hình ngược chiều kim đồng hồ để về vị trí đội.
- Trưởng Trực bắt bài hát khen thưởng.
- Về tới vị trí đội, Đội Trưởng dùng cờ lệnh so hàng và cho Đội quay về vị trí đội hình.

Summary

- It is always a priveledge for HTs to be awarding ribbons out to outstanding individuals and groups.
- In order to show respect and order, there are certain ways to line ourselves up when we are called up to receive ribbons.

Prayer

Father, we ask You for patience as we learn these tedious steps and formations. We know that it takes a lot of work, but the end result will be fruitful. For the end results, we learn to discipline our minds as well as show respect to one another. Please grant us peace through these endeavors.

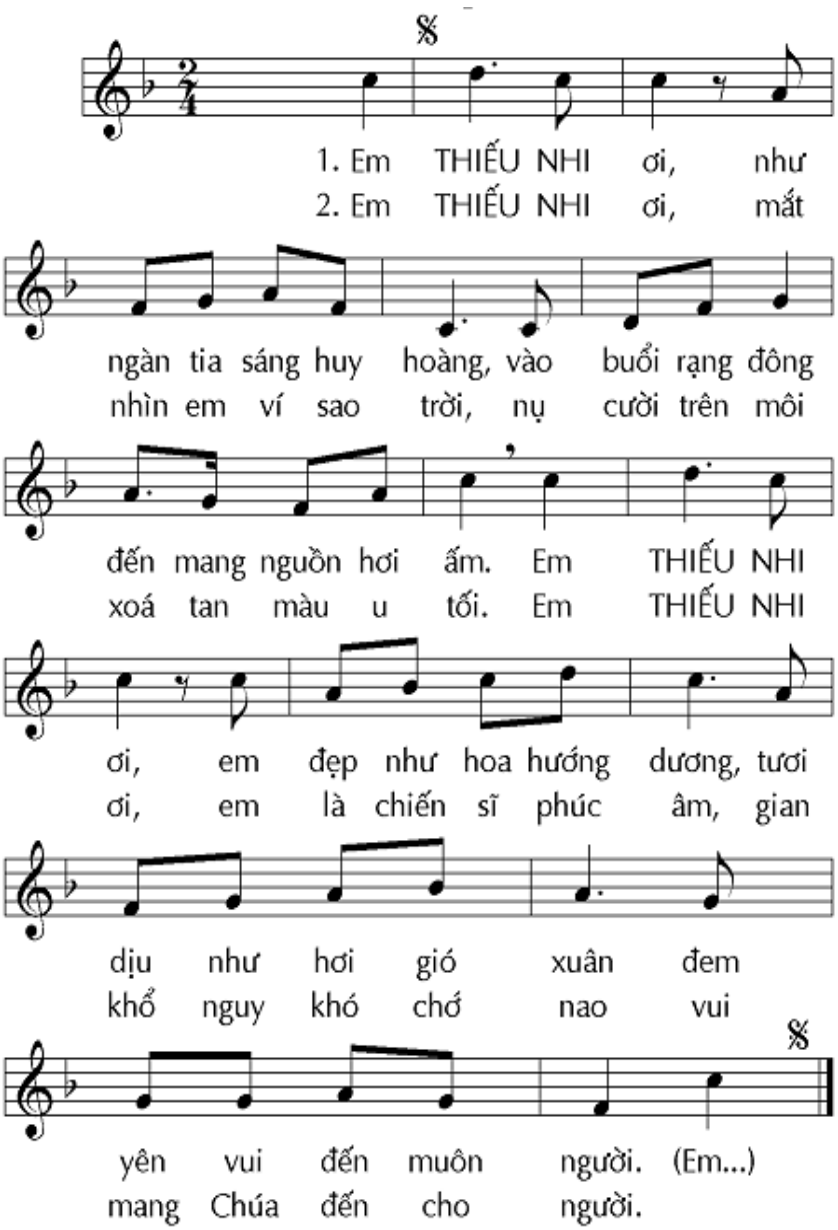
Ca Hát

Songs

Search Division Official Song

Thiếu Nhi Ca

Ca Hát # 1



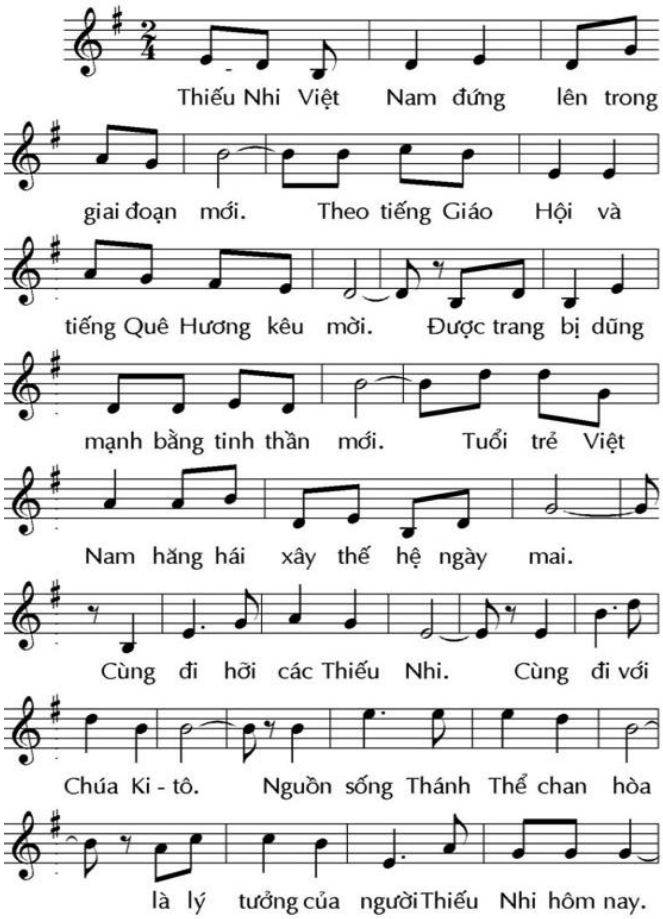
Translation

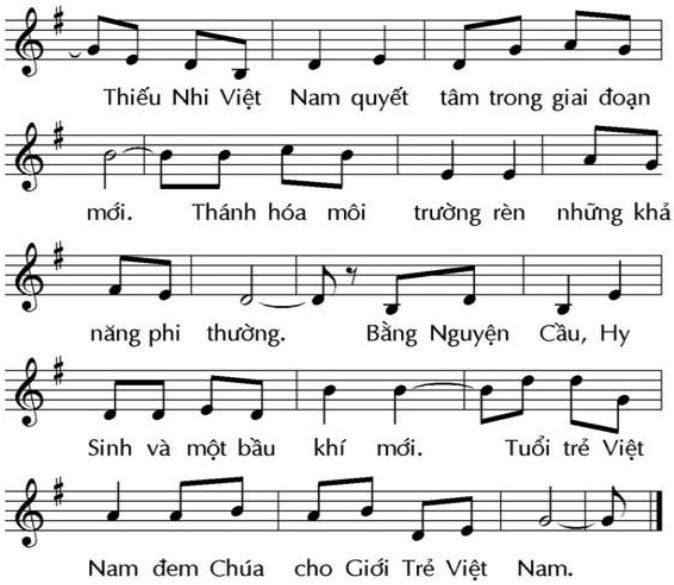
The Search Division Youths are like a thousand rays of sunlight bringing warmth in the dawn.
You are beautiful as a sunflower; fresh like the spring air bringing happiness to everyone.

Your eyes are stellar; the smile on your lips takes away the darkness.
You are a fighter for the Gospels, not scared of obstacles and hardships, happily bringing God to everyone

Thiếu Nhi Tân Hành Ca

Ca Hát # 2





Translation

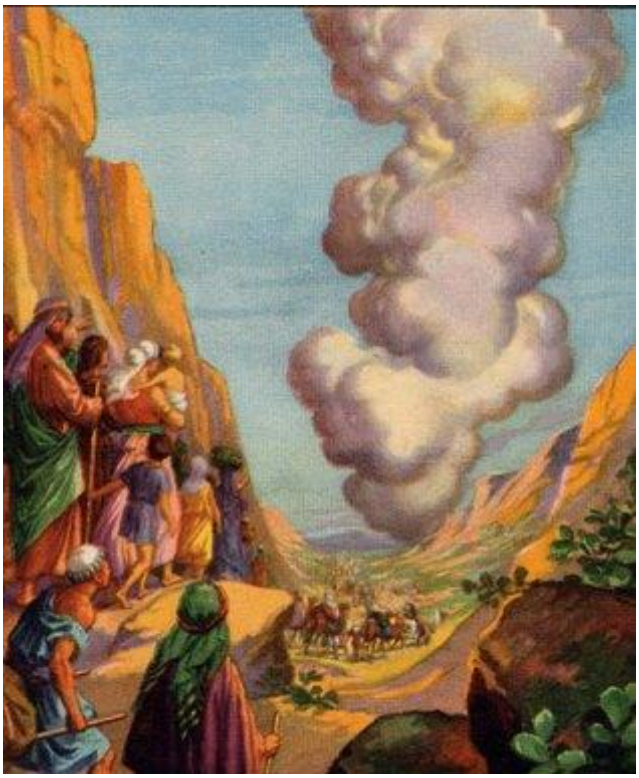
Vietnamese youths rise up in the new period; respond to the call of the Church and the fatherland. Equipped with powerful new spirit, the Vietnamese youths are eager to build tomorrow's generation.

Let's march, the Vietnamese youths! Let's march with Christ! Living the Eucharist, the source of harmony, is the ideal of this new generation.

Vietnam youths are determined in the new period. Sanctification environment wrought extraordinary abilities. By prayer, sacrifice and a new atmosphere, Vietnamese youths spread the word of God to the Vietnamese Generation. By prayer, sacrifice and a new spirit, Vietnamese youths spread the word of God to the Vietnamese Generation.

Đi Theo Cột Mây

Ca Hát # 3



Vầng mây che ban ngày khi nắng vàng soi trần gian.

Và có ánh Đuốc Thiêng lúc nắng hồng đã lịm tắt.

Ta đi theo lời hứa, tiến bước trong niềm tin.

Meaning of Song

Back in the days of the Israelites, God helped His people by leading them to the Promised Land. When in their time of need leaving Egypt, it was not just a cloud pillar that led the people; it was God Himself leading His people. When Moses split the sea, the cloud pillar defended the people from the Pharaoh's armies. So here we are able to see that God is our leader and our defender. All we have to do is believe that He can save us and He'll be there!

The Lord is My Shepherd

Ca Hát # 4

The Lord is my Shepherd
I'll walk with Him always.
He leads me through green pastures,
I'll walk with Him always.

Always, always, I'll walk with Him always (2 x).

Meaning of Song

We walk with our Shepherd everyday. From the time we wake up to the last moments of our day, Jesus is always walking with us. Sometimes we forget that Jesus is there but He is there every step of the way. When we feel like we are alone and we cannot find Jesus, it is because He knows that we can handle it. He will not give us anything that we cannot handle. So, when you feel lonely, don't because Jesus is still watching over you. So all you have to do is to walk with Him too. Take Him with you through all of your joys and those moments of sorrow as well, for Jesus will not give up on our journey to be closer to be Him.

NOTES: