



OUR LADY QUEEN OF PEACE

Parent & Student Handbook

Faith Formation Program
Academic Year 2024–2025

“Living the Christian life does not just require confessing our sin and accepting Jesus as our Lord and Savior. It is a lifelong commitment to getting to know Jesus through prayer and studying His word.” – Pope Francis

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Mass Schedule

Monday–Friday: 12:00 noon
Saturday: Vigil Mass at 5:30 pm
Sunday: 8 am, 9:30 am, 11:15 am, 1 pm (Spanish),
6 pm (young adult)

A Parent's Prayer

O God the Father of humanity, who has given to me these children, and committed them to my charge to bring them up for You, and to prepare them for eternal life: help me with Your heavenly grace, that I may be able to fulfill this sacred duty. Teach me both what to give and what to withhold, when to reprove and when to forbear. Make me gentle yet firm, considerate and watchful. Deliver me equally from the weakness of indulgence and the excess of severity, and grant that, both by word and example, I may be careful to lead them in the ways of wisdom and true piety, so that at last, I may, with them, be admitted to the joys of our true home in heaven, in the company of the Angels and the Saints. Amen.

O Heavenly Father, I commend my children to Your care. Be their God and Father and mercifully supply whatever is lacking in me on account of my frailty or negligence. Strengthen them to overcome the corruptions of the world, whether from within or without, and deliver them from the secret snares of the enemy. Pour Your grace into their hearts and strengthen and multiply in them the gifts of Your Holy Spirit, that they may daily grow in grace and in the knowledge of our Lord Jesus Christ. And so, faithfully serving You, may they come to rejoice with you in eternity. Amen.



A Message from the Pastor

Dear Parents and Students,

Welcome to our Faith Formation Program! Jesus is our teacher, and we are the disciples who follow and learn from Him. We are told many things in the Holy Gospel about Jesus as our teacher. For example, we learn that:

- We disciples must *sit at the feet of Jesus and listen to him speak* (Luke 10:39).
- When Jesus was twelve years old, Mary and Joseph found him in the temple, *sitting in the midst of the teachers, listening to them and asking them questions. And all who heard him were astounded at his understanding and his answers* (Luke 2:46-47).
- When Jesus finished the Sermon on the Mount (Matthew 5-7), *the crowds were amazed at His teaching, for He was teaching them as one having authority* (Matthew 7:28-29).
- He taught the crowds with parables, *but to his own disciples he explained everything in private* (Mark 4:34).
- When Jesus saw the crowds, *his heart was moved with pity for them, for they were like sheep without a shepherd, and he began to teach them many things* (Mark 6:34).
- At the Last Supper, after a long discourse, Jesus told his Apostles, *I have much more to tell you, but you cannot bear it now* (John 16:12). But Jesus promised to send them the Holy Spirit, and he tells us that *when he comes, the Spirit of truth, he will guide you to all truth* (John 16:13).
- When Jesus rose from the dead, Mary Magdalene recognized him and called out, in Hebrew, *Rabbouni*, which means *Teacher* (John 20:16).
- Jesus told his disciples, *Let the children come to me, and do not hinder them; for the kingdom of heaven belongs to such as these* (Matthew 19:14).

So Jesus is our teacher and our guide, the One whom we follow and imitate. At Our Lady Queen of Peace, our Faith Formation Program is centered on Christ's Teachings and His Word. The goal of our program is to come to know the loving Jesus and His teachings more deeply and more completely. He tells us *Learn from me, for I am meek and humble of heart* (Matthew 11:29).

Please take some time to read this Handbook which will help you learn about our Faith Formation Program. And after reading it, if you have any questions, please don't hesitate to ask me or Cecilia Lopez, our Faith Formation Director, to help you answer them.

Yours in Jesus our Teacher,

Father Tim
703-979-5580 / thickey@olqpva.org

A Message from the Faith Formation Director

Dear Parents,

I join Father Tim in warmly welcoming you to the Faith Formation Program of Our Lady Queen of Peace.

Please take some time to read this handbook with your child(ren) and then sign and return the acknowledgement portion (page 24) on the first day of class.

The handbook attempts to provide a clear explanation of our Faith Formation Program, its goals, its methods, its policies, and its expectations. Please read it carefully and discuss it with your children. After reading it, if you or they have any questions, please don't hesitate to contact me.

Our principal goal in the program is to help your children come to a deeper knowledge of the loving and merciful Jesus and a more profound understanding of His teachings. With that knowledge and understanding, we can all become better disciples of Jesus.

We believe that parents are the first and best teachers of their children. They teach by their words but especially by their example — by attending Mass with them regularly; by involvement in their Faith Formation activities; by praying at home before meals, before going to sleep, and on other occasions; and above all by leading a good Christian life as an example to their children.

Our Faith Formation Program is a tool to help you, as parents, impart to your children the teachings of Jesus as found in the Holy Gospel and as handed down through Sacred Scripture, Sacred Tradition, and the One, Holy, Catholic, and Apostolic Church. This is the Tradition and Church represented by the Catholic bishops (like Bishop Burbidge of Arlington) and by Pope Francis.

We all want our children to become true and faithful disciples of Jesus, and because we want them to become *disciples in action*, we promote many activities in our Faith Formation Program that help make them aware of the need to help others. We want them to understand the important responsibility they have as disciples of Jesus to go out to the margins of society, as Pope Francis says, and to feed the hungry, give drink to the thirsty, cloth the naked, visit the sick, and welcome the stranger, as Jesus says.

So, in our Faith Formation Program at Our Lady Queen of Peace we embrace the Gospel of Jesus and the Sacred Tradition of the Catholic Church. We welcome you all, parents and students, as you, disciples of Jesus, join us in this important work of putting our discipleship into action.

Blessings,

Cecilia

703-979-5580 / clopez@olqpva.org.

Our Lady Queen of Peace Church Mission

Matthew 25: 31-46

Our Lady Queen of Peace (OLQP) Catholic Church is dedicated to witnessing the teachings of Jesus Christ, especially the Gospel of Saint Matthew, Chapter 25: 31–46. Our mission is to nurture the spirit and to encourage the potential of those we serve through liturgical celebration, educational endeavors and social justice ministries. The parish will continue to identify with its origin as a Black Catholic parish. As a diverse and multi-ethnic congregation, we will seek to promote racial harmony and social justice. While our primary focus is within the immediate community, we will also work to provide for the well-being of the marginalized everywhere. In this we strive for our parish community to be a caring, sharing, and loving family.

Ministries

Our parish has a diversity of ministries carried out by parish staff and volunteers committed to fulfilling the parish mission. Among these ministries are:

- **Matthew 25** – *One of the oldest social justice ministries at Our Lady Queen of Peace. Its name and our mission are taken from the Gospel of Matthew 25: 31–46. We offer gently used clothing, shoes, and household goods, among other items, to those in need, at no charge.* For more information, see <https://www.ourladyqueenofpeace.org/matthew-25.html>
- **The Food Pantry** – Our Food Pantry provides basic groceries to families in need. We serve over 500 families each week. For more information, see <https://www.ourladyqueenofpeace.org/food-pantry.html>
- **Isidore's Garden** – Volunteers in the Isidore's Garden Ministry prepare and plant the garden on our parish property and rotate weeks of care. They harvest the vegetables for the OLQP Food Pantry. For more information, see <https://www.ourladyqueenofpeace.org/isidores-garden.html>
- **Youth Ministry** – Welcomes young people from the 7th through the 12th grade to participate in a safe and loving environment where they can come as

they are to experience faith sharing, fellowship, and fun. For more information, see <https://www.ourladyqueenofpeace.org/youth--young-adult.html>.

- **Young Adult Ministry** – Reaches out to young adults between the ages of 25 and 40 who are parish members or who live nearby. This ministry seeks to provide opportunities to grow in faith, community, and service. It also sponsors Young Adult retreats and social gatherings. For more information, see <https://www.ourladyqueenofpeace.org/youth--young-adult.html>.
- **Social Justice and Outreach Ministry** – Our parish commitment to social justice and outreach is a key element in our mission. We are committed to justice, peace, and the integrity of creation through education programs and opportunities for advocacy and action. For more information see <https://www.ourladyqueenofpeace.org/social-justice-and-outreach.html>.
- **Haiti Ministry** – St. Joseph Parish of Medor, Haiti, has been twinned with Our Lady Queen of Peace Catholic Parish in Arlington since 1997. The two parishes work in solidarity on education, food security, agro-forestry, clean water, and sanitation programs in Medor, bringing hope to all involved. For more information see <https://www.ourladyqueenofpeace.org/haiti-ministry.html>.
- **Integrity of Creation Ministry** – A concern for the environment is an integral part of our parish's commitment to a preferential option for the poor. The Integrity of Creation ministry works to provide members of OLQP with information, insights, and inspiration for acting upon the growing concern over the kind of Earth their children and grandchildren will inherit. The Committee meets several times a year and engages the parish in several activities over the course of the liturgical year to promote the ideas and ideals found in Pope Francis' encyclical on ecology and care for God's creation, *Laudato Si*. For more information, see <https://www.ourladyqueenofpeace.org/integrity-of-creation.html>.
- **Visitation Ministry** – Volunteers in the Visitation Ministry take Communion to homebound, elderly, and hospitalized parishioners and community members. For more information, see <https://www.ourladyqueenofpeace.org/pastoral-carehospitality.html>.

- **Hospitality Ministry** – Volunteers in the Hospitality Ministry assist with hospitality for parish gatherings — clergy celebrations, anniversaries, sacramental receptions, parish socials, etc. For more information, see <https://www.ourladyqueenofpeace.org/pastoral-carehospitality.html>.
- **Stephen Ministry** – Stephen Ministry is a pastoral program designed to provide Christ-centered, high-quality, and confidential care for those in our parish who are struggling with a difficult time in life. Stephen Ministers, all trained volunteers, meet one-on-one with their care receivers once a week to listen to, support and pray (as requested) with them as they cope with a variety of life-challenging situations, such as: loss of a loved one, chronic or terminal illness, job loss, transition or retirement, separation, divorce, loneliness, or any number of similar life crises. For more information, see <https://www.ourladyqueenofpeace.org/stephen-ministry.html>.





Faith Formation Program Overview

Pope Francis reminds us that, "Living the Christian life... is a lifelong commitment to getting to know Jesus through prayer and studying His word." Our goal in Faith Formation is to lay a strong foundation to prepare and inspire our youth for this lifelong journey.

There are several parts of our Faith Formation program:

- **Children's Liturgy of the Word** - We provide a Children's Liturgy at our 9:30 am and 11:15am mass so our youngest students (ages 4-8) can begin to hear and discuss God's Word.
- **Foundations Classes** - Starting in 1st grade, students enter seven years of Foundations Classes taking them from First Communion through Confirmation.
- **Family Circles** - We also believe strongly that parents are a child's first and best teachers. Thus, we help parents lead Family Circles, so they can conduct weekly lessons with their children as well.
- **Youth Ministry** - Students may then participate in Youth Ministry (7th-12th grade) to continue to grow spiritually and share fellowship with peers.

For more information on the different aspects of our Faith Formation Program, please see below:

I. Children's Liturgy of the Word

Children's Liturgy of the Word is a part of our Faith Formation Program that offers an opportunity for children between the ages of 4 and 8 (prior to First Communion) to listen and reflect on the Sunday Gospel in child-friendly language. During our 11:15 Mass, from September through June, children are led to a separate part of the church, where trained volunteers guide them through Gospel readings, reflection

and discussion. Volunteers under the age of 18 are accompanied by an adult in the sessions in compliance with diocesan regulations. For more information, and the exact schedule for CLW, see <https://www.ourladyqueenofpeace.org/childrens-liturgy-of-the-word.html>.

II. Foundations Classes

Our Lady Queen of Peace provides seven years of Faith Foundation classes. Students begin the program in 1st grade, and it takes them from First Communion through Confirmation. These classes are led by Parish catechists and take place at the church throughout the school year. The general class schedule is below, and an exact schedule will be provided to all registered families at an info session in August.

Class Schedule

Year 1	Foundations	Saturday	2:30 - 3:45pm	Monthly
Year 2	First Communion	Saturday	9:30 - 11:30am	Monthly
Year 3	Foundations	Saturday	2:30 - 3:45pm	Monthly
Year 4	Foundations	Saturday	2:30 - 3:45pm	Monthly
Year 5	Foundations	Saturday	2:30 - 3:45pm	Monthly
Year 6	Foundations	Tuesday or Wednesday		Weekly
Year 7	Confirmation	Tuesday or Wednesday		Weekly

Family Mass

A monthly Family Mass, starting at 4:00pm, follows Saturday afternoon classes.

Weekly Connection on Zoom

For all monthly classes, catechists also hold a 15–20-minute Zoom session each week. They check-in with students, build relationships and discuss Faith Formation lessons being completed at home through Family Circles (see more info below). Each catechist will determine the time for their class's Zoom sessions.

Information Session

We provide these for all parents/guardians and hope and expect that at least one parent/guardian will attend. We will email all registered families by August to provide a few dates for these sessions. Thank you, and we look forward to seeing you and your children soon.

Class Size

Class sizes may vary based on available space and catechists, but we attempt to cap our classes at 12-15 students.

Cost of the Program

We charge a fee during registration to cover the cost of materials for our programs. In Years 1, 3, 4, 5 and 6, it is \$75 per child per child. There is also a \$10 discount for each additional child that is enrolled per family. All families should have the opportunity to participate, so if there is a need for scholarships, please contact Cecilia Lopez Oetgen (clopez@olqpva.org).

III. Family Circles

We believe parents are their children's most important teachers, so in addition to Foundations Classes led by catechists, we help parents lead Family Circles, in which they conduct weekly lessons with their children as well.

Family Circles is a family-based program in which parents commit to spending twenty-four hours each year instructing, modeling, guiding, and sharing lessons of faith with their children. The Faith Formation team will support parents and provide materials including [Finding God](#) resources and other lesson guides. This program compliments Foundations Classes and runs during the school year as well. Catechists also check in with students on Zoom each week to provide support (see above).

Neighborhood Circles

We also encourage parish families to team together if they choose to form a Neighborhood Circle. In a Neighborhood Circle, parents come together to conduct lessons and integrate activities for their children.

Information Session

As mentioned above, all families are required to attend an in-person family info session. Once registered, we will provide a few dates that you can choose from. This session outlines the Circle structure, objectives, safety procedures, best practices, commitment, and reporting system. Each family will receive family friendly textbooks, detailed learning objectives, and teaching guides at the session.

IV. Sacramental Preparation

The Faith Foundation Team of Our Lady Queen of Peace provides Faith Formation Preparation for children preparing to receive the sacraments of Baptism, First Reconciliation (Confession), First Communion, and Confirmation. Parents are asked to participate in this preparation too.

Baptism

Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as children of God; we become members of Christ, are incorporated into the Church and are made sharers in her mission: "Baptism is the sacrament of regeneration through water in the word." (CCC 1213)

Please contact: baptism@olqpva.org

If your child is between 2nd and 6th grade, also register for the First Reconciliation and Communion program. Please see below for more information.

Baptismal candidates in 7th grade and above will be prepared through the RCIC program. They will receive all three sacraments, Baptism, Confirmation and Holy Communion, at the end of the formation process.

First Communion and First Reconciliation

The First Reconciliation and Communion program is a two-year program. Children should begin preparing in first grade and receive the sacrament in second grade. Children will join a Foundation Class led by catechists, and we also support and empower parents to teach lessons at home through Family Circles. See sections II and III above.

First Reconciliation preparation begins in October, and the sacrament is celebrated in December. There is a second reconciliation service prior to receiving First Communion. Information and materials will be distributed during the parent info session.

First Communion preparation begins in January, and the sacrament is celebrated in May. Information and materials will be distributed during the parent info session.



Confirmation

In accord with diocesan policy, the Confirmation Program at Our Lady Queen of Peace is a two-year program. Confirmation candidates may begin the preparation when they are in the 6th grade.

In both the first and second year of Confirmation preparation, the candidates will meet with a parish catechist in a one-hour once-a-week session from October to June. At Our Lady Queen of Peace, we use two main resources for these lessons: *Called to be Catholic* and *Confirmed in the Spirit*. The first textbook helps the students review the basic tenants of the Catholic Faith. The second teaches the essential elements of Confirmation.

In the second year of Confirmation preparation, Confirmation candidates will work on service projects and participate in a Confirmation retreat during the summer. They will then return to Confirmation lessons at the parish at the beginning of the school year for review sessions and practice before Confirmation. At Our Lady Queen of Peace, Confirmation takes place in the fall.

With the help of the Faith Formation team, parents of Confirmation candidates should familiarize themselves with the Confirmation preparation process and are invited to participate fully in the preparation of their children for this wonderful sacrament.



For more information on Sacramental Preparation, see <https://www.ourladyqueenofpeace.org/sacraments.html>

V. Youth Ministry

Youth Ministry, another part of our Faith Formation Program, welcomes young people from the 7th through the 12th grade to participate in a safe and loving environment where they can come as they are to experience faith sharing, fellowship, and fun. Participants are guided by word and example to live as disciples of Jesus in today's secular world, to grow spiritually and personally, and to experience God's love for all of creation. For more information, see <https://www.ourladyqueenofpeace.org/youth--young-adult.html>.

Textbooks and Resources

Below is a list of the textbooks and resources our program uses:

- *Finding God*, published by Loyola Press, for children in Faith Formation from 1st through 8th grades.
- *Encounter with Christ*, published by Our Sunday Visitor. Also, *My Reconciliation*, published by Our Sunday Visitor, for Reconciliation preparation and *My Mass Book*, published by Our Sunday Visitor, for Eucharist preparation.
- *Called to be Catholic* and *Confirmed in the Spirit*, published by Loyola Press, for Confirmation preparation.

Registration and Fees

For Registration and Fees in OLQP's Faith Formation and Sacramental Preparation programs, see <https://www.ourladyqueenofpeace.org/foundations--family-circles.html>



Parents' Role in Faith Formation

As we have already mentioned, and reiterate here, *parents are the primary religious educators of their children*. The home is the domestic Church, the place where a child first experiences the Catholic faith. As a parent, you teach primarily by your example. It is crucial for children to experience the love of God in their homes. OLQP's Faith Formation team will work as partners with parents to assist them in educating their children in the Faith. Our role in the Faith Formation process *complements and supports* the Faith Formation the children receive at home. It does not replace it.

Christian education finds its foundation and source in the sacramental life of the Church, and for that reason, children must have the opportunity for participation in the Sacrament of Reconciliation (Confession) and attendance at Sunday Mass. Knowledge of the Catholic faith that is not strengthened by the sacraments is deficient knowledge. It is extremely important, then, that as parents you ensure that your child attend Mass on Sundays and Holy Days of Obligation. It is equally important that you attend Mass with your child.

As parents, you should also be mindful of your responsibility to ensure that the children participate fully in the Faith Formation program at Our Lady Queen of Peace. Attendance at Faith Formation classes, Foundations sessions, and liturgies that are part of the OLQP Faith Formation Program is necessary if your child is to benefit fully from the program, and it is the parent's responsibility to make sure that the child attends.

Participants in our Faith Formation Program are expected to attend *at least* 90% of the scheduled classes, sessions, or liturgies. Excessive absences will mean that the child must attend make-up sessions later in the week or during the summer vacation to be sufficiently prepared to receive the sacrament without having to go through the program for another year.

Student's Role in Faith Formation

The student's responsibility is to attend all classes, Foundations sessions, liturgies, and activities that are part of the Faith Formation program. Not only is it your responsibility to attend, but you are also responsible for participating willingly and actively in these classes, sessions, liturgies, and activities and cooperating in every possible way with the catechists and other members of OLQP's Faith Formation team.

Your responsibility as a student includes being on time and prepared when you come to classes, sessions, liturgies, and activities and that you behave appropriately at all times.



Curriculum

Curriculum Scope and Sequence

OLQP's Faith Formation Program centers on the following key elements of Catholic Tradition. You will find much useful information about these elements of our Catholic Tradition summarized in the *Catechism of the Catholic Church*.

- The Creed
- The Liturgy
- The Seven Sacraments
- Faith and Morals
- Christian Prayer
- Basic Catholic Questions (BCQs)
- The Virtues
- Apologetics (How to Defend the Faith)

The following is a brief outline of the goals and themes for each grade level of our Faith Foundations curriculum:

Year 1 - Foundations

(typically 1st grade)

Goal: To give the child a basic introduction to God, the life of Christ, and prayer. To begin preparation to receive the Sacrament of Reconciliation First Holy Communion

Themes:

Introduction to the Trinity (emphasis on Jesus)

The Plan of Salvation and how the child fits into that plan — knowing, loving, serving, and trusting God.

Our Blessed Mother, angels, saints; basic prayers; BLQs

Year 2 - First Communion & Confession (typically 2nd grade)

Goal: To prepare students for the Sacrament of Reconciliation (Confession) and Holy Communion

Themes:

- Preparation for first reception of the Sacraments of Reconciliation (Confession) and Holy Communion
- Divine law and salvation history
- God's mercy and love
- The Ten Commandments, Creation and Redemption; Order of Mass; prayer; BCQs

Year 3 - Foundations (typically 3rd grade)

Goal: To show the students' membership among God's chosen people and the role of the family as an important segment of God's entire family — the Church

Themes:

- God's Plan of Salvation from Creation to the Incarnation
- Redemption to the birth of the Church at Pentecost and our life in the Church
- Importance of the Sacrament of Reconciliation (Confession), Holy Communion, and Mass
- Importance of Prayer and love of God's law
- Introduction to Holy Days of Obligation in the United States; BCQs

Year 4 - Foundations (typically 4th grade)

Goal: To help students understand their purpose in life and to come to an awareness of God's plan in history and society in order to lead all to Heaven, our true eternal home

Themes:

- God's Plan of Salvation (Salvation History)

- Our participation in God's plan and how God assists us through His word, His law, and the Church
- Holy Days of Obligation in the United States; BCQs

Year 5 - Foundations

(typically 5th grade)

Goal: To help fifth graders acquire a solid and specific knowledge of God and His Church through knowledge of the Creed and by making theological distinctions to avoid errors that lead to a loss of love of God.

Themes:

- Thorough study of the Creed and the basic tenets of Catholicism
- Emphasis on an understanding of theological definitions through the words of the Gospels, the prophets, and the prayers of the Church.
- Holy Days of Obligation in the United States; BCQs

Year 6 – Confirmation

(typically 6-7th grade)

Goal: To assist the students in learning that the seven sacraments are indispensable for a full Christian life of love and truth

To understand the nature of grace in the soul and its relationship to the life of virtue, reason, and faith

To begin preparation for the Sacrament of Confirmation

Themes:

- Grace as our link with God and His gifts to bring us to eternal life with Him
- Grace through the seven sacraments
- Grace through revelation (the prophets, the Incarnation, the Church)
- Grace and the life of virtue
- Holy Days of Obligation in the United States
- Beginning of preparation for the Sacrament of Confirmation; BCQs

Year 7 - Confirmation

(typically 7th grade and up)

Goal: To help the student know and love the Church as Christ's Body and the Magisterium as the definitive voice of Christ on earth manifested in the person of the Pope

To form the student to trust and be strengthened by the Church in order to face the confusion of secularism in modern-day society with greater confidence

To prepare for the reception of the Sacrament of Confirmation

Themes:

- Church History from the founding by Christ and its birth in the Holy Spirit
- The four marks of the Church: one, holy, catholic, apostolic
- Church Fathers, Doctors of the Church, the saints and the role of the religious and laity in the Modern Age
- The structure of the Church: hierarchy, the role of the Magisterium (teaching charism), vocations to the single, married, and religious life
- Holy Days of Obligation in the United States
- The Sacrament of Confirmation; BCQs



A Life of Prayer

Consistent Prayer: Throughout our Faith Formation Program, students are taught the importance of prayer, and they will be led in prayer by the catechists each time

they meet for instruction. They will learn to pray not just with their mouths and voices but with their hearts, drawing on their daily experiences.

Specific Prayers: See chart below for prayers we learn at each level of instruction.

Grade	Prayers
1	Sign of the Cross, Our Father, Hail Mary, Guardian Angel Prayer, Glory Be to the Father
2	Previous Grade prayers plus Morning Offering, Act of Contrition, Apostles' Creed, Examination of Conscience
3	Previous Grade prayers plus Stations of the Cross
4	Previous Grade prayers plus <i>Memorare</i>
5	Previous Grade prayers plus Act of Faith, Act of Hope, Act of Love, Mysteries of the Rosary, The Angelus, Prayer to St. Michael
6	Same prayers as Grade 5
7	Previous Grade prayers plus Litany of the Blessed Virgin Mary
8	Previous Grade prayers plus Prayer for the Pope

A life of prayer begins in the home: We strongly encourage parents to reinforce a life of prayer at home by praying the prayers found in the chart above with your child. While certain families develop customs of spontaneous prayer, it is very important for students to learn fixed prayers to more fully participate in the liturgical and sacramental life of the Church.

What is Prayer?

Simply put, prayer is talking and listening to God. When we pray, we lift our hearts and minds to God. Prayer should consist of four things:

1. Adoration (telling God you love Him; He is all-good and deserves our love)

2. Contrition (true sorrow for sin because it offends God)
3. Thanksgiving (thanking God for our blessings and crosses)
4. Supplication (asking for favors from God, praying for others)

Start praying every day with your children. If the prayers are not committed to memory as of yet, read them from the prayer sheet every day. In a short time, many of these prayers will be locked into their memory forever.

Catholic Diocese of Arlington

Policy on the Protection of Children/Young People and Prevention of Sexual Misconduct and/or Child Abuse 2020

The Catholic Diocese of Arlington embraces the rights of children and adults to be safe from sexual misconduct and/or abuse. The Catholic Diocese of Arlington and Our Lady Queen of Peace Parish are dedicated to the protection of all children and will strive to maintain a safe environment for children and young people, to prevent their physical abuse, sexual abuse and neglect, and to bring the healing ministry of the Catholic Diocese of Arlington and Our Lady Queen of Peace Parish to bear wherever possible. This Policy builds on a policy issued by the Catholic Diocese of Arlington in 1991 which has been updated from time to time.

For additional information, including a copy of the diocesan document "*Policy on the Protection of Children/Young People and Prevention of Sexual Misconduct and/or Child Abuse*," see <https://www.arlingtondiocese.org/child-protection/>.

Handbook Acknowledgement Form

(Due on First Day of Faith Formation Class)

After reading the OLQP Faith Formation Program Parent/Student Handbook, we understand our responsibilities and will do all in our power to fulfill them.

Family Name

Student(s) Signature(s)

Student

Grade

Date

Parent(s)/Guardian(s) Signature(s)

Date

(Please return this form to Our Lady Queen of Peace)