

## 2017-2018 St. Mary's Parish Family Faith Formation Expectations and Procedures

1. The Theme for this year is "*I can do all things through Christ who strengthens me.*", *Philippians 4:13* We will focus on different ways we can be brave, strong and steadfast in our faith!
2. Faith Formation sessions will be scheduled on Wednesday nights from either 5:00-6:15 or 6:30-7:45 unless otherwise noted on schedule. **To insure safety, parents and children should use the north (Thayer) or parking lot doors only. Other doors will most likely be locked.**
3. Children should wait outside their classroom until their leader arrives.
4. **Parents of children in grades K-3 are asked to accompany your child to and from the classroom each night.**
5. Please make sure your child does not come to Faith Formation hungry. If they don't have a chance to go home between school and church, be sure they get a snack before-hand.
6. Children should share what they have learned with their parents/grandparents/guardians. **Be sure you ask your child to teach you something about each lesson!**
7. Important information or reminders may be sent home with your child periodically. Be sure to ask your child about this every week.
8. Please notify your child's leader of absences or physical or emotional concerns you or your child might have.
9. St. Mary's Grade School teachers are generously sharing their space with us. *It is very important that extra care is taken to respect the articles and environment in each classroom!* Please discuss this with your child and remind them to be respectful of the space, leaders, and other children in their group.
10. Behavioral standards will be set in each classroom in the beginning of the year. Appropriate and loving responses to negative behavior will be taken. However, if negative behavior continues for numerous weeks, parents may be asked to attend Faith Formation with their child.
11. In case of cancelations because of bad weather or other issues, listen to KFYZ radio, check our website, [www.stmarysbismarck.org](http://www.stmarysbismarck.org), or Facebook for cancellation information.
12. If you have any questions or concerns please contact Sheila Gilbertson, Faith Formation Coordinator, St. Mary's Parish at 223-5562, 426-8722 or [sheila@stmarysparishfamily.net](mailto:sheila@stmarysparishfamily.net).

**SEE FAMILY PRAYERS ON BACK!**

## **A Catholic Meal Prayer**

Bless us Oh Lord and these thy gifts  
which we are about to receive  
from thy bounty through Christ Our Lord, Amen

## **The Lord's Prayer**

Our Father, Who art in heaven  
Hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

## **Family Prayer**

God made us a family.  
We need one another.  
We love one another.  
We forgive one another.  
We work together.  
We play together.  
We worship together.  
Together we use God's word.  
Together we grow in Christ.  
Together we love all people.  
Together we serve our God.  
Together we hope for heaven.  
These are our hopes and ideals.  
Help us to attain them,  
O God, through Jesus Christ our Lord.

### Untie the "Knots"

Dear God,  
Please untie the knots that are in  
my mind, my heart, and my life.

Remove the have nots,  
the can nots and the do nots  
that I have in my mind.

Erase the will nots, may nots,  
might nots that may find  
a home in my heart.

Release me from the would nots,  
could nots and should nots  
that obstruct my life.

And most of all, Dear God, I ask  
that you remove from my mind,  
my heart and my life,  
all of the "am nots" that I have  
allowed to hold me back,  
especially the thought that I am  
not good enough.

Amen

*Author known to God alone*