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## THE HAIL MARY

### Catechist background

The Hail Mary is a prayer that Catholics recite often. It is the main prayer of the rosary. It is also said when a person prays the Angelus. The Hail Mary contains three of the five forms of prayer: praise, thanksgiving, and petition.

This prayer did not exist until the eleventh century. The monks at that time prayed very long offices (the official daily prayer of the church) each day. If the day celebrated a feast of the Blessed Mother, the monks also prayed the "Little Office" of Mary. The Little Office of Mary contained the words of the Archangel Gabriel to Mary, as well as the words of Elizabeth to Mary. The prayer was as follows: "Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst women and blessed is the fruit of thy womb."

As time went on, not only did the monks pray this prayer, but the laity did too because they heard the monks praying it over and over again. In 1196, the Bishop of Paris asked his priests to begin teaching this prayer to everyone. Soon it was well known in the parishes. This is section one of the Hail Mary we currently use. Eventually, Pope Urban IV added the name of Jesus. Then, during the 1500s, it was decided that this beautiful prayer would be more complete if we asked Mary to pray for us; the last section was added at this time.

Each line of the Hail Mary is closely connected to two events in Scripture: the Annunciation and the Visitation.

#### PRAYER

Hail Mary, full of grace  
the Lord is with you  
blessed are you among women  
blessed is the fruit  
of your womb, Jesus  
Holy Mary, Mother of God  
Pray for us sinners, now  
and at the hour of our death

#### BIBLE VERSE

*Luke 1:28*  
*Luke 1:28*  
*Luke 1:42*  
*Luke 1:42*  
*Luke 1:43*  
*James 5:16*

### Prayer

*Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

### HAIL MARY LESSON PLAN 1

#### Objectives

- The children will learn the Hail Mary through song
- The children will learn the Hail Mary and what the prayer means through a word search

#### Materials

- COPIES OF THE WORD SEARCH (page 20)

#### Song

**Hail Mary** (Tune: *Are You Sleeping?*)

#### VERSE I

Hail Mary  
Hail Mary  
Full of Grace  
Full of Grace  
The Lord is with you  
The Lord is with you  
Blessed are you  
Blessed are you

#### VERSE II

Among women  
Among women  
Blessed is the fruit  
Blessed is the fruit  
Of your womb, Jesus  
Of your womb, Jesus  
Holy Mary  
Holy Mary

## VERSE III

Mother of God  
 Mother of God  
 Pray for us  
 Pray for us  
 Now and at the hour  
 Now and at the hour  
 Of our death  
 Of our death

**Lesson**

- Gather the children and discuss what they already know about Mary.
- Tell them the story of when Mary went to visit her cousin Elizabeth (Luke 1:39–56). Ask them how they would feel if Mary came to their home. What would they do?
- Teach the students the Hail Mary, using the song.
- Hand out the word search activity page for the children to complete.
- End the lesson by singing or praying the Hail Mary together.

**HAIL MARY LESSON PLAN 2****Objectives**

- The children will learn about the Annunciation and the Visitation
- The children will make a prayer pennant

**Materials**

- PRAYER PENNANT TEMPLATES (page 21)
- A BIBLE OR CHILDREN'S BIBLE

**Lesson**

- Gather the children and read them the stories of the Annunciation (Luke 1:26–38) and the Visitation (Luke 1:39–56).
- Compare the stories and discuss which story is their favorite, and why.
- (Optional: Read *The Lady of Guadalupe* by Tomie dePaola; and *Saint Bernadette Soubirous and Our Lady of Lourdes* by Anne Eileen Heffernan, FSP and Mary Elizabeth Tebo, FSP)
- Direct the children to make a prayer pennant in honor of Mary.

**Prayer pennant activity**

- 1 Have the children create a prayer pennant for one of the stories. Have them write their own prayer to Mary in the center of the pennant. The children can decorate their pennants with symbols and pictures. Invite the children to take their pennants home and hang them in a prominent place to remind others of Mary.

HAIL MARY LESSON PLAN 1

Word search activity

# Hail Mary

Find the following words in the word search. There will be eight letters that are not circled. Unscramble the eight letters to find the mystery words. Words can be found horizontally, vertically, diagonally, backwards and forwards.

AMONG  
FRUIT  
LORD  
SINNERS  
BLEST  
GRACE  
MOTHER  
WOMB  
DEATH  
JESUS  
PRAY  
WOMEN

E	P	R	A	Y	M	S	H
C	H	L	M	O	U	A	N
A	T	R	T	S	B	E	D
R	A	H	E	B	M	F	R
G	E	J	L	O	O	R	O
R	D	E	W	I	W	U	L
Y	S	R	E	N	N	I	S
T	A	M	O	N	G	T	A

Mystery words:

\_\_\_\_\_

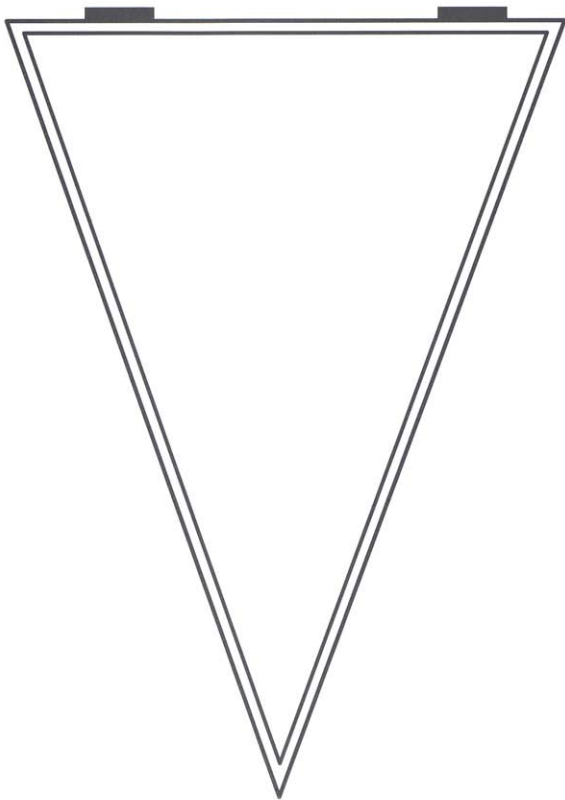
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HAIL MARY LESSON PLAN 2

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*Prayer pennant activity*



## GUARDIAN ANGEL PRAYER

### Catechist background

God gave each of us a guardian angel at our birth to watch over us, to pray for us, and to guide us. Angels can protect us from spiritual and physical harm. Jesus referred to angels when he said that children's "angels in heaven always see the face of my Father who is in heaven" (Matthew 18:10).

Many theologians and saints have referred to angels. St. Basil wrote "every one of the faithful has an angel at his side as educator and guide, directing his life." St. Clement and St. Gregory the Great believed that countries, cities, towns, and families had angels watching over them.

The word "angel" comes from the Greek word "angelos," which means "messenger." Angels are God's special messengers. Angels are found throughout the Scriptures. Raphael, an archangel, was sent to Tobit to heal his blindness (Tobit, chapter 11). Angels protected the three young men who were thrown in a fiery furnace by King Nebuchadnezzar (Daniel, chapter 3). Gabriel asked Mary to be the mother of Jesus (Luke 1:26-38). And remember when St. Peter was in prison? An angel rescued him (Acts 12:6-10).

### Archangels

The biblical reference for the Archangel Raphael is found in the Book of Tobit. He was disguised as a man and journeyed with Tobit's son. After the journey, he healed Tobit of his blindness. The name Raphael means "God heals." He is the patron of the blind, of nurses and physicians, and of travelers.

The Archangel Michael is known for fighting the bad angels. Michael is mentioned in the Book of Daniel and in the Book of Revelation. The name Michael means "Who is like God." He is the patron of paratroopers, police, mariners, and grocers.

In the Bible, the Archangel Gabriel is found in the Book of Daniel and the Gospel of Luke. Catholics are most familiar with his role as the one who asked Mary to be the mother of God. Gabriel

means "God is my strength." He is the patron of messengers, those who work for radio and television, and postal workers.

These three archangels are the only ones found in the Scriptures. Each one has a different job: Michael protects, Gabriel announces, and Raphael guides.

### Prayer

*Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.*

## GUARDIAN ANGEL PRAYER LESSON PLAN 1

### Objectives

- Children will use song to discuss angels and what they do
- Children will recite the Guardian Angel prayer

### Materials

- ANGEL TEMPLATE** (run off on cardstock, if possible) (page 24)
- HOLE PUNCH** (for younger children; or to save time, punch the holes in the templates prior to class)
- YARN**

### Song

**Angels** (Tune: Twinkle, Twinkle Little Star)

Angels, angels up in heaven  
How I wonder what you do.  
Guarding, guiding us today,  
Keeps you busy all day long.  
Angels, angels up in heaven  
How I wonder what you do.

**Lesson**

- Gather the children together and ask what they know about angels.
- Use the background material to talk about guardian angels and their main jobs.
- Give examples of how angels “light” our way, how they “guard” us, how they “guide” us.
- Ask students to share how they think their angels take care of them.
- Teach the “Angels” song.
- Explain the angel activity using the angel template and yarn.
- Pray together the Guardian Angel prayer to complete the lesson.

**GUARDIAN ANGEL PRAYER LESSON PLAN 2****Objectives**

- To read and discuss the following biblical references to angels:  
*Tobit 5:1–17; 6:7–9; 11:7–14*  
*Revelation 12:7–9*  
*Luke 1:26–38*
- To make clouds to help the children remember what the archangels’ names mean and what their main job is

**Materials**

- WHITE OR BLUE CONSTRUCTION PAPER**
- CLOUD TEMPLATE**
- SCISSORS**
- MARKERS**
- FACIAL TISSUE**
- GLUE**

**Lesson**

- Gather the children and read or tell the story from the Book of Tobit.
- Ask the children what their favorite part is and why. Ask if they would like to have a disguised angel go with them. Where would they like to go with the angel?
- Use the background information to talk about each archangel, what their main job is, and what their name means.
- Proceed to the angel clouds activity.
- To conclude the lesson, say the Guardian Angel prayer together.

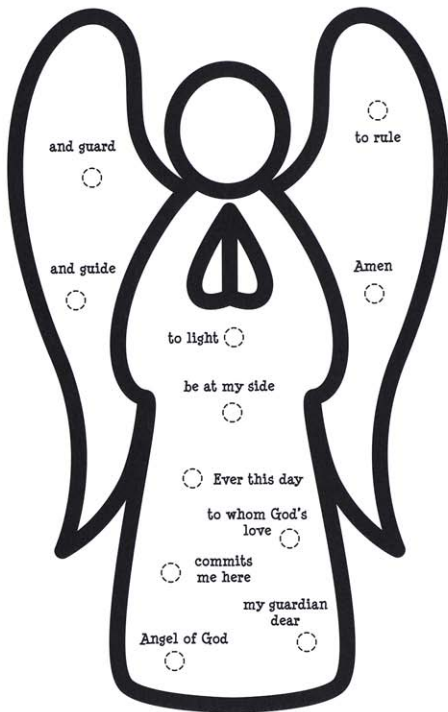
**Angel clouds activity**

- 1 Cut out six large clouds.
- 2 On cloud one, write the following: Archangel Raphael, whose name means “God has healed,” healed Tobit from his blindness.
- 3 On cloud two, write the following: Archangel Gabriel, whose name means “God is my strength,” asked Mary to be the mother of God.
- 4 On cloud three, write the following: Archangel Michael, whose name means “Who is like God,” led the good angels in battle against the bad angels.
- 5 Glue the edges of cloud one to a blank cloud; leave a bit of space, and stuff the cloud with facial tissue to make it puffy. Finish gluing the edges of the cloud together. Do the same for the other two clouds. Glue the clouds in an arrangement so all three are connected with the words visible.

## GUARDIAN ANGEL PRAYER LESSON PLAN 1

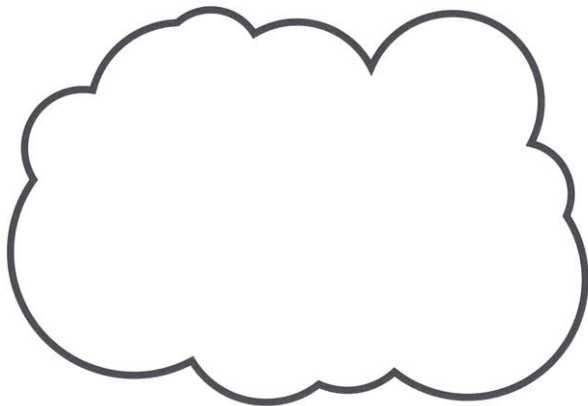
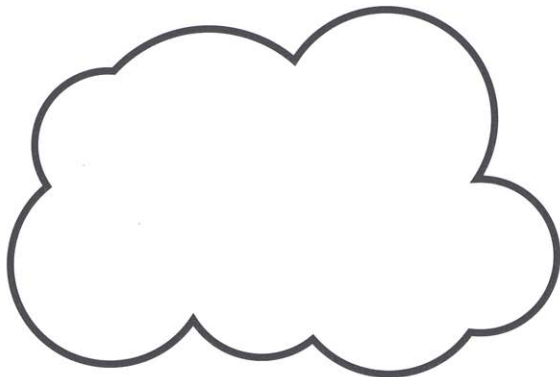
### Guardian angel activity

Using yarn, go from hole to hole in the correct sequence to complete the Guardian Angel prayer. Take your angel template home and place it in your bedroom where your guardian angel can watch over you. Talk to your angel every day and thank the angel for taking care of you. Also, tell your guardian angel what you need to help you be a better person.





*Angel clouds activity*



## APOSTLES' CREED

### Catechist background

The word "creed" comes from the Latin word "credo," meaning "I believe." A creed contains basic truths of the Catholic faith and fundamental beliefs about each person in the Trinity and the "job" each one has. The creed also reminds us of the timeline of salvation history.

The Apostles' Creed is the oldest creed we have. It is the foundation for the other creeds. This creed is rooted in apostolic times and reflects the beliefs of the apostles and their followers. As the early Christians were baptized, they professed their faith with the simple statement "I believe that Jesus is the Son of God," which was a very short creed. By the third century, a person to be baptized responded to three questions based on the Trinity.

Today's baptismal rite for children includes three questions that either the person to be baptized answers or the parents and godparents answer if the person being baptized is an infant. These three questions are 1) Do you believe in God, the Father almighty, creator of Heaven and earth? 2) Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died and was buried, rose from the dead, and is now seated at the right hand of the Father? 3) Do you believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

The statement "descended into hell" in the Apostles' Creed refers to Sheol or the place of the dead. Jesus visited those who died before he lived. It is not the place occupied by Satan and the bad angels.

In the past, the Apostles' Creed was used for liturgies with children because it was simpler and easier for them to understand; the new Roman Missal allows this creed to be used in all liturgies and commends its use especially during Lent and Easter. This creed reminds us of our baptismal promises, which we renew at Easter. The creed is also used at the beginning of the rosary.

### Prayer

*I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.*

### APOSTLES' CREED LESSON PLAN 1

#### Objectives

- To know the meaning of the phrases about God the Father and God the Son
- To write a favorite phrase using Morse Code

#### Materials

- TEMPLATE OF THE MORSE CODE**
- COPY OF THE APOSTLES' CREED**
- MINI MARSHMALLOWS**
- PRETZEL STICKS**

#### Lesson

- Gather the children around you.
- Discuss the fact that the Apostles' Creed talks about God the Father, God the Son, and God the Holy Spirit.
- Talk about what the children know about God the Father, and relate it to the phrases in the creed.
- Talk about what the children know about God the Son, and relate it to the phrases in the creed.
- Direct the children to do the Morse Code activity (page 28).

- Invite children to share which phrase they chose to do.

## APOSTLES' CREED LESSON PLAN 2

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### Objectives

- To pray the Apostles' Creed beginning with any phrase
- To discuss the meaning of the Apostles' Creed beginning with God the Holy Spirit

### Materials

- 1 EGG CARTON PER STUDENT**
- 1 SET OF TWELVE APOSTLES' CREED STRIPS PER STUDENT** (page 29)
- 1 BUTTON PER STUDENT**

### Lesson

- Gather the students around you.
- Discuss the meaning of each of the phrases beginning with God the Holy Spirit.
- Have the students prepare the egg carton.
- Play the Carton Creed activity.
- Practice praying the prayer together.

### Carton creed activity

- 1 Get an egg carton and paste each of the phrases in an "egg" section. Place a button in the egg carton. Close the lid of the egg carton and shake it. Open the lid. Can you recite the prayer beginning with the phrase where the button landed?

## APOSTLES' CREED LESSON PLAN 1

### The Creed in Morse Code activity

Sometimes, Christians had to use a code to communicate with each other so they wouldn't be arrested for believing in Jesus. Here is a copy of the Morse Code. Choose your favorite phrase from the Apostles' Creed; use marshmallows to represent the dots, and pretzel sticks to represent the dashes. Make your favorite phrase. Give it to a friend and see if he or she can figure it out.

## International Morse Code

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

### EXAMPLE

God = — — — • — — — — — — ••

A dash is equal to three dots

The space between parts of the same letter is equal to one dot

The space between two letters is equal to three dots (one dash)

The space between two words is equal to seven dots

**I believe in God, the Father almighty, Creator of heaven and earth**

**and in Jesus Christ, his only Son, our Lord,**

**who was conceived by the Holy Spirit**

**born of the Virgin Mary, suffered under Pontius Pilate**

**was crucified, died and was buried; he descended into hell;**

**on the third day he rose again from the dead;**

**he ascended into heaven**

**and is seated at the right hand of God the Father almighty;**

**from there he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church,**

**the communion of saints, the forgiveness of sins,**

**the resurrection of the body, and life everlasting. Amen.**