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## How Is the Church Holy?

Chapter Overview	Key Terms	Scripture & Other Primary Sources
<p><b>SECTION 1: THE HOLINESS OF GOD</b> pp. 93–96</p> <ul style="list-style-type: none"> <li>Students will learn the meaning of and how the Trinity guides us to holiness.</li> <li>Students will examine the concept of God's fascinating but fearful holiness.</li> <li>Students will recognize that God will always be there to bridge the gap and try to help us move beyond our sin into a state of holiness.</li> </ul>	<p>holiness, <b>93</b> virtue, <b>93</b> sanctify, <b>95</b></p>	<p>Pope Benedict XVI, <b>93</b> Nicene Creed, CCC, 823, 824, <i>Roman Missal</i>, Psalm 100:3, <b>94</b> Psalm 42:2, Matthew 5:48, Luke 5:8, <b>95</b></p>
<p><b>SECTION 2: BY WAY OF THE CROSS</b> pp. 97–102</p> <ul style="list-style-type: none"> <li>Students will recognize that working toward holiness is a lifelong growth process.</li> <li>Students will learn that suffering can be a means of working toward holiness.</li> <li>Students will be provided with examples of Saints who exhibit tremendous holiness and should learn to see them more as role models rather than people who have reached an unattainable level of goodness.</li> </ul>	<p>canonization, <b>98</b> intercessors, <b>98</b> patron saint, <b>98</b></p>	<p>CCC, 823, 825, 1521, <i>Lumen Gentium</i>, 41, <b>97</b> CCC, Glossary, p. 869, 827, 828, <b>98</b> Tertullian, CCC, 1671, 2157, <b>99</b> American Gospel hymn, Acts 9:13, <b>101</b> Saint Hildegard of Bingen, <b>102</b></p>
<p><b>SECTION 3: HOLY MARY, MOTHER OF GOD</b> pp. 103–109</p> <ul style="list-style-type: none"> <li>Students will read a thorough explanation of where Mary's holiness initiates.</li> <li>Students will be provided with the four Marian Dogmas that reflect the reasons for her purity and holiness.</li> <li>Students will gain a better understanding of Mary's position as an intercessor for us.</li> </ul>	<p>Immaculate Conception, <b>103</b> perpetual virginity, <b>103</b> Assumption, <b>103</b> dogma, <b>105</b> infallibility, <b>105</b></p>	<p>CCC, 726, 2679, the Hail Mary, <b>103</b> <i>Memorare</i>, CCC, 969, <b>104</b> CCC, Glossary, p. 869, 966, <i>Lumen Gentium</i>, 68, <i>Roman Missal</i>, Luke 1:38, <b>105</b> Saint Jean Vianney, <b>106</b> Saint Jean Vianney, Matthew 28:20, <b>107</b> Jeremiah 1:5, CCC, 1, 771, <b>108</b> CCC, 2677, <b>109</b></p>
<p><b>SECTION 4: THE HEALTH AND WHOLESNESS OF THE CHURCH</b> pp. 110–116</p> <ul style="list-style-type: none"> <li>Students will be provided with the Precepts of the Church and explanations for why they will help to increase our holiness.</li> <li>Students will learn about the difference between the sinfulness of individual members of the Church and the purity and holiness of the Body of Christ as whole.</li> <li>Students will gain a better understanding of different types of penitential practices and their functions in helping the penitent.</li> </ul>	<p>Precepts, <b>110</b> reparation, <b>114</b></p>	<p>CCC, 2041, 2042, <b>110</b> CCC, 2042, 2043, <b>111</b> <i>Confiteor</i>, CCC, 2043, <b>112</b> CCC, 827, Saint Isidore of Seville, <b>113</b> Luke 6:27, Pope Benedict XVI, <b>115</b> CCC, 824, <b>116</b></p>

Teacher Edition Activities	Features	Technology
<p>Discuss: "How Is the Church Holy?," <b>91</b>;            Discuss: Meaning of Holiness, Discuss: Holy and Welcoming, <b>92</b>; Start Up: Wholeness vs. Holiness, Personalize: Practices and Experiences, Reflect: Service Learning, Expand: An Act of Holiness, <b>93</b>; Describe: Model of Holiness, Expand: <i>Go to the Source</i>, Background Info: Fearful and Fascinating, <b>94</b>; Personalize: Bridging the Gap, Reflect: Increasing Holiness, <b>95</b></p>	<p>Go to the Source, <b>94</b>            Go to the Source, <b>96</b></p>	<p>➤ Service Learning Reflection Guide handout, <b>93, TE4</b>            ➤ God Bridges the Gap handout, <b>95, TE26–TE27</b></p>
<p>Start Up: Understanding Holiness, Emphasize: Response, Recognize: Holiness, Teacher Insight: Holiness Comes from Holy Spirit, <b>97</b>; Focus: <i>Explain Activity</i>, Discuss: Pursuing Holiness, Consider: Celebrity Status and Holiness, <b>98</b>; Summarize: The Sign of the Cross, Reflect: Invoking the Name of Christ, Background Info: The Sign of the Cross, <b>99</b>; Expand: Martyrs, Consider: Assignment, Background Info: Historic Canonization, <b>100</b>; Essay: Pain and Suffering, Background Info: Saint Hildegard of Bingen, <b>101</b>; Relate: Saints Martin and Hildegard, Consider: Hidden Talents, <b>102</b></p>	<p>Expressions of Faith, <b>99</b>            Expressions of Faith, <b>100</b>            Global Perspectives, <b>101</b></p>	<p>➤ Recognizing Holiness handout, <b>97, TE28</b></p>
<p>Start Up: Knowledge of Mary, Focus: Mary's Holiness, <b>103</b>; Rephrase: Prayer, Teacher Insight: Mary as Mother, <b>104</b>; Distinguish: Dogma vs. Doctrine, Review: Vocabulary, Teacher Insight: The Immaculate Conception, <b>105</b>; Critical Thinking: Saint John Vianney, Background Info: Saint John Vianney, <b>106</b>; Expand: Saint John Vianney, <b>107</b>; Integrate: The Call of Faith, Compose: Call to Faith, <b>108</b>; Share: Background on Marian Dogmas, Discuss: Blended Families, <b>109</b></p>	<p>Go to the Source, <b>103</b>            Expressions of Faith, <b>104</b>            Go to the Source, <b>105</b>            Catholic Life, <b>106</b>            Callings, <b>108</b></p>	<p>➤ Catholic Life: Saint John Vianney handout, <b>106, TE29</b>            ➤ <i>The Four Marian Dogmas</i>, <b>109</b></p>
<p>Start Up: Rules to Live By, Discuss: Being Prepared, <b>110</b>; Insight: Attitudes and Actions, Clarify: Sacramental Gift, Background Info: Gift of the Eucharist, <b>111</b>; Correlate: Morality and Asceticism, Discuss: Giving Back, Expand: <i>Mea Culpa</i>, <b>112</b>; Recognize: Sex Abuse Scandal, Teacher Insight: Sex Abuse Prevention Measures, <b>113</b>; Expand: Penitential Practices, Expand: <i>Connect Activity</i>, <b>114</b>; Personalize: Loving One's Enemy, Assist: Reading Guide, Background Info: Loving Our Enemies, <b>115</b>; Prepare: Prayer, <b>117</b></p>	<p>My Faith, <b>112</b>            Go to the Source, <b>114</b>            Primary Sources, <b>115</b></p>	<p>➤ "Training Montage," <b>114</b>            ➤ Pope Benedict XVI's <i>Angelus</i>, February 18, 2007 handout, <b>115, TE30–TE31</b>            ➤ A Life of Holiness handout, <b>116, TE32–TE33</b></p>

### CHAPTER REVIEW & ASSESSMENT

See pp. TE72–TE74 for Chapter 4 assessments. Multiple means of assessment including Q & A, projects, peer discussions, visual exercises, self-appropriation, and hypothetical challenges are also available at the end of the chapter in the Student Edition.

### Online Resources

Visit [hs.osvcurriculum.com](http://hs.osvcurriculum.com) for chapter-specific resources such as:

- PowerPoint® and Customizable Assessments
- Handouts
- Primary Source Links
- Music and Film Connections
- Additional Activities
- Prayer Suggestions
- Professional Development for Teachers

## CHAPTER GOALS

Students will:

- Gain a better understanding of the meaning of holiness, both personally and within the Church.
- Learn about growing in holiness through personal effort, suffering, and by examples of others.
- Recognize the importance of Mary as a role model for holiness.
- Better understand Church teachings that guide us towards increasing our personal holiness.

## CHAPTER OUTLINE

## Section 1: The Holiness of God

- Meaning of Holiness
- Holiness and the Trinity
- God's Fascinating Yet Fearful Holiness
- God Bridges the Gap

## Section 2: By Way of the Cross

- Growing in Holiness
- Suffering and Holiness
- Saints and Holiness

## Section 3: Holy Mary, Mother of God

- Holiness of Mary
- Four Marian Dogmas Reflect Mary's Holiness
- Mary as Intercessor

## Section 4: The Health and Wholeness of the Church

- Ways to Increase Holiness
- Precepts of the Church
- Penitential Practices

## CHAPTER 4

- How does this image suggest holiness?
- In what ways does the Church bring holiness into the world?

# How Is the Church Holy?

Go to the student site at [hs.osvcurriculum.com](http://hs.osvcurriculum.com)

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## Framework Connection

This chapter covers the following items addressed in the U.S. Bishops' *Doctrinal Elements of a Curriculum Framework for the Development of Catechetical Materials for Young People of High School Age*.

## Course IV: Jesus Christ's Mission Continues in the Church

## Part III: The Marks of the Church

- B1. Holiness is from the all-holy God
- B2. Christ sanctifies the Church through the Holy Spirit
- B3a. Divine dimensions of the Church
- B3b. Human dimensions of the Church
- B4. Church members sin, but the Body of Christ is sinless
- B4a. Church constantly fosters conversion and renewal
- B5a. The Annunciation and Mary's "yes" to God

- B5b. Mary's perpetual virginity
- B5c. The Immaculate Conception and the Assumption
- B6a. Canonized saints: Their example encourages us
- B6b. Canonized saints: They intercede for us
- B7. Members in need of purification, penance, and renewal

## Part IV: The Church in the World

- B1. Jesus endowed Church with authority, power
- B3. Church continues Christ's salvation
- E2a. Church will always teach the Gospel without error
- E3a. Pastoral norms for living the faith and moral life
- E3b. Disciplines can be adjusted by the hierarchy
- F1. The Eucharist is the center of life in the Church

## SUGGESTED TEACHING STRATEGY

**Discuss: “How Is the Church Holy?”**

Use the questions at the top of p. 90 to begin a discussion about how the Church is Holy. Ask students to share their responses.

- How does this image suggest holiness?
- In what ways does the Church bring holiness into the world?

**YOU WILL**

- Explore what holiness is.
- Study what it means to say that God is holy.
- Understand where the holiness of the Church originates.
- Identify the times you’ve recognized holiness in someone else.
- Connect the holiness of Mary and the saints to the Church.
- Learn the Precepts of the Church and their role for growing in holiness.
- Discover the importance of personal holiness.
- Explore the spiritual practices of reconciliation, purification, and renewal.

**DEFINE**

holiness	perpetual virginity
virtue	Assumption
sanctify	dogma
canonization	infallibility
intercessors	Precepts
patron saint	reparation
Immaculate Conception	

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**Course Pre-Assessment Connection**

Major chapter concepts correspond to questions 9–11 and 34–36 of this course’s Pre-Assessment (see pp. TE1–TE3). Analyze student responses to determine individual and group knowledge, attitudes, and behaviors to the topic.

- Have students new to the content create key term flashcards to become familiar with chapter vocabulary.
- Have students with a reasonable command of the concepts complete a graphic representation of the different ways we can connect with God.

1. What would you do if you were a saint? How would you live your life differently from most people?

2. What would you give if you were a saint? How would you give it to others in your life?

3. How would you live your life differently from most people if you were a saint?

4. How would you live your life differently from most people if you were a saint?

5. How is it appropriate for you or did it make sense to you that the word holiness is used with the word “Church”? Explain.

**Personalized Practices and Superlatives**  
Have students try to think about their own experiences of holiness.

• How might you describe the holiness of a saint? How would you describe the holiness of a saint? How would you describe the holiness of a saint?

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**Reflective Learning**  
Use the **Reflective Learning** Reflections Quick Start (see pp. TE4–TE5).

Use the **Reflective Learning** Reflections Quick Start (see pp. TE4–TE5).

How have you seen the holiness of a saint? How would you describe the holiness of a saint? How would you describe the holiness of a saint?

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How have you seen the holiness of a saint? How would you describe the holiness of a saint? How would you describe the holiness of a saint?

## SUGGESTED TEACHING STRATEGY

**Discuss: Meaning of Holiness**

Have students read over the four responses of this feature. Then ask students to do a show of hands response to the *Where Are You?* poll. As this chapter focuses on the second mark of the Church—holiness—ask your students:

- What do you think it means “to be holy”?
- Who or what comes to mind when you hear the word *holiness*?

➔ The poll on this page is available in a Chapter 4 PowerPoint®.

## CHAPTER OUTLINE

## Section 1: The Holiness of God

## • The Holy Spirit: Sanctifier and Comforter

## • The Holy Spirit: Sanctifier and Comforter

## • The Holy Spirit: Sanctifier and Comforter

## • The Holy Spirit: Sanctifier and Comforter

## • The Holy Spirit: Sanctifier and Comforter

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## • The Holy Spirit: Sanctifier and Comforter

# WHAT DOES IT MEAN?

## To be holy...

Saint Peter's First Letter gives advice on being holy.

"Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed.

Like obedient children, do not be conformed to the desires that you formerly had in ignorance.

Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, "You shall be holy, for I am holy."

—1 Peter 1:13-16

# WHERE ARE YOU?

Check the answer that best matches where you are today.

*I know what holiness is.*

Quite a bit  Somewhat  Not at all

*I know what makes the Church holy.*

Quite a bit  Somewhat  Not at all

*I can recognize holy people and holy acts.*

Quite a bit  Somewhat  Not at all

*I know how to grow in personal holiness.*

Quite a bit  Somewhat  Not at all

*I need practical advice on this.*

Quite a bit  Somewhat  Not at all

### Additional Activity



#### Discuss: Holy and Welcoming

Speaking during his general audience on May 29, 2013, Pope Francis posed a question to all Catholics: What have we done to make the Church holy and welcoming? He explained that some people say yes to Christ, but no to the Church. This doesn't make sense, he said, because the Church is the family of God's people that brings us to God. He said all of the people who make up the Church, pastors and faithful alike, have imperfections and sins. Even himself, Pope Francis said. When we become aware of this fact, we find God's mercy, and God always forgives. He said we cannot forget this, God always forgives. Sin offers us an opportunity, he said. "Humiliation can lead one to see there is something beautiful awaiting you: the mercy of God." Consider opening a discussion with your students on what Pope Francis said.

# The Holiness of God

*How do people become holy?*

*Is holiness something anybody can achieve?*

*What does it mean to say that God is holy?*

**H**oliness is a spiritual trait to which we are all called. It is about how much effort we devote to our spiritual lives and how we connect with God and the Catholic Church. In fact, the root of the word holiness comes from the Old English word [hālig], meaning to seek wholeness. In other words, holiness is about our relationship with God. Recall from Genesis that we are made in the image and likeness of God. Holiness is about our openness to God's grace and our everyday commitment to following Jesus. We are called to holiness and the perfection of the virtue of charity.

Living a virtuous life is living a holy life. The theological virtues of faith, hope, and charity (love), make it possible to relate to God and grow in our understanding of being made in his image and likeness. Virtues are lasting attitudes, habits, or learned tendencies that lead us to make good actions and decisions. We gain moral virtues (prudence, justice, fortitude, and temperance) by cooperating with grace we receive from God and our efforts to follow Jesus. The theological virtues are gifts from the Lord.

Holiness, the fullness of Christian life, does not consist in carrying out extraordinary enterprises but in being united with Christ, in living his mysteries, in making our own his example, his thoughts, his behaviour. The measure of holiness stems from the stature that Christ achieves in us, in as much as with the power of the Holy Spirit, we model our whole life on his.

—Pope Benedict XVI  
General Audience, 13 April, 2011

## REFLECT

God asks us to recognize the holiness of each individual acquired by his grace through the Church.

- When have you recognized the holiness of others?
- When have you had the opportunity to grow in holiness?

As members of the Church, we have participated in many spiritual practices and religious experiences that can provide opportunities to grow in holiness. We go to confession. We observe Lenten fasting, abstinence, and almsgiving. We pray the Rosary and the Way of the Cross. We participate in acts of service to others. We pray when we wake up, eat meals, and go to

holiness: spiritual trait that seeks wholeness in our relationship with God through our cooperation with God's grace and our efforts to follow Jesus

virtue: the vigorous disposition to do what's good. Through God's grace and hard work, we acquire the moral virtues. God gives us the theological virtues.



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## Additional Activity

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### Expand: An Act of Holiness

Have students perform a simple project that reflects the holiness of God through acts of goodness. *Examples:* Write letters that lobby political leaders for good causes, write to soldiers or the elderly, conduct a food drive for a food bank, etc. Consider using the Service Learning Reflection in conjunction with the act of goodness.

## MAJOR CONCEPTS

- Meaning of Holiness
- Holiness and the Trinity
- God's Fascinating Yet Fearful Holiness
- God Bridges the Gap

## SUGGESTED TEACHING STRATEGIES

### Start Up: Wholeness vs. Holiness

Post the following two questions and have students respond in their notebooks:

1. What would you need to do more or less of in order to seek *wholeness*?
2. What would you need to do more or less of in order to seek *holiness*?

Afterwards, instruct students to compare and contrast their two lists.

- What similarities and differences do you notice?
- Was it a surprise to you or did it make sense to you that the word *holiness* comes from the word *wholeness*? Explain.

### Personalize: Practices and Experiences

Invite students to think about their own experiences of holiness:

- First, make a bulleted list of all the *spiritual practices or religious experiences that can increase our holiness* that appear in this section of the textbook.
- With a check mark (✓), indicate which ones you have participated in.
- With an asterisk (\*), indicate which ones really resonate with you—which ones are your favorites when it comes to increasing holiness?
- What experiences or practices would you add to the list provided in the textbook?



### Reflect: Service Learning

Use the "Service Learning Reflection Guide" handout on p. TE4 and at

➤ [hs.osvcurriculum.com](http://hs.osvcurriculum.com) and have students answer the following for question 10:

*How have you seen the holiness of God reflected in your experience of service?*

An alternative to asking students to write a paper is available at ➤ [hs.osvcurriculum.com](http://hs.osvcurriculum.com). The online version provides a handout that allows for students to write their responses in the space provided.

## SUGGESTED TEACHING STRATEGIES

**Describe: Model of Holiness**

Think about someone in your life who is holy. How are they a model of holiness? Describe the qualities that make them holy. How do you see yourself as living a life of holiness like them?

**Expand: Go to the Source**

The *fascinating yet fearful* visions had nothing comforting about them. They were terrifying. Yet they also expressed something important about who God is. The creator of the universe is all-powerful. His grandeur can hardly be imagined. His holiness fills us with awe.

**Exodus** When Moses spoke to God on Mount Sinai, he could not look on God's face directly, because its brightness would have been too much for him. God's holiness was overwhelming. As a result of his encounter with God, Moses' own appearance changed. He had to veil his face when he returned from the mountain because his own face shone with the reflected light of God.

**Isaiah** When Isaiah was called to be a prophet, he had a vision of God seated on a throne in a temple. In this vision, crowds of elders gathered and six-winged angels were singing "holy, holy, holy," so loudly that the walls shook and the house was filled with smoke.

**Daniel** The prophet Daniel also had a vision of God, whom he called "the Ancient One," whose clothing and hair were a brilliant white. God was seated on a throne made of fire from which flames shot forth in streams.

## REFLECT

There are ways to develop our relationship with God and answer the call to holiness.

- How do you develop your relationship with God the Father—the source of all Creation and of all life?
- How do you develop your relationship with God the Son—the one who saved you from sin by dying on the Cross and raising from the dead, your Redeemer, teacher, and friend?
- How do you develop your relationship with God the Holy Spirit—the inspiration within you to know God and do good as an act of love?

sleep. We study Scripture and the teachings of the Church. We sit in awe of a sunset and contemplate the grandeur of God. But what is the most important gift that Jesus gave us to increase our holiness?

Jesus gives us himself in the Eucharist as the central spiritual practice in the Church. After the consecration, when the bread has been changed into the Body of Jesus, we no longer treat it like the ordinary bread it once was. The Eucharist is either consumed or reserved in a Tabernacle. The bread has been changed into the Body, Blood, the Soul and Divinity of Christ. We call this change Transubstantiation. It is now God the Son, wholly, entirely, and sacramentally present. Jesus is holy. When we receive Jesus in the Eucharist, we grow in holiness.

We believe in one, *holy*, catholic, and apostolic Church.

—Nicene Creed

Each time we are offered a share of God's own life—the grace we receive in the Sacraments, in prayer, through interaction with the holy Church—we have an opportunity to grow in holiness. How is the Church holy? The Church is holy because the Trinity is holy. Christ loved the Church and offered himself up to sanctify her. He joined himself to her, blessed her with holiness, and "endowed her with the gift of the Holy Spirit for the glory of God"<sup>TM</sup> (CCC, 823). The Church is founded on the holiness of God the Son and is sanctified through, by, and with him so that she becomes sanctifying. "It is in her that 'by the grace of God we acquire holiness'<sup>TM</sup> (CCC, 824).

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.

—Roman Missal

God is transcendent and completely good. He is beyond all created things. No galaxy, star, planet, rock, ocean, living organism, energy, or anything else surpasses God because he is their Creator. A very deep conviction expressed throughout the Bible is that God, who created and sustains the world, is not like any created person or thing that must depend on others for survival. This sets God apart.

Know that the LORD is God.

It is he that made us, and we are his;  
we are his people.

—Psalm 100:3

The words for "holy" in ancient languages—*hagios* in Greek, *qadosh* in Hebrew, and *sanctus* in Latin—all refer to this special quality of God. God stands apart because of his majesty. He is holy. This is why Jesus ascended back to the Father and sent us the Holy Spirit at Pentecost. Because God transcends time and place, he is present to each of us wherever we are at any time. God also stands apart morally. People sin, but God's goodness is whole and complete, thus God is holy. God is good all the way through, forever and always.

## GO TO THE SOURCE

The Bible contains many examples of God's holiness.

Read: Exodus 33:18–23, 34:29–35; Isaiah 6:1–8; and Daniel 7:9–10.

○ Make notes regarding how God's holiness is shown and the reaction each person had to it.

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## Background Info

**Fearful and Fascinating**

The twentieth century Christian philosopher Rudolph Otto described God's holiness as the *mysterium tremendum et fascinans*—the mystery of God is at the same time fearful and fascinating. If God's holiness was just dreadfully fearful, humanity would be repelled and overwhelmed. But instead, God's holiness has an awe-inspiring dimension that is glorious and draws us in. We are both attracted to God's holiness and tremble with fear at God's awesomeness. The greatness and otherness of the divine are real.



God is light and in him there is no darkness (see CCC 214, 257). He can show us the way. He can show us our mistakes, and he can draw us close. God's light is beautiful, and awakens our longing. We "thirst" for God (Psalm 42:2). In every human being there is a natural desire for truth and love, the human thirst for the deep and powerful goodness of God. People who are holy are those who are depending on God to satisfy this spiritual hunger. Holiness puts you on a path toward the perfection Jesus asks each of us to seek. "Be perfect, therefore, as your heavenly Father is perfect" (Matthew 5:48).

**Recall** Who said that holiness "is chiefly the work of the Holy Spirit who is poured forth into our hearts through Baptism?"

**Elaborate** Describe God's holiness.

### God Shares His Holiness with Us

Moses, Isaiah, and Daniel feared to be close to the divine holiness of God. Yet God reached out to each of them. God's grace closed the gap between the infinite and the finite. He called each one of these people forward—to a life of holiness.

Experiences of overwhelming awe as people encounter Christ's holiness are also described in the New Testament. One such incident took place when Jesus asked Simon Peter to take him in his boat on the Lake of Gennesaret. When they were a little way from shore, Jesus told Peter to lower his nets. The fisherman had worked hard all night and caught nothing, but he agreed to do as Jesus said. At the moment he lowered his nets, so many fish were caught that the nets began to break. Peter had to call his friends from another boat to help him haul in this great load of fish.

Peter's reaction to Jesus was much like Isaiah's reaction to the holiness of God. He felt unworthy to stand in his presence. He instantly fell to his knees, saying, "Go away from me, Lord, for I am a sinful man!" (Luke 5:8). Still Jesus reached out to him. He did not let Peter's

### REFLECT

God gives us the courage to act on faith.

- When have you been afraid and called on God for help?
- Why are we attracted to God's holiness?

sinfulness stand in the way. It was Jesus' intention that Peter should become a holy Apostle, dedicated to spreading the Gospel.

The New Testament contains many passages related to the holiness of Christ. In one incident, Jesus breathed the Holy Spirit upon the Apostles, and in another, the Spirit descended upon them at Pentecost and the holiness of God was given to the Church. The Church is the Temple of the Holy Spirit who was poured out in order to sanctify—that is, to make holy—all those whom Christ claimed for his own. This sanctifying work of the Holy Spirit continues in the Church through the Sacraments and the way the Spirit calls us to live holy lives.

The holiness of the Church arises from the mystery of Christ's love. By the grace of Baptism, through the Holy Eucharist, Sacrament of Penance and Reconciliation, and all the Sacraments, Catholics become holy with God. The Church is holy because Christ shares his own life with the Church. The Church remains holy because the Holy Spirit dwells in her.

### DISCUSS

When have you seen the holiness of God reflected in the goodness of another human?

- What took place?
- What aspect of God's holiness was reflected? (For example, justice, mercy, compassion.)
- What do these experiences teach us about goodness itself?

sanctify to make holy or to consecrate

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## SUGGESTED TEACHING STRATEGIES



### Personalize: Bridging the Gap

Help students see the reality of this dynamic present in their own lives. Consider sharing a story or two of your own, which illustrates the reality that despite our limitations, God bridges the gap for us to fulfill our call to holiness. Additionally, the "God Bridges the Gap" handout on pp. TE26-TE27 and at [hs.osvcurriculum.com](http://hs.osvcurriculum.com) offers an example of a high school student's experience with God bridging the gap. Afterward, it instructs them to tell a story from their own experience of God bridging the gap.

### Reflect: Increasing Holiness

Ask students:

- How are you "tending to the fires" of your own holiness? In what ways are you working at responding to God's call to holiness in your life? What actions? Words? Friendships? Choices? Religious practices? Sacramental experiences?
- Is there something you could do every day for the next week to become more open to increasing your holiness? Do it. And write a one-page reflection on your experience.

## Answers

**Recall** Pope Benedict XVI.

**Elaborate** God's holiness is transcendent, completely good, awe-inspiring, and fear striking. God stands apart because of his majesty. He transcends time and place, and is present to each of us wherever we are at any time. His morality and goodness also stand apart. He is good all the way through, forever.

## REFLECT

On the day of your Baptism you began to share in the holiness that belongs to the whole Church through the Sacraments.

- Find out as much as you can about the event of your Baptism. What was the date? Where did it take place? Who was present? If your family kept your baptismal candle, or a white garment, or a picture or other memento, take it out and look at it.
- Try to imagine that moment in your mind's eye; then write your reflection in a journal.

Our own holiness began with our Baptism. But our personal holiness is not something that happens all at once or once for all. If we put our mind and heart into it, we can grow in holiness over a lifetime. The Sacraments, Scripture, Church teaching, service, and dedication to your Christian vocation and community help us become holy so we may live out the salvation won for us through the Paschal Mystery of Christ. Holiness is not followed out of obligation. The desire to follow the path to holiness is a

choice within us to desire truth, happiness, and goodness over sin. The desire for goodness is the Holy Spirit working within us.

The Son of God took on our human nature, so that we could share his divinity. Sharing in the divinity of Jesus is possible for each of us.

## GO TO THE SOURCE

Jesus is walking when he encounters Matthew and invites him to follow.

Read Matthew 9:9-13.

- How does Jesus reach out in this passage?
- What does Jesus' answer to the Pharisees mean for your relationship with God?

## SECTION 1 REVIEW

## QUICK REVIEW

- 1a. **Identify** What is the holiness of the Church founded on?
- b. **Analyze** What effects does God's holiness have on humans?
- 2a. **Recount** Retell and explain an encounter between a person and God in the Old Testament.
- b. **Explain** What was Saint Peter's reaction to Jesus' directions to throw out his fishing nets after a whole day of catching nothing?
- 3a. **Link** Connect the events of Pentecost with the holiness of the Church.
- b. **Explain** How do the Sacraments promote personal holiness?
- c. **Summarize** Why is the Church holy?

**Pray** Compose a prayer praising God's holiness. Pray it this week during your daily prayers.

## SELF-ASSESS

Which statement best reflects where you are now?

- I'm confident enough about the material in this section to be able to explain it to someone else.
- I have a good grasp of the material in this section, but I could use more review.
- I'm lost. I need help catching up before moving on.

## SECTION 1 REVIEW ANSWERS

## QUICK REVIEW

- 1a. **Identify** The holiness of the Church is founded on the holiness of God.
- b. **Analyze** God's goodness draws people to him because it makes them long for him. It also makes people fear the Lord, because it shows God's power and people's sinfulness.
- 2a. **Recount** Students may recount two of the following stories, or may choose to discuss another. Accept reasonable responses. When Moses met with God on Mount Sinai, Moses could not look at God because God was overwhelming. Moses also changed

in this encounter, because he had to hide his face because it was bright with God's glory. Isaiah had a vision of God on a throne surrounded by singing angels. Daniel also had a vision, in which God was on a throne surrounded by fire. All of these visions expressed God's power and holiness.

- b. **Explain** Peter's reaction to Jesus' directions shows that humans feel unworthy to be with God and to follow his directions because God's knowledge is beyond human understanding.

- 3a. **Link** The Holy Spirit sanctified the Church on Pentecost, and that blessing still continues through the Sacraments.
- b. **Explain** The Sacraments promote personal holiness because through them we receive God's grace and are sanctified.
- c. **Summarize** The Church is holy because she is loved by Jesus, because she shares Jesus' life, and because the Holy Spirit dwells in her.

## By Way of the Cross

**W**e are the Church—the People of God, the community of believers and each of us grows in holiness over time. When we say each of us, we mean clergy, the bishops, the Pope, and all of us because we are all called to be Saints.

The Church, then, is “the Holy People of God,”<sup>38</sup> and her members are called “saints.”<sup>39</sup>

—CCC, 823

The holiness of the Catholic Church is “real though imperfect”<sup>40</sup> and “in her members perfect holiness is something yet to be acquired” (CCC, 825). Holiness is a gift from God for each of us. But we must respond to God’s gift in order for it to increase. The call to holiness can be fulfilled equally in times of struggle, sickness, poverty, and persecution, as it can in times of abundance, fulfillment, affirmation, and strength.

Every person must walk unhesitatingly according to his own personal gifts and duties in the path of living faith, which arouses hope and works through charity.

—Lumen Gentium, 41

To summarize, we grow in holiness by imitating the founder of our Church, Jesus Christ, who loved us, laid down his life for us, and rose from the dead. Being open to imitating Jesus with each of our unique gifts is the first step to holiness. Let’s look closely at what it means to embrace the Cross.

The Fathers of the Church, gathered at the Second Vatican Council (1962–1965), said in *Lumen Gentium*, the “Dogmatic Constitution on the Church,” that when people follow the message of Christ, are

moved by the Holy Spirit, and obey the voice of the Father, good things happen.

The God who loves us does not exempt his People from the suffering due to Original Sin. In the path to holiness, Catholics embrace the Cross because within each cross of life there is also the promise of the Resurrection. What was true of Jesus is also true of his followers. From suffering, we can experience something positive, for example academic success, reconciliation with friends or family, a community coming together to aid in a disaster. Each example occurred because difficulties were embraced. Therefore carrying a cross in hard times strengthens us in holiness. During hard times, our prayer intensifies. Our faith is tested. Our priorities become clearer. Our spiritual longings come to the surface. Our holiness grows by way of the Cross. We participate “in the saving work of Jesus” (CCC, 1521).

All Christians are given sanctifying grace through Baptism. This means we are dedicated, or consecrated—made sacred, to

Organizations such as Catholic Charities USA provide food services to millions of Americans.



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### Teacher Insight

#### Holiness Comes from Holy Spirit

A discussion on “the holiness of the Church” can be challenging in light of the Sex Abuse Scandal. While recognizing this, bring your students to the paragraph in the text that explains: “*The holiness of the Church is not dependent on us... The Church’s holiness comes from the Holy Spirit, not the actions or inactions of people.*” Consider allowing your students the space to respond with maturity, whether through a free-write or a class discussion.

### MAJOR CONCEPTS

- Growing in Holiness
- Suffering and Holiness
- Saints and Holiness

### SUGGESTED TEACHING STRATEGIES

#### Start Up: Understanding Holiness

Use the dynamic of “already/not-yet” as a springboard for understanding holiness. Students may be familiar with the theological description that *the coming of the Kingdom of God is both already happening, but also not yet here*. Ask students to offer contemporary correlations to things that are *already happening, but also not yet completed*. For instance: sports seasons (at what point does a football team prepare for the big game), high school graduation (at what point in time is a student preparing for graduation)? Emphasize that the process is happening *now*, but *not yet* completed ... likewise with holiness.

#### Emphasize: Response

Student comprehension may benefit from emphasizing that humanity needs to respond to God’s gift of holiness. Remind students that (from Section 1) *our personal holiness is not something that happens all at once or once and for all*. Furthermore, our holiness is not something that happens to us. We need to consent and cooperate with God.

#### Recognize: Holiness

Have students spend time with the quote from *Lumen Gentium*, TE28 41. Students may find it helpful to connect their “own personal gifts and duties” to their own unique path of discipleship.

Consider using the 🗡️ “Recognizing Holiness” handout on p. TE28 and at 🗡️ [hs.osvcurriculum.com](http://hs.osvcurriculum.com) to have students appropriate this concept to their own lives and the lives of others. One note on this assignment: It may be helpful to publically acknowledge the virtue of the activity (the ways we are *already* on the path of holiness), while also being aware of the vice of vainglory: inordinate pride, boastful conceit, excessive vanity. The reflection at the conclusion of the handout specifically invites students to think about whether they struggle more with recognizing holiness or boasting about it.

## SUGGESTED TEACHING STRATEGIES

**Focus: Explain Activity**

These statements summarize the key points made in this section and can test student comprehension. Consider making this a written assignment by announcing a grading rubric, such as: Each of your explanations must reflect (a) something mentioned in the text and (b) your own experience. Alternatively, have students simply outline their explanations and verbally share them in small groups.

**Discuss: Pursuing Holiness**

One tradition in the Church for pursuing a life of holiness is to withdraw from the world, and devote one's life to prayer in a monastery or a hermitage. Another tradition is to work in the world for the betterment of human society and to offer one's daily labor to God.

- Which path do you think would be more difficult, and why?

**Consider: Celebrity Status and Holiness**

In today's world, the concept of a celebrity is well known. These are people who are held up in magazines and on television as worthy of our attention and imitation. On the other hand, there are people who are known for their holiness, such as Mother Teresa of Calcutta or Archbishop Oscar Romero of El Salvador and many other religious figures.

- Pick one secular celebrity and one well-known holy person, and put together a profile for each.
- Who are they? What do (did) they do in this life? Why are they liked or admired?
- Now compare and contrast these profiles.

After students do the prep work at home, the "compare and contrast" would make for good small group discussion.

**Answers**

**Connect** *We grow in holiness by imitating Christ.*

**Develop** *When we follow the message of Christ, are moved by the Holy Spirit, and obey the voice of the Father, good things happen.*

**EXPLAIN**

Here are a few statements we have made so far about holiness. Which of these have made you think the most? Explain.

- It is within the holiness of the Church that each of the faithful become holy.
- Our holiness began at Baptism.
- Holiness is a gift from God.
- Holiness is not something that happens all at once or once and for all.
- We grow in holiness by imitating our founder, Jesus Christ.
- Sometimes, holiness comes to flourish through suffering.

God. Many of us are consecrated to God as infants by our family, which the Church calls the "domestic Church." The Church recognizes that God was first revealed to us by our parents and other family members. We are also consecrated to God by the Church community.

The holiness of the Church is not dependent on us. That holiness precedes us because it is a gift from the Triune God. Our individual sins can never take away the holiness of the Church. This is part of her mystery. She is filled with sinners yet remains the spotless Bride of Christ. Her holiness comes from the Holy Spirit, not the actions or inactions of people.

All members of the Church, including her ministers, must acknowledge that they are sinners.<sup>89</sup> In everyone, the weeds of sin will still be mixed with the good wheat of the Gospel until the end of time.<sup>90</sup> Hence the Church gathers sinners already caught up in Christ's salvation but still on the way to holiness.

—CCC, 827

A right response to God's gift, however, is necessary for each of us to grow in holiness. God's grace enables us to make that response. He helps us to live in the holiness we have been given and to help it grow. We celebrate holiness when the Church declares members as saints. "By solemnly

**canonization** "the solemn declaration by the Pope that a deceased member of the faithful may be proposed as a model and intercessor to the Christian faithful and venerated as a saint on the basis of the fact that the person lived a life of heroic virtue or remained faithful to God through martyrdom" (CCC, Glossary, p. 869)

**intercessors** someone who prays on behalf of someone else

**patron saint** a canonized person asked to intercede to help or protect a particular place or group of people

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**REFLECT**

Through Baptism, we share in the priesthood of Christ, his prophetic and royal mission, and we share in the common priesthood of all members of the Body of Christ.

- The priesthood of Christ represents the sacramental and prayerful life that he made possible. In what ways do you develop your holiness through the priesthood of Christ?
- Christ as prophet represents all the ways Jesus spoke the truth about the injustices in the world. In what ways do you carry on the role of prophet?

proclaiming that they practiced heroic virtue and lived in fidelity to God's grace, the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors.<sup>91</sup> Holiness is the source of the Church's "apostolic activity and missionary zeal" (CCC, 828).

The fullness of Christian life is the holiness we continually strive for and hope to reach. It is a way of life as faithful disciples of Jesus Christ. We pray and do the right things in order to find, develop, and express the holiness God has graced each of us with Baptism.

**Connect** How do we grow in holiness?

**Develop** How do our personal actions work with the Trinity to make good things happen?

**The Holiness of Saints**

The Catholic Church holds up certain individuals as examples of faithful Christians. They are formally and officially identified as Saints through **canonization**—the official process in the Catholic Church for recognizing and affirming the saintliness of particular individuals. They are models of holiness; their example encourages us and they are intercessors for us. Through canonization, the Church determines that certain Christians who have gone before us are with God in Heaven and worthy of imitation. A **patron saint** is a canonized person asked to intercede for a particular place or people.

## EXPRESSIONS OF FAITH

SIGN OF THE  
Cross

Christ laid down his life for us and we often commemorate that with the holy act of the Sign of the Cross. The *Catechism* points out that, "In Christ, Christians are blessed by God the Father 'with every spiritual blessing.'<sup>43</sup> This is why the Church imparts blessings by invoking the name of Jesus, usually while making the holy sign of the cross of Christ" (CCC, 1671). Making the Sign of the Cross is a blessing that means we are accepting the *life* of Christ as our very own.

According to the *Catholic Encyclopedia* online, tracing a small cross on the forehead may be the earliest form of the Sign of the Cross. It dates to Tertullian in the second century, who wrote that in everything they did—from putting on their shoes to lying down—"we mark our foreheads with the sign of the cross."



- Most often we make the Sign of the Cross by tracing a line with our right hand running vertically from our forehead to our heart. We complete the cross by touching our left and right shoulders.
- Often, too, we see bishops and priests bless people or objects with a motion in the air using the right hand. The thumb or index finger is used to make a small cross on a forehead or hands during Baptisms or the Sacrament of the Sick (blessings and anointing with oil).
- We, the baptized, also make the small cross just before the Gospel reading on our forehead, lips, and heart.

When we pray at the beginning of the day or at any time, we begin with the Sign of the Cross "in the name of the Father and of the Son and of the Holy Spirit. Amen" (CCC, 2157). We call on Christ's grace to allow us to live in the Holy Spirit as sons and daughters of the Father. The Sign of Christ's Cross prepares us and strengthens us to face the world with its temptations and challenges.

#### When do you make the Sign of the Cross in your daily life?

What does making the Sign of the Cross say about your relationship with God?

What challenges are teenagers called to accept in order to make their community or their world a better place?

How would Christ's blessing, when he made his life our own, help teenagers overcome temptations or accept difficult challenges?

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## SUGGESTED TEACHING STRATEGIES

**Summarize: The Sign of the Cross**

Invite students to compose a sentence that a person could say while making the gesture (instead of "In the Name of the Father...") which reflects the meaning of the Sign of the Cross. For example: "I accept—as my very own—the *life* of Christ." Or "I call on Christ's grace to allow me to live in the Holy Spirit as a daughter (or son) of the Father."

**Reflect: Invoking the Name of Christ**

Take students to the words in CCC, 1671.

In the Sign of the Cross, we pray by invoking the name of Jesus. Ask students to reflect:

- When you hear people invoke the powerful name of Jesus Christ, is it mostly in praise and prayer? Or as cursing (with emphatic emotional reaction)?
- How about you? How do you tend to use the name of Jesus Christ?

## Background Info

**The Sign of the Cross**

According to *Catholic Encyclopedia* online, tracing a small cross on the forehead may be the earliest form of the Sign of the Cross. It dates to Tertullian in the second century, who wrote that in everything they did—from putting on their shoes to lying down—"we mark our foreheads with the sign of the cross."

## SUGGESTED TEACHING STRATEGIES

## Expand: Martyrs

With the feature on canonization, consider discussing the recent record-setting 800 people canonized by Pope Francis on May 12, 2013. About 800 people in Otranto, in what is now Italy, were called to bear the highest witness to their faith. These people were beheaded in 1480, and the Church now venerates them as saints. During his homily, Pope Francis asked where these people found the strength to face such violence. The only conclusion is an absolute commitment to their faith. Faith allows us to see beyond our limits as humans, he said. “Dear friends,” he said, “let us keep the faith we have received and which is our true treasure, let us renew our faithfulness to the Lord, even in the midst of obstacles and misunderstanding.”

To lead the discussion, consider the following questions for your students: Where do you find your strength? How is your faith your “treasure”? How can you renew your faithfulness in the Lord?

## Consider: Assignment

Students can learn more about canonizations and the faith commitment of martyrs by producing an essay on one of these saints who were canonized in 2013:

- Who are the Martyrs of Otranto?
- Who is Saint Laura Montoya?
- Who is St Guadalupe García Zavala?

## EXPRESSIONS OF FAITH

THE PROCESS OF  
Canonization

**A**ny member of the Body of Christ or a group recognized by the Church can advance the cause of canonization, the process through which a person is recognized as a Saint. The person or group advancing the cause is called the petitioner. They will work through a Church-approved postulator.

The postulator conducts a thorough investigation into the life of the person who has normally been deceased for at least five years. He or she is now called a Servant of God. This investigation will look at the holiness of the person and importance of the cause for the Church. The postulator will report the findings to the bishop where the Servant of God died.

When the Sacred Congregation determines that the Servant of God lived a life of heroic virtue, he or she is then called Venerable. It means the person always tried to grow in holiness. After one miracle has been found credible, the person is beatified and is now called blessed. After a second miracle is found credible, the Pope will make the final decision to canonize the person, meaning that person is publicly recognized as a Saint.

The cause for sainthood can be either recent, meaning there are eyewitnesses who knew this person, or ancient, meaning that there are only written sources. In any case, the postulator presents the written petition, including a biography of the Servant of God, an authentic copy of the published writings of the person, and in recent causes, a list of people who can witness to the virtues or martyrdom of the Servant of God.



After the report has been accepted, the bishop sends a report on the Servant of God to the Holy See in Rome to see if there are any obstacles to the cause. The bishop or his delegate examines the witnesses from the report. Blood relatives are the first witnesses followed by relatives through marriage, then friends and acquaintances. When there are miraculous healings, the person's doctors are called to be witnesses.

Before the end of the inquiry, the Servant of God's room in which he or she lived or died is inspected as well as other places, if any, where the person has been honored. A report is drawn up from this entire investigation and sent by secure means to the Sacred Congregation for the Causes of Saints. Separate inquiries are made of the miracles connected with the Servant of God.

Who is the Saint you feel closest to?

Research new Saints from the last five years. Choose one and write a brief biographical summary.

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## Background Info

## Historic Canonizations

In 2013, the first of his Pontificate, Pope Francis canonized a record eight hundred people in May, but the year also saw the announcement of the canonizations for Pope John Paul II and Pope John XXIII. Pope Francis signed canonization decrees for two of his predecessors, but Pope John XXIII was a little different. Usually a second miracle is required before someone is declared a saint. That was the case with Pope John Paul II, but not with Pope John XXIII. The Vatican explained that it was Pope Francis' will—and it is within his power—that the sainthood of Pope John XXIII be recognized because he was the great Pope of the Second Vatican Council. The Vatican also explained that this did not change the rule that a second miracle is needed in most cases, although there are ongoing discussions among theologians as to whether the second miracle is necessary for canonization. There was a miracle substantiated for Pope John XXIII to be beatified.

## GLOBAL PERSPECTIVES

In 2010, Pope Benedict XVI canonized six new saints for the universal Church, pointing out that they are great examples of Christians who knew the importance of praying ceaselessly. The six new saints were:

- Saint Mary MacKillop (1842–1901) from Australia
- Saint André Bessette (1845–1937) from Canada
- Saint Stanisław Kostka (1433–1489) from Poland
- Saint Cándida María de Jesús Cipriña y Barriola (1845–1912) from Spain
- Saint Giulia Salzano (1846–1929) from Italy
- Saint Camilla Battista da Varano (1458–1524) from Italy

Look up one of these saints and find out five facts about them.

- What about this person appeals to you most?



Go to the student site at [hs.osscurriculum.com](http://hs.osscurriculum.com)

Lord, how I want to be in that number when the saints go marching in.

—American Gospel hymn

The number of Saints officially recognized by the Catholic Church is growing all the time as new Saints are canonized. But in the New Testament, Saint Paul refers to the entire community of the Church as saints (see 1 Corinthians 16:1) and Luke refers to them as “holy ones” (Acts 9:13, *New American Bible*). By calling the whole Christian community Saints, they are underlining the fact that the Church is holy because the most Holy God is her author; Christ, her bridegroom gave himself up to make her holy; and the Spirit of holiness gives her life. This calls and empowers each of us to be Saints—to be the people God made us to be.

Saints help the whole Catholic community to be holy. Here are two examples from those canonized.

#### Saint Martin of Tours (c. 316–397)

Saint Martin of Tours is remembered for his many good deeds. He founded a monastery. He became the bishop of Tours, a diocese in what is now France. He was a wise and just leader for twenty-five years. He visited the people in his diocese, traveling by foot, boat, and donkey. He settled disputes and worked miracles. But the

story most often remembered of Saint Martin is from his early life.

Martin was a soldier in the Roman army. He became convinced that his commitment to Christ would not allow him to kill. He was imprisoned because of this. Later, however, he was set free. After his release, he met a naked beggar on the road. Drawing his sword, he cut his cloak in two and gave half to the beggar. That night he had a dream, in which he saw that the beggar was Christ.

Canonized people like Saint Martin inspire others to follow their conscience even if they are rejected by others. He also reminds people of the need for practical charity and compassion. Often holiness looks just like this. It is not planned out beforehand. The person behaves well spontaneously, from the heart.

#### EXPLAIN

- When have examples of everyday holiness inspired you? Were they examples of compassion, following conscience, using God given gifts, listening to the voice of God within, or praising God? Explain.
- What helps you listen to the voice of God within? How can listening and responding to God's voice be an act of holiness?
- When and how do you praise God?

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## SUGGESTED TEACHING STRATEGY

#### Essay: Pain and Suffering

The SAT begins with a twenty five-minute essay-writing task. Students will have to take one side of an issue and develop an argument to support that position. Offer the following prompt:

“Think carefully about the issue presented in the following excerpt and the assignment below.

- When it comes to pain and suffering, it has been said that “while suffering is inevitable, misery is optional.” Without the Resurrection, we would just have the misery. Faith in the Resurrection allows people to embrace difficulties with the hope of new life.

Assignment:

- Do you agree that while pain and suffering are inevitable, misery is optional? Does faith in Christ make a difference whether or not people become *bitter* or *better* after suffering?

Plan and write an essay in which you develop your point of view on this issue. Support your position with reasoning and examples taken from your reading, studies, experience, or observations.”

#### Additional Activity



#### Relate: Saints Martin and Hildegard

Have students develop a list of people they know that relate to the following aspects of Saint Hildegard and Saint Martin's examples. (Invite them to include themselves whenever relevant.)

- Strong in convictions (Saint Martin would not kill)
- Practical charity
- Doing good spontaneously, from the heart
- Using gifts and talents
- Not afraid to step outside the box and be true to oneself

After students compile a list, either have them complete a written explanation or hold small group discussions on their answers. Extend this activity by having students write a note explaining Saint Martin or Saint Hildegard's story and how their actions relate to that saint's holiness.

## SUGGESTED TEACHING STRATEGY

## Consider: Hidden Talents

Ask students:

- Why do you think people play down their gifts and talents?
- What advice would Hildegard give to people who struggle with this?

## ANALYZE

- Read Saint Hildegard's poem carefully.
- Why is "sunlight streaming through a jewel" a good metaphor for God's relationship with each of us?
- How can writing poetry that praises God be an act of holiness?

## Saint Hildegard of Bingen 1098–1179

Saint Hildegard was a woman of faith and prayer who was also tremendously gifted as a musician, poet, natural scientist, and mystic who contemplated God in order to get closer to him. She was consulted by bishops, popes, and kings. She practiced medicine and wrote about the healing properties of herbs and other natural substances. She composed religious music and poetry and plays. She founded a thriving convent in the Rhineland (an area in Germany), and was the abbess there.

Saint Hildegard was declared a doctor of the Church in 2012. She is often remembered for how her music and poetry praised God and the Virgin Mary. Here is one of her poems:

## Antiphon for the Virgin

O resplendent jewel and unclouded brightness  
of the sunlight streaming through you—  
a fountain leaping from the Father's heart—  
his own and only Word  
through which he created  
the world's first matrix,  
which Eve threw into chaos:  
for you the Father  
fashioned this Word as man,  
so you are that luminous Matrix  
through which the same Word  
breathed forth all virtues,  
as in the primal matrix  
it brought for all creatures.

Saints like Hildegard inspire women to let their gifts and talents show forth instead of hiding them because these gifts come from God for a special purpose. Hildegard was courageous, listened to the voice of God within her, did amazing things, and praised God every step of the way. Often enough, holiness looks just like this.

## SECTION 2 REVIEW

## QUICK REVIEW

- Discuss** How can a person grow in holiness?
  - Show** How can you be drawn to holiness in your everyday life?
  - Explain** How can holiness flourish while carrying the cross of suffering?
- Connect** How does the holiness of the Saints impact the Church?
  - Analyze** Why would Saint Paul refer to the entire Church community as saints?
  - Summarize** What virtues did Saint Martin of Tours embody?
  - Explain** How was Saint Hildegard of Bingen remarkable for her time?

**Listen and Discuss** After reading this section, what do you think are the keys to finding or staying on the path of holiness?

**Pray** Compose a short prayer to God about holiness in your life.

## SELF-ASSESS

Which statement best reflects where you are now?

- I'm confident enough about the material in this section to be able to explain it to someone else.
- I have a good grasp of the material in this section, but I could use more review.
- I'm lost. I need help catching up before moving on.

## SECTION 2 REVIEW ANSWERS

## QUICK REVIEW

- Discuss** A person grows in holiness by obeying God and by using his or her gifts to show faith and be charitable.
  - Show** Answers will vary, but should include personal perspectives on being drawn to holiness.
  - Explain** God strengthens suffering people to make them holier.
- Connect** The holiness of the Saints serves as a model encouraging us and interceding for us.

- Analyze** Saint Paul thought all Church members were acting in a holy manner and deserved to be called Saints. He wanted to show that all were deserving of grace and salvation, so he called them Saints.
- Summarize** Saint Martin of Tours embodied the virtues of following your conscience, and practicing charity, compassion, and spontaneous holiness.
- Explain** Answers may include that Saint Hildegard of Bingen was remarkable because women did not have a lot of opportunities at that time, yet she was well-educated, wrote, studied science and the healing arts, composed music, and was considered an advisor to bishops, Popes, and kings.



# Holy Mary, Mother of God

**M**ary, our Blessed Mother, is considered the first disciple. From the moment of Jesus' conception, Mary was instrumental in bringing God's plan for salvation to its fulfillment. By pronouncing her "yes" at the Annunciation, when the Angel Gabriel told her she would give birth to the Son of God, and giving her consent to the Incarnation of Jesus, Mary was already collaborating with the whole work her Son was to accomplish. She was present at her Son's first miracle. She followed him all the way to the Cross. Mary was present among the Apostles at the outpouring of the Holy Spirit on Pentecost. "At the end of this mission of the Spirit, Mary became the Woman, the new Eve ('mother of the living'), the mother of the 'whole Christ,' . . . at the dawn of the 'end time' which the Spirit was to inaugurate on the morning of Pentecost with the manifestation of the Church" (CCC, 726).

From the Cross, Jesus directed Mary to care for John, the beloved disciple. John, in turn, was to accept Mary as his mother. "Like the beloved disciple we welcome Jesus' mother into our homes," for she has become the mother of all the living" (CCC, 2679). Mary, out of love for her son, exercises maternal love and cares for all of Jesus' followers. She intercedes for us. One



of the titles the Catholic Church uses to describe Mary, therefore, is "Mother of the Church."

*Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.*

—the Hail Mary

There are four Catholic dogmas concerning Mary:

- the **Immaculate Conception**: that Mary herself was conceived without sin;
- her **perpetual virginity**: that she remained a virgin throughout her life;
- the **Mother of God**: that she gave birth to, cared for, and is the Mother of Jesus Christ, who is the Son of God;
- the **Assumption**: at the end of her life, Mary was taken, body and soul, into Heaven.

**Immaculate Conception** the Catholic dogma that Mary was conceived without taint of Original Sin from the first moment of conception and she remained pure from all personal sin throughout her life

**perpetual virginity** the Catholic dogma that Mary remained a virgin for her entire life, before, during, and after the birth of Jesus

**Assumption** the Catholic dogma that at the end of her earthly life Mary was taken, body and soul, into Heaven

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## SECTION 3

### MAJOR CONCEPTS

- ▶ Holiness of Mary
- ▶ Four Marian Dogmas Reflect Mary's Holiness
- ▶ Mary as Intercessor

### SUGGESTED TEACHING STRATEGIES

#### Start Up: Knowledge of Mary

As a means of both review and assessment of where your students are, consider starting this section by asking students to take out a blank sheet of paper and list all the things they know about Mary. Use a timer and allow five minutes. Afterwards, allow for a group share. But before students take turns sharing one bulleted item from their lists, have them begin a second list titled "IDK" (meaning *I don't know*). Tell students:

- Any Mary-things mentioned which you don't really know about need to go on your IDK list.

Whether you choose to collect the IDK lists or have students indicate their questions aloud, this activity will help avoid unnecessary redundancies.

#### Focus: Mary's Holiness

While student understanding of Mary will be varied, it's important to emphasize that the purpose of this section is to focus on how and why Mary is a model for holiness. The Marian Dogmas reflect the Church's belief in the holiness of Mary (and are rooted in Christological concepts), but can also stand to make Mary less relatable as a model. It may be helpful to overtly acknowledge this tension with your students and allow them to respond:

- Do the four dogmas on Mary help you better appreciate Mary as a model for holiness or make it harder to relate to her?

You may also find it helpful to keep coming back to Mary's "Yes" as a young teen.

### GO TO THE SOURCE



**From the Cross**, Jesus makes an important statement about his Mother Mary and John, the beloved disciple.

Read *John 19:25-27*.

○ How have you and your family welcomed the Blessed Mother into your home and life?

## MAJOR CONCEPTS

- Ways to Increase Holiness
- Precepts of the Church
- Penitential Practices

## SUGGESTED TEACHING STRATEGIES

**Start Up: Rules to Live By**

Post the following challenge:

- What would you say are the most important “Five Rules to Live By”?

Allow students three minutes to develop their lists independently. Then encourage them to briefly share with two or three others. Invite students to modify their lists if desired. Afterwards, have them put their rationale into words:

- *Why these rules?*
- In what way are these “rules” different from the rules you find at home, school, church, or a workplace?
- How are your rules similar to the ones you find elsewhere?

It is up to you whether or not you have students share their “Five Rules.”

Consider facilitating a discussion, however, on the rationale for those rules. Use this conversation as a bridge into the Precepts of the Church, which are rules much in the same way that exercise or eating healthy food (or their Five Rules to Live By) are rules. The Precepts are less about “rules” for their own sake and more about spiritual health and holiness.

**Discuss: Being Prepared**

The idea that *the poor spiritual health of ordinary members can impact the Church in a negative way* is something most students should be able to relate to. Ask:

- Recall a time when you had to work with someone (in academics, athletics, the arts—drama, music, etc.—or other activities) who had not practiced or prepared. How did it impact your performance?
- Do you have a “positive” example of everyone pulling their weight that you can recall? How did that experience impact your performance?
- How do your experiences with participation connect back to the idea of the spiritual health of the members impacting the Church?

## Precepts and Purification



**Precepts:** positive laws made by Church authorities “to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor” (CCC, 2041)

The Catholic Church gives us markers by which we can assess our spiritual health. They are called the **Precepts of the Church**, which are positive laws made by Church authorities to foster the spiritual growth of Church members. We are encouraged to do more than is required by the Precepts, but if we fall below the standard that is set, our spiritual health and the community will suffer. There is obligation attached to the Precepts “to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor” (CCC 2041). Church law includes pastoral direction for living our faith through the

Precepts, and the hierarchy can adjust these disciplines to meet new circumstances.

We have already discussed how the holiness of the Church contributes to the holiness of her different members. Likewise, the poor spiritual health of ordinary members can impact the Church in a negative way. The Precepts of the Church are designed to help the whole community to be what it is called to be: holy. If being made whole, finding peace in our lives, and discovering our purpose and meaning is the reason we desire holiness, then the Precepts are what we need to help us get there.

There are five Precepts of the Church: (see CCC, 2042–2043):

**1. “You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor”** (CCC, 2042). By observing this Precept, we honor the Lord’s Day, and are nourished by the Bread of Life. We keep the day of the Resurrection—Sunday—as a day of worship and rest. We also obey the Third Commandment. Sunday has been the day on which the community gathers to celebrate the Eucharist. It remains at the center of our spiritual rhythm.

The first precept . . . requires the faithful to sanctify the day commemorating the Resurrection of the Lord as well as the principal liturgical feasts honoring the mysteries of the Lord, the Blessed Virgin Mary, and the saints; in the first place, by participating in the Eucharistic celebration, in which the Christian community is gathered, and by resting from those works and activities which could impede such a sanctification of these days.<sup>27</sup>

—CCC, 2042

## ANSWERS

## PEOPLE

1. *Pope who explained our need to be close with and not afraid of God by using Mary as an example.*
2. *Moses revealed God's holiness when he had to shield his face because it was reflecting God's glory.*
3. *An Old Testament prophet who had a vision of God on a throne surrounded by angels.*
4. *Called God "the Ancient One" and had a vision of God with brilliant white clothing and hair, sitting on a throne made of flames.*
5. *Followed Jesus' orders to try fishing again after a night with no luck; showed that he was aware of Jesus' power when he admitted that he was a sinner.*
6. *A saint who gave part of his cloak to a beggar, who he later dreamed was Jesus.*
7. *A woman of faith who was very smart; she gave advice to Popes and kings and wrote music and poetry about God.*
8. *French priest who focused his ministry almost entirely on Reconciliation.*

## UNDERSTANDING

1. **Explain** *We see God's majesty in Moses' encounter with him because God's brilliance affected Moses so much that Moses had to hide his face. Daniel and Isaiah beheld God in his glory and power. These encounters show that God is powerful, yet he restrains from using his power against us, so he is merciful.*
2. **Compare** *Both Isaiah and Peter were awed by God's presence and were called to share his story. Isaiah through being a prophet and Peter by heading the Church.*
3. **Connect** *We continue to live out the holiness given to the Church by being open to the graces given by the Holy Spirit and by receiving the Sacraments.*
4. **Explain** *When we love God, we become holier because we try to be like him and to do what we know he wants us to do. Going through suffering makes us holier because it is a way to imitate Jesus and the way that he showed his love for us.*

## TERMS

Use each of the following terms in a sentence that shows your understanding of the term. You may include more than one term in a sentence.

holiness	perpetual virginity
virtue	Assumption
sanctify	dogma
canonization	infallibility
intercessors	Precepts
patron saint	reparation
Immaculate Conception	

## PEOPLE

Define each person or idea using information from the chapter.

1. Blessed Pope John Paul II
2. Moses
3. Isaiah
4. Daniel
5. Peter
6. Martin of Tours
7. Hildegard of Bingen
8. Saint John Vianney

## UNDERSTANDING

Answer each question and complete each exercise.

## SECTION 1

1. **Explain** *How do Old Testament encounters with God help us understand his majesty and mercy?*
2. **Compare** *How were Isaiah and Saint Peter alike?*
3. **Connect** *How do we continue to live out the holiness given to the Church?*

## SECTION 2

4. **Explain** *How does loving God and going through suffering make us holier?*
5. **Describe** *What is the relationship between the Church on Earth and the saints?*
6. **Summarize** *What can we learn from the life of Saint Martin of Tours?*
7. **Connect** *How did Saint Hildegard of Bingen show the work of the Holy Spirit in her life?*

## SECTION 3

8. **Tell** *Why is Mary called "the first disciple"?*
9. **Explain** *What is the dogma of the Immaculate Conception?*
10. **Explain** *Why is Mary such a perfect intercessor for us?*

## SECTION 4

11. **Link** *How is an individual's spiritual health connected to the spiritual health of the Church?*
12. **Name** *What are the Precepts of the Church?*
13. **Connect** *Which Precepts are part of Easter duty? Why?*
14. **Explain** *Why are penitential practices important?*

5. **Describe** *As members of the Church on Earth, we use the saints as intercessors, as people who present our needs before God. We also use them as role models, as people whose lives give us a good example of the way that we should live. We are all part of the Communion of Saints.*
6. **Summarize** *The life of Saint Martin of Tours shows us that we should serve the needs of other people, because that is the same as serving the needs of God.*
7. **Connect** *Saint Hildegard of Bingen showed the work of the Holy Spirit in her life by using all of her talents, including those of writing poetry,*

*composing music, advising others, practicing medicine, studying science, and so on.*

8. **Tell** *Mary is called the first disciple because she was the first to know that Jesus would come to earth, and she served his needs and helped his work throughout his entire life.*
9. **Explain** *The dogma of the Immaculate Conception states that Mary was without sin from the time that she was conceived in her mother's womb.*
10. **Explain** *Mary is an important intercessor because she was close to God the father and to Jesus, so she can easily place our petitions before them.*

**CONNECTING**

**Visual** What makes this a powerful image? How do you interpret this image with regard to who God is? Is there any aspect of the image that makes God seem approachable? What sort of image would you use to show that God wants a relationship with humans?



How do you interpret this image with regard to who God is? Is there any aspect of the image that makes God seem approachable? What sort of image would you use to show that God wants a relationship with humans?

**Challenge** How can the Church say that she is holy? Use what you have learned in this chapter to answer this question with at least four reasons. In addition, write out a plan that will help make one or more of the penitential practices something you do intentionally. Recall that the practices are examination of conscience, praying the Lord's Prayer, giving alms, fasting, making reparations, praying for sinners, taking part in the Sacrament of Reconciliation, and supporting the needs of the Church.

**Question** After working through this chapter, what information would you share with someone who thinks that penitential practices are unnecessary?

**Imagine** What if Saint Martin of Tours and Saint Hildegard of Bingen were alive today? How could they get the Gospel message out in today's world? How could you help them? Name at least five steps to proclaim the Gospel.

**SELF-ASSESS**

**On Your Own** Write a paragraph explaining the things you found in this chapter that were most helpful to your own spirituality.

**With a Partner** Share your list and identify a question you still may have.

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**ACRE Connection**

The following key concepts from the Assessment of Catechesis/Religious Education, known as ACRE, correlate to major concepts in this chapter.

**Domain 1, Concept 4** God the Holy Spirit: God's sanctifying power

**Domain 2, Concept 1** Attributes of the Church (holy)

**Domain 2, Concept 2** Mary

**Domain 5, Concept 2** Theological virtues: God's gifts of faith, hope and love

**Domain 6, Concept 3** Mary: Mother of God

**Domain 7, Concept 5** Precepts of the Church

The following chapter key terms are included in or are connected to ACRE:

Holy  
Virtue  
Infallibility  
Immaculate Conception  
Assumption  
Virginity

**CHAPTER REVIEW & ASSESSMENT**

See pp. TE72–TE74 for Chapter 4 Assessment. A customizable Chapter 4 Assessment is available at [hs.osvcurriculum.com](http://hs.osvcurriculum.com).

- 11. Link** *When every person who belongs to the Church is spiritually healthy, the Church will be healthy, because the Church's health is influenced by its individual members.*
- 12. Name** *The Precepts of the Church give us additional guidance in ways to be holy or that they set a minimum standard for our behavior, because we can do more than they require, but we should not do less.*
- 13. Connect** *The second and third precepts are associated with Easter duty because the third requires receiving Communion during the Easter season, and it makes sense to receive Reconciliation before receiving Communion.*
- 14. Explain** *Penitential practices are important because they help us become aware of our sins and use the practices as ways to seek forgiveness. The practices also help us reflect on our sins and may help us avoid sin in the future.*

**CONNECTING****Visual**

Answers will vary, but should include information from the chapter.