

Our Lady of the Valley Religious Education

March 2026 Activity Packet

Grades 7-9



Name: _____

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March 2026 Overview: Grades 7-9

Theme: Month of St. Joseph

Litany of the Holy Eucharist Title: Jesus, with us always

Seventh Office of the Sacred Heart: Promoter of Our Lord, Jesus

Invocation of the Seventh Choir of Holy Angels: By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience.

Seventh Aspiration to the Sacred Heart: Heart of Jesus, infinitely pure and without stain, give me an inviolable purity of body, mind, and heart.

Thematic Guiding Questions, 7-9:

- ✠ Who is St. Joseph? Why do we honor him?
- ✠ Why do you think God gave Jesus St. Joseph to be His earthly father?
- ✠ What do you think St. Joseph taught Jesus, and what can he teach us?
- ✠ How does St. Joseph model how we should honor Jesus and Mary?
- ✠ What is the “Annunciation” to St. Joseph? How were both St. Joseph and Our Lady similar in how they responded to God the Father?
- ✠ Why do you think St. Joseph was so close to the holy angels?
- ✠ How did St. Joseph imitate the holy angels in their actions? How may we?
- ✠ What virtues do you think St. Joseph lived out? How do these virtues complement the virtues of Our Lady?

Saint of the Month: St. Joseph was chosen by God to be the husband of Our Lady, and the foster father of God’s only Son, Jesus. He cared for Jesus and Mary at their home in Nazareth, providing for them through his work as a carpenter. Guiding the Holy Family out of harm’s way, St. Joseph was a true leader and protector who continues to watch over us, guarding his family, the Church. Saint Joseph is the patron of the universal Church, and a spiritual father to us all. He responded to the holy angels’ messages that were sent by God in his dreams, faithfully taking action to fulfill God the Father’s plan. Like the holy angels, St. Joseph constantly adored Jesus, holding the Christ Child near to his Chaste Heart, and keeping Jesus, the Bread of Life, safe. He preserved Jesus in the Holy Family’s home at Nazareth, the first perpetual Adoration chapel.

Monthly Challenge: From the Feast of the Annunciation of Our Lord (March 25) to the Feast of the Nativity of Our Lord (December 25), Catholics may choose to pray a nine-month novena, offering special prayer intentions as they wait for the Birth of Christ with Our Lady. Choose a special intention to pray for, if not for nine months, then for nine days as part of a special novena. Another option is to say nine “Memorare” or “Hail Mary” prayers to Our Lady for a special intention. Pray for members of the nine choirs of holy angels to bring your petitions to God the Father, and to help you to faithfully carry out God’s plan as you discern answers to your prayers.

Practice the seventh Office of the Sacred Heart in your visit to the Blessed Sacrament. Pray to promote devotion to Jesus' Eucharistic Heart like St. Joseph, the perpetual adorer of Christ, did. Promote devotion to the Blessed Sacrament by modeling it, devoting yourself to Jesus by giving your time and love to Him, faithfully dedicating special prayers to Jesus when you go to the tabernacle. Meditate on St. Joseph's sorrows and joys, contemplating how he promoted devotion to Jesus through all of these experiences, finding strength and sustenance in His closeness to Christ through all of his journeys in life.

Overall Learning Goals: This month, our overall goal is to learn about why it is rewarding to practice patience. We will explore how patience helps us to grow in holiness and be more Christlike in how we care for others. To illustrate the practice of patience, we will look at examples from Sacred Scripture (Holy Bible stories), lives of the saints, and events in salvation history, connecting reception of the sacraments to our growth in patience and love for God.

Summary of Activities: In seeking to broaden our understanding of patience as a virtue, we will research traditions in our Church that celebrate the patient love of God and the saints, discovering how the saints exemplified patience, as well as how Catholics today model themselves after their example. We will learn more about how each Person of the Holy Trinity expresses patience and love, using sacred art, sacred music, and studies of the meaning of signs, symbols, and liturgical colors in our Church to see how virtues like patience are applied in honoring God.

Additional Enrichment Ideas: Deepen devotion to Christ during Lent by praying the Stations of the Cross together as a family. You can connect the Sorrowful Mysteries of the Holy Rosary that we focus on during Lent to the Stations, reflecting on Jesus' love for us that is exemplified at each Station, and in each of the five Sorrowful Mysteries. The Way of the Cross can be prayed at church or at home. Prayers for the Stations of the Cross are available here (<https://mycatholic.life/catholic-prayers/stations-of-the-cross/>) and here (<https://www.usccb.org/prayers/scriptural-stations-cross>).

Also consider saying a novena to St. Joseph as a family, leading up to St. Joseph's Day on March 19. You could say the enclosed Prayer to St. Joseph for 9 days, or visit the USCCB site for a novena reflecting on St. Joseph's life: <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/novena-for-the-solemnity-of-saint-joseph#tab--march-18-%E2%80%93-the-death-of-saint-joseph>.

If you have a home shrine, you can pray the novena there together. On the shrine, you might place lilies (a symbol of St. Joseph honoring his purity of heart) with a statue, prayer card, or picture of St. Joseph. These items can also be put on a table for a family meal on St. Joseph's Day.

Learning Standards

Grade Level	Week	Activities	Learning Standards
Grade 7	1	“The Art of Patience”	<p>7.4 God reveals Who He is to us, reminding us of His presence, so that we need not worry, instead remembering His goodness all around us, all the beautiful and true signs of God that lead us to virtue. There are two primary forms of revelation: natural and divine.</p>
	2	“St. Patrick and Patience”	<p>7.8 The magisterium is the official teaching authority of the Church. On a large scale, the Pope and bishops exercise this authority in transmitting the faith. The deposit of faith refers to the teachings and traditions of the Church to be passed down to future generations, just as these have been passed on to us.</p>
	3	“Patient like Jesus”	<p>7.6 There are different types of prayer, and distinct purposes for praying, but all prayer is meant to draw us closer to God. Meditative prayer is a response to inspiration, such as reflection on Scripture. Contemplative prayer</p>

			is letting God lead the conversation, inclining the “ear of the heart” to listen to what God is saying. We use different prayers at different times in our lives, according to what we are seeking, but a balance of prayers is needed to truly be aware of God’s presence.
Grade 8	1	“Love, Loyalty, and Friendship of the Holy Trinity”	8.1 Jesus is both fully human and fully divine, a phenomenon known as the hypostatic union. The Incarnation is when Jesus took on flesh, becoming man to be among us.
	2	“Our Lady of Knock”	8.9 Mother Mary continues to shape history, working with us now, serving as a channel of grace, a mediator between ourselves and Her Son.
	3	“The Patience of St. Joseph and Mother Mary”	8.3 Mary’s “yes” to God is known as the “fiat.” Her openness to God’s plan for her (“Be it done to me according to Your Word”) is an example of strong faith in God.
Grade 9	1	“Signs and Symbols of Confirmation”	9.7 When we receive the sacraments, we are more fully participating in the life of Christ, the life of the Church, and living out

			<p>our purpose as Christians to love, living for God. All sacraments are meant to create a closer union between the soul and Christ.</p> <p>9.8 Jesus instituted seven sacraments that align with major life stages.</p>
	2	“Love is Patient: The Love of the Father, the Son, and the Holy Spirit”	<p>9.10 God has a special plan for each person, a distinct purpose He created them for, which the Gifts of the Holy Spirit give us the clarity to discern. We are all called to love, which is ultimately how we all can serve God, though we all live out this vocation in a unique way.</p>
	3	“What’s in a Confirmation Name?”	<p>9.6 The saints are models of the good life, a life emulating Christ. We develop relationships with a variety of saints throughout our lives, as we move through different stages of life and find ourselves connecting with new saint friends, spiritual companions we can relate to. In preparing for Confirmation, choosing a saint name for oneself to be called by at Confirmation forges a new identity</p>

			in Christ, speaking to who we aspire to become in the future.
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March 2026 Lesson Pacing Guide (Suggested Schedule)

Grades 7-9

Week Number/Date	Grade Level	Activities
Week 1 (March 2, 2026 – March 6, 2026)	Grade 7	“The Art of Patience”
	Grade 8	“Love, Loyalty, and Friendship of the Holy Trinity”
	Grade 9	“Signs and Symbols of Confirmation”
Week 2 (March 9, 2026 – March 13, 2026)	Grade 7	“St. Patrick and Patience”
	Grade 8	“Our Lady of Knock”
	Grade 9	“Love is Patient: The Love of the Father, the Son, and the Holy Spirit”
Week 3 (March 16, 2026 – March 20, 2026)	Grade 7	“Patient like Jesus”
	Grade 8	“The Patience of St. Joseph and Mother Mary”
	Grade 9	“What’s in a Confirmation Name?”

Week Number/Date	Grade Level	Words to Practice	Definitions
Week 1 (March 2, 2026 – March 6, 2026)	Grade 7	Natural revelation	God revealing Who He is through creation: i.e. nature.
	Grade 8	Missionary	Someone the Church sends to a specific place in the world to preach the Gospel, teaching the people living in a certain region about God.
	Grade 9	Propitiation	Atonement; making up for sin. Jesus sacrificed His life to pay the spiritual debt caused by our sins. Therefore, the Mass is not simply a feast, but propitiation, as we relive Jesus’ act of self-giving love.
Week 2	Grade 7	Magisterium	The teaching authority of the Church in passing down the Catholic Faith through Scripture and Tradition.

(March 9, 2026 – March 13, 2026)	Grade 8	Coronation	When Mother Mary was crowned Queen of Heaven after being assumed into Heaven.
	Grade 9	Consubstantial	Of the same substance. Each Person of the Trinity is God; they are equal, have the same divine essence.
Week 3 (March 16, 2026 – March 20, 2026)	Grade 7	Deposit of faith	Church teachings and traditions to be handed down (Sacred Scripture and Sacred Tradition, our Faith as written down and lived out, respectively).
	Grade 8	Annunciation	When the Angel Gabriel announced to Mary that She was chosen to be the Mother of God the Father's only Son, Jesus. This day is celebrated March 25.
	Grade 9	Mystical Substitution	Suffering on behalf of another person; spiritually taking up the crosses of others, offering up struggles to help save someone else.

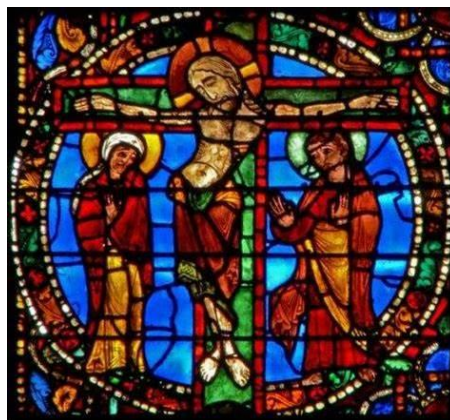
Week Number/Date	Grade Level	Prayers to Practice	Text of Prayers
Week 1 (March 2, 2026 – March 6, 2026)	Grade 7	Prayer for St. Joseph's Intercession	Assist us, O Lord, we beseech Thee, by the merits of the Spouse of Thy most holy Mother, that, what of ourselves we are unable to obtain, may be granted us by his intercession.
	Grade 8	Prayer to St. Joseph	Saint Joseph, Guardian of virgins and father, to whose faithful care Christ Jesus, innocence itself, and Mary, Virgin of virgins, were entrusted, I ask and beg of thee, through these two dearest pledges, Jesus and Mary, preserve me from all defilement, and make it always possible for me unsullied in mind, pure in heart, and chaste in body to give to Jesus and Mary my holiest service. Amen.
	Grade 9	Prayer to St. Joseph	Saint Joseph, Guardian of virgins and father, to whose faithful care Christ Jesus, innocence itself, and Mary, Virgin of virgins, were entrusted, I ask and beg of thee, through these two

			dearest pledges, Jesus and Mary, preserve me from all defilement, and make it always possible for me unsullied in mind, pure in heart, and chaste in body to give to Jesus and Mary my holiest service. Amen.
Week 2 (March 9, 2026 – March 13, 2026)	Grade 7	Prayer for St. Joseph's Intercession	Assist us, O Lord, we beseech Thee, by the merits of the Spouse of Thy most holy Mother, that, what of ourselves we are unable to obtain, may be granted us by his intercession.
	Grade 8	Prayer to St. Joseph	Saint Joseph, Guardian of virgins and father, to whose faithful care Christ Jesus, innocence itself, and Mary, Virgin of virgins, were entrusted, I ask and beg of thee, through these two dearest pledges, Jesus and Mary, preserve me from all defilement, and make it always possible for me unsullied in mind, pure in heart, and chaste in body to give to Jesus and Mary my holiest service. Amen.
	Grade 9	Prayer to St. Joseph	Saint Joseph, Guardian of virgins and father, to whose faithful care Christ Jesus, innocence itself, and Mary, Virgin of virgins, were entrusted, I ask and beg of thee, through these two dearest pledges, Jesus and Mary, preserve me from all defilement, and make it always possible for me unsullied in mind, pure in heart, and chaste in body to give to Jesus and Mary my holiest service. Amen.
Week 3 (March 16, 2026 – March 20, 2026)	Grade 7	Prayer for St. Joseph's Intercession	Assist us, O Lord, we beseech Thee, by the merits of the Spouse of Thy most holy Mother, that, what of ourselves we are unable to obtain, may be granted us by his intercession.
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March 2026 7-9 Activities: Week 1

Grade 7- “The Art of Patience”



Chartres Cathedral stained glass (France)

Transitioning from the winter of Advent to the spring of Lent, we prepare for new life in Christ, awaiting the Resurrection on Easter Sunday. The colors used by the Church in the liturgy (public worship of God) are all symbolic, carrying deep meaning about God. Purple and pink are the colors of Lent, just as they are the colors of Advent. Purple is the color of repentance (sorrow for sins), while pink is the color of joy and triumph. During Lent, we remember Christ’s Sacrifice, asking God to forgive our sins, before celebrating Easter at the end of the 40 days. This is just like how, year-round, we can go to Confession to heal our hearts, opening them to Christ, before going to Holy Communion and receiving Christ’s resurrected Body, which allows us to receive God’s graces and become stronger, triumphant. Through dying on the Cross, giving His life to save us, Christ renewed and redeemed us, opening up eternal life for us.

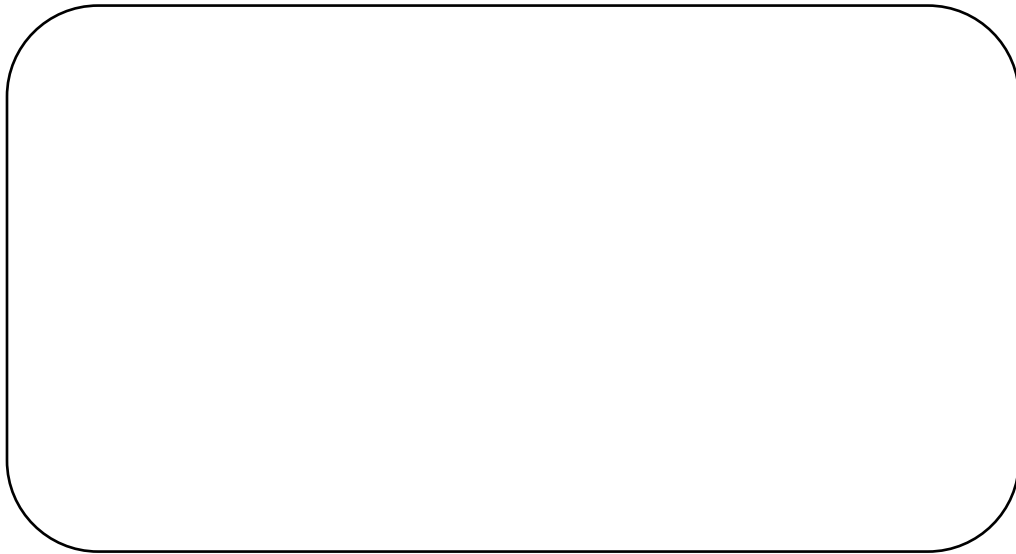
It takes time and patience for artists to create their masterpieces. We are God’s masterpieces, and He takes time to shape us, too, including through seasons of learning like Lent. Chartres Cathedral in France is known for its beautiful stained glass, especially for an image of Christ on a green cross. It is unusual that we see the Cross colored green, but it is very appropriate, because green is the color used to represent new life and growth, like the plants that grow in springtime. In this way, God’s creation reflects the seasons of the Church, and reminds us of Christ rising from the dead, as the winter gives way to new life in spring. The way God teaches us about Himself through nature, the world around us, is called **natural revelation**. If we are patient, watching and listening for God all around us, we can learn more about Him, understanding what He wants to teach us.

1. **Although purple and pink are the colors of Lent, how does green represent the meaning of Lent? What color would you choose to represent the meaning of Lent, and why? →**

2. Lent is about the dying and rising of Jesus, His triumph over death. **How do you also see this in the sacraments, or in other seasons of the Church year?** (You may choose one sacrament or season, besides Lent, to focus on.)

3. **How do you think practicing patience can help us to be like Jesus? How could it help us to find new life in Jesus, and lead us to victory, like Him?**

4. Reflect on why patience is a good thing. **How have you seen God shaping you this Lent, impacting your spiritual growth/learning?** You might use an example of something you have learned about God from watching the world around you, or from looking at art, like the stained glass image from Chartres. If you like, you may create a visual journal to draw/represent with a collage what you have learned during Lent.



March 2026 7-9 Activities: Week 2
Grade 7- “St. Patrick and Patience”



One of the names Jesus is known by is “rabbi,” meaning “teacher” in Hebrew. Our Church passes down Jesus’ teachings. The teaching authority of the Church (the power of the Church to teach) is called the **magisterium**. This authority is given to the Pope and bishops, the apostles who follow Christ in being teachers of the Catholic Faith. Jesus said He came not to abolish (overturn) the law, but to fulfill it. He came to carry out God’s promises, to live His Father’s law. The Magisterium is called to preserve, to keep alive, Jesus’ teachings instead of changing them.

On March 17, we celebrate St. Patrick’s Day. St. Patrick was a teacher like Jesus. He traveled to Ireland as a missionary, bringing people to the Church by teaching them about Jesus. St. Patrick was patient in his teaching, thinking of creative ways to make Catholic teachings come alive for the people he met. Using three-leaf clovers, He taught about the Holy Trinity, the Three Persons (Father, Son, and Holy Spirit) Who are One God. He taught through example, showing people what it means to be like Christ in his patience.

As Lent continues, we remember three practices we are called to take part in: praying, fasting, and giving. The word “Lent” means “to lengthen.” The 40 days of Lent that reflect Jesus’ 40 days in the desert might feel long as we await Easter, but the patience we practice through praying, fasting, and giving help us to grow. God teaches us about His love through patience.

1. Think about examples of Jesus praying, fasting, and giving. Remember that fasting does not only mean to eat less or abstain from meat, but to choose love, and avoid what distracts from following God the Father. **What stories from the Holy Bible illustrate (show) how Jesus lived out these three practices of Lent? →**



Prayer



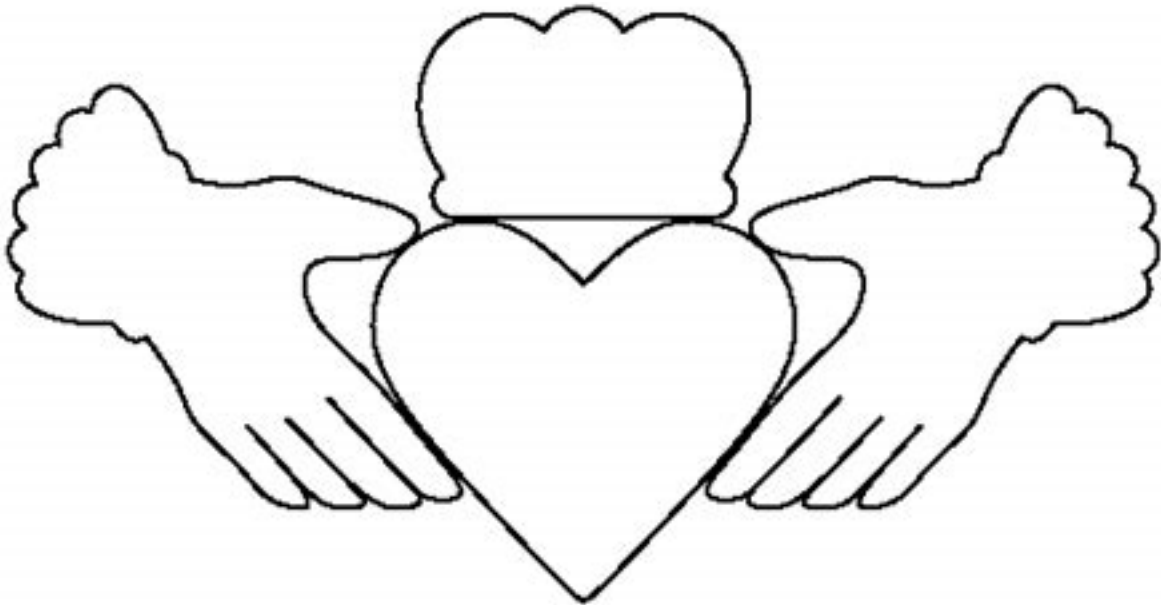
Fasting



Giving

2. **How can praying, fasting, and giving teach us to be like Jesus?**

3. There are many symbols in our Church that remind us of God, like St. Patrick's three-leaf clover representing the Holy Trinity. Numbers in the Holy Bible are also symbolic, like 3 as the number of the Holy Trinity, or 40 as the number of spiritual purification. The claddagh is a traditional Irish ring. The claddagh's heart symbolizes love, the crown symbolizes loyalty, and the hands symbolize friendship. **How is Jesus a loving and loyal friend to us in general, or how have you seen Him be a loving and loyal friend to you personally?** You can write/draw your thoughts in each part of the claddagh below (crown, hands, and heart).



March 2026 7-9 Activities: Week 3 Grade 7- “Patient like Jesus”



During Lent, we remember Jesus’ Death on the Cross as we prepare to honor His Resurrection on Easter. At every Holy Mass, we remember Christ’s Resurrection, and in the form of the Sacred Host, we receive His resurrected Body. Our souls can never die. They are immortal, receiving new life in Christ through the sacraments, but most especially, the Holy Eucharist.

Sacramentals (blessed items reminding us of the sacraments) like crucifixes call us to reflect on Jesus’ loving Sacrifice, and of His patience in carrying out God’s plan. Jesus is both fully God and fully man. As God, He could have chosen not to carry the Cross, not to suffer at all, but He chose to give His life for us. He was willing to do what His Father asked Him to do. The love in His Heart was greater than any pain He could experience on the Cross.

There are special prayers to say when you are looking at a crucifix, or, you can say your own prayer of thanks to Jesus for His love when you see a crucifix. At Lent, another beautiful devotion to Jesus you can take part in is Stations of the Cross. There are 14 Stations, which each show us another point in Jesus’ journey to the Cross. Looking at the artwork of the Stations (usually paintings, sculptures, or carvings), we can more clearly imagine what Jesus experienced, and relate to Him. As we think about what Jesus experienced, we can pray, telling Him what we feel when we reflect on Calvary (Jesus’ Crucifixion. “Calvary” refers to the hill where Jesus was crucified. It is also called “Golgotha,” Hebrew for “skull”). Praying before a crucifix at home, at church, or praying through the Stations of the Cross, we can be with Jesus. Waiting with Our Lord, patiently being with Him in the days leading up to Easter, and treating our time with all those we meet as time spent with Christ, is the greatest way we can experience Lent.

1. Read about Jesus’ agony in the garden of Gethsemane (Luke 22:39-46, <https://bible.usccb.org/bible/luke/22>). How does Jesus serve as an example of patience in this story?
Or: watch this 2022 recording of the Stations of the Cross from Our Lady of the Valley, <https://vimeo.com/684993386>, and choose a Station to write about that most reveals the meaning of patience to you.

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2. How does being patient help us to be more loving? Reflect on how, for example, praying before a crucifix can help us grow in patience and love, or how the Stations of the Cross represent a journey towards greater patience.

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3. St. Veronica used the time she had to be present with Jesus, caring for Him on the walk to Calvary. What can you do to be like St. Veronica, and show compassion to others?

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4. We learned that the magisterium is the teaching authority of the Church. The **deposit of faith** is what we call the Church's process of passing down Christ's teachings to new generations of Catholics. To "deposit" something is to give it to someone else, or to put it somewhere, just like depositing money is to put it into an account at the bank. **Why is it important for the traditions of our Church to be passed down? Why should we pass down sacramentals like crucifixes, and devotions like Stations of the Cross, to teach new generations about Jesus?**
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*Here is an example of a prayer you can say before a crucifix:

"Look down upon me, good and gentle Jesus, while I kneel and ask you to fill my heart with faith, hope, charity, and true sorrow for my sins. Help me never to sin again. I think of your five wounds with great love and pity as I repeat the words of your prophet, David, 'They have pierced my hands and my feet; they have injured all my bones.'"

March 2026 7-9 Activities: Week 1
Grade 8- “Love, Loyalty, and Friendship of the Holy Trinity”



This month, we celebrate the feast day of St. Patrick. A **missionary** to Ireland, St. Patrick taught the people of Ireland about Catholic beliefs in a way that brought them to life. Like Jesus, he creatively used real-life examples and images to make Church teachings relatable. As a missionary, he traveled far to places to spread the good news of God’s love, working to bring people into the Church. Missionaries like St. Patrick would go to areas where there were few (or no) Christians to plant seeds of faith, using their talents to grow the Church. They answered questions from people learning about Jesus and Christianity for the first time, and gradually growing in their faith, but most importantly, they reached the hearts of the people they met by shedding light on how God loves us, which we see in the Holy Trinity.

Using a three-leaf clover, St. Patrick taught about the Holy Trinity, pointing out how each of the three leaves is like a Person of God in the Holy Trinity. Each of the leaves is unique, but they are all connected. This is just like how the Persons of God in the Holy Trinity are all God, but show God’s love to us in unique ways.

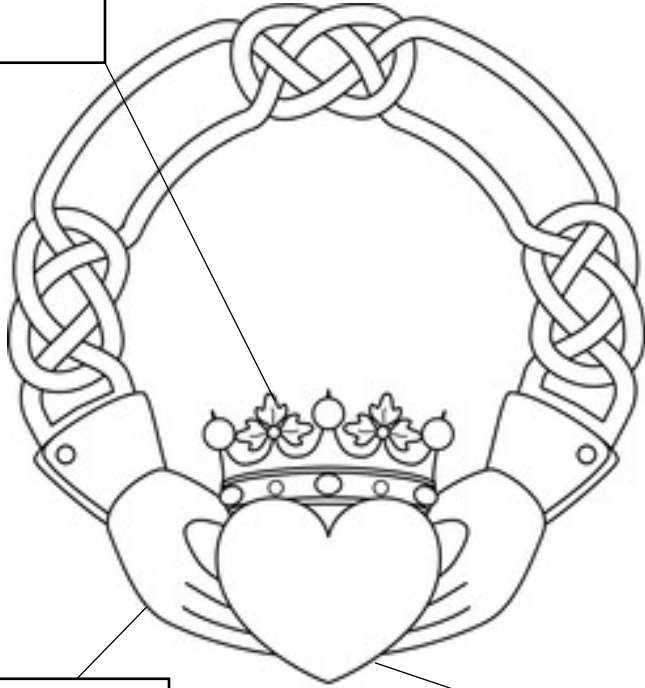
God the Father, the First Person of God in the Holy Trinity, is the Creator of all things. He sent His only Son, Jesus, to walk among us so that we could know God personally. Jesus, the Son (Second Person of God in the Holy Trinity), is God, but took on human flesh. Giving His life on the Cross, He redeemed (saved) humanity from sin. After going up to Heaven, He sent the Holy Spirit, the Third Person of God in the Holy Trinity, to help His followers. The Holy Spirit brought special graces, spiritual gifts, to the apostles, giving them the holy qualities they needed to keep building the Church, following in Jesus’ footsteps.

1. How is St. Patrick an example of patience?

2. How can you be like a missionary in sharing your faith?

3. Claddaghs are traditional Irish rings. Each of the three parts of the claddagh ring is a different symbol. The heart symbolizes love, the crown represents loyalty, and the hands holding the crowned heart represent friendship. How do you see these qualities of love, friendship, and loyalty represented in the Persons of God in the Holy Trinity (God the Father, God the Son, and God the Holy Spirit)? Which claddagh symbol do you think best represents each Person of God in the Holy Trinity, and why? →

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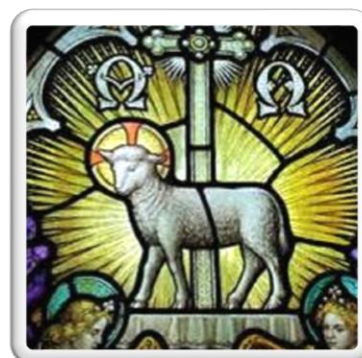
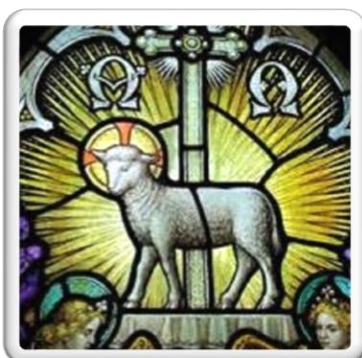


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What connects all of the Persons of God in the Holy Trinity?

March 2026 7-9 Activities: Week 2 Grade 8- “Our Lady of Knock”



On March 17, we celebrate the Feast of St. Patrick, patron saint of Ireland. In his ministry as a missionary, St. Patrick planted seeds of faith in Ireland that grew. Ireland has a rich Catholic history. In 1879, Our Lady appeared in the Irish village of Knock. She appeared with St. Joseph and St. John the Evangelist (the Gospel writer who, like Mother Mary, was loyal to Jesus until the end, staying with Him at the foot of the Cross at Christ’s Crucifixion). What is unique about this Marian apparition is that the Lamb of God (*Agnus Dei* in Latin) also appeared. The Lamb was standing on an altar. Angels surrounded the Lamb.

Although Our Lady did not say any words aloud when She appeared at Knock, She sent a message that spoke volumes. The appearance of the Lamb reminds us of Jesus’ Sacrifice. Jesus is known as the Lamb of God, because He was innocent like a lamb. Jesus was without sin, but gave His life for us out of love, to save us from sin. Jesus atoned, or made up, for humanity’s sins. Our Lady of Knock calls us to love Jesus, the Lamb of God, and to remember the gift of the Holy Eucharist He has given us, His resurrected Body that we receive at Holy Communion. Our patience during Lent makes it all the more rewarding to celebrate Christ’s Resurrection on Easter. Patience helps us to appreciate what we have. While prayerfully waiting to receive Holy Communion at each Holy Mass we go to, we remember not to take the gift of the Blessed Sacrament for granted.

There is now a shrine in Knock, Ireland dedicated to Our Lady. You can watch daily Holy Masses from the chapel of the Marian apparition by visiting the shrine’s website:

<https://www.knockshrine.ie/watch-live/>.

1. Those who saw the apparition said that Our Lady was wearing a “large, brilliant crown” and “white garments.” Our Lady is not only Queen of Ireland. At the **Coronation**, following Her assumption into Heaven, She was crowned Queen of Heaven. **Going forward, how can you practice patience and trust in allowing Mary, the ultimate Queen, and Jesus, the King of kings, to lead your life? →**

2. Listen to Dana's song "Lady of Knock," or read its lyrics, which are available here: <https://www.godsongs.net/2011/07/our-lady-of-knock.html>. **How do the lyrics of the song capture what it means to have true patience?**

3. Many times, when Mary has appeared to people around the world, She taught them through what She said to them. Although the Marian apparition at Knock was silent, there is much that can be learned from Our Lady's presence. **What can Our Lady of Knock teach us about being patient?**

March 2026 7-9 Activities: Week 3
Grade 8- “The Patience of St. Joseph and Mother Mary”



There are many special feast days the Church observes in March. First, we celebrate the St. Joseph’s Day, a solemnity (the highest rank for feast days) on March 19. Several days later, on March 25, we celebrate the Feast of the **Annunciation**. Both St. Joseph and Mother Mary are examples of patience we can look to during Lent as we live out our love for God through praying, fasting, and giving. There are no quotes from St. Joseph in the Holy Bible. He quietly followed God, listening to what God was calling him to do. St. Joseph is an example of practicing patience through contemplative prayer, because beyond talking to God, He listened to what God was speaking into his heart, waiting for God’s directions before taking action. On the Feast of the Annunciation, we remember when the archangel St. Gabriel came to announce to Mother Mary that She was chosen by God to be the Mother of Jesus, the Savior. Mother Mary was amazed by this message from the holy angel. The Jewish people had waited so long for their Savior to come, and Mary could not believe that She had been chosen to be His Mother, to raise the Son of God on Earth. Mary did not know at first how this miracle could happen, but she decided to trust in God, and accept Her calling. For the next nine months, She would wait patiently for Her precious Son to be born. When He came to the world on December 25, Her patience was rewarded.

1. It is a traditional custom, especially among farmers in Italy, to observe March 19, St. Joseph’s Day, as the first day of spring. There are stories of miraculous intercession from St. Joseph, such as when Italian farmers prayed to St. Joseph in times of drought, and rain came down so that the crops would grow. **How do you think prayer helps us to practice patience during Lent? How can it help to make every season in our lives, and in the Church, like spring?**

2. **Why is it important to pray, not only to plant seeds of faith deeper in our own souls, but in others’?**

3. **How will you model your actions during Lent after St. Joseph and Mary in order to grow your faith?**

4. **Research St. Joseph's Day traditions around the world. Choose to either:**
- a. Identify three popular devotions/cultural traditions that connect to the practices of Lent (praying, fasting, and giving),
 - b. Or identify how three separate traditions honor St. Joseph's spirit of charity and holiness.

You may write your findings in each of the tiers below.



Three rectangular boxes of decreasing width, stacked vertically, intended for writing findings.

Why do you think it is important that we continue celebrating feast day traditions? How does celebrating these traditions as communities of Catholics reflect God's love that is at the heart of Sacred Tradition, the sacraments?

Two horizontal lines for writing an answer to the question.

March 2026 7-9 Activities: Week 1
Grade 9- “Signs and Symbols of Confirmation”



On March 17, we celebrate St. Patrick’s Day. St. Patrick is known for serving the people of Ireland, where he traveled as a missionary, and then became a bishop. He brought people into the Church by teaching them about the Holy Trinity, using three-leaf clovers to teach about the Three Persons of God in the Holy Trinity: God the Father, God the Son, and God the Holy Spirit. In the word “Trinity,” we see the root word “Tri,” which means “three.” Looking at da Vinci’s famous “Last Supper” painting, we see signs of the Holy Trinity. Seated around Jesus are the 12 apostles. They all appear as groups of three, forming triangle shapes. Jesus Himself forms a pyramidal (triangular) shape in this painting, because the triangle is a symbol of the Trinity with its three points. Jesus always points back to His Father, and speaks of the Holy Spirit, Who came to fill the apostles with the Gifts they needed to continue in their mission after Jesus died, rose, and ascended into Heaven.

At the Last Supper, Jesus instituted the sacrament of Holy Communion, the Holy Eucharist. As He blessed and broke the bread, He was teaching the apostles how to celebrate the sacrament as priests, foreshadowing how He would break His own Body (the Bread of Life) on the Cross to save us out of His great love. In this painting, we see signs of the Holy Eucharist on the table, which is like the altar at Holy Mass, where the Sacrifice happens, and we relive Jesus’ Death and Resurrection. We also see signs of the Holy Eucharist, wheat representing the Body of Christ (Bread), and grapes representing the Blood of Christ (Wine), in paintings of Jesus as an infant with His Mother.



“Signs and Symbols of Confirmation” Reflection Questions

1. A sign is a message, something that shows us where to go, what to do. In the Holy Bible, John calls miracles “signs” in His Gospel, because they remind us of God’s greatness, and to be loving and merciful, much like Jesus when He miraculously heals people. All of the sacraments are signs of God’s love, and are miracles from Him, opening us up to great graces. Water is a symbol of Holy Baptism, a sign of God’s love that cleanses us from sin. Wheat and grapes are symbols associated with the bread and wine of Holy Communion, signs of Jesus’ Sacrifice, the Body and Blood He gave for us out of love. **Research some signs and symbols of Confirmation, and list them below.**

- _____
- _____
- _____

2. **What do these symbols mean, and why are they important to remember after Confirmation? How do you think Confirmation is a sign of God’s love?**

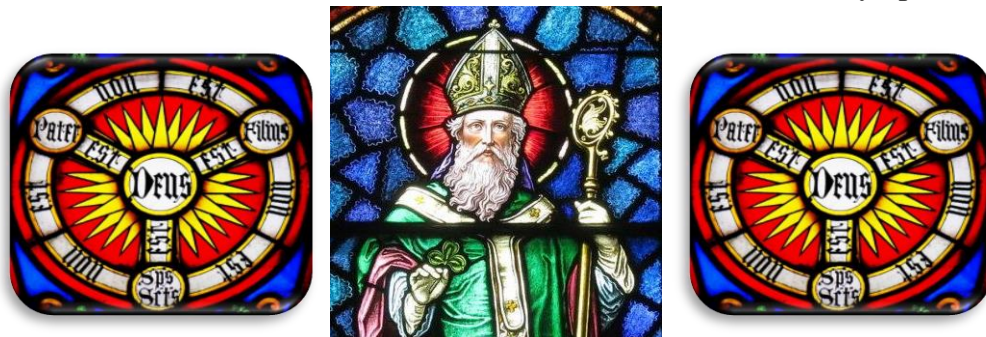
3. **How are the signs of Confirmation and the Holy Eucharist similar? What do they point back to?**

4. We have learned about the Gifts of the Holy Spirit: fortitude, wisdom, counsel, understanding, knowledge, piety, and fear of the Lord. Each month, we have also learned about a different Fruit of the Holy Spirit: goodness, joy, peace, love, and patience. The 12 Fruits of the Holy Spirit are the good things that come from using the Gifts of the Holy Spirit. **How can Confirmation help you to produce good fruits, to do good things that point back to God? Why do we need patience to help us to produce all of the Fruits of the Spirit?**

5. The Holy Eucharist is thought of as a feast, a meal we share in memory of Christ. But it is also about **propitiation**, Jesus sacrificing His love to make up for our sins, so that we could be saved. Lent is a season of sacrifice, of offering up what we have to God, but beyond this season, all of the sacraments remind us of Jesus’ Sacrifice, of new life in Him. Confirmation prepares us to be soldiers for Christ, people who bring Jesus’ love out into the world and stands up for His Church. **How does Confirmation have to do with**

sacrifice, much like the Holy Eucharist? Why do we need sacrifice for salvation (to be saved)? What does it teach us about patience?

March 2026 7-9 Activities: Week 2
Grade 9- “Love is Patient: The Love of the Father, Son, and Holy Spirit”



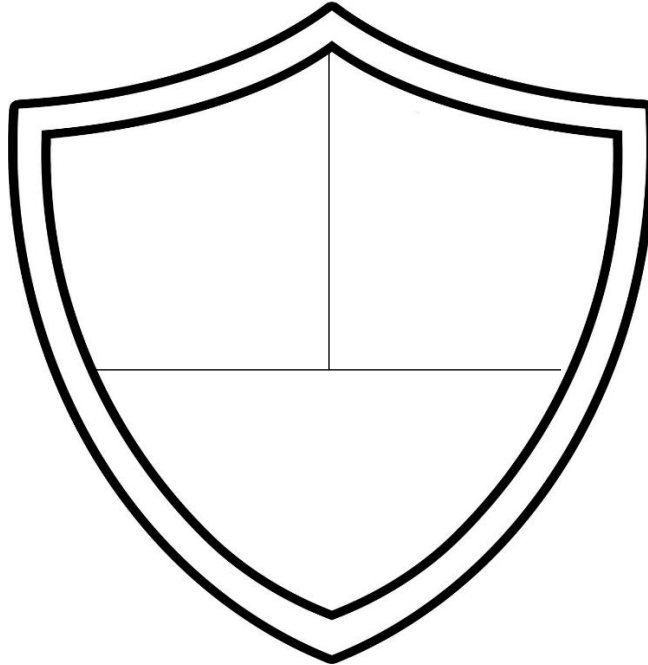
When we wait for God to answer a prayer, we are being patient. God is also patient with us. Over time, He gives us experiences that help us gradually grow, through all of life's moments. We come to know God better as we grow. Throughout history, God has revealed new insights into Who He is, shining a light on magnificent truths about His identity. We see this with the Holy Trinity.

The people of the Old Testament waited for the Savior to come. God, the Father, sent His Son, Jesus, to save us. Jesus fulfilled all the Old Testament prophecies, promises of what the Savior would be like, but it took time for these prophecies to be fulfilled, and for Jesus to be recognized as the Savior. Some, like St. Thomas the apostle, doubted Jesus had truly resurrected, needing to touch the wounds in Jesus' side to know that it was Him. It took time, but when Thomas came to believe in the miracle of Christ's Resurrection, in the power of God's grace, he had full faith, and would share his love in Christ with others. After Jesus ascended into Heaven, the Holy Spirit was sent to give the apostles the Gifts they needed to keep building Christ's Church, like fortitude, the strength to carry on Jesus' mission of teaching people about God's love.

Over time, God revealed His Trinitarian identity. We came to know the Three Persons of God in the Holy Trinity, all expressing God's love uniquely. The Persons of the Trinity are not three separate gods. God the Father, God the Son, and God the Holy Spirit are One God. God's love is about unity: He brings everyone together. We are One Church, God's family.

1. When we say the Nicene Creed, we state our belief that the Son (Jesus) is “**consubstantial** with the Father.” This means the Persons of God in the Holy Trinity are of the same substance, the same divine essence, because the Persons of the Holy Trinity are all God. Each Person of God in the Holy Trinity expresses His love in a unique way, just as God calls us to use our talents uniquely to show our love for Him. How do you see each member of the Trinity as unique- how does each Person teach you something different about God's love?

2. Saint Patrick was a teacher, using each leaf in a three-leaf clover as a symbol of each Person in the Trinity, to show how each Person is connected. He prayed for God's protection as he traveled as a missionary through Ireland. The name of his prayer is “St. Patrick's Breastplate” (a shield) because God's love is like a shield protecting us. **How would you represent (symbolize) each Person of the Trinity? What qualities would you → highlight- for example, the *fortitude* of Jesus, or the *wisdom* of the Father? Illustrate and/or write your ideas in the three sections of the shield below.**



3. At Pentecost, all of the apostles were given the Gifts of the Holy Spirit. They each found unique ways to use the Gifts they received, but the Holy Spirit visited them as a community. **How does Confirmation help to bring people in the Church together? How could you use your gifts to teach others about unity in God, like St. Patrick?**

4. When you pray, do you usually find yourself calling upon God the Father, God the Son, or God the Holy Spirit? Why do you think this is? Think about what you love about each Person of the Trinity. How do you relate to each Person? **Write either:**

- a. A prayer focusing on one Person of the Trinity (in thanksgiving to Jesus, for example)
- b. Or a prayer reflecting on the goodness of all Persons of God in the Holy Trinity.

You may tie your answers to the above guiding questions into your prayer.

March 2026 7-9 Activities: Week 3
Grade 9- “What’s in a Confirmation Name?”



March 19 is St. Joseph’s Day, a solemnity (the highest category of feast day in the Church). St. Joseph was set apart by God, Christ’s heavenly Father, to be the earthly father of Jesus. The name “Joseph” represents Joseph’s calling, because it means “raised up by God.” While St. Joseph was raising Jesus, he was being raised up by God to be a strong leader of his family. Every name has meaning, saying something unique about who we are. In the Holy Bible, we see how God chooses names for His followers, renaming Saul “Paul” after his conversion, and Simon “Peter,” to represent the new people they became in Christ, the change in their hearts. St. Joseph was patient as God revealed His plan. St. Joseph prayed, listening to what God told him in dreams. From listening to God, he learned what he needed to do to guide his family.

At Confirmation, we are set apart. God chooses us for a special purpose. We all are part of fulfilling His plan, and when we are confirmed, we are choosing to follow God, to use our gifts to bring the light of God’s love into the world. The chrism oil used to anoint our foreheads at Confirmation is symbolic of how we are being marked as soldiers for Christ, set apart to do His work. Confirmation names also set us apart. With our names, we declare who we are in Christ.

When we pray, seeking answers from God about His plan for us, our answers might not come immediately, but they do come in God’s time. The patience of the saints reminds us not to give up. Many saints suffered for a long time, like Padre Pio, who had the painful wounds of Christ (the stigmata), but were patient, because they prayed to unite their suffering to Jesus’. They could understand Jesus’ life better when they offered up themselves and their suffering (**mystical substitution**) to help someone else, just as Jesus did. Their love for Him helped them to be patient in healing and growing stronger. Patience is rewarded by God.

1. We learned that God is patient, revealing more about Himself to us over time, instead of all at once. This is the plan God has designed in His wisdom. **Why do you think it is better for us to wait for answers to our prayers, and to take time to learn and grow in our faith throughout our lives? Why is patience a holy and good thing? →**

2. **How do the sacraments teach us about patience, and demonstrate God’s patience towards us?** (You may choose one sacrament to focus on.)

3. God personally shows His love to each of us. **What have you been learning about Who God is, and who God is calling you to be, as you have been preparing for Confirmation?**

4. Thinking about the saint whose name you have chosen, or are considering, for your Confirmation name: **how did your saint live out patience?**

And how has learning about this saint now, at this time in your life, been meaningful to you? Why do you think God revealed His love to you through this saint now?

God uses names to tell us about Himself, and who we are. Other names for Jesus include “rabbi” (“teacher”), Bread of Life, and Light of the World. The Holy Spirit is called the “Paraclete,” or “advocate,” the “helper.” Think about what has been revealed to you about God, and your identity in God, through the name you were given, and the name you select for Confirmation.

Your Baptismal Name (Given Name)

Your Confirmation Name (Chosen Name)

-
- *Meaning:*

 - *How have you lived out this meaning? Or, if you were named after a particular saint, how have you lived like this saint?**

-
- *Meaning:*

 - *How can you live out this meaning, and grow into this saint’s name?*

**Your name might be a derivative (another version) of a saint’s name, if not the same*

March 2026 7-9 Review

Use this review sheet as a reference to track progress and check that learning goals are met.

Recap: What did I learn?

All Grades

- The Persons of the Holy Trinity are united as One God
- Each Person of the Holy Trinity expresses the love of God
- Saint Patrick taught about the Holy Trinity using a three-leaf clover, showing how each of the leaves can represent a Person of the Trinity
- God is love. Love is patient, so God is patient

Grade 7

- The colors used in the liturgy (worship of God in the Church) teach us deeper truths about Who God is
- Pink and purple are Lenten colors, but green, the color of new life, represents new life in Christ we gain through His Resurrection
- Sacred art, such as stained glass, represents the beauty of patience- how we, like artists, can put our time and skills into doing something good for God, at Lent and always
- Saint Patrick is an example of patience in his teaching
- The Church's teaching authority is called the magisterium. Jesus' teachings are passed down over time
- We learn about God's love through patience. God is the ultimate teacher. In all life and liturgical (Church) seasons, He helps us to grow
- Sacramentals like crucifixes remind us of the sacraments, and God's patient love at the heart of them
- Spending time with Jesus by praying the Stations of the Cross or praying before a crucifix can help us to practice patience and show God our love for Him during Lent

Grade 8

- Saint Patrick was a missionary who brought God's Word to people in Ireland. He planted seeds of faith that would build the Church in Ireland
- In each Person of God in the Holy Trinity, we see unique expressions of divine love, friendship, and loyalty. Saint Patrick exemplified God's love in how he taught about the Trinity
- Like St. Patrick, we can use the unique gifts God has given us to teach others about His love. Without traveling to far places, we can each be like missionaries to the people around us
- Our Lady appeared in Knock, Ireland, in 1879. Though the apparition was silent, from it, we can learn about patiently loving Jesus, the Lamb of God, throughout our lives
- Mother Mary is not only Queen of Ireland, but Queen of Heaven. From Heaven, She intercedes for us, caring for each of us as our Mother
- Saint Joseph and Mother Mary are both examples of patience in how they listened to God

- Being patient while they waited for answers to prayers and trusting in God was how they showed God their love for Him
- The Annunciation is when the archangel St. Gabriel told Mary She would be the Mother of Jesus

Grade 9

- All of the sacraments are signs of God's love
- We associate different symbols with each of the sacraments that show us different aspects of God's identity, and Trinitarian love for us
- God teaches us about Who He is over time
- God is patient with us, just as we are patient in awaiting answers to our prayers
- Our names reveal who we are in God, reflecting God's plan, and Who He is, because we are made in His image
- As we are discerning God's plans for us, we can continue to pray, knowing that answers come in God's time
- Prayer helps us to grow in patience. God will bless us for our patience, which helps us to know and love Him more

What vocabulary words did I practice?

Grade 7

Week 1

Natural revelation

Week 2

Magisterium

Week 3

Deposit of faith

Grade 8

Week 1

Missionary

Week 2

Coronation

Week 3

Annunciation

Grade 9

Week 1

Propitiation

Week 2

Consubstantial

Week 3

Mystical substitution

What prayers did I practice?

Grade 7

Prayer for St. Joseph's Intercession

Grade 8

Prayer to St. Joseph

Grade 9

Prayer to St. Joseph

Checklist: Activity Completion

Grade 7

Week 1: "The Art of Patience"

Week 2: "St. Patrick and Patience"

Week 3: "Patient like Jesus"

Grade 8

Week 1: "Love, Loyalty, and Friendship of the Holy Trinity"

Week 2: "Our Lady of Knock"

Week 3: "The Patience of St. Joseph and Mother Mary"

Grade 9

Week 1: "Signs and Symbols of Confirmation"

Week 2: "Love is Patient: The Love of the Father, the Son, and the Holy Spirit"

Week 3: "What's in a Confirmation Name?"

Quick Check:

Tell us about your experience with these activities this month! Our March 2026 Google Form for Grades 7-9 is available here: <https://forms.gle/ZnUv672jDjcCg3RS8>