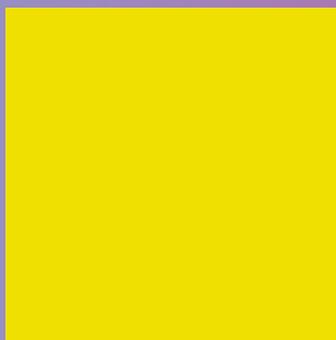


2



CATHOLICISM

CATHOLICISM

2.1 INTRODUCTION

2.1.1 CONTENT AND STRUCTURE OF THE TEXTBOOK

This teacher's book is a didactic packet that focuses on a first introduction to Catholicism. It has been developed for a 12- to 18-year-old audience and offers the teacher/supervisor the opportunity to develop this theme at the level of their class group.

Catholicism is a widespread and well-known movement within Christianity. The term, Catholic, originally comes from Greek, and means universal. The Catholic message and the Catholic Church are particularly addressed to every person in the world. This didactic package introduces students to the core elements of the Catholic faith, the Catholic Church, and the daily life of a Catholic believer.

The starting point of this textbook and didactic package is a video clip in which a Catholic girl, Sara, reads a letter about her own faith: Catholicism. Sara discusses the core elements of her faith. This letter can be found in the textbook, so students are able to (re)read the letter at any time.

Based on Sara's letter, the students work on exercises. In this teacher's textbook you will find the correct answers to each of these exercises, as well as additional information.

This textbook also contains a more in-depth exercise, which is not included in the basic curriculum for students. It can be discussed with students depending on the specific needs of the class context. Finally, this teacher's book contains a glossary in which all difficult terms are explained concisely at the level of the student. This is followed by a bibliography.

Structure and schedule of the module:

- Introductory exercise (5 minutes)
- Video clip (10 minutes)
- Exercise 1 (5 minutes)
- Exercise 2 (10 minutes)
- Exercise 3 (10 minutes)
- Exercise 4 (5 minutes)
- Exercise 5 (5 minutes)

2.2 EXERCISES

2.2.1 BEFORE WE START (5 MINUTES)

The students individually answer the questions below before Sara's letter is viewed or read. Students' personal answers can be discussed in class.

1. Please write down five things that come to your mind when you think of Catholicism.
2. Please write down three questions you would like to ask about Catholicism.



Figure 2.1
Church buildings are places of worship for Catholics. The photo shows the Saint Giles church in Bruges, Belgium.
Source: © Renáta Sedmáková / Adobe Stock

2.2.2 EXERCISE 1: A FIRST ENCOUNTER WITH CATHOLICISM (5 MINUTES)

The students individually answer the questions below after Sara's letter is viewed or read. Students' personal answers can be discussed in class.

1. What did you already know about the Catholic faith?
2. What information about the Catholic faith is new to you?

**2.2.3 EXERCISE 2:
WHAT DO YOU KNOW
ABOUT THE CATHOLIC
FAITH? (10 MINUTES)**

The students individually answer the questions below after Sara's letter is viewed or read. You can find the correct answers here with additional information about the correct answer.

1. What does the word, Catholic, mean?

a. Universal

b. Church

c. Big

The word, Catholic, means universal. The Catholic message and the Catholic Church are addressed to everyone. Catholicism is a branch within Christianity.

2. When Catholics speak of God the Father, Jesus the Son, and the Holy Spirit, they call this...

a. ... the cross

b. ... the Last Supper

c. ... the Holy Trinity

Like other Christians, Catholics speak of the triplicate God: God the Father, Jesus the Son, and the Holy Spirit. We call this the Holy Trinity. Christians thus believe in one God who reveals himself in three different forms. These forms are inseparable from one another. This is also reflected in the sign of the cross that Christians make, saying, *"In the name of the Father, the Son, and the Holy Spirit."*

3. What is the correct ranking of leadership figures within the Catholic Church?

a. Bishop, priest, deacon

b. Bishop, deacon, priest

c. Lay people, priest, bishop

There are three offices within the Catholic Church: bishop, priest, and deacon. Only unmarried men can fill the offices of bishop and priest. Deacons may be married or single. The pope is the head of the Roman Catholic Church and is called the Bishop of Rome. Catholics believe that the pope is the successor of the apostle Peter, one of the twelve disciples of Jesus. Bishops occupy the most important position after the pope. Bishops are the successors of the disciples of Jesus and are appointed by the pope. The offices of priest and deacon were established to support the bishops.

Catholics who do not take up a formal office in the Church are called the laity. Lay people are encouraged to engage with society from a distinctly Christian standpoint. Women may serve the Church by joining religious communities (thereby becoming a nun), or as laity (both within and outside marriage).

4. At Easter, Catholic believers commemorate...

- a. the resurrection of Jesus Christ, after the crucifixion.**
- b. the birth of Jesus Christ.
- c. the crucifixion of Jesus Christ.

During Easter, the most important holiday within Christianity, Christians commemorate the resurrection of Jesus. After dying on the cross, Jesus was brought back to life by God. Easter signifies that death does not have the last word; the love of God is stronger than death. Thus, Easter is the symbol of hope and the future. The suffering, death, and resurrection of Jesus Christ are at the heart of the Christian faith.

5. What is the name of the sacred text of Christianity?

- a. The Old Testament
- b. The Bible**
- c. The Koran

The Bible is the sacred text for Christians. This sacred text consists of two parts: the Old/First Testament, and the New/Second Testament. The term, Bible, comes from the Greek word, *biblia*, which means books. Indeed, the Bible is a collection of several books, consisting of different literary genres: legends, wisdom, (historical) stories, prophetic visions, Gospels, and so on.

6. The Catholic Church has seven sacraments. What is a sacrament?
- a. A sacrament is a reference to a text in the sacred text of Christianity.
 - b. A sacrament is a ritual in which God and humankind meet.**
 - c. A sacrament is a holy place where believers pray.

A sacrament is a ritual in the Catholic Church in which God and humankind meet. The Catholic tradition has seven sacraments that symbolize significant moments and transitions in the lives of Catholic believers: baptism, penance or reconciliation, the Eucharist, confirmation, marriage, holy orders, and anointing of the sick.

7. The veneration of saints plays an important role in the everyday life of Catholics. What is a saint?
- a. A saint is someone who has been on a pilgrimage five times.
 - b. A saint is a person born on Christmas.
 - c. A saint is an example of a Christian life that inspires.**

Saints are examples of a Christian life that inspires. A deceased person can be canonized if they lived an inspiring and faithful life.

The veneration of saints plays an important role in the everyday life of Catholics. The most famous saint who is venerated by Catholics is Mary, the mother of Jesus. Faith in and veneration of Mary is also expressed in numerous songs, prayers, and art. There are also certain places connected with Mary, such as Lourdes in France, and Scherpenheuvel in Belgium.

8. Where does the pope, the head of the Catholic Church, live?
- a. Vatican City**
 - b. Rio de Janeiro, Brazil
 - c. Lourdes, France

Vatican City is an independent state located within Rome, Italy. It is the headquarters of the Roman Catholic Church, and the place where the pope lives.

9. What is one of the most important symbols for Catholics?

a. The mountain

b. The cross

c. The grave

Jesus was born in the first century of the Christian era in Palestine and was a unique person. He taught many inspiring lessons, shared stories, and performed miracles. He announced the Kingdom of God: an empire of love, not of power. That is why Jesus experienced resistance. He eventually died on the cross for the sins of all people. However, as the Son of God, He rose from the dead. His death and resurrection reveal God's love for us and marked the beginning of Christianity. Therefore, the cross is one of the most important symbols within the Christian faith, reminding us of the death of Jesus on the cross.

10. The Eucharist is a commemoration for Catholics of...

a. the pope.

b. Mary, the mother of Jesus.

c. the Last Supper, Christ, and the Easter mystery.

The Eucharist reminds Christians of the Last Supper. This is the last meal Jesus shared with his disciples, who are also called the apostles. During the Last Supper, Jesus broke bread and shared it. Then Jesus said, *"This is my body, which is given for you"* (Luke 22:19). Jesus also circulated wine, which he called his blood: *"This cup that is poured out for you is the new covenant in my blood"* (Luke 22:20). With these words, the sacrament of the Eucharist emerged. Jesus asked his disciples to keep repeating the meal this way. That is why the ecclesial community has come together from the very beginning to celebrate the Eucharist. The celebration of the Eucharistic is not only a commemoration of the Last Supper, but also the commemoration of Christ and the Easter mystery.



Figure 2.2
The moment of the
Eucharist during Mass.
Source: © lightpoet /
Adobe Stock

**2.2.3 EXERCISE 3:
THE SEVEN
SACRAMENTS
(10 MINUTES)**

A sacrament is a **ritual in the Catholic Church** in which God and humankind meet. The Catholic tradition has **seven sacraments** that mark important moments and transitions in the life of Catholic believers.

Students can find a list of the seven sacraments in their manual. They have to connect them to their definitions by noting the number of the sacrament next to the description. You can find the correct answers here.

1. Sacrament of baptism
2. Sacrament of the Eucharist
3. Sacrament of confirmation
4. Sacrament of marriage
5. Sacrament of holy orders
6. Sacrament of anointing of the sick
7. Sacrament of penance or reconciliation

Description	Sacrament (number)
In this sacrament, a Catholic believer is anointed with the Holy Spirit. It is a confirmation of baptism. In this way, the believer shows God and the Church community that they want to be Catholic.	3
This sacrament grants forgiveness and reconciliation after a Catholic believer has confessed their own sins and is willing to renew their own life.	7
A Catholic receives this sacrament for the first time at their First Communion. The sacrament reminds Catholics of the Last Supper, where Jesus asked his disciples to always repeat the meal in the same way. With this sacrament, Catholics commemorate Christ and the Easter mystery.	2
In this sacrament, two people are joined not only for life to each other, but also to God, and the Church community.	4
People join the Christian faith by means of this sacrament of initiation. Water is often poured over the candidate's head.	1
This sacrament is given to the sick and dying. It allows the sick or dying person to experience the closeness of God.	6
With this sacrament, a person demonstrates their choice to serve God and the Church community. Only unmarried men can obtain this sacrament.	5

2.2.4 EXERCISE 4:
RIGHT OR WRONG?
(5 MINUTES)

The students answer the questions below after viewing/reading Sara's letter. You can find the correct answers here with additional information about the correct answer.

1. Jesus lived in the first century of the Christian era. He was a unique and inspiring person. He knew no opposition throughout his life.

RIGHT / **WRONG**

This statement is wrong. Jesus was born in the first century of the Christian era in Palestine and was a unique person. He taught many inspiring lessons, shared stories, and performed miracles. He announced the Kingdom of God: an empire of love, not of power. That is why Jesus experienced resistance. He eventually died on the cross for the sins of all people. However, as the Son of God, He rose from the dead. His death and resurrection reveal God's love for us and marked the beginning of Christianity.

2. A Catholic pilgrim is a traveller who is on a journey to a place of religious significance. Catholics can choose to go on pilgrimages to places connected to saints, such as Lourdes.

RIGHT / WRONG

This statement is right. For many people, a pilgrimage is an inspiring experience that stays with them for the rest of their lives.

3. Vatican City is a special place for Catholics. It is the place where the Bible, the book of faith of Christians, can be read.

RIGHT / **WRONG**

This statement is wrong. Whilst it is true that Vatican City is a special place for Catholics, it is not the only place where the Bible can be read. Vatican City is the headquarters of the Catholic Church and the place where the Pope lives. The pope is the head of the Roman Catholic Church.

**2.2.5 IN CONCLUSION:
THE LORD'S PRAYER
(5 MINUTES)**

Prayer is an important activity for Catholics. The best known prayer for all Christians is the **Lord's prayer**, which is also called the **Our Father**. So this prayer is important not only for Catholics, but also for Protestants, Anglicans, Orthodox, and so on. The prayer was given by Jesus Christ himself. So it is ancient and can even be found in the Bible.

The Lord's Prayer is a powerful text addressed to God. Believers can find comfort, support, hope and trust in it. It is a text that also makes Catholics dream about the future, in which nothing good is ultimately lost.

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

The students silently read the prayer and background information. Then students reflect on the following questions:

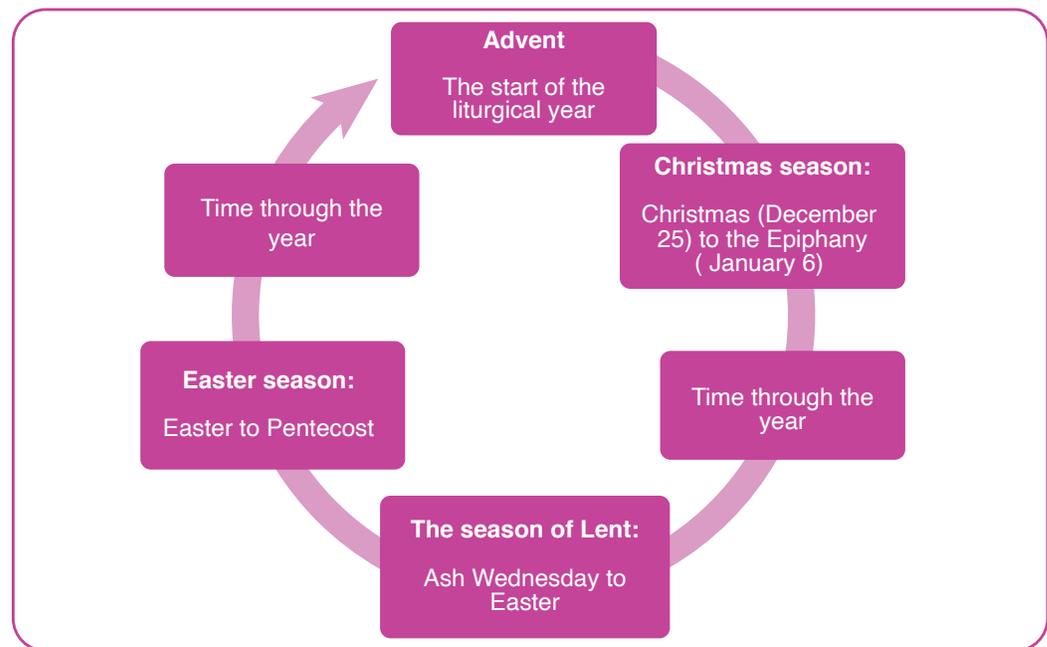
1. What amazes you the most in this prayer?
2. Do you ever pray?
3. If you don't pray yourself, do you understand why others do? What would you like to ask them?

2.3 ADDITIONAL EXERCISE

2.3.1 LITURGICAL YEAR

Not only in Christianity, but also in other religions and philosophies of life, rituals and customs are important in (religious) life. These different rituals and practices are usually connected to a certain holiday. Feast days often have a special meaning for believers and break through everyday life. Also within Catholicism, there are several special moments throughout the year when Catholics live out their faith together. Within the Catholic Church, the faithful speak of the church year, or the liturgical year. The **liturgical year** always begins with the first Sunday of Advent and ends with the feast of Christ the King.

The liturgical year can be divided into several periods, but largely focuses on two major holidays: Christmas and Easter. Here you can see a schematic representation of the liturgical year:



In what follows, you will find an overview of the most important feast days in the ecclesiastical/liturgical year in the Catholic Church. In addition to these feast days, of course, there are many other feast days of importance to Catholic believers.

The Advent Period

The first Sunday of Advent marks the **beginning of the liturgical year** within the Catholic Church. Advent is the period leading up to **Christmas**. It is the preparation for Christmas, during which Christians look forward to the coming of Jesus. During Advent, the four weeks leading up to Christmas, Christians decorate a wreath. This Advent wreath is decorated with four candles. Each Sunday of Advent, a new candle is lit to count down to the birth of Jesus Christ.



Figure 2.3
An Advent Wreath
Source: © sandra starke/
EyeEm / Adobe Stock

The Christmas season

Every year on December 25, Christians around the world celebrate **Christmas**. At Christmas, believers celebrate the birth of Jesus Christ. Christmas is a real family celebration; believers get together with their whole family. Also, the faith community comes together for a celebration in church.

Christmas is also characterized by some customs, such as the setting up of a nativity scene with Jesus, Mary and Joseph. But also the shepherds, the Three Kings and other figures appear in this nativity scene. The nativity scene and the Christmas tree are usually set up by believers during Advent and Christmas every year. A nativity scene reminds believers of the birth of Jesus. Catholics usually place this nativity scene next to a decorated Christmas tree. Gifts are placed under the Christmas tree.

The Christmas season concludes with **Epiphany**. This is celebrated annually on January 6. On Epiphany, believers remember the 'wise men from the east' who followed a star in search of 'the newborn King of the Jews', and brought gifts for the newborn Jesus.



Figure 2.4
A nativity scene
Source: © MarianStock /
Adobe Stock

The season of Lent

The celebration of Easter is preceded by Lent. Lent, or the Lenten season, are the forty days before Easter. Lent starts annually in February or March, depending on when Easter falls. Lent is the preparation for the Easter celebration, beginning on **Ash Wednesday**. Believers receive an ash cross on their forehead on Ash Wednesday. The following Lent refers to the forty days Jesus spent in silence and solitude to turn to God through prayer and fasting, as recounted in the gospels.

The last week before Easter is called **Holy Week** by Christians. Holy Week begins with Palm Sunday, when believers commemorate the story of Jesus' entry into Jerusalem. The day before Jesus' death on the cross, Christians celebrate Maundy Thursday, which is when Jesus shared the Last Supper with his disciples. On Good Friday, Christians then commemorate the suffering and death of Jesus. Jesus died for the sins of all people. Silent Saturday is the day before Easter, when Christians reflect on the death of Jesus. And on Sunday, Christians celebrate Easter.



Figure 2.5
On Ash Wednesday,
believers receive an ash
cross.
Source: © iweta0077 /
Adobe Stock

The Easter season

The most important feast for Christians is **Easter**. At Easter, Christians commemorate the resurrection of Jesus from the grave. After all, after dying on the cross, Jesus was brought back to life by God. Christians thus celebrate on Easter that Jesus rose from the dead and that death does not have the last word. The love of God is stronger than death. Thus, Easter is the symbol of hope and future. The suffering, death and resurrection of Jesus Christ are at the heart of the Christian faith. Christians celebrate this on Easter Day itself with a celebration in church. Easter, like Christmas, is a joyous family celebration, where Christians, for example, go in search of chocolate Easter eggs, or decorate Easter eggs themselves.

Forty days after Easter, Christians celebrate Ascension Day. With **Ascension**, believers commemorate Jesus being taken up into heaven, with God the Father, after his resurrection. Just as Ascension is connected to Easter in this way, the feast of Pentecost is also connected to the Easter story. **Pentecost** falls ten days later than Ascension, or fifty days after Easter. On this day, Christians commemorate the coming down of the Holy Spirit. On Pentecost, Christians commemorate that Jesus did not abandon them after Ascension; on the contrary, Jesus announced the coming of the Spirit himself. This also brings us to the concept of the Holy Trinity, Christians in particular always speak of God in triplicate: God the Father, Jesus Christ the Son and the Holy Spirit.

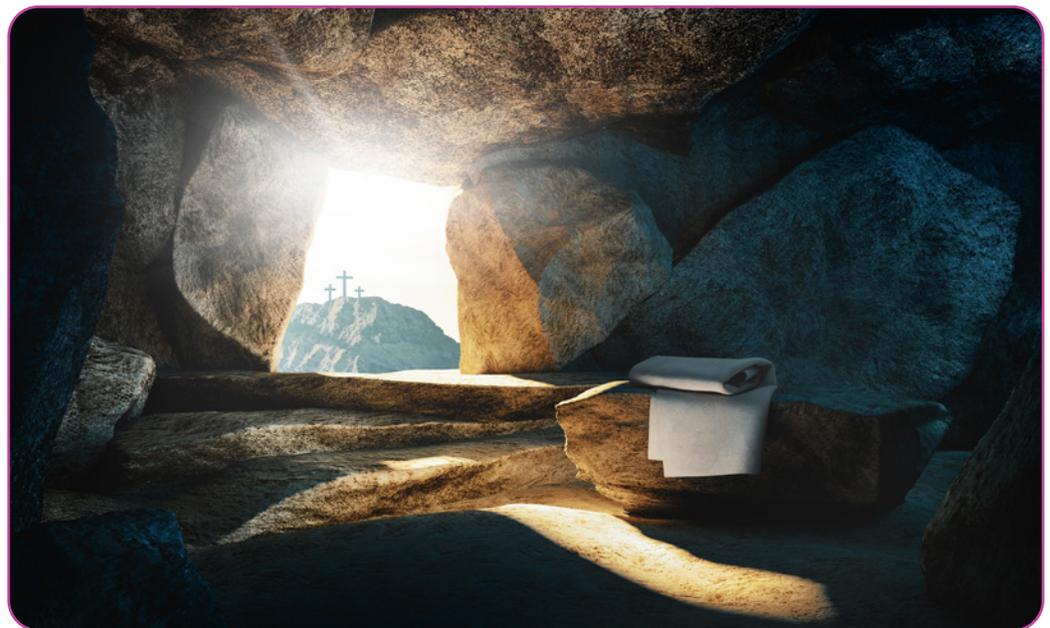


Figure 2.6
At Easter, Christians
celebrate the resurrection
of Jesus.
Source: © Aldeca
Productions / Adobe
Stock

End of the liturgical year

The last period of the liturgical year includes All Saints' Day and All Souls' Day. These annual holidays are celebrated on November one and two each year. **All Saints' Day** falls on November 1 each year and is a feast day in memory of all the saints and martyrs in the Catholic tradition. On November two, **All Souls' Day** is celebrated, which commemorates all the deceased. Catholics have the habit of going to the cemetery on All Saints' Day or All Souls' Day to commemorate the departed.

On the last Sunday of the liturgical year, believers celebrate the **feast of Christ the King**. This feast signifies the end of the liturgical year. Advent, the beginning of a new liturgical year, starts a week later.



Figure 2.7
On All Saints Day and All Souls Day, Christians visit the cemetery in memory of all the deceased.
Source: © encierro / Adobe Stock.

Didactic suggestions

The students are introduced to the meaning of the important feasts within Catholicism. They connect the appropriate meaning with the appropriate feast day.

Discuss the various feast days of Catholicism with the students using the schedule of the liturgical year. The following questions can be discussed:

- What holidays are you familiar with? Which holidays are new to you?
- Which holidays do you know the meaning of?
- Are there any holidays that you yourself celebrate in a particular way (with your family or friends)?

The different holidays can be discussed with the students using the pictures with the following questions:

- What do the students see in the picture?
- What holiday is it about?
- How can this be connected to the holiday in question?
- What meaning(s) can we find in this picture, what significance does the holiday have for believers?

The class is divided into groups, with each group assigned a holiday. Then, the different groups present the assigned holiday to the rest of the class using a PowerPoint presentation with pictures, footage, quotes, personal stories, etc.

2.4 SCENARIO

Hello! My name is Sara, I am 14 years old, and I am Catholic. Like the rest of my family, I feel connected to the Catholic Church. Catholicism is a denomination within Christianity. Catholicism means 'universal', so you can say that the Catholic message and the Catholic Church are addressed to everyone.

Like many other Christians, Catholics believe God exists as three persons: God the Father, the Son Jesus Christ, and the Holy Spirit. This is known as the Holy Trinity. This is also reflected in the sign of the cross that Christians perform, saying 'In the name of the Father, the Son, and the Holy Spirit'. The sign of the cross is a symbolic action; it is a reference to the cross that Jesus died on, which is one of the most important symbols within our faith.

Jesus was born in the first century of the Christian era in Palestine and was a unique person. He taught many inspiring lessons, shared stories, and performed miracles. He announced the Kingdom of God: a kingdom of love, not of power. That is why Jesus experienced resistance. He eventually died on the cross for the sins of all people. However, as the Son of God, he rose from the dead. His death and resurrection reveal God's love for us and marked the beginning of Christianity.

Today is Christmas! Every year on December 25, Christians around the world celebrate the birth of Jesus. Christmas is a real family celebration. We come together with the whole family to eat and open presents! You know what I really like about Christmas? The nativity scene! A nativity scene reminds us of the birth of Jesus. Catholics often put a crib next to a decorated Christmas tree.

Besides Christmas, there are other feast days that have an important place in the life of Catholics. The most important holiday is Easter. At Easter, Christians celebrate the resurrection of Jesus from the dead. The love of God is stronger than death. Thus, Easter is the symbol of hope and the future. The suffering, death, and resurrection of Jesus are at the heart of the Christian faith. Easter is also a cheerful family celebration where we go on a chocolate Easter egg hunt, or we decorate boiled eggs!

On holidays like Christmas and Easter, Catholics go to church, the Christian house of prayer. During every Mass, we read passages from the Bible. The Bible strengthens believers. In addition, Catholics receive the sacrament of the Eucharist during the Mass. A sacrament is a ritual in the Catholic Church in which God and humankind meet. The Catholic tradition has seven sacraments that mark important moments and transitions in life.

The sacrament of the Eucharist is received for the first time at one's First Holy Communion, I was seven years old back then. The Eucharist reminds Christians of the Last Supper. This is the last meal Jesus shared with his apostles. Jesus asked his disciples to keep repeating this meal. That is why the ecclesial community has come together from the very beginning to celebrate the Eucharist.

In addition to the sacrament of the Eucharist, there are six other sacraments that play important roles in the lives of Catholics. The first sacrament is baptism. My parents chose to have me baptized as a baby. Baptism is a sacrament of initiation in which people are formally welcomed into the Catholic Church. Water is poured over the head of the person to be baptized, and they are assigned a Godfather

and a Godmother. Children and adults can get baptised to become a member of the Catholic Church. A Catholic believes that baptism is the beginning of a new life in Christ.

When I turned 12, I received the Sacrament of Confirmation. This is also a sacrament of initiation, like baptism. The confirmand is anointed with the Holy Spirit. It is an affirmation of baptism and of the union with God and the ecclesial community. One publicly declares to everyone: 'I want to be a Catholic'.

In the future, I would like to get married in a church! The Sacrament of Marriage not only connects two Christians with each other, but also with God, and the faith community. Some male Catholics are called to the priesthood, or to a religious life. They receive the Sacrament of Ordination. These men are not permitted to marry. Also, women can serve the church, as religious persons in congregations or as lay people, both inside and outside of marriage.

Last year my grandfather died. At the end of his life, he received the Sacrament of the Anointing of the Sick, which was a special and comforting moment for him and our family. The Sacrament of the Anointing of the Sick is given to the sick and dying. The sick or dying person experiences or feels that God is lovingly close to them.

The last sacrament I want to tell you about is the Sacrament of Penance, or reconciliation. This sacrament gives Catholics the opportunity to confess their sins to a priest. Our sins, anger, and powerlessness are entrusted to God, who then grants us forgiveness and reconciliation if we are willing to renew our lives. Being a Catholic has moral implications: to respect the dignity of the human person, and to take responsibility for the community and the whole of creation.

In the everyday life of Catholics, the veneration of saints plays an important role. Saints are examples of a Christian life that inspires. The most famous saint who is venerated is Mary, the mother of Jesus. There are also certain places connected with Mary, such as Lourdes in France. People often go on pilgrimages. A pilgrimage is a journey of a believer to a place of religious significance. For many people, a pilgrimage is an inspiring experience that will stay with them for the rest of their lives.

To end, I just want to say a few words about Vatican City, located in Rome, and it is the most important place for Catholics all over the world because it is the headquarters of the Catholic Church. It is the place where the Pope lives! The Pope is the head of the Roman Catholic Church. Besides the Pope, there are other leadership figures within the Catholic Church: bishops, priests, and deacons. Catholic believers who do not take up a formal leadership office in the Church are called lay people, or the laity. The laity are called to engage in society based on the Christian inspiration. I would like to conclude with a prayer, perhaps the most famous Christian prayer in the world, given by Jesus himself: The Lord's Prayer.

Our Father who art in heaven,

hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

2.5 GLOSSARY

Bible

The Bible is the book of faith for Christians. This sacred book for Christians consists of two parts: the Old/First Testament and the New/Second Testament. The term 'Bible' comes from the Greek word *biblia*, which means 'books'. Indeed, the Bible is a collection of several books, consisting of different literary genres: legends, wisdom, (historical) stories, prophetic visions, Gospels, and so on.

Catholic

Catholicism is a movement within Christianity. Catholic means 'universal'. The Catholic message and the Catholic Church are addressed to everyone.

Holy Trinity

Like other Christians, Catholics speak of God in triplicate: God the Father, Jesus the Son and the Holy Spirit. We call this the Holy Trinity. This is also reflected in the sign of the cross that Christians make, saying, "*In the name of the Father, the Son and the Holy Spirit.*"

Kingdom of God

Jesus announced the Kingdom of God: a kingdom of love, not power. The Kingdom of God has an important place within Christianity and is partly at the heart of Jesus' proclamation. When Christians speak of the Kingdom of God, they refer to the hope and dream of a different and new world of God's Kingdom. However, the exact meaning and content is open to interpretation and varies according to context and time.

Pilgrimage

A Catholic pilgrim is a traveller who is on a journey to a place of religious significance. Catholics can choose to go on pilgrimages to places connected to saints, such as Lourdes. For many people, a pilgrimage is an inspiring experience that stays with them for the rest of their lives. For many people, a pilgrimage is an inspiring experience that stays with them for the rest of their lives.

Sacrament

A sacrament is a ritual in the Catholic Church in which God and humankind meet. The Catholic tradition has seven sacraments that symbolize significant moments and transitions in the lives of Catholic believers: sacrament of baptism, sacrament of Eucharist, sacrament of confirmation, sacrament of marriage, sacrament of ordination, sacrament of anointing of the sick, sacrament of penance and reconciliation.

Saint

In the everyday life of Catholics, the veneration of saints plays an important role. Saints are examples of a Christian life that inspires. A well-known example of a saint is Mary, the mother of Jesus.

The Lord's Prayer/The Our Father

The Our Father is a well-known and frequently prayed prayer among Christians, addressed to God. It was given by Jesus himself and can be found in the Bible. This prayer is centuries old and has been translated into hundreds of languages.



Photo: Annie Spratt | Unsplash

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