

St. Aloysius High School PSR take-home/catch-up guide

Revised for COVID-19 quarantine

Dear parents,

We know families have many conflicting obligations, and we want to help by offering take-home materials for high school PSR.

Our diocese requires 24 hours of religious education in both freshman and sophomore year for any teen not enrolled in a Catholic high school. That equates to 12 Life Nights since each Life Night is two hours long.

After our governor's stay-at-home order we created a Discord server for High School Youth Group and began to host online Life Nights, which count for High School PSR. Our website, www.aloysius.org/youth-ministry, explains how to join our Discord server.

Please follow the steps below to catch up on your teen's religious education requirements. If you have any questions, please email MacDougall: mwomack@stalloysiusparish.com.

First, email MacDougall (see above) to ask how many Life Nights your teen has attended this year (or over the last two years). You can use take-home, in-person, and online Life Nights to reach the 24 hours (48 hours over two years).

Second, review the topics below and choose ones that sound interesting to your teen and you. Each topic includes four Life Nights. Life Nights you use at home will count for two hours each. Download the appropriate materials at www.tinyurl.com/STAtakehome

Third, build your own schedule to complete your teen's 24-hour annual requirement. A parent should work alongside your teen to help explain content, answer questions, and learn with them. It's best to finish before August because our Confirmation preparation program starts in August of each teen's junior year.

Fourth, have your teen complete a personal essay answering the following questions and email it to MacDougall. It should be 500 words or more, not including title, questions, or reference notations.

1. Which family members or friends have influenced your Catholicism? How?
2. What parts of the Catholic Church do you struggle with? Why?
3. What are your favorite parts of the Catholic Church? Why?
4. What topics did you cover at home? What's your favorite thing that you learned from each of the topics you covered?
5. Why do you choose to be Catholic? (Or why do you want to be confirmed?)

(Life Night topics are on the next page)

Life Night topics:

- **Belong** – Many factors cause teens to experience the pain of isolation and loneliness to a greater degree today and a multitude of solutions often leave them feeling even more alone. *Belong* addresses the importance of moving from isolation to solitude as well as our need for acceptance and community, which can be found and fostered in the Catholic Church.
- **Dead** – This series explores the Church’s teachings on life after death, focusing on the hope we have in the victory of Jesus Christ won for us through His death and Resurrection. It tackles difficult topics, such as death and judgment, and addresses the common fear of dying.
- **Immaculata** – As we learn more about Mary, we are brought deeper into the mysteries of Christ, the Savior and Redeemer. This Life Night series encourages your teenagers to dive into their relationship with Jesus in a whole new way, and increase their relationship with our Blessed Mother, as well.
- **One** – An authentic pro-life lifestyle goes beyond the babies and requires the faithful to make one consistent choice to recognize the inherent dignity of all people, and treat all people, no matter the circumstance, as people. This Life Night series unpacks what the Catholic Church means when she says she is pro-life; specifically discussing inherent human dignity, euthanasia, the death penalty, abortion, immigration, refugees, and the poor.
- **Question Everything** – A serious misconception is that questioning our faith is shameful and equal to doubting or rejecting God. Asking questions is healthy and can serve as a springboard to grow in our knowledge of God’s love and trust in the Catholic Church. In this series, *Question Everything*, we encourage questions and thoughtfully explore four obstacles to fully embracing our Catholic faith.
- **Free semester** – This semester does not have a unified theme. Instead, it is comprised of four separate Life Nights, each with a topic which was requested by our high school teens:
 - Hallows and Muertos (Halloween and *El Día de los Muertos*)
 - Faithful Citizens (where citizenship and faith meet)
 - The Elephant on My Chest (depression and anxiety)
 - Mercy (trust in Jesus’ divine mercy)