

## ***Profile of an Eighth Grade Student***

### **Characteristics**

The thirteenth year of life is usually one of complex transition involving body, mind, and personality. Changes in body build and body chemistry affect posture, coordination, appearance, voice, facial expression as well as attitudes and tension. Body changes intensify awareness of growing up. Moods change quite regularly. Thirteen-year-olds are not always open and communicative. At home they may lapse into spells of silence and introspection. At school they may be apathetic and uninterested in any class that does not challenge and stir their emerging conceptual power. The young person is beset by interpersonal demands from family, peers, and teachers, which often conflict and can cause confusion. Yet in the midst of these pressures, adolescents are trying to figure out who they are and achieve a measure of independence.

Young people long for and need security, understanding, and supportive love from adults and peers in spite of their inability to respond openly and consistently. Through prayer and encouragement from parents and other respected adults, young people learn to accept themselves, their good characteristics together with their weaknesses. They need to learn to deal positively with mistakes and failures in their lives, realizing and appreciating God's unfailing love for them while asking for forgiveness from Him and those offended.

Eighth graders seek to be themselves and to make their own decisions. Peer pressure is often the determining factor in the young person's decision to experiment with drugs, alcohol, cussing, and pre-marital sexual relations. It is primarily the task of the parents along with all adults to assist them in proper conscience formation and the process of making decisions through prayerful consideration. It is essential that parents provide strong and effective support groups, involving the youth in home, parish, and community activities. In addition, parental encouragement and assistance to continue developing a daily routine of prayer is critical.

### **Faith Development Needs**

At this age young people begin to question the logic and consistency of their beliefs. If adults, above all parents, help them to grow in their knowledge and understanding of Jesus as our Savior and His love that never ends, along with appropriate freedom, opportunity, and reassurance, they can probe their previously unquestioned instruction so that they eventually experience faith as a personal relationship with Jesus Christ. Middle School students seek models to follow and imitate, especially celebrities and sport's stars. At the same time they are concerned about choices. They need to be provided with credible and attractive models of faith. Reading the Gospels helps to point out the example of Jesus and studying the lives of saints provides models of the Christian life. Contact with role models such as priests, religious, and respected community or business leaders professing and living their faith helps to foster an awareness of the vocation to which God is calling them.

Friendships should be fostered, especially with a group of people who share the same love for God and the desire to be faithful to Him. There is usually an interest in and awareness of the opposite sex which is part of normal development, but this should not be encouraged except through appropriate supervised group activities.

Learning to live the life Jesus calls us to, requires both prayer and training. Young people need to understand sexuality as a treasured gift from God for which they have responsibility. They will need parental guidance to continue to develop the good moral habits (virtues) of temperance and chastity. Temperance involves acting with self discipline and self-control in moderating the attraction of the senses. Temperance provides balance in the use of created things such as not eating too much and becoming aware and responding appropriately to the influences of media in daily life as well as having the self-control to limit its use. This development of self-control assists a person to practice the virtue of chastity, which is self-control of sexual desires that begin developing in the pre-teen years. Chastity is lived out with the help of God's grace. Chastity defends love from the perils of selfishness, aggressiveness, impure thoughts and desires, as well as using another person as an object for sexual pleasure. Chastity is practiced by praying and redirecting thoughts, desires, and behavior to express love and respect toward others in order to preserve their God-given dignity.

## Implications

Although young teens are capable of logical and abstract thinking, the life of faith is still best presented through concrete experiences, with parental example providing the best context. This affords the young people opportunities to see and incorporate Christian virtue into their lives. As the need for privacy and time to be alone becomes more important, ways of fostering and deepening his/her spiritual life should be developed. With fluctuating moods and strong emotional stress at this age, parents are to strive to deepen the young person's awareness of the total love and acceptance Jesus has for each person, presenting Him as the One Who saves, redeems, forgives, loves. Quiet time spent with Jesus in prayer before the tabernacle where He is always present can be of great comfort and consolation to our youth.

The teenager needs time to reflect on what it means to be called to a particular way of life. As your son or daughter is in a transitional stage, he/she will require guidance in the prayerful discovery of a vocation. If your child is considering a religious vocation, the Diocese provides awareness opportunities and a House of Formation program. For more information, contact the Office of Consecrated Life at (608) 791-2690.

## Parental Support

The home is the most important place to hand on the Faith to the children God has entrusted to us. We must pass on the Story of the Bible, which is the Story of God's family, given to us through the Scriptures and Tradition of the Church. Through Baptism, we become children of God and our family Story allows us to know where we have come from, our purpose in life and the direction to our ultimate destiny of union with God in Heaven. Without knowledge of and ongoing formation in the family Story, we can be ignorant of the meaning of life and lose our way, which can lead to a life of misery. God will help us with this responsibility.

As responsible parents, we want to raise our children to be healthy, respectful, joyful and holy so that they may one day be united with Our Father in Heaven. It is essential to grow in your own faith as an adult in order to pass the truth on to your children. The Catholic Church is here to guide and support us in this most noble task. The key is to be faithful to God through living the Catholic Faith as a family.

Remaining part of the Church community is essential. This is achieved through:

- **Prayer:** receiving Jesus at Mass every weekend as a family; going to the Sacrament of Reconciliation on a regular basis; making time for family and individual prayer, such as: Reading the Bible, praying a decade of the Rosary, meal prayers, reading the life of a saint etc.
- **Faith Knowledge:** teaching the Creed, Sacraments, Morality, Prayer and Scripture; having faith conversations with your son/daughter. The following pages provide key points for this work.
- **Community:** being supported by the Church family; sharing your talents and gifts; living out the Christian life; participating in parish activities
- **Service:** taking the time as a family to serve those in need

Bible stories are great teaching tools. For example: Noah was a man who obeyed God by building an Ark in an unusual place, at an unusual time and he was made fun of by the people around him for doing so. However, in the long run he was protected by and given God's best blessing for keeping His command. The relevance and what makes the story come alive is that Christian teenagers are supposed to be building Arks as well. They will be made fun of and laughed at for doing so but in the end it is God's best blessing for them. Those Arks are choices to avoid sin (swearing, stealing, drugs, alcohol, pre-marital sex). The story comes alive and relevant by acknowledging that your children will be made fun of and their feelings will be hurt because they made the 'right' choice. But they need to keep the faith because they will be blessed. Further, they will become a blessing to others in the end. The point is Bible stories are relevant to our daily lives. The bottom line is that parents need to learn and teach the stories. If you forewarn your children of how the world may treat them before it happens, when it does happen they will be able to handle it. Fore-warned is fore-armed.

Regarding ongoing formation of your child in the Faith, please read the condensed version of the enclosed Eighth Grade Curriculum from the Office of Catechesis and Evangelization. For a complete Curriculum and the Virtue Program, please visit the Diocesan website at [www.dioceseoflacrosse.com](http://www.dioceseoflacrosse.com), click on Office & Ministries, and then click on Catechesis. The Office of Family Life and the Natural Family Planning offer parent & family seminars. The family seminar called *Teaching the Way of Love* is a series of three presentations. The final presentation, entitled *Bodies and Boundaries*, is designed for parents and youth who are in middle or high school (gr. 8-10). To learn more visit [The Parent's Place](http://www.dioceseoflacrosse.com) at [www.dioceseoflacrosse.com](http://www.dioceseoflacrosse.com).

## ***Faith Formation Curriculum Guidelines***

Curriculum is what is taught. Teaching the Faith includes the four aspects of the Christian Life: Creed, Sacraments, Life in Christ (living according to the Ten Commandments) and Christian Prayer. These four aspects are based upon Sacred Scripture. Your child's Religion textbook generally emphasizes specific themes. Faith formation in the home, Catholic school and parish program are to include all four aspects of the Christian Life each year. What is presented below is part of the Religion Curriculum from the Office of Catechesis. The full Curriculum can be viewed online at the Diocesan website: [www.dioceseoflacrosse.com](http://www.dioceseoflacrosse.com) / click on Office and Ministries / Catechesis / Religion Curriculum.

"The definitive aim of catechesis (teaching the Faith) is to put people not only in touch but in communion, in intimacy, with Jesus Christ; only He can lead us to the love of the Father in the Spirit and make us share in the life of the Holy Trinity" (*On Catechesis in Our Time*, Pope John Paul II, n. 5). The primary goal for the eighth grade year is formation in discipleship by developing a deeper relationship with the Holy Spirit, with a focus on preliminary or immediate preparation for the Sacrament of Confirmation.

Active participation in the life of the Church is part of being a true Christian. Families should participate in Mass each Sunday and all Holy Days of Obligation. Parents and young people will want and need to receive the Sacrament of Reconciliation regularly as a means to heal their wounds and strengthen them to be faithful to Jesus Christ.

### **I. Creed - Profession of Faith**

1. There is only one God. There are three Persons in one God: God the Father, God the Son, and God the Holy Spirit. We call the three Persons in one God the Blessed Trinity. God has no beginning and no end.
2. The Blessed Trinity is a mystery of Faith. A mystery of Faith is a truth revealed by God that we cannot fully understand because of the limits of our minds and the greatness of God. A mystery of faith is reasonable. We can come to know the mysteries of Faith by studying creation, the Bible and what the Church teaches as given to us by Christ and handed on by the Apostles and their successors, the bishops.
3. "God is love and in Himself He lives a mystery of personal loving communion. The life that God lives in Himself is personal (Father, Son and Holy Spirit); it is loving (each of the Persons loves the other two); and it is a communion (the three Persons are united in Their common love)." (Pope John Paul II)
4. God is our Father Who loves us and cares for us. We are called to share by knowledge and love in God's own life. It was for this end that we were created, and this is the fundamental reason for our dignity.
5. Jesus is God. Jesus was born as man on the first Christmas as our Savior.
6. The Holy Spirit is the Spirit of Truth and Love. Jesus gives us the Holy Spirit, the third Person of the Blessed Trinity in the Sacrament of Baptism. As "the interior Teacher of Christian prayer," the Holy Spirit teaches us how to pray and to believe, trust and love Jesus. Moreover, in the Sacrament of Confirmation, our friendship with the Holy Spirit is deepened as we learn to recognize His promptings and biddings to follow the will of God. The Holy Spirit strengthens us to overcome temptations and make right choices as well as to spread and defend the Catholic Faith.
7. This begins the Story of God's family. God created everything to share in His wisdom, power and love. Consequently, God made all of creation with perfect order. In creation, we see rocks, plants, and animals that are part of the physical world. Angels are part of the spiritual world and human persons are part of both the physical and spiritual worlds, having a body and an immortal (spiritual) soul.
8. God the Father, God the Holy Spirit and angels are persons without bodies while human beings are persons with bodies. God the Son, Jesus Christ became a man, and therefore had a human body. (This is called the hypostatic union in which Jesus, a Divine Person with a divine nature took on a human nature).

## **Grade 8**

- 9 God created Adam and Eve in His image and likeness. He created Adam and Eve and the whole human race to know, love and serve Him so that we can be united with Him both here and forever in Heaven. Adam and Eve were united with God through sanctifying grace within their souls – a participation in God’s Divine Life.
- 10 God gave Adam and Eve everything they needed to live with Him forever, but they disobeyed God. (Original Sin) God still loved them so He promised that He would send a Savior to reunite us with Him. This is one way that God showed His love to His people by entering into covenants with them.
11. Mary’s “yes” to God to be the Mother of Jesus made our salvation possible. Since Mary is the Mother of Jesus and Jesus is God, we rightly call Mary the Mother of God.
12. Jesus suffered, died on the cross and rose on Easter Sunday for our redemption. Jesus did this to save us from the power of sin and death and to re-unite us with Himself. Forty days after the Resurrection Jesus ascended to His Father, which we celebrate on the Ascension. Ten days later, Jesus sent God the Holy Spirit on Pentecost to remain with us until the end of time.
13. At Pentecost the Holy Spirit strengthened the Apostles to imitate Christ. The Holy Spirit empowered them to administer the Sacraments, to teach what Jesus had taught them and to lead the Church. Acts 2:1-4  
As believers, we are called to be an apostle and share in the work of the Apostles. This service to our neighbor is called the apostolate. We are to look for ways to bring others to Christ by sharing the Gospel
14. Jesus chose Peter as the leader of His Church and made him the first Pope. Furthermore, Jesus gave to the Apostles the power to bring God’s mercy and forgiveness to all Christians. This power has been passed on to the priests and bishops whom God has called and will continue to call to carry on Christ’s work of bringing people closer to God. Matthew 16:13-20
15. The Four Last Things include Death, Judgment, Heaven and Hell. At death, our souls leave our bodies. After we die we will be judged individually (Particular Judgment). If we have loved God in this life, we will be ready to love God forever. God will welcome us into Heaven where we will see Him face to face.
16. Some will die in God’s friendship but with their souls not yet ready to be with God because of the need for final cleansing of venial sins. Before they go to Heaven, they first go to Purgatory to be purified of any unconfessed venial sins and its effects. (Mt 5:22, 29, 10:28; 13:42, Mk 9:43-48)
17. If a person has not loved God in this life and dies with mortal sin on his soul, he will not want to be with God. A soul in this state is in a place called Hell, which lasts forever. Hell is the “unquenchable fire,” eternal punishment, and painful torment.
18. At the General Judgment, when Jesus Christ comes to judge the living and the dead, our bodies will be restored to us in the form of a glorified body (resurrection of the body). (Matthew 25:31-46) The souls in Hell will also be reunited with their bodies, forever damned.

## II. Sacraments – Celebration of the Christian Mystery

Section two focuses on the Sacraments. Sacraments communicate sanctifying grace, which is a share in God's Life. Sanctifying grace unites us with Jesus Christ and strengthens us to remain in communion with Him. We are to approach the sacraments with expectant faith and proper dispositions so as to receive the grace that Christ intends to give. Sanctifying grace transforms our hearts and should lead to a way of life that is lived in imitation of Christ. (Note: CCC denotes the *Catechism of the Catholic Church* with paragraph numbers)

1. Due to the effects of original sin, we have a weakened human nature (an inclination toward sin) and therefore we need sanctifying grace (a participation in God's Divine Life) to know, love and serve God. Sanctifying grace is received in the Sacraments. (CCC 1116-117, 1129, 1263-1264)
2. The seven Sacraments are efficacious signs instituted by Christ and entrusted to the Church, by which divine life is given to us. The Sacraments are our deepest encounters with Jesus on earth. Through the Sacraments we have *communion* with Jesus – we are united with Him.
3. "The purpose of the Sacraments is to sanctify us, to build up the Body of Christ and, finally, to give worship to God". In the Sacrament of Baptism, we are called to participate in Christ's mission as priest (to worship God), prophet (to tell others about God) and king (to serve others, especially those in need). In Confirmation we receive and are strengthened by the Holy Spirit so that we can spread and defend the Catholic Faith in all that we say and do.
4. Through **the Sacrament of Confirmation**, we deepen our relationship with the Holy Spirit and He strengthens us to be a true witness of Jesus Christ. Confirmation is necessary for the completion of Baptismal grace. As a disciple of Our Lord, we are obliged to share the Faith by word and deed.
 

Acts 2:1-8	Coming of the Holy Spirit at Pentecost
Luke 12:11-12	The Holy Spirit teaches.
Ephesians 3:14-19	The Holy Spirit strengthens.
John 14:15-17	[The Father] will give you another Advocate...the Spirit of truth."
John 14:25-26	The Advocate, the Holy Spirit...will teach you everything."
Luke. 24:48-49	You will be clothed with power from on high
Romans 5:5	"The love of God has been poured out into your hearts through the Holy Spirit that has been given to you."
Romans 8:26	The Spirit helps us to know how to pray.
I Corinthians 3:16	Our bodies are temples of the Holy Spirit, dwelling in us
Galatians 5:22-23	"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control."
Galatians 5:25	"If we live in the Spirit...let us not be conceited ...or envious."
5. Confirmation: (CCC 1316-1317, 1302-1303)
  - Brings an increase and deepening of baptismal grace
  - Gives the Holy Spirit to root us more deeply as a son or daughter of God
  - Incorporates us more firmly into Christ
  - Strengthens our bond with the Church
  - Associates us more closely with her mission
  - Helps us bear witness to the Christian faith in words accompanied by deeds
6. The bishop is the ordinary minister of Confirmation, but priests may also confirm.
7. Like Baptism, Confirmation imprints an indelible spiritual mark on one's soul thus Confirmation may only be received once and remains forever. (CCC 1121, 1317)
8. The Holy Spirit is a Divine Person – the third Person of the Blessed Trinity, the Lord and Giver of Life, but we use symbols to understand who the Holy Spirit is. These symbols include wind, breath, water, oil (anointing), fire, cloud and light, seal, hand, finger of God, and a dove. (CCC 691-701)

### III. Life In Christ

#### God's Laws of Love

1. God is love. Since we are created in the image of God and He loves us, He wills that we love ourselves. We show love for our soul by striving for holiness through loving God and our neighbor. We show love for our body by proper hygiene, by protecting it from harm and through modesty. Modesty is decency in thoughts, words, deeds, and in dress. Immodesty in dress unveils that which should remain hidden, and draws consideration away from the person to the body through focusing attention on one part of the body. Due to the effects of original sin, immodesty can result in tempting another person to lust, to view the person as a sexual object. A mother will want to guide her daughter (a father, his son) to preserve the body in purity as a gift from God that is to be eventually given as a gift in the Sacrament of Matrimony or directly to God in a religious vocation.
2. Since all people are created in the image of God and He loves each person, He wills that we love all people. To love means to will the good of another. In order to be able to love another, we need to be selfless instead of selfish. Jesus wants us to treat others with kindness.
3. God gave Moses the Ten Commandments (Exodus 20: -17). The Ten Commandments are God's laws of love that guide us to love God and our neighbor. The Holy Spirit strengthens us through the Gifts received in Baptism and that are strengthened in Confirmation to be faithful to God's love by living according to the Commandments.
  - The First Commandment: There is only one God. You shall not have other gods besides Me.
  - The Second Commandment: God's name is Holy. You shall not use God's name in vain.
  - The Third Commandment: Remember to keep God's day holy.
  - The Fourth Commandment: Honor your father and mother.
  - The Fifth Commandment: You shall not kill.
  - The Sixth Commandment: You shall not commit adultery.
  - The Seventh Commandment: You shall not steal. (CCC 2401)
  - The Eighth Commandment: You shall not bear false witness against your neighbor.
  - The Ninth Commandment: You shall not covet your neighbor's wife.
  - The Tenth Commandment: You shall not covet your neighbor's goods.

By sinning, we lower the perception of our own dignity and our view of others. Everyone has the basic dignity of being a person, created in God's image, that is able to know and love our Creator.

4. God gave us a conscience so that we could know right from wrong according to the law written on our heart. The voice of conscience calls us "to love and to do what is good and avoid what is evil." Our conscience must be properly formed or taught. To form our conscience we must look to the Word of God and to the knowledge and practice of the Ten Commandments. (CCC 1776)

#### Vocation

1. God has given each person distinct gifts. We seek to discover the adventure of life, which God has planned for us in order to use these gifts to serve the Church and the world.

Discovering one's vocation is not the same thing as planning one's life. This discovery is based on such questions as: "What does God want from me?" and "How does God want me to use the gifts He has given me?" "How is God calling me to serve Him by serving my neighbor?" and "What plan does God have for my life that will bring me the most joy and fulfillment?" The planning and organizing comes after the discovery (discernment) of God's personal call.

2. Christ calls each person to follow Him in a special way as a married person, a dedicated single person, a consecrated person, a deacon or an ordained priest. These are the personal vocations by which we respond to live God's primary call, to seek and to love Him (the vocation to

holiness of life). We discover our personal vocation through prayer, role models, the wise guidance of faithful adults and circumstances in life. Answering God’s call to our vocation will bring us peace and joy. We should pray daily to know our vocation.

**IV. Prayer Life**

Prayer is an essential way we respond to God who loved us first. Prayer is necessary if we are to know God personally and to do His will. In order to know God and His specific plan for our lives, we must take time to pray; that is to talk, listen and be with God and His Family, the Church. Praying is essential for growing as a child of God in the Family of God. A life without prayer is like a life without breath.

1. “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” Prayer is the living relationship of the children of God with their Father, with His Son Jesus Christ and with the Holy Spirit. We are called to pray every day with our families. Prayer is required of us by the First Commandment.
2. “Prayer is both a gift of grace and a determined response on our part.” God longs for us and calls us to respond to His love in prayer everyday. He gives us the strength (grace) to respond to that call. We must develop a prayer life proper to our age level. As we mature in prayer, we can make use of the different expressions of prayer: vocal prayer, meditation and contemplative prayer.
3. The Holy Spirit teaches us how to pray and helps us to pray with our heart which strengthens our relationship with Jesus.
4. Daily prayer and living the Christian life are inseparable. Doing the will of God and reaching Heaven is only possible through prayer. We cannot forgive enemies, understand suffering and love God above all things without prayer.
5. The Bible is the written Word of God and has an important place in Church, but should also be prayerfully read and meditated upon in the classroom and above all at home. The Gospels are the most important part of the Bible because they tell us about Jesus’ life, teaching, and how His death and resurrection saved us from sin and united us to Himself.
6. The memorization of basic prayers offers an essential support to the life of prayer, yet it is also important to help students savor their meaning. Young people are to have memorized and be able to recite with reverence the following formal prayers:

Sign of the Cross	Apostles’ Creed
Our Father	The Angelus
Hail Mary	The Memorare
Glory Be	The Acts of Faith, Hope and Love
Act of Contrition	Prayer of Thanksgiving in the evening
Prayer to the Holy Spirit	Mysteries of the Rosary
Morning Offering	Blessing before and after meals
Daily Examination of Conscience	Prayer to know one’s vocation

Memorized prayers allow families and groups to pray together. Furthermore, memorized prayers remind us what we believe and draw us close to God in difficult times. Spontaneous prayers are also to be part of our daily prayer life.

7. God hears every prayer that we make and answers our prayers in a way that is best for us even if we do not always understand God’s ways. He is always faithful and is with us through all our joys and sorrows in life.

8. The Mass is the highest form of prayer. At the Mass, the bread and wine are changed into the Body and Blood of Jesus. The Holy Eucharist is the deepest encounter between God and us on this earth because we are able to be in communion literally with Jesus Christ.
9. We pray what we believe. We need to participate fully in mind and heart in the prayers of the Sunday Mass. Each person is called to actively participate in the Mass by praying and singing.
10. In order to stay close to Jesus Christ, and to be strengthened to live a life in imitation of Him, we should regularly (monthly if possible) receive the Sacrament of Reconciliation.
11. We know how much Jesus loves us because He allowed Himself to be crucified so that our sins could be forgiven. One way to remind ourselves of His great love is to pray in front of the Crucifix.
12. An important way to return Christ's love is to be devoted to His Sacred Heart. The enthronement to the Sacred Heart (for the home or classroom) is bound essentially to the Holy Eucharist, for it aims to bring Christ, truly present on the altars of sacrifice and in the tabernacles of our parish churches into our homes and classrooms. It aims to link the altar and tabernacle of the parish church with the places of prayer and devotion in the home. We can enthrone the image of the Sacred Heart of Jesus to signify that Christ is the One who gives inspiration and direction to each member of the household and to students in the classroom. (Contact your parish or the Office of Sacred Worship for information on the enthronement to the Sacred Heart.) (Synod Act #12)
13. Young people should develop a habit of personal prayer both in the morning and the evening, encouraged by parents at home and a consistent commitment of prayer in class. Personal prayer should be fostered through brief silent meditation, prayer with Scripture, spontaneous prayer, and "listening" to the Holy Spirit.
14. God reveals our personal vocation through the deepest desires of our heart, through the circumstances of life, and through conversations with people we trust. Quiet prayer provides the opportunity to recognize that these desires actually originate from God and reveal the manner of serving others that will bring the greatest personal joy and fulfillment. Our personal vocation is the means by which we draw closer to God. A vocation does not just concern the individual person because a vocation involves serving others and building up the Church, the family of God. We should pray for the grace to serve God in our vocation with an undivided heart.
15. Sacred images, statues, saints' pictures, a Crucifix, holy water, and the holy Rosary are reminders of God's presence in our lives. Sacred images such as statues, icons and paintings help us to pray. It is important to have these blessed objects in our home and at school to be mindful of God's love for us and His constant presence in our lives. (CCC 478, 1159-1162, 1674, 2132)
16. To visit Jesus in the Blessed Sacrament is a proof of gratitude, an expression of love, and a duty of adoration toward Christ Our Lord. (CCC 1418)

### **Recommended Prayer Books**

*U Got 2 Pray*, Father Stan Fortuna, Our Sunday Visitor  
*The Pieta Prayer Booklet*, MLOR Corporation  
*Catholic Prayer Book*, Father John Hardon, S.J.  
*Pure Faith, A Prayer Book for Teens*, Catholic Answers (888) 291-8000