

# *Being Faithful at Garces*

*An Informational Guide for  
Catholic and Non-Catholic Families*



*Garces Parent Club  
2017-2018*

*“Teach a child how he should live and he will remember it all his life.”  
~Proverbs 22:6*

Dear Parents and Families:

I want to welcome you to Garces Memorial High School! As one of two Catholic high schools in the Central Valley, Garces takes seriously its responsibility to provide the best intellectual, social, athletic and spiritual formation for your children.

As a Catholic School, Garces embraces a vision of education that is played out in a spiritual framework governed and guided by the Bible and the ongoing Tradition of the Catholic Church. All students, regardless of their faith tradition, are exposed to the teachings and practices of the Catholic Church. Weekly Masses, theology classes, spiritual retreats, and charitable outreach to the community are just a few ways that we seek to impress upon our students the value of living life as a Catholic-Christian. Of course, we understand that some of our students come from a different faith background. We fully respect the religious culture of non-Catholics and believe that we are all children of one God. Still, we encourage our non-Catholic students to remain open to what they might observe and learn from the practice of Catholicism in the life of our school.

I make myself available to you should you have any questions or concerns about our school's spiritual mission and how it will impact your child(ren). You can reach me by email at [padre@setoncatholicchurch.org](mailto:padre@setoncatholicchurch.org) or call me at (661) 587-3626.

May God bless you and your family as you join our Garces family!

Sincerely,

*Msgr Perry Kavookjian*

Rector

*“Lord, may everything we do begin with your inspiration and continue with your help, so that all our prayers and works may begin in you and by you be happily ended. We ask this through Christ our Lord. Amen.”*

Dear Parents,

We hope you will find this booklet helpful in understanding the faith formation of your child while attending Garces. It is a blessing to have our children attend a school where the emphasis is on Catholic values and students receive superior instruction in curriculum that integrates faith into every subject. A Garces education allows for students to grow in their faith, develop their God-given gifts, and prepare for success in higher education.

Blessings,

*Michelle Pisano*

Parent Club

Spiritual Formation

*Gina Fanucchi*

Parent Club

Hospitality

# FAITH FORMATION AT GARCES MEMORIAL

Our mission calls us to fulfill the mission of Christ by developing students spiritually, academically and socially and to instill in every member of the Garces Memorial community the courage to act with faith, knowledge, compassion, and justice. At Garces, we want every student on our campus to grow in their love for God, no matter their religion. We share our Catholic values with everyone on our campus. Our students pray together, as one, to God, as a family. As a Catholic school, we show our love of our faith through our daily activities, our weekly Masses, our Catholic observances, and our outreach to those in need of our compassion. We create an atmosphere in which Catholic values, traditions and ideals are fundamental to our academic vision for cultivating faith formation, personal integrity and life-long learning.

*“I have come that they may have life, and have it to the full.” ~ John 10:10*

Catholic students at Garces have opportunities to grow in their faith, learn about the Catholic Church, and develop deeper spiritual relationships with God. Garces teachers serve as moral and spiritual mentors. Students are taught to develop a personal prayer life as it is essential in keeping one’s Catholic faith as they move on to college. Students learn the virtues through our curriculum in all classes, not just Theology. At Garces, Catholic students get to experience Daily Prayer, Mass, the Eucharist, and Confession on a regular basis. As students develop greater personal sanctity, they draw closer to God through prayer and the sacraments. Garces students are channels of God’s love to others. At Garces, we teach our students the importance of devotion to our Blessed Mother, the power of praying the rosary and the significance of participating in Adoration.

*“The second is this: ‘Love your neighbor as yourself.’  
There is no commandment greater than these.” ~ Mark 12:31*

At Garces, we ask all students of all faiths, to be charitable, to pray together, and to treat each other’s religious beliefs with respect. As a Catholic school, our faith calls us to promote Christian unity. As part of our faith, we look for the things we share in common with people who are not Catholic. We are called to avoid judgement, not to be critical or make someone who is not Catholic feel less than important. Catholics are encouraged to be in dialogue about the things we have in common with non-Catholics and to discuss our differences to gain understanding. At a minimum, we all have prayer in common and believe in one God.

*“Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.” ~1 Peter 1:8-9*

All of our students participate in all of our religious activities and are welcomed to be part of our religious observations, no matter their faith. Garces welcomes students of all backgrounds and faiths to experience a comprehensive education of mind, heart, and spirit. We are all children of God and his love knows no bounds.

# THEOLOGY CURRICULUM OVERVIEW

During your student's four years at Garces, they will be required to complete four years of theology course work to graduate, but more importantly, they will grow in the faith and in their relationship with God by gaining understanding of the Bible, the tenants of the Catholic faith, and the importance of having a relationship with our Savior, Jesus Christ.

*“Teach a child how he should live and he will remember it all his life.” ~Proverbs 22.6*

## FRESHMAN YEAR

### Faith & Revelation

This course will explore what Catholics believe about God, why they believe it, and why such belief is reasonable. In the course, they will learn about the Bible, authored by God through Inspiration, and its value. They will learn how to read the Bible, will become familiar with the major sections of the Bible, and the books included in each section. It will show how Scripture is the inspired Word of God and how natural revelation and reason compliment Divine Revelation.

### Theology of the Body

This course will examine the foundations and major conclusions of theology of the body, as manifested in John Paul II's encyclicals and other writings. The focus will be on the universal vocation to holiness which is realized in love.

## SOPHOMORE YEAR

### The World of the Old Testament (P)

This course, which carries college preparatory credit, introduces the student to the Bible. It provides a contemporary framework in which to understand the faith history of the Jewish nation in which our Christian faith takes root. Course content includes the major books of the Old Testament, which strongly influences our Christian belief and lifestyle.

### The World of the New Testament (P)

This course, which carries college preparatory credit, helps the student develop a mature understanding of Jesus as he is presented to us in the Gospels. It offers analytical approach to the New Testament encompassing the origins, backgrounds, and history of the books of the New Testament.

*“Love the Lord your God with all your heart, with all your soul, and with all your strength. Take to heart these words that I give you today. Repeat them to your children. Talk about them when you're at home or away, when you lie down or get up. Write them down, and tie them around your wrist, and wear them as headbands as a reminder. Write them on the doorframes of your houses and on your gates.” ~ Deuteronomy 6:5-9*

## **JUNIOR YEAR**

### **History of the Church (P)**

This course, which carries college preparatory credit, enables the student to examine the Church as a growing, vital community of people with a past, a present, and a future. Course content includes religion and Church, the historical development of Christianity with emphasis on Catholicism, and an evaluation of the direction of Vatican II and the direction the Church should take in today's world to assure a future of peace and justice for all people.

### **Sacraments (P)(H)**

This course focuses on the history and developments of the seven sacraments of the Catholic faith. The primary distinction in the course is between the Greek and Latin senses of sacrament. Learning the historical developments in sacrament is the most important dimension of this course.

### **History of the Church (H)**

This course will involve analysis of cause and effect relationships in the growth and development of the Catholic Church, the Core of theological development over two thousand years, and the role of the Catholic Church in the formation of modern Western society.

## **SENIOR YEAR**

### **Catholic Social Teachings**

This course will explore the Church's principle truths about the dignity of the human person, the structure of society, the rights and responsibilities of individuals, family life, protection of the poor and vulnerable, and the solidarity of the human family.

### **Ethics/Catholic Morality**

This course enables students to examine their value system and the Christian model of morality, and to examine their willingness to accept and live by Christian moral principles. Course content includes law and conscience, sin and fundamental options, Jesus as a moral person, and moral implications of important current events.

### **Ethics/Catholic Morality (H)**

This course explores the fundamental concepts of ethics and the reality of the natural law in the context of Catholic moral teaching. The class will examine the fundamental concepts of the science of ethics by exploring the teachings of Aristotle and Aquinas. The flaws of the modern concepts of procedural ethics with its several different approaches will also be studied.

### **Philosophy of Man (H)**

The course involves reading selections from Plato, Aristotle, Augustine, Aquinas, Dostoevsky, Boethius, Pope Leo XIII, and Pope Benedict XVI. The selected readings of each philosopher are designed to focus the student to the topic of the course, that is, the Catholic Church's concept of man.

## Daily Prayer

Garces Memorial starts and ends every school day with a prayer. Garces will have a student come over the intercom and the entire school prays together, the same prayer, the same way.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Reader: Morning or Afternoon Prayer

Reader: Mary, Queen of Peace (or another saint)      All: Pray for Us

Reader: Live Jesus in Our Hearts      All: Forever

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Many teachers also start each class with a prayer. All of our school assemblies, rallies, and sporting events also start with a prayer. All of our sports teams, musicians, actors, and dancers all pray before performances. Club meetings all begin with a prayer.

## Daily Prayer - Non-Catholic

*All students stand and pray together twice a day - at the start of school and at the end of the day. Non-Catholics are encouraged to make the sign of the cross and pray with their classmates. We are all praying to the same God and asking for his blessing over all of us.*

## Weekly Mass

With a few exceptions, Garces students will celebrate Mass every Wednesday at OLPH church. Holy Days of Obligation will be observed with Mass during the school year.

## Weekly Mass - Non-Catholics

*All students attend and participate in Mass. A Catholic Mass is rich with symbolism and traditions. It will not take long for a non-Catholic student at Garces to understand the different parts of the Mass and the traditional responses. Mass is also a time for reverence as Catholics believe Jesus Christ is present for he has promised “where two or three are gathered together in my name there am I in the midst of them.” (Matthew 18:20).*

## Communion during Mass - Non-Catholics

*For non-Catholics, they come up to the Eucharistic Minister with their arms crossed and they receive a blessing instead of the communion wafer during Mass.*

## Altar Servers & Eucharistic Ministers

Garces students will receive the proper training to serve only at Garces Masses. If a student is already trained and approved by the Diocese, they are automatically able to serve during Mass.

## Altar Servers & Eucharistic Ministers - Non-Catholic

*Only students who practice the Catholic faith can be Altar Servers and Eucharistic Ministers.*

## Mass Lectors

Lectors are selected by the Campus Minister on a weekly basis.

## Mass Lectors - Non-Catholic

*The readings during Mass are to be proclaimed by a Catholic.*

## Confession

Garces will have priests up on campus during the school year to hear Confession. The scheduling is done by Garces Campus Minister, Brian Cobb. When Confession is on campus, some teachers are able to take their entire class to Confession. For those teachers who are not able to bring their entire class to confession, they allow students to leave class to participate in confession upon request.

### Confession - Non-Catholic

*Priests will listen to a confession from a non-Catholic but it is different as a Catholic will say penance after confession and will be absolved of his, or her, sins. A non-Catholic is not absolved of his, or her, sins by the priest. Non-Catholics do not need to participate in confession if they prefer not to do so, but have the option of participating as no one will be turned away if they need to discuss their sins with a priest.*

## Adoration

Adoration will be held in the Garces chapel with Garces parents in attendance for supervision. Teachers are encouraged to bring their classes to Adoration and students are encouraged to attend on their own after school. Adoration dates and times will be posted on the school Activities calendar and in the weekly e-newsletter.

### Adoration - Non-Catholic

*Catholics believe that Christ is alive and with us in the Eucharist during Adoration. During Adoration, because we believe Christ is present with us in the chapel, we sit quietly and reverently with the opportunity to pray directly to Him. It is a beautiful time for prayer and meditation. Non-Catholics are encouraged to attend and to pray and meditate during Adoration.*

## Rosary

At special times during the year, the school will pray the rosary, usually a decade at a time during morning or afternoon prayer. Rosary beads are always available in the chapel and students who wish to pray the rosary can speak with Campus Minister, Brian Cobb, and he can arrange access and supervision in the chapel.

### Rosary - Non-Catholic

*When the school prays the rosary, or a decade of the rosary, all student are asked to participate. Catholics pray the rosary because it's a powerful prayer to God, through His mother, Mary. The rosary includes four common Catholic prayers - Our Father, Hail Mary, Glory Be, and the Apostles' Creed.*

## Intentions

Often in small groups or in class, students will be asked to offer up intentions before prayer so the group is not only praying for themselves but for others in need of God's love.

### Intentions - Non-Catholic

*Students do not have to be Catholic to ask for an intention for someone. An intention is a special offering for someone before a prayer is said. For example, if whomever is leading the prayer asks "Are there any intentions?", students can ask for everyone to pray for a sick relative or for someone who is in need of God's strength or love.*

## Confirmation

Students receive the sacrament of Confirmation through their local parish. It is the last of three initiation rites for Catholics, the other two being Baptism and First Holy Communion. According to Catholic doctrine, in the sacrament of Confirmation, the faithful are sealed with the gift of the Holy Spirit and are strengthened in their Christian life. It is important that the students make this commitment at their parish.

### Confirmation - Non-Catholic

*Confirmation is one of the seven sacraments in the Catholic Church. Confirmation is usually made by Catholics in their junior year of high school through a student's parish. Confirmation classes are not offered nor required at Garces.*

## Lent

Garces will observe Lent beginning with a Mardi Gras lunch on Fat Tuesday. On Ash Wednesday, we will have Mass and the students will receive their ashes. We will kick off our Lenten season of J.O.Y. (Jesus, Others, Yourself) and ask the students to put Jesus first, then others, and lastly themselves. During Lent the Garces Cafeteria will not serve meat on Fridays. There will be a charity drive during Lent to give to others in need.

### Lent - Non-Catholic

*Lent begins on Ash Wednesday and ends on Holy Thursday. It is a forty-day period of sacrifice leading up to Jesus' death and Resurrection. Many Catholics were taught as children to "give up something" for Lent. Many Catholics now add something during Lent rather than giving up something, either to address personal habits that need work or to add some outreach to others in need. During Lent, the Garces Cafeteria will not serve meat on Fridays.*

### Ash Wednesday -Non-Catholics

*Ash Wednesday is observed with a Mass at Garces. Non-Catholics can receive ashes at Mass. The ashes are placed in the sign of a cross on the forehead to remind us that Christ died for us, one day we will die and until then, we should live our lives to the fullest as God intended.*

## Stations of the Cross

During lent, the students observe the Stations of the Cross either in an all-school assembly or with their Theology class. Garces has the stations in the Grotto.

### Stations of the Cross - Non-Catholic

*The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.*

## Community Service - For All Students

In addition to our Theology curriculum teaching about compassion and good works, we require our students to give back to the community in the form of service to others. In addition to the required hours of Community Service to graduate, there will be other opportunities on campus for our students to give back to the less fortunate.



## Intentions Cross - For All Students

Brian Cobb, Garces Campus Minister, maintains an "Intentions Cross" for the students to write their intentions on before a big game or for other activities. Students are encouraged to write intentions for people in need of prayer or in need of God's love or strength. The Intentions Cross is also used during Catholic Schools Week for additional intentions for families and those in the community who make a Catholic education possible for our students. The intentions are never erased, they are painted over so they remain and continue to be included when we pray.

## Retreats - For All Students

All students are invited to participate and enjoy the retreats. Catholics and non-Catholics enjoy the unity and grow in their love for God.

*"But from there you will seek the LORD your God, and you will find Him if you search for Him with all your heart and all your soul." ~ Deuteronomy 4:29*

## **FRESHMEN RETREAT - BEGINNINGS**

Garces has an all-class overnight retreat for the freshmen in September. The students sleep on campus and have opportunities for prayer, Mass, talks, fellowship, unity and fun. The theme of the retreat is "Beginnings".

## **SOPHOMORE RETREAT - PERSPECTIVE**

The sophomore retreat is an all class one-day retreat to McDermott Fieldhouse in Lindsay, CA. The theme of the retreat is "Perspective". Our students have the chance to understand that the choices they make define them. Classmates have group challenges and playtime that allow our sophomores the chance to change their perspective on life.

## **JUNIOR RETREAT - SEARCH**

The junior retreat is an overnight weekend camping trip at Mt. Pinos cabins in Frazier Park. The theme of this retreat is "Search". Hiking, games, camp food and talks give the juniors a chance to realize that they have stepped into the role of upperclassmen. It is time to search for who they are and the direction they are going. Discovering themselves will help them find the important of God in their life's journey.

## **SENIOR RETREAT - THIRST**

Senior retreat is being revamped and moving in the direction of offering a Catholic "Kairos Retreat". The current theme of Senior Retreat is "Thirst".

## Catholic Saints

Catholics do not pray TO saints or Mary, but rather that Catholics can ask saints or Mary to pray FOR them. The official position of the Roman Catholic Church is that asking saints for their prayers is no different than asking someone here on earth to pray for us. During daily prayer at Garces, we often ask a saint to pray for us.

## St. Sebastian Medals

Patron saints are chosen as special protectors or guardians over areas of life. St. Sebastian is the patron saint of athletes. When a Garces student athlete is playing for a Valley title, they are given a St. Sebastian medal during a special presentation after Mass or during lunch along with a special prayer.

## BASIC CATHOLIC PRAYERS

All students pray the basic Catholic prayers over his, or her, four years at Garces. If a student is uncomfortable reciting a specific Catholic prayer, they are welcome to bow their heads and pray silently.

### The Sign of the Cross

Catholics begin their day and many activities with the sign of the cross. It is a sacramental, a practice that helps us open ourselves to receiving God's grace more effectively.

While saying this prayer, bless yourself by making the sign of the cross with one hand: touch your fingers to your forehead at the word "Father", to your heart at the word "Son," to your left shoulder at "Holy", and right shoulder at "Spirit".

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

### Our Father

The Our Father is the foundation of Christian prayer (Catechism, 2759). Most people learn it before all other basic Catholic prayers.

Also called The Lord's Prayer, since Jesus taught it to his disciples (see Matthew 6:9-13).

*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. Amen.*

### Hail Mary

The Hail Mary is a well-loved and beautiful basic Catholic prayer. It combines two lines from Scripture (Lk 1:28 and Lk 1:42) with a humble request for Mary to pray for us.

*Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

### Glory Be

*Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

### Grace before Meals

Most Christians say grace before meals to give thanks to the Lord. Grace is an important part of daily Catholic prayer.

*Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.*

## Apostles' Creed

This is the Apostles' Creed, as used in the Roman Catholic Church's liturgy. This creed is considered to be a faithful summary of the Apostles' teaching.

*I believe in God,  
the Father almighty,  
creator of heaven and earth.*

*I believe in Jesus Christ,  
his only Son, our Lord.*

*He was conceived by the  
power of the Holy Spirit  
and born of the Virgin Mary.*

*He suffered under Pontius Pilate,  
was crucified, died, and was buried.*

*He descended into hell.*

*On the third day he rose again.*

*He ascended into heaven  
and is seated at the right hand of the Father.*

*He will come again to judge  
the living and the dead.*

*I believe in the Holy Spirit,  
the holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.*

*Amen.*

## The Rosary

The rosary begins with the recitation of the Apostle's Creed, an Our Father, three Hail Mary's and a Glory Be. Then there are five decades which each begin and end with an Our Father and Glory Be, and have ten Hail Mary's in between. When Catholics pray the rosary, they meditate on the events in Jesus' life. There are the joyful, luminous, sorrowful, and glorious mysteries.

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## Garces Athletic Event Prayers

### Prayer of a Sportsman

*Dear Lord, in the battle that goes on  
through life  
I ask but a field that is fair,  
A chance that is equal with all in the strife,  
A courage to strive and to dare;  
And if I should win, let it be by the code  
With my faith and my honor held high;  
And if I should lose, let me stand by the road,  
And cheer as the winners go by.*

### Athlete's Prayer

*God, let me play well but fairly.  
Help me to learn something that matters  
once the game is over.  
Let competition make me strong but never hostile.  
Always let me help my opponent up.  
Never catch me rejoicing in the adversity of others.  
If I know victory, allow me to be happy; if I am  
denied, keep me from envy.  
Remind me that sports are just games.  
If through athletics I set an example,  
let it be a good one.*



**GARCES**  
MEMORIAL HIGH SCHOOL