

# **LIVING IN FAITH TOGETHER 2025-2026**

## **Level 5**





# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
September  
2025-2026

Level 5

## Chapter 1: God's Plan for Creation—covered in Sept. LIFT

- If you didn't attend the September LIFT: Read Chapter 1 in your Alive in Christ book, p. 53 and complete the Chapter 1 activity master in this packet.

## Chapter 2: Made to Be With God

- Read Chapter 2 in your Alive in Christ book, p. 63.
- Complete the Chapter 2 activity master in this packet.

**Have fun! Remember: write on the activity master and not in your book. :)**

## Prayer Corner: Our Father

Prayer the "Our Father" prayer everyday until we meet again:

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

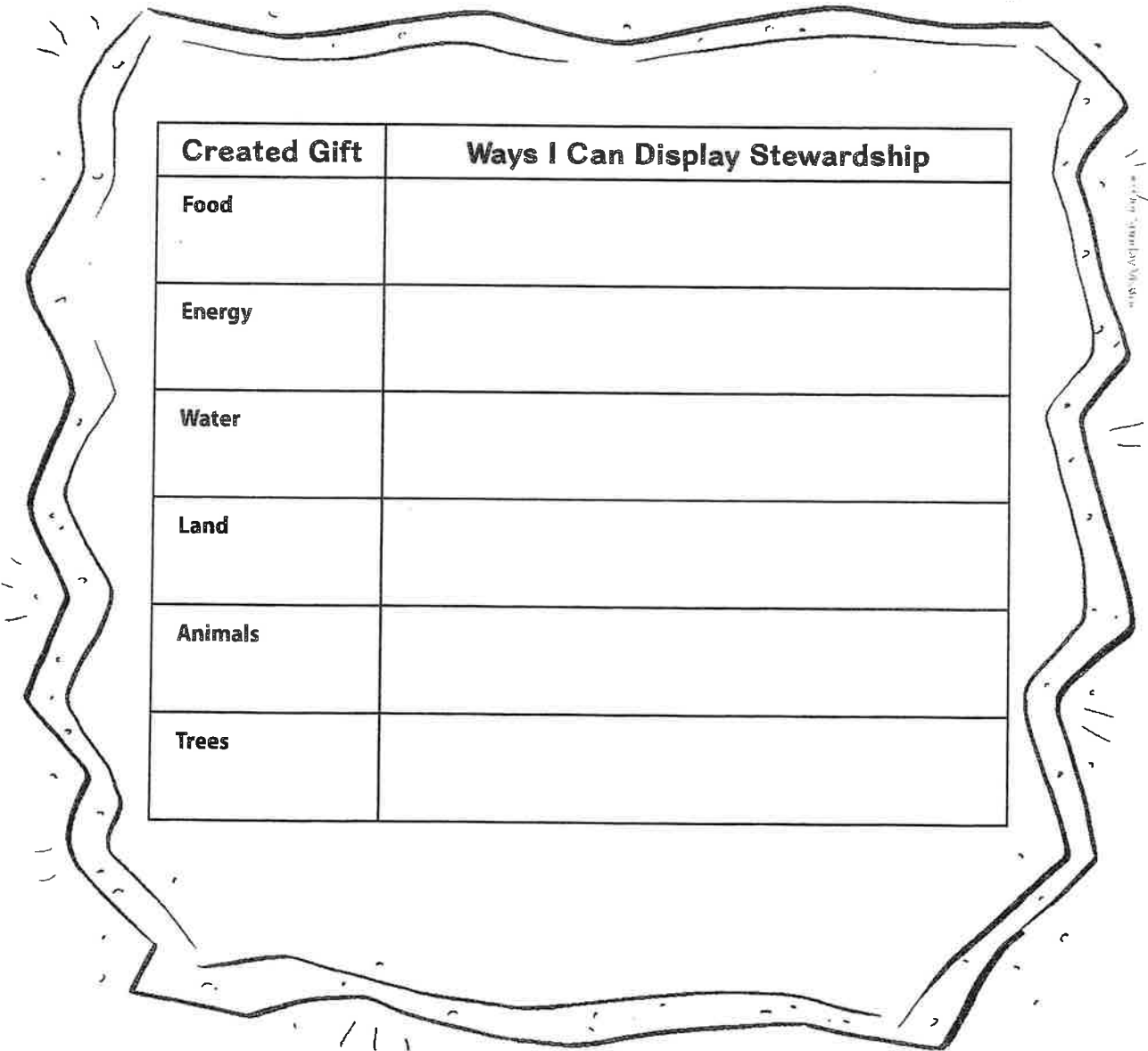
## Chapter 1 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Reminder Chart for Stewards

The chart below lists some of God's gifts to humans. To the right of each gift, draw pictures or symbols that will remind you of ways you can be a good steward of this gift. For example, for water, you could draw a toothbrush to remind yourself not to leave the water running while brushing your teeth. Display the chart at home and add to it during the week. Bring your chart to the next session to share your ideas with the group.



| Created Gift | Ways I Can Display Stewardship |
|--------------|--------------------------------|
| Food         |                                |
| Energy       |                                |
| Water        |                                |
| Land         |                                |
| Animals      |                                |
| Trees        |                                |

## Chapter 2 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Woman at the Well Puzzle

Complete the puzzle below by filling in the spaces with the correct responses to the numbered clues.

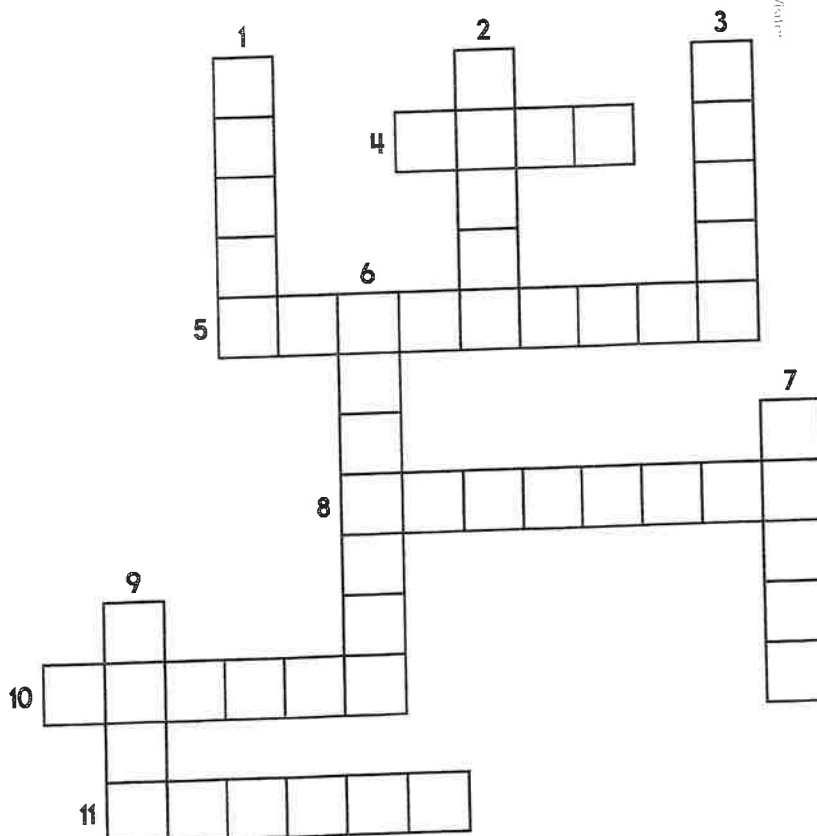
#### Down

1. He met the woman at the well.
2. What the woman went to the well to get
3. Person Jesus saw at the well
6. Who Jesus is
7. What Jesus asked for
9. Where the conversation took place



#### Across

4. What the water would be carried in
5. Who the woman was
8. Who Jesus was to the woman at first
10. The people to whom Jesus belonged
11. The kind of water Jesus offered the woman





# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
October  
2025-2026

Level 5

## Chapter 4: The Mystery of the Trinity—October LIFT

- If you didn't attend the October LIFT: Read Chapter 4 in your Alive in Christ book, p. 87 and complete the Chapter 4 activity master in this packet.

## Chapter 5: Prayer and Worship

- Read Chapter 5 in your Alive in Christ book, p. 97.
- Complete the Chapter 5 activity master in this packet.

## Family Life: Unit 1

- Read Unit 1 in your Family Life book, p. 9-18.
- Complete the Unit 1 activity master in this packet.

## Prayer Corner: Hail Mary

Pray the "Hail Mary" prayer as well as the "Our Father" prayer every day until next month:

Hail, Mary, full of grace,  
the Lord is with thee.

Blessed art thou amongst 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.

## Chapter 4 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Trinity Puzzles

Unscramble the Scripture verses below. Each verse comes with a hint regarding its content. Read the Trinity facts on this page, too. Use a Bible to check your work.



1. one Father I are and the

**HINT:** Jesus said this about his relationship with God. John 10:30

---

---

2. Father promise he of from the  
received the holy the Spirit

**HINT:** This is the promise Jesus received from God. Acts 2:33

---

---

3. Jesus grace of Christ of Lord the of  
love the the and fellowship Spirit of the  
and holy you with be all the God

**HINT:** This blessing is used in worship. 2 Corinthians 13:13

---

---

---

4. therefore make go nations disciples and  
all of name Father the them of in the  
holy of the and of the and Spirit  
Son baptizing

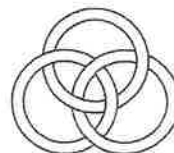
**HINT:** This Scripture verse contains the words of the Sign of the Cross. Matthew 28:19

---

---

---

- The word *Trinity* is not found in the Bible.
- The word *Trinity* comes from the Latin word *trinitas*, meaning “three.”



## Chapter 5 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Prayer and Worship

Reflect on prayer and worship in your life by responding to the statements below.

I pray the following prayers:

---

---

---

I offer thanksgiving to God in the following ways:

---

---

---

I participate at Mass in the following ways:

---

---

---

Because

---

---

---

Because

---

---

---

Because

---

---

---

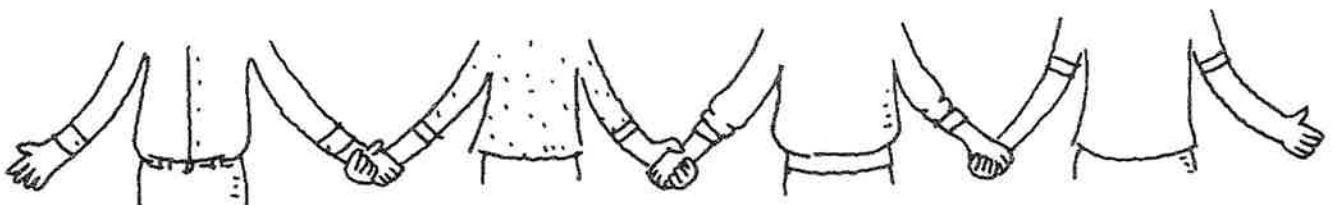
Photo: iStockphoto

On the lines below, explain what you would like to improve about the way you worship and pray to God.

---

---

---



# LIFT October

## Level 5

### Family Life Unit 1, Response Sheet

#### Thinking It Through

1. Describe two times you felt upset with someone in your family. How would good communication have helped?

---

---

---

2. What would be wrong if all families in your neighborhood were exactly alike in all ways?

---

---

---

3. Why is it important to understand how people's moods affect their behavior?

---

---

---

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
November  
2025-2026

## Level 5

### Chapter 7: Living Image of Christ—November LIFT

- If you didn't attend the November LIFT: Read Chapter 7 in your Alive in Christ book, p. 121 and complete the Chapter 7 activity master in this packet.

### Chapter 8: Proclaim the Kingdom

- Read Chapter 8 in your Alive in Christ book, p. 131.
- Complete the Chapter 8 activity master in this packet.

### Family Life: Unit 2

- Read Unit 2 in your Family Life book, p. 21-30.
- Complete the Unit 2 activity master in this packet.

### Prayer Corner: Glory Be

Pray the "Glory Be" prayer as well as the "Our Father" and "Hail Mary" prayers every day until next month:

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.

## Chapter 7 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Cartoon Strip

Retell one of the stories about Jesus' birth by drawing a cartoon strip in the boxes below.

If you need help remembering the details of your story, look them up in a Bible.

(See Matthew 1—2 or Luke 2.)

The Story of \_\_\_\_\_

A cartoon strip template consisting of six hand-drawn rectangular boxes arranged in two rows. The top row has three boxes of varying widths, and the bottom row has three boxes of varying widths. The boxes are intended for drawing a sequence of events from the Bible.

© 2011 by Living by Faith

## Chapter 8 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### The Kingdom of God

Below are two of Jesus' parables. Both use comparisons to describe the growth of God's Kingdom in the world. On the lines provided, write your understanding of what each parable says about the manner in which the Kingdom grows. Then, using colored pencils or markers, illustrate one of the parables.

[Jesus] said, "What is the kingdom of God like? To what can I compare it? It is like a mustard seed that a person took and planted in the garden. When it was fully grown, it became a large bush and 'the birds of the sky dwelt in its branches'" (Luke 13:18–19).

What does the parable mean?

---

---

---

---

---

[Jesus] said, "To what shall I compare the kingdom of God? It is like yeast that a woman took and mixed [in] with three measures of wheat flour until the whole batch of dough was leavened" (Luke 13:20–21).

What does the parable mean?

---

---

---

---

---

# LIFT November

## Level 5

### Family Life Unit 2, Response Sheet

#### Thinking It Through

1. What are some qualities of good and honest communication?

---

---

---

2. What do young people need to know most about puberty?

---

---

---

3. Why is prayer a good habit to develop as you are growing up and maturing?

---

---

---

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
December  
2025-2026

Level 5

Please complete the following assignment if you were NOT at the December LIFT session.

If you were present at the December LIFT session, there is NO assignment due at this time.



## **Advent: Get Ready!**

- Read the chapter on Advent in your Alive in Christ book, p. 15

## **Christmas: Season of Peace**

- Read the chapter on Christmas in your Alive in Christ book, p. 21
- Complete the December activity master

**Have a Merry Christmas and a Happy New Year!**

# **LIFT December Level 5 Response Sheet**

Name three things that you can do during the season of Advent to prepare for the coming of Christ at Christmas.

What do the "O Antiphons" pray for?

What do we remember on the Feast of the Epiphany?

The Magi brought three gifts to the Infant Jesus. What can kids your age do to worship Jesus?

What is your favorite family tradition at Christmas?

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
January  
2025-2026

Level 5

## Chapter 10: The Church's Message

- If you did not attend the January **LIFT**, read Chapter 10 in your Alive in Christ book, p. 155 and complete the Chapter 10 activity master in this packet.

## Chapter 11: The Teaching Church

- Read Chapter 11 in your Alive in Christ book, p. 165
- Complete the Chapter 11 activity master in this packet.

## Family Life: Unit 3

- Read Lessons 5 and 6 in your Family Life book, p 33-42.
- Complete the Unit 3 activity master in this packet

## Prayer Corner: Up your prayer game!

What can you do this month to up your prayer game? Here are some ideas:

- If you are already praying at night, start praying in the morning before school too.
- If you pray for 5 minutes each day, try to stretch it to 10 minutes a day.
- Introduce saying grace before meals.
- Pull out a children's Bible and read a story before prayer.
- Pray a decade of the rosary each day as a family.

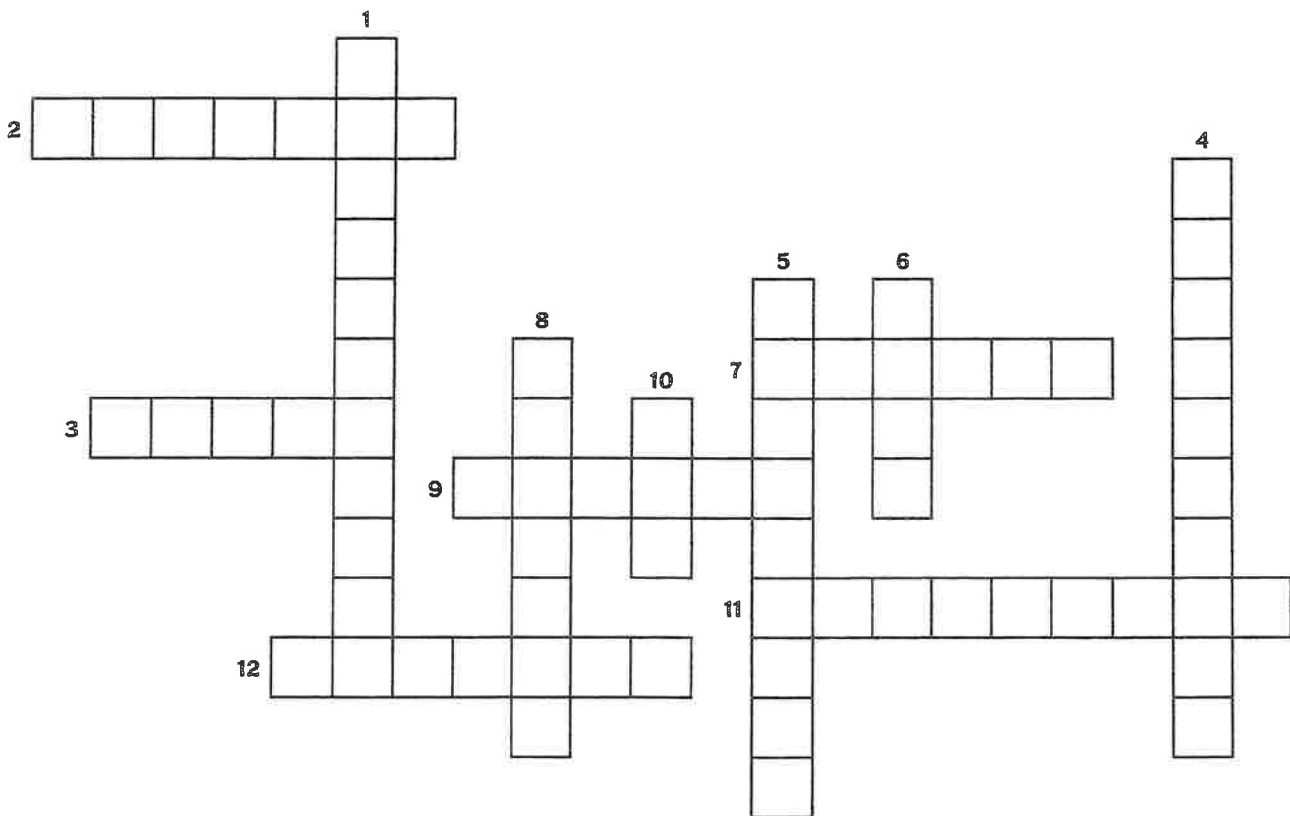


Name \_\_\_\_\_

Date \_\_\_\_\_

## Church Word Puzzle

Use the clues to solve the puzzle.



### Across

2. The Church's \_\_\_\_\_ is to point people to God.
3. The \_\_\_\_\_ of the Church are signs of God's Reign.
7. The Church is the \_\_\_\_\_ of God.
9. In the image of the Church as a "building," people are the living \_\_\_\_\_.
11. other people who attended the Council
12. The Council's opening address was called "\_\_\_\_\_ to Humanity."

### Down

1. Jesus' role in the image of the Church as a "building"
4. helps the Church achieve oneness (two words)
5. one of the Marks of the Church
6. one of the Marks of the Church
8. the Second \_\_\_\_\_ Council.
10. the Mark of the Church concerned with unity of faith

## Chapter 11 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Decipher the Clues

Below is a list of questions. With the help of the clue given beneath each question, fill in the correct answer on the line provided.



**Who am I?**

I became the leader of the Apostles.

\_\_\_\_\_

**Who are we?**

We help the Pope lead the Church and teach people how to follow Jesus.

\_\_\_\_\_

**Who am I?**

I told the Apostles to go forth and preach the Good News to every nation.

\_\_\_\_\_

**Who am I?**

When you need me, I will be with you, providing you with courage and wisdom.

\_\_\_\_\_

**Who are we?**

We were Jesus' closest friends and we spread the Good News about him throughout the world.

\_\_\_\_\_

**What is the word?**

It refers to the ongoing teaching authority of the Church.

\_\_\_\_\_

© The Sunday School

# LIFT January Level 5

## Family Life Unit 3, Response Sheet

### Thinking It Through

1. What are some way you can build a culture of life?

---

---

---

2. Why is it important to understand the sacredness of human life?

---

---

---

3. How do both males and females express the beauty in the gift of life?

---

---

---

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
February  
2025-2026

## Level 5

### Chapter 13: Evil in the World

- If you did not attend the February LIFT, read Chapter 13 in your Alive in Christ book, p. 189 and complete the Chapter 13 activity master in this packet.

### Chapter 14: New Life in Christ

- Read Chapter 14 in your Alive in Christ book, p. 199
- Complete the Chapter 14 activity master in this packet.

### Family Life: Unit 4

- Read Lesson 7 and Lesson 8 in your Family Life book, p. 45-54.
- Complete the Unit 4 activity master in the packet.

### Prayer Corner: Preparing for Lent

How do we prepare for Lent? Almsgiving, Fasting, Prayer.

- **Almsgiving** – giving money to the poor.
- **Fasting** - fasting literally means not eating but you can also fast from foods (ice cream, dessert, pizza) or fast from activities like playing video games or scrolling on Tik Tok.
- **Prayer** – For Lent, we can up our prayer game. Maybe if you pray as a family at night, add the morning as well. Consider saying grace together at dinner, if you don't already. Maybe if you are doing all of this, consider beginning to say the rosary.

What will you do as a family to observe Lent this year?

## Chapter 13 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Real-Life Situations

Below are two stories, each followed by three questions.  
Read the stories, and then answer the questions.



Roman and Jay were at Jay's house after school.  
They saw Jay's younger sister Zoe playing with a doll.

"Hey, watch this!" Jay said, and he grabbed the doll  
away from Zoe. "She always gets upset when you  
do this."

Zoe immediately cried out, "Give it back!"

"Give what back?" Jay asked, hiding the doll behind  
his back. Roman laughed and took the doll from Jay,  
showed it to Zoe, and then held it out of her reach  
when she asked for it. The two boys continued to do  
this, laughing at Zoe while she cried and begged  
them to give back her doll.

What did Roman and Jay do? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is what Roman and Jay did sinful? Explain. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What would you have done if you were Roman? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teri and Mya were supposed to be completing a  
reading assignment in class. Instead, they were  
writing notes to each other. Both girls meant to do  
their work, but they lost track of time. Suddenly they  
heard their teacher, Ms. Gaustino, announce that  
they should hand in their completed activity sheets.  
Teri and Mya hadn't even started the assignment!

Mya raised her hand and said, "I couldn't do it. The  
story was too hard to understand."

Ms. Gaustino replied, "I saw you and Teri writing notes."

"No, we didn't!" Mya snapped back angrily. "The  
assignment was too hard! You're not being fair!"

Is what Mya did sinful? Explain. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What should Ms. Gaustino do? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What would have been the right thing for Mya to say  
to Ms. Gaustino? \_\_\_\_\_

\_\_\_\_\_

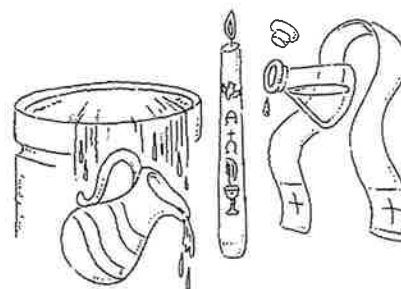
\_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

## Word Scramble

Below you will find a number of words relating to the Sacraments of Initiation. Unscramble the words, and write them out in the spaces provided. You may use the story on page 203 to help you.



Jeremy's initiation began at the

ITBALMSPA           pool.

Next he was

FDNCOREMI

with the oil of SCHAUTMECEN

as his SNOSROP

looked on. After

VERNIGIE

MONMINOUC

Jeremy felt that he had truly become part of the Church.

After you have completed the exercise above, unscramble the starred letters to generate a two-word phrase concerning the event surrounding the three Sacraments of Initiation.

# LIFT February

## Level 5

### Family Life Unit 4, Response Sheet

#### Thinking It Through

1. How are friendships and marriage similar?  
Different?

---

---

---

2. How do married people serve each other?  
Other people?

---

---

---

3. How can you help someone mature in the  
love of friendship?

---

---

---

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
March  
2025-2026

## Level 5

If you were present at the March LIFT session, there is no assignment due at this time. Please complete the following assignment if you were not at the March LIFT session.

### Lent: Time for Change

- Read the chapter on Lent in your Alive in Christ book, p. 25

### Easter: Triduum

- Read the first chapter on Easter in your Alive in Christ book, p. 29
- Complete the March response sheet that covers both chapters.

Have a Happy Easter!  
He is risen, indeed!



# **LIFT March Level 5 Response Sheet**

How does the Church community prepare for Easter throughout the six weeks of Lent?

Whatever form of love and charity you choose to do for Lent, it should involve some kind of sacrifice. Why?

What do we remember on Holy Thursday during the Triduum?

What is your favorite family tradition at Easter?

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
April  
2025-2026

## Level 5

### Chapter 16: Gathered As One

- If you did not attend the April LIFT, please read Chapter 16 in your Alive in Christ book, p. 223.
- Complete the Chapter 16 activity master in this packet.

### Chapter 17: Liturgy of the Word

- Read Chapter 17 in your Alive in Christ book, p. 233.
- Complete the Chapter 17 activity master in this packet

### Family Life: Unit 5

- Read Lesson 9 in your Family Life book, p. 57-62.
- Read Lesson 10 in your Family Life book, p. 63-66.
- Complete the Unit 5 activity master in this packet

### Prayer Corner: Preparing for Lent

The Catholic Church has a tradition of short prayers called aspirations. Aspirations can help us to focus on God, to deal with an anxious moment, to fall asleep, to still our busy minds. Try using aspirations this month as a family. Here are some favorites:

- Lord Jesus Christ, Son of the Living God, have mercy on me a sinner.
- Jesus, come.
- Jesus, I trust in You.
- Jesus, I surrender myself to you, take care of everything.

## Chapter 16 Activity Master

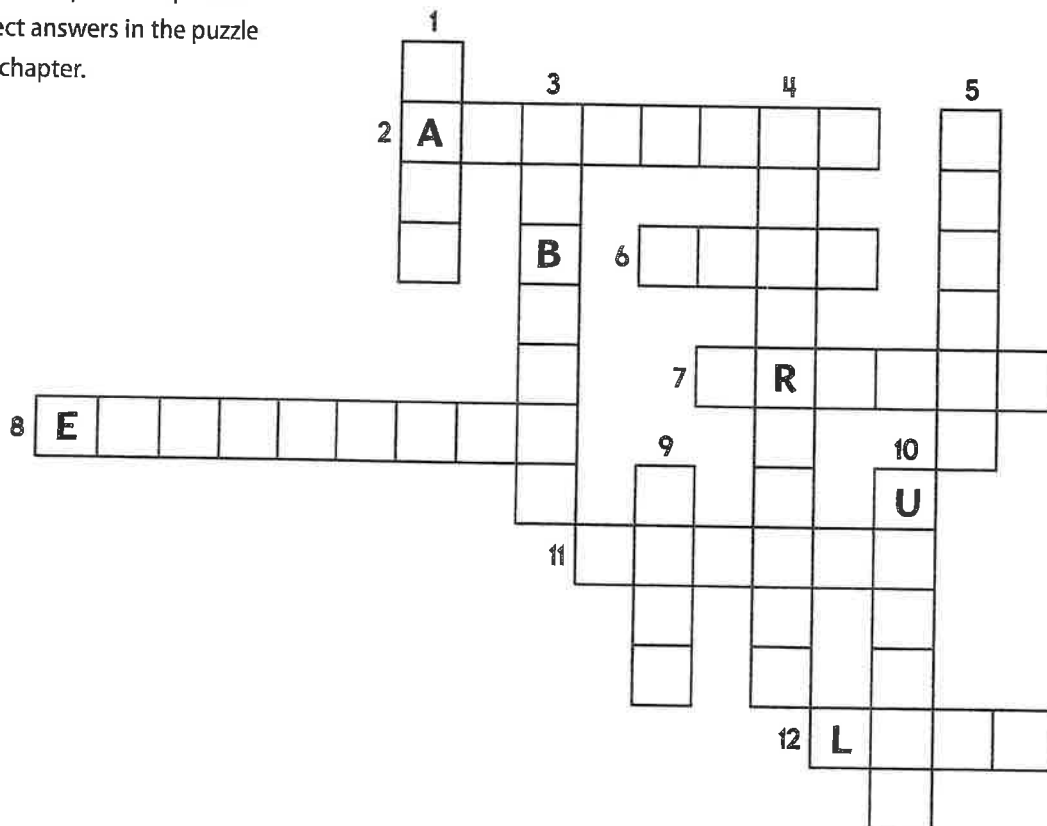
Name \_\_\_\_\_

Date \_\_\_\_\_

### Eucharist Word Puzzle

Use the clues to complete the puzzle.

All of the correct answers in the puzzle appear in this chapter.



#### Across

2. a word that means "congregation"
6. You have a \_\_\_\_\_ to participate in the Sunday Eucharist.
7. the ordained minister who presides at Mass
8. the Body and Blood of Christ
11. the ordained minister who assists the priest
12. To preside is to \_\_\_\_\_ the Eucharistic assembly.

#### Down

1. a celebration of the Eucharist
3. the Jewish weekly holy day
4. a word that means "having to do with community worship"
5. Jesus
9. In this chapter you learned about the \_\_\_\_\_ Presence of Christ in the Eucharist.
10. The Eucharist \_\_\_\_\_ the followers of Christ.

## Chapter 17 Activity Master

Name \_\_\_\_\_

Date \_\_\_\_\_

### Driving the Word Home

To practice getting a better understanding of God's Word and his messages to us, follow the steps below.

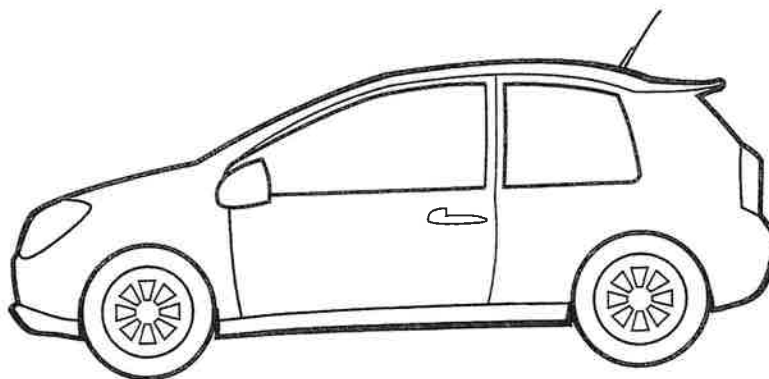
1. Spend some time reading selections from the Bible—perhaps a passage that you have recently heard or a reading from Sunday Mass. After finding a passage that you would like to use, write it below. Be sure to note the book, chapter, and verse numbers.

\_\_\_\_\_

2. Next, write a sentence or two about what you believe your passage means and why the message is an important one.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Read your passage to the group, or to your family on the drive home after Mass. Explain why you chose this particular passage and “drive the Word home” by sharing how God's message is still important today.



# Level 5

## Family Life Unit 5, Response Sheet

### Thinking It Through

1. How is society affected by family life?

---

---

---

2. How can you help a family in need?

---

---

---

3. How do you show your care and concern for local needs?

---

---

---

# LIVING IN FAITH TOGETHER



at Church  
of the  
Holy Eucharist  
May  
2025-2026  
Level 5

Please complete the following assignment if you were NOT at the May LIFT session.

## Chapter 19: The Call To Serve

- Read Chapter 19 in your Alive in Christ book, p. 257.
- Complete the activity master in your packet.

Once you have completed the assignment, please return your Alive in Christ and Family Life books to the Faith Formation Office. Thank you and enjoy your summer!

## A Prayer for Summer



Father, Creator of all, thank you for summer! Thank you for the warmth of the sun and the increased daylight. Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy your Creation. Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season. Draw me closer to You this summer. Teach me how to pray no matter where I am or what I am doing. Warm my soul with the awareness of Your presence and light my path with Your Word and Wisdom. As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for you! Amen.

## Chapter 19 Activity Master

Name \_\_\_\_\_ Date \_\_\_\_\_

### Your Vocation

This activity will help you reflect on the vocation to which God is calling you. Start by identifying some of the gifts God has given you.

Name two things that you can do especially well. Why are you good at them?

---

---

Name two things that you particularly enjoy doing. (These may or may not be the same things that you listed above.) Why do you enjoy doing them?

---

---

Name the one thing that you would most like to accomplish in life. Why is this goal so important to you?

---

---

Circle ways in which you would like to help people. (Circle as many responses as you like.)

|               |                            |                   |
|---------------|----------------------------|-------------------|
| teaching      | protecting or rescuing     | caring for people |
| giving advice | making or repairing things |                   |

Name some vocations that involve helping people in these ways.

---

---

How can you learn more about the vocations that interest you?

---

---

