



The 5 Minute Game Plan

A Catechesis Supplement for Youth Sports

5th Grade Edition

Created by Peter Piscitello, Executive Director, CYO of Johnson and Wyandotte Counties.

5 Minute Game Plan - 5th Grade Year

August 1, 2013

Dear CYO Coaches,

Greetings and welcome to a new year of CYO Sports! We're thrilled you have taken the time out of your busy schedule to be involved in such a fantastic ministry; by coaching our youth and helping them to develop as persons and athletes, you are making an impact that is larger than you probably even imagine. We sincerely appreciate your efforts to this end and look forward to working with you in the coming season.

The most important part of developing any child is helping that child to grow in his or her relationship with God. With that in mind, we have created the enclosed materials. Titled *The 5 Minute Game Plan*, the goal is for this to be exactly that: a 5-10 minute supplement to CYO practices that creates a curriculum for faith formation in our CYO. We have worked our Archdiocesan schools and School of Religion programs to create a program that supplements the specific themes and curriculum addressed in your child's primary faith formation. Of course, we have also taken into account that their primary formation begins at home. On this page and the one that follows, I will provide an overview of your role as a coach, and instructions on how to implement this new requirement within your team.

First, a quick word of encouragement. We understand that the majority of our parents weren't theology majors or may not even be comfortable praying in front of a group of children. I can assure you that this program has been developed so that it can be implemented by anyone. Simply follow these instructions and you will be on your way to a truly fulfilling addition to practice each week. It's as simple as following each week's lesson in this packet.

As you may have already noticed, this packet is split into a couple of parts. First you will find an overview of the entire year that includes the theme, scripture and saint for each week. Then you will find the individual "lessons." The requirement is simple: at your team's first practice of each week, you will need to begin practice with the lesson for that week. Lessons begin with the second week of preseason and go until the end of the season for each sport. Within each lesson, you will find the following:

- Theme: based on age-appropriate themes from school and religious education curriculum
- Scripture: a weekly scripture passage based on the theme
- Saint or Topic: a relevant Saint or topic that helps convey the scripture and theme
- Discussion Question: 1-2 Questions that help connect the theme to individual and team
- Practice Plan: A tip for coaches on how to make this theme come alive during practice
- Prayer: A prayer that will close the lesson and lead into practice
- Post-Practice Prayer: A simple reminder of the week's theme and closing prayer

That's it, a full lesson that should take 5-10 minutes depending on discussion and is fully scripted. We also encourage you to involve the children by having them take turns reading the scripture each week and say the prayers. Either the head coach or assistant should usually lead the saint/topic and discussion, but you can simply read the material on the page. You can certainly take some time to prepare prior to practice if you desire, but the program is designed so that you can simply take the lesson to practice and use it without preparation. We have also

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encouraged parishes to adjust practice times so that this time is “added” to the allotted time and not a part of your hour or so of practice time. Remember that this only takes place at the first practice of each week, though following up during other practices that week is a great idea.

Again, we appreciate your time as a volunteer coach and your implementation of this new requirement. Our goal is not to add to anything to your already busy schedule, but rather to create a program that can be easily implemented each week to greatly enrich the spiritual element of practice and supplement a child’s primary faith formation curriculum. As you probably already understand, the impact that sports has on children is dramatic and can be very positive; by connecting sports to concrete topics from scripture and theology, we hope to draw parallels that can help transform lives and deepen the relationship each child has with God. We hope that you’ll find this process to be fruitful and rewarding for your children and you as a coach.

Of course, if you have any questions do not hesitate to contact your Athletic Director or our CYO Office. Our office can be reached at (913) 384-7377 or by email at admin@cyojwa.org. More information about this initiative, including lessons for all ages and seasons, is available online at www.cyojwa.org. Best wishes this season and know I will be praying for you and your team!

In Christ,

A handwritten signature in black ink, appearing to read "Peter J. Piscitello". The signature is fluid and cursive, with a large initial "P" and "J".

Peter J Piscitello
Executive Director, CYO

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Season and Practice Week Number



SAMPLE PLAN WITH INSTRUCTIONS

Fall Sports Preseason Week 1

Theme: The Trinity
Scripture: 1 John 5:7-9

Read
aloud
by
coach
or
child

Scripture length may differ based on curriculum in schools (if a specific verse is required in school, entire verse was generally placed here)

"And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water and the blood; and these three agree. If we receive the testimony of men, the testimony of God is greater; for this is the testimony of God that he has borne witness to his Son."

Saintly Example: Saint Patrick ← Coach reads written script aloud to team.

Saint Patrick is most well known for his work teaching the people of Ireland about Jesus, but he also gave us important teachings about the Holy Trinity. When he was teaching people in Ireland, he used a local plant called a Shamrock to teach about the trinity. He showed that the Shamrock has three leaves, but is still one plant; just like the Holy Trinity has three persons (God, Jesus, and the Holy Spirit) but is still one. The people of Ireland were so inspired by St. Patrick's teachings, they asked to be baptized and have carried their love of Jesus and Mary all over the world! St. Patrick was known as a courageous man who worked his entire life to help people grow closer to God and to know about the Holy Trinity.

Discussion: ← Read each bullet point aloud to generate discussion. Try to get 2-3 answers each or more if time and participation allows.

- Explain that the sign of the cross is a constant reminder of the Holy Trinity. As we say "In the name of the Father, and the Son, and the Holy Spirit, we remember that God is three persons and are praying that He will guide us in our prayer!
- St. Patrick used the shamrock to teach people about God, what are some ways that you can show that you believe and God and teach others about God at school and during our sports season?

Coaches are encouraged to try to get different kids involved with discussion each week so that all are being included in discussions through year.

Practice Plan

- Ask the kids to remember the Holy Trinity every time they make the sign of the cross and to think about ways they can help spread the gospel like St. Patrick did.

A tip or theme for the coach to consider in order to connect theme through practice. Don't read aloud.

Prayer

- Jesus, we thank you for bringing us together as a team in this new season. We pray that during all our practices and games this year that we can put you first and remember you in all that we do. Help us to be safe and to have fun this year. We ask this as we pray together the Glory Be prayer: 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, a world without end. Amen.

Prayer can be read by coach or by child and ends "before practice" portion.

End of Practice: Remind kids about the example of St. Patrick and ask them to think about the Holy Trinity every time they make the sign of the cross. Say the following prayer to close practice: ← Reminder of theme by coach.

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. St. Patrick, Pray for us!

← Closing prayer read by coach or child.

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Year Outline

Fall Seasons

- Preseason Week 1 - **Theme:** Mary's Role in the Church **Scripture:** John 19:26-27 **Saint:** St. John and Our Mother Mary
- Preseason Week 2 - **Theme:** The Rosary **Scripture:** Luke 1:26-33 **Saint:** St. Juan Diego
- Regular Season Week 1 - **Theme:** The Joyful Mysteries **Scripture:** Luke 2:8-12 **Saint:** None
- Regular Season Week 2 - **Theme:** The Sorrowful Mysteries **Scripture:** Matthew 26:45 **Saint:** None
- Regular Season Week 3 - **Theme:** The Glorious Mysteries **Scripture:** Matthew 28:1-7 **Saint:** None
- Regular Season Week 4 - **Theme:** The Luminous Mysteries **Scripture:** John 2:1-11 **Saint:** None
- Regular Season Week 5 - **Theme:** Made in the Image of God **Scripture:** 1 Corinthians 6:19-20 **Saint:** St. Rose of Lima
- Regular Season Week 6 - **Theme:** Prayer **Scripture:** 1 Thessalonians 5:16-18 **Saint:** St. Kateri Tekakwitha
- Regular Season Week 7 - **Theme:** Forgiveness **Scripture:** Luke 15:11-32 **Saint:** St. Rita of Cascia
- Regular Season Week 8 - **Theme:** Service **Scripture:** John 13:1-20 **Saint:** St. Andre Bessette

Winter Seasons

- Preseason Week 1 - **Theme:** Sacraments - Baptism **Scripture:** Matthew 3:1-6, 13-17 **Saint:** St. John the Baptist
- Preseason Week 2 - **Theme:** Sacraments - Reconciliation **Scripture:** Luke 15:4-10 **Saint:** St. Pio of Pietrelcina
- Preseason Week 3 - **Theme:** Sacraments - Eucharist **Scripture:** 1 Corinthians 11:17-34 **Saint:** St. Teresa of Avila
- Regular Season Week 1 - **Theme:** Sacraments - Confirmation **Scripture:** Ephesians 1:13-14 **Saint:** St. Catherine Laboure
- Regular Season Week 2 - **Theme:** Sacraments - Marriage & Family **Scripture:** Matthew 19:4-6 **Saint:** Holy Family
- Regular Season Week 3 - **Theme:** Sacraments - Holy Orders **Scripture:** John 10:1-21 **Saint:** St. Mathew
- Regular Season Week 4 - **Theme:** The Priesthood **Scripture:** Matthew 28:18-20 **Saint:** St. John Vianney
- Regular Season Week 5 - **Theme:** Religious Orders - Benedictines **Scripture:** Luke 14:11 **Saint:** Sts. Benedict and Scholastica
- Regular Season Week 6 - **Theme:** Religious Orders - Ursulines **Scripture:** 1 Peter 5:6-7 **Saint:** St. Angela de Merici
- Regular Season Week 7 - **Theme:** Religious Orders - Vincent de Paul & Sisters of Charity **Scripture:** Luke 10:29-37 **Saint:** St. Vincent de Paul
- Regular Season Week 8 - **Theme:** Religious Orders - Missionaries of Charity **Scripture:** Philippians 2:4-7 **Saint:** Blessed Mother Theresa
- Regular Season Week 9 - **Theme:** Religious Orders - Sisters Servants of Mary **Scripture:** John 13:34-35 **Saint:** Blessed Mary Catherine Irigoyen Echegaray
- Regular Season Week 10 - **Theme:** Sacraments - Anointing of the Sick **Scripture:** Luke 7:1-10 **Saint:** St. Peregrine
- Regular Season Week 11 - **Theme:** Miracles **Scripture:** John 6:1-15 **Saint:** St. Anthony of Padua
- Regular Season Week 12 - **Theme:** The Sanctity of Life **Scripture:** Jeremiah 1:5 **Saint:** Blessed John Paul II

Spring Seasons

- Preseason Week 1 - **Theme:** The Holy Bible & Scripture **Scripture:** Matthew 5:18-19 **Saint:** St. Luke

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- Preseason Week 2 - **Theme:** Spreading the Gospel **Scripture:** Psalm 96:3 **Saint:** St. Mark
- Regular Season Week 1 - **Theme:** Liturgical Seasons **Scripture:** Matthew 9:15 **Saint:** St. Lawrence
- Regular Season Week 2 - **Theme:** Holy Days of Obligation **Scripture:** Colossians 2:16-17 **Saint:** St. Martin of Tours
- Regular Season Week 3 - **Theme:** The Resurrection **Scripture:** John 20:1-9 **Saint:** St. Thomas
- Regular Season Week 4 - **Theme:** The Holy Spirit **Scripture:** John 20:19-23 **Saint:** St. Matthias

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Fall Sports Preseason Week 1

Theme: Mary's Role in the Church

Scripture: John 19:26-27

When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

Saintly Example: St. John and Our Mother Mary

St. John was a disciple of Jesus who wrote the fourth Gospel and was one of the first missionaries to continue Christ's work after His death. In the scripture verse we just read, Jesus refers to St. John, who upon Christ's death took His mother Mary into his home and cared for her for the remainder of her life. Mary plays a major role in the Catholic Church because, like John, we are all called to take to Mary as our spiritual mother and allow her to lead us always toward Christ. By asking for her to pray for us and take our prayers to Jesus, we allow her to care for us as Christ commanded on the cross. In addition, Mary is the perfect example for us to strive for: born without sin and maintaining that perfection her whole life, she is a beautiful and complete example of someone who lived fully according to God's will. Much like we want our friends to honor our mothers, Christ wants us to honor His mother and to ask for her prayers daily so that we can grow in our relationship with Him.

Discussion:

- How do we form a relationship with Mary in our life and what can we do each day to follow her toward Christ?
- Does Mary care for us while we play sports? What is a special way we can bring her into our team this year and how can she help our team grow closer to Christ?

Practice Plan:

- Develop a (simple) team plan for bringing Mary into your team this year and asking for her intercession during the season. Perhaps you can offer each practice to her, or pray to her as a team before games, asking for her protection on the field. Then during practice, remind the kids that we are to perform always knowing that our spiritual mother Mary is watching over us. Ask them how it changes the way they act when their mother is at practice or a game, and help them to see that they must always perform that way to honor Mary and thus grow closer to Christ.

Prayer:

- Holy Mother of God, we ask for your prayers during this practice that you might help lead us closer to God through our participation on this team. We ask that you keep us safe this week and lift up all the prayers we hold in our hearts to God, that we may come to know Him more fully through you. May our practice and play honor you so that it may be worthy of Christ. Amen.

End of Practice: Remind the children what was discussed at the beginning of practice and the special relationship that we have with Mary, just like St. John had with Mary on earth. Reaffirm the plan to bring Mary into each practice and game through the season. Then close with the following prayer:

- 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. St. John and Our Lady, Pray for Us!

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Fall Sports Preseason Week 2

Theme: The Rosary

Scripture: Luke 1:26-33

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give you him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end."

Saintly Example: St. Juan Diego

In the year 1531, a simple laborer named Juan Diego was making a 15 mile walk to Mass when something extraordinary happened. At the top of a hill he saw before him the Blessed Virgin Mary. She asked him to take a message to the Bishop that a beautiful church should be built on that spot. The Bishop didn't believe Juan Diego when he took him the message, and asked for proof. On his return, Mary once again appeared before Juan Diego. She asked him to go to the hill where the church was to be built and pick flowers to put in his cloak. There were no flowers around, but Juan Diego trusted Mary and went to the hill. To his amazement, there he found flowers growing. He picked them and returned to the Bishop. When he let out his cloak to show the Bishop the flowers, roses fell to the floor. Yet the Bishop was staring at something even more amazing; inside the cloak where the flowers had been was a glowing image of Mary. This beautiful image became known as Our Lady of Guadalupe and a church was built where Mary had asked. Thousands of people came to the church and were converted on that spot. Juan Diego lived in a small home near the church and cared for the church and the people who came to visit.

Discussion:

- Mary appeared to Juan Diego and brought the people of Mexico a great gift, a place for them to pray and learn to know God more closely. Another gift she gives us is the rosary. Ask the kids how many of them have ever prayed the rosary or know what it is?

Practice Plan: Pray a decade of the rosary before practice. See below.

Prayer: The rosary is a series of prayers on events in the life of Mary and Jesus. A Rosary is made up of 5 sections called mysteries, with each mystery consisting of an Our Father, 10 Hail Mary's, a Glory Be and the Fatima Prayer. While reciting these prayers, we pray about the mystery and ask Mary to help lead us to Jesus. In the coming weeks we will learn about the mysteries. For now, let's pray a decade of the rosary before practice and ask Mary to help us grow closer to Jesus through the rosary. **Choose a child(ren) to help lead the rosary based on those who know the prayers. Here's the format if needed:

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

End of Practice: Remind the children what we learned about the Rosary and ask them to look up the Joyful Mysteries before next week's first practice. Then close with the following prayer:

- 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. St. Juan Diego, Pray for Us!

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Fall Sports Regular Season Week 1

Theme: The Joyful Mysteries

Scripture: Luke 2:8-12

And in that region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, "Be not afraid; for behold, I bring you good news of a great joy which will come to the people; for to you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger."

The Joyful Mysteries

This week we are going to talk about the Joyful Mysteries of the Rosary. These are traditionally prayed on Saturday and Monday during the week. They are: *The Annunciation*, when the angel Gabriel came to Mary and told her she would be the Mother of Jesus; *The Visitation*, where Mary visited her cousin Elizabeth and the infant John the Baptist "leapt in her womb" when Jesus was present within the pregnant Mary; *The Birth of Jesus*, which we read about in today's scripture; *The Presentation*, when Mary and St. Joseph took the child Jesus to the temple according to Jewish tradition; and *The Finding of the Child Jesus in the Temple*, when Mary and St. Joseph lost Jesus for three days while traveling and found him in the Temple, praying and teaching the older people in the temple.

Discussion:

- What do you know about the Joyful Mysteries of the rosary? Do you know stories like the Visitation or Presentation narratives? (If some children don't know, see if another child can explain it briefly.)
- Our scripture today is about the birth of Jesus, when an angel appeared to the shepherds in the fields to tell them the "good news." What do you think it was like for the shepherds? What would your reaction be? The angel tells them not to be afraid, do you think they were scared?
- What are some things we can think about while praying the Joyful Mysteries of the Rosary?

Practice Plan: See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

Prayer: Select one of the Joyful Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

End of Practice: Remind children about the Joyful Mysteries of the Rosary: *The Annunciation, The Visitation, The Birth of Jesus, The Presentation, and The Finding of the Child Jesus in the Temple*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Sorrowful Mysteries before next week's first practice. Then close with the following:

- 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. Mary, Mother of God, Pray for Us!

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Fall Sports Regular Season Week 2

Theme: The Sorrowful Mysteries

Scripture: Matthew 26:45

Then he came to the disciples and said to them, "Are you still sleeping and taking your rest?" Behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners."

The Sorrowful Mysteries

Last week we learned about the Joyful Mysteries. This week we are going to talk about the Sorrowful Mysteries, which are traditionally prayed on Tuesday and Friday each week. They are: *The Agony in the Garden*, when Jesus prayed before undergoing his passion and death; *The Scourging at the Pillar*, when Jesus was beaten and hurt badly; *The Crowning with Thorns*, when people made a crown of thorns, placed it on Jesus' head and mocked him; *Jesus Carries the Cross*, when Jesus was made to carry his own cross along the way to Calvary; and *Jesus Dies on the Cross*.

Discussion:

- Do you know all the Sorrowful Mysteries? (If not everyone seems to know them, have some kids who do explain the ones that others don't know).
- How can thinking about these Sorrowful Mysteries while praying the rosary help us to grow closer to Jesus?
- When our practices get difficult, how can remembering the Sorrowful Mysteries help us to grow closer to God and improve our skill?

Practice Plan: See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

Prayer: Select one of the Sorrowful Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

End of Practice: Remind children about the Sorrowful Mysteries of the Rosary: *The Agony in the Garden*, *The Scourging at the Pillar*, *The Crowning with Thorns*, *Jesus Carries the Cross*, *Jesus Dies on the Cross*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Glorious Mysteries before next week's first practice. Then close with the following:

- 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. Mary, Mother of God, Pray for Us!

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Fall Sports Regular Season Week 3

Theme: The Glorious Mysteries

Scripture: Matthew 28:1-7

Now after the sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulchre. And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. His appearance was like lightning, and his raiment white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead and behold, he is going before you to Galilee; there you will see him. Lo, I have told you."

The Glorious Mysteries

Last week we learned about the Sorrowful Mysteries. This week we will talk about the Glorious Mysteries, where we celebrate the rising of Jesus from the dead and His Ascension into heaven. These mysteries are traditionally prayed on Sunday and Wednesday each week. They are: *The Resurrection*, when Jesus rose from the dead; *The Ascension*, when Jesus went up to heaven; *The Descent of the Holy Spirit*, when the Holy Spirit came down to the Apostles in the upper room; *The Assumption*, when Mary was assumed body and soul into heaven at the end of her life; and *Mary is Crowned Queen of Heaven and Earth*, where upon entering heaven Mary is crowned and takes her special place with the Father and Son.

Discussion:

- Do you know about these Glorious Mysteries? (If some kids don't know about particular mysteries, have a child who does know help explain.)
- How can thinking about these Glorious Mysteries while praying the rosary help us to grow closer to Jesus?
- When practice or school is difficult, how can praying or thinking about the Glorious Mysteries help bring us joy and put our situation in perspective?

Practice Plan: See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

Prayer: Select one of the Glorious Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

End of Practice: Remind children about the Glorious Mysteries of the Rosary: *The Resurrection, The Ascension, The Descent of the Holy Spirit, The Assumption, The Crowning of Mary Queen of Heaven and Earth*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Luminous Mysteries before next week's first practice. Then close with the following:

- 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. Mary, Queen of Heaven, Pray for Us!

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Fall Sports Regular Season Week 4

Theme: The Luminous Mysteries

Scripture: John 2:1-11

On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine failed, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Oh woman, what have you to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the steward of the feast." So they took it. When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.

The Luminous Mysteries

Last week we discussed the Glorious Mysteries, now we will talk about the final set of mysteries, the Luminous Mysteries. The Luminous Mysteries were introduced much more recently than the other three, instituted in 2002 by Pope John Paul II. They are traditionally prayed on Thursdays and help us to consider some of the events during the public ministry of Jesus where his "light" was revealed to the world, hence the name Luminous. They are: *The Baptism in the Jordan*, when Jesus was baptized by John the Baptist in the Jordan River; *The Wedding Feast at Cana*, when Jesus turned the water into wine as we heard about in today's scripture reading; *The Proclamation of the Kingdom*, when Jesus proclaimed His kingdom on earth and in heaven, calling all to repentance and conversion so that they might follow him; *The Transfiguration*, when Jesus reveals His divine glory, glowing white while appearing with Moses and the prophet Elijah to three of his disciples; and *The Institution of the Eucharist*, when Christ gave us the gift of the Eucharist in the Last Supper.

Discussion

- Do you know about these Luminous Mysteries? (If some kids don't know about particular mysteries, have a child who does know help explain.)
- When practice or school is difficult, how can praying or thinking about the Luminous Mysteries help bring us joy and understand Jesus better?

Practice Plan: See prayer. Remind kids to think about Jesus and the mysteries of His life.

Prayer: Select one of the Luminous Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

End of Practice: Remind children about the Luminous Mysteries of the Rosary: *The Baptism in the Jordan, The Wedding Feast at Cana, The Proclamation of the Kingdom, The Transfiguration, and The Institution of the Eucharist*. Invite them to pray on those mysteries during the week, then close in prayer:

- 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. Mary, Queen of Heaven, Pray for Us!

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Fall Sports Regular Season Week 5

Theme: Made in the Image of God

Scripture: 1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.

Saintly Example: St. Rose of Lima

Born in Peru around the time when people from Europe were just discovering North and South America, St. Rose's real name was Isabel, but she was such a beautiful girl that everyone began to call her Rose. However, Rose knew that real beauty for any person was in the soul, something that only God could see. Tired of constant admiration of her beauty and not wanting her looks to lead anyone to sin, she cut her hair and wore old, unattractive clothes. Rose also felt called to enter into a convent and become a nun, but her parents refused and wanted her to marry. While she refused to marry, she obediently stayed at home and respected her parents, caring for the sick and children until one day she was able to become a Dominican nun. Rose is a model for us all of true beauty, obedience, and a constant, loving relationship with God.

Discussion:

- St. Paul reminds us in our scripture that our bodies were created by God and are a temple of the Holy Spirit. How does this affect what we do and how we take care of ourselves?
- To Boys: Do you treat all girls with love and respect, understanding that they were created by God just as you were? How should you treat friends (both girls and boys) knowing that everyone was created by God?
- To Girls: Do you treat all boys with love and respect, understanding that they were created by God just as you were? Do you demand that they treat you the same way?
- Both: Do you understand what is meant by modesty and the importance of dressing and acting appropriately to give glory to God?

Practice Plan:

- Affirm to boys/girls that they are all wonderfully created by God and that each of them was made a certain way by Him. During practice, take the time to compliment each individual at least once on something they do well (their skills, hustle, attention, etc). Make sure each child knows that you appreciate who they are and what they bring to the team.

Prayer:

- Heavenly Father, we ask that you watch over us during this practice and the coming week. Help us to remember at all times that we were created by you, in your image. Help us to treat each other and all we meet with respect and care, seeking holiness always. Help us to listen to you and to tune out what the world tells us about beauty and image, knowing that you created us and seeking your will. Bless us with a safe and fun practice. We ask this through Christ our Lord, Amen.

End of Practice: Remember to have complimented each child during the practice and point out some of the things individuals and the team did well, focusing on being positive. Remind them that each child is made in the image of God. Close with the following prayer:

- 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, a world without end. Amen. St. Rose of Lima, Pray for Us!

5 Minute Game Plan - 5th Grade Year

Fall Sports Regular Season Week 6

Theme: Prayer

Scripture: 1 Thessalonians 5:16-18

Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Saintly Example: St. Kateri Tekakwitha

St. Kateri Tekakwitha was a Native American who lived in America during the 1600's. Her family died when she was very young of smallpox. During her life she longed to worship God in a Native American tribe where this was not popular. In fact, when she was baptized she was told she would now be treated like a slave instead of one of her people. When she refused to work on Sunday because it was a day reserved for worship and rest, her people did not let her eat food. Still, Kateri was faithful to God and spent hours at a time in prayer, building her relationship with Him and seeking to do as He asked. She was able to spend time with a priest and one day, she was able to run away from the camp to a Christian Native American village where she spent three years learning from the elders and priests there. Kateri Tekakwitha humbly accepted God's will and lived a simple life praying constantly until she died as a young woman of only 24 years old. It is said that when she died her face changed from looking sick and damaged by illness to being completely healthy looking, and she passed away with a smile on her face knowing that she was to see God.

Discussion:

- Why is prayer so important? Do you pray regularly? How can we make time to pray regularly during each day?
- How can we make prayer a big part of our team? Why do we pray at the beginning and end of practices? Are there more ways we can make prayer a focus of our team so that we can all grow in our relationship with God?

Practice Plan:

- During this practice and the remainder of the season, simply ask the children on the team to lead prayers if they haven't already been doing so. Allow them to read the prayers below at the beginning of practice and end, then have them recite their own during alternate practices. It could be as simple as a known prayer such as an Our Father or Hail Mary, or kids can create their own prayers. Encourage them to do as they wish and try to see if everyone can get comfortable leading the prayer at least once during the season.

Prayer:

- Lord, we have the gift of prayer so that we can talk to you and grow in our relationship with you. Help teach us how to pray so that we can spend time with you each day and listen to you as well. Teach us how to make prayer the most important thing we do each day and help us to learn what prayers will best lead us to you. Increase our faith and bless us with a safe and fun practice. Amen.

End of Practice: Remind the children the importance of prayer and encourage them to pray outside of practice. Then close with the following (have a child lead if possible):

- 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. St. Kateri Tekakwitha, Pray for us!

5 Minute Game Plan - 5th Grade Year

Fall Sports Regular Season Week 7

Theme: Forgiveness

Scripture: Luke 15:11-32

And he said, "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father's house, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants"' And he rose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost and is found.' And they began to make merry. "Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

Saintly Example: St. Rita of Cascia

St. Rita was a holy woman who was made to marry a cruel husband. Though he was not nice Rita remained a good wife and mother to their children, loving all of them and constantly praying for their conversion. After her family died, St. Rita became an Augustinian nun and lived a life of prayer and service, helping many grow closer to God. Because of all the miracles she worked and God's answer to her constant prayers for difficult things, St. Rita is known as the Saint of Impossible Causes.

Discussion:

- Do we forgive others when they do wrong to us? Do we forgive each other on this team even for small things? How can we work to forgive as God calls us to in school, at home, and on our team?

Practice Plan:

- As a coach, pay special attention to the relationships on the team and work to make sure everyone gets along. If there appears to be any issues, work with the children to encourage forgiveness and make sure all the boys/girls treat each other according to today's scripture and message.

Prayer:

- God, help us to forgive those who sin against us and help us to treat others with love, following the example of St. Rita and all your saints. Bless our practice this day and help our team grow closer together and closer to you. We ask this through Christ our Lord, Amen.

End of Practice: Remind the kids about the importance of forgiveness and pray the following:

- Pray the Our Father...Add St. Rita, Pray for Us!

5 Minute Game Plan - 5th Grade Year

Fall Sports Regular Season Week 8

Theme: Service

Scripture: John 13:1-20

Now before the feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. And during supper, when the devil had already put it on the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, rose from supper, laid aside his garments, and girded himself with a towel. Then he poured water into a basin, and began to wash the disciples' feet, and to wipe them with the towel with which he was girded. He came to Simon Peter; and Peter said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not know now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no part in me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "He who as bathed does not need to wash, except for his feet, but he is clean all over,; and you are clean, but not every one of you." For he knew who was to betray him; that was why he said, "You are not all clean." When he had washed their feet, and taken his garments and resumed his place, he said to them, "Do you know what I have done for you? You call me Teacher and Lord; and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do as I have done to you. Truly, truly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them. I am not speaking of you all; I know whom I have chosen; it is that the scripture may be fulfilled, 'He who ate my bread has lifted his heel against me.' I tell you this now, before it takes place, that when it does take place you may believe that I am he. Truly, truly, I say to you, he who receives any one whom I send receives me; and he who receives me receives him who sent me."

Saintly Example: St. Andre Bessette

From birth, Andre was a weak and sickly child with a great devotion to St. Joseph. When he wanted to enter the Congregation of the Holy Cross, he was denied because of his poor health. Once accepted, he humbly took on any tasks he could, handling duties as a doorkeeper, sacristan, laundry worker, messenger, and many others. In addition, he spent most nights praying for others and for the intercession of St. Joseph in his community. Andre cared for the sick and helped raise money and build a small chapel dedicated to St. Joseph in his community, which eventually grew into a magnificent church. Always told he was too sick do do things, Andre died at age 90 having lived a life of service to God and all those he met.

Discussion:

- The scripture and example of St. Andre Bessette call us to serve others. How can we do this in our individual lives each day? How can we serve others on or through our team?

Practice Plan:

- Emphasize the need to serve others and point out situations in practice where one players selfless play helped another player, or where one players "service" to the team helps the entire team.

Prayer:

- Lord, you give us great examples of service. Help us to serve others always so that we may learn to live as you will and lead others closer to you. Instill in us a love for others and help us to see the ways we can serve others each day. Bless our final practices and games this season. Amen.

End of Practice: Remind the kids about the importance of serving others and point out the ways in which they serve the good of the team. Close in prayer:

- 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, a world without end. Amen. St. Andre Bessette, Pray for Us!

5 Minute Game Plan - 5th Grade Year

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