



National Apostolate for
Inclusion Ministry

Seasons of Grace
Spiral Bound

Manual \$15.00
Participant Book \$ 6.00

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Envisioning a Catholic Church Where People with Intellectual/Developmental Disabilities Are Welcomed for Their Gifts and Their Presence

Seasons of Grace: Sacramental Preparation

Seasons of Grace: Sacramental Preparation for Teens and Adults with Intellectual Disabilities

By Brigid O'Donnell

This is a specialized curriculum for teens and adults with intellectual disabilities focusing on four Sacraments: Eucharist, Confirmation, Reconciliation and Matrimony.

The forward by Sr. Rita Baum SSJ notes that this is “a series that invites students to value their relationship with Jesus and with one another and that draws doctrinal concepts from relationships and from other personal experiences.” This curriculum was issued in 1991 with *Nihil Obstat* and also with the *Imprimatur* of the Archbishop of Saint Paul and Minneapolis.

The program consists of a manual for the facilitator and a manual of participant handouts which are for the most part realistic line drawings, symbols and words which can be duplicated for each student for each lesson.

The manual stresses that the facilitator share his or her beliefs, build relationships and prepare and conclude with prayer and reflection. The facilitator is put on notice that the manual does not provide all the background needed and is encouraged to supplement sessions and to broaden his or her perspective through various media and educational opportunities.

Each session within each course has four parts: reflection on life experience; Church teaching/understanding; a handout to help participants recall the session; and a Scripture reading related to the theme.

Eucharist

There are ten sessions preparing teenagers and adults with intellectual disabilities for First Eucharist which explore community, communion, Jesus, and Sunday liturgy.

Confirmation

There are fourteen sessions preparing teenagers and adults with intellectual disabilities for the Sacrament of Confirmation that are designed around the basic elements of religious education: message, community, worship and service. It is stressed that the participants be a part of the parish community in order to celebrate Confirmation as fully as possible.

Reconciliation

There are fourteen sessions for preparing teenagers and adults with intellectual disabilities for the Sacrament of Reconciliation that are designed to look at

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relationships, brokenness, making choices, rules and guidelines, conversion, forgiveness, daily and sacramental reconciliation.

Matrimony

There are fourteen sessions designed for adults with intellectual disabilities who are contemplating and preparing for marriage. They can be used with some adaptations for marriage enrichment for couples. They cover the areas included in many marriage preparation courses, but the tasks and concepts have been simplified.

Session fifteen is designed for parents and other family members of the couple because marriage between a man and a woman with developmental disabilities demands a special role for the entire family.

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