**SESSION 1 – General Session**

* This QR-code directs the user to the ***Fish on Fridays*** YouTube page
* “Welcome to Fish on Fridays” [Introductory Episode]

<https://www.youtube.com/watch?v=NY-rQ0TCp78>

**SESSION 2 – Liturgical Year**

* “The Liturgical Year” [Overview of the Liturgical Year]

<https://www.youtube.com/watch?v=97R7aQnUqvc>

* “Happy New Year” [Advent]

<https://www.youtube.com/watch?v=RTIGj8n9DY0>

* “Pieter Brueghel’s ***Census at Bethlehem***” [Christmas]

<https://www.youtube.com/watch?v=mTAbRY--C5U>

* “Three Wise Guys” [Epiphany]

<https://www.youtube.com/watch?v=fyk-LrJkFI8>

* “Ash Wednesday” [Ash Wednesday & Lent]

<https://www.youtube.com/watch?v=zlN6fsW0L14>

* “Feasting While Fasting” [Lent]

<https://www.youtube.com/watch?v=uogi0rDDQJs>

* “Why Fish on Fridays?” [Lent]

<https://www.youtube.com/watch?v=VfIWqwNSlkc>

* “Spy Wednesday” [Holy Week]

<https://www.youtube.com/watch?v=1x7CZnABkb4>

* “The Worst Pain Ever” [Good Friday]

<https://www.youtube.com/watch?v=0mOe-OWdI98>

* “Blooming Beans” [Easter & Ascension]

<https://www.youtube.com/watch?v=kp3pLuzXYcw>

* “Happy Birthday” [Pentecost]

<https://www.youtube.com/watch?v=eMxr0Sizsrk>

* “All Hallows’ Eve” [Halloween, All Saints’ Day, All Souls’ Day]

<https://www.youtube.com/watch?v=Xi8nIsJeZ9Q>

* “A Day to Remember” [Red-Letter Day]

<https://www.youtube.com/watch?v=QBmDN-RnfIw>

**SESSION 3 – Creed: Community of Disciples**

* “Who’s in Charge” [Hierarchy of Church Leaders]

<https://www.youtube.com/watch?v=kffyBNj3y2w>

* “St. Peter at the Pearly Gates” [The Papacy]

<https://www.youtube.com/watch?v=cUUGbPyRr6E>

* “Under Whose Authority” [Cathedrals & Basilicas]

<https://www.youtube.com/watch?v=SadkdT38fpw>

* “Another Fish Tale” [IXOYE / Fish Symbolism]

<https://www.youtube.com/watch?v=PVbNeSYsLYA>

* “A Christian’s DNA” [Historical Foundations of Catholicism]

<https://www.youtube.com/watch?v=LhgwRCs1dvs>

* “Sealed with a Kiss” [Christ as Our Identity]

<https://www.youtube.com/watch?v=LpjLcrup-dM>

* “One. Holy. Catholic. Apostolic.” [Four Marks of the Church from the Nicene Creed]

<https://www.youtube.com/watch?v=7SMeQX9Y1Gc>

* “One Iota” [Council of Nicaea]

<https://www.youtube.com/watch?v=csfktA23h7o>

* “To Hell and Back” [The Apostles’ Creed – Jesus Descended into Hell]

<https://www.youtube.com/watch?v=LX-WfYIXX4o>

* “God Bless You” [Catholic Roots of Common Idioms]

<https://www.youtube.com/watch?v=47AyXPHeVoE>

**SESSION 4 – Creed: Mary and the Saints**

* “Dogmas & Doctrines” [Defining Church Teachings]

<https://www.youtube.com/watch?v=-lt-Ru82drk>

* “The Immaculate Conception” [Marian Dogma #1]

<https://www.youtube.com/watch?v=3pC_1aA_x8Y>

* “The Assumption of Mary” [Marian Dogma #2]

<https://www.youtube.com/watch?v=0CMOxBPk77I>

* “The Rosary” [History of the Rosary]

<https://www.youtube.com/watch?v=5Ug6GwH-5bE>

* “A Walking Tour of National Shrine of Our Lady of Lourdes” [Virtual Marian Pilgrimage]

<https://www.youtube.com/watch?v=3viF_X8mP9w>

* “A Walking Tour of the Our Lady of Guadalupe Shrine” [Virtual Marian Pilgrimage]

<https://www.youtube.com/watch?v=cG4c3nX-VCM>

* “Our Lady of Perpetual Help” [Understanding the Famous Icon]

<https://www.youtube.com/watch?v=uqfY93fVGdo>

* “Ma(r)y Flowers” [Flowers Associated with Mary]

<https://www.youtube.com/watch?v=9kFHs2kA2Es>

* “What Makes a Saint?” [Who are the Saints?]

<https://www.youtube.com/watch?v=8IP4uV7F8R4>

* “Things Left Behind” [Relics]

<https://www.youtube.com/watch?v=ndN7xQeHcOQ>

* “The Apostle to the Apostles” [St. Mary Magdalene]

<https://www.youtube.com/watch?v=DwwVakheFVw>

* “A Walking Tour of the Elizabeth Ann Seton Shrine” [St. Elizabeth Ann Seton]

<https://www.youtube.com/watch?v=in_tXG8DVxE>

* “Lessons from the Little Flower” [St. Therese of Lisieux]

<https://www.youtube.com/watch?v=GcR-_kxXuEE>

* “Martha, Martha, Martha!” [Sts. Martha & Mary of Bethany]

<https://www.youtube.com/watch?v=eoJpILMP1OM>

* “I Love Lucy” [St. Lucy]

<https://www.youtube.com/watch?v=xQf3xXk-VPo>

* “Legendary St. Brigid” [St. Brigid of Ireland]

<https://www.youtube.com/watch?v=yEHo0hLAjs4>

* “Will You be My Valentine?” [St. Valentine]

<https://www.youtube.com/watch?v=D2jX_AkjrIw>

* “On the Road at the National Shrine of St. Philomena” [St. Philomena]

<https://www.youtube.com/watch?v=8JaUs5vMk7I>

* “St. Barnabas” [St. Barnabas, Apostle]

<https://www.youtube.com/watch?v=L3ocyxHzNMQ>

* “Caravaggio’s ***St. Jerome Writing***” [St. Jerome]

<https://www.youtube.com/watch?v=AQZUf24PvbA>

* “Angels & Demons” [Holy Messengers & Sinister Spirits]

<https://www.youtube.com/watch?v=a8IFUy8TtcM>

**SESSION 5 – Liturgy: Sacraments**

* “Amazing Grace” [Defining Grace]

<https://www.youtube.com/watch?v=QevfZbK6PdI>

* “Come Let Us Adore Him” [Eucharistic Adoration]

<https://www.youtube.com/watch?v=vVFwELOGR64>

**SESSION 6 – Liturgy: The Mass**

* “The Gospel Truth” [4 Gospel Writers]

<https://www.youtube.com/watch?v=fZ4oo9CkLC8>

* “Caravaggio’s ***Supper at Emmaus***” [Eucharistic Foreshadowing]

<https://www.youtube.com/watch?v=UwbS3uO1dmo>

* “Hocus Pocus” [Historical Misunderstanding of the Mass]

<https://www.youtube.com/watch?v=P_eGr0Rp8FE>

**SESSION 7 – Morality: The Great Commandment**

* “Catholic Social Teachings” [CST’s Identified and Described]

<https://www.youtube.com/watch?v=pEGJBTH5bVw>

**SESSION 8 – Morality: Beatitudes**

**SESSION 9 – Prayer: Prayer Forms**

* “The Posture of Prayer” [Explaining Various Bodily Expressions During Prayer]

<https://www.youtube.com/watch?v=_N0kBV2DSos>

* “Sign of the Cross” [Symbolism and Meaning]

<https://www.youtube.com/watch?v=kXTcqEtCHBE>

* “When We Say Amen” [Definition and Meaning]

<https://www.youtube.com/watch?v=L99G_FwSmF8>

* “Going Long!” [The Hail Mary Pass in Football

<https://www.youtube.com/watch?v=gu4iQF0my50>

* “The Rosary” [History of the Rosary]

<https://www.youtube.com/watch?v=5Ug6GwH-5bE>

* “Come Let Us Adore Him” [Eucharistic Adoration]

<https://www.youtube.com/watch?v=vVFwELOGR64>

* “Albrecht Durer’s Praying Hands” [Lessons from the Iconic Painting]

<https://www.youtube.com/watch?v=aUMXpXpfF4I>

**SESSION 10 – Prayer: Sacramentals**

* “Sacramentals” [Explaining Sacramentals]

<https://www.youtube.com/watch?v=Z00_yPUmJLY>

* “Amazing Grace” [Defining Grace]

<https://www.youtube.com/watch?v=QevfZbK6PdI>

* “Sign of the Cross” [Symbolism and Meaning]

<https://www.youtube.com/watch?v=kXTcqEtCHBE>

* “The Rosary” [History of the Rosary]

<https://www.youtube.com/watch?v=5Ug6GwH-5bE>

* “Things Left Behind” [Relics]

<https://www.youtube.com/watch?v=ndN7xQeHcOQ>

* “Ash Wednesday” [Ashes]

<https://www.youtube.com/watch?v=zlN6fsW0L14>

* “A Picture is Worth a Thousand Words” [Understanding and Praying with Icons]

<https://www.youtube.com/watch?v=8MMyf07qTQI>

**APPENDIX – Catholic Potpourri**

* “Tiny Bubbles” [Champagne]

<https://www.youtube.com/watch?v=ZMsq0iwQCrE>

* “The Sultan of Swat” [Babe Ruth]

<https://www.youtube.com/watch?v=ni7xL_xqM0Q>

* “The Heart of the Matter” [Biblical Understanding of the Heart]

<https://www.youtube.com/watch?v=TM3CH_VRdhM>

* “Sinister Southpaws” [The Plight of Left-Handed People]

<https://www.youtube.com/watch?v=aHS33HdQHvk>

* “Biblical Numbers” [Symbolic Numbers in the Bible]

<https://www.youtube.com/watch?v=mbyTodVokR8>

* “Blessed Beans” [Coffee]

<https://www.youtube.com/watch?v=RtvDrKEv4V8>

* “The Original Dunce” [Blessed John Duns Scotus]

<https://www.youtube.com/watch?v=6owWEwb2-IA>

* “Breakfast Anyone” [Croissants and Eggs Benedict]

<https://www.youtube.com/watch?v=F991guQintA>