

PRAYER AND DOCTRINE

Sign of the Cross

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

The Our Father

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.

The Hail Mary

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.

The 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

Bless us, Oh Lord, and these Thy gifts, which we are about to receive, from your bounty through Christ our Lord. Amen.

Guardian Angel

Angel of God, my guardian dear, to whom God's love entrusts me here. Ever this day, be at my side, to light and to guard, to rule and to guide. Amen

The Act of Contrition

Oh my god, I am heartily sorry for having offended thee. I detest all my sins because of thy just punishment. But, most of all because they offend you my God, who are all good and deserving of all my love. I firmly resolve with the help of thy grace to sin no more and to avoid the near occasion of sin. Amen.

The Apostle's Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell, the third day He arose from the dead; He ascended into heaven, and is seated at the right hand of God, the Father Almighty; 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 life everlasting. Amen.

Hail Holy Queen - Hail Holy Queen, Mother of Mercy; our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve, to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Come Holy Spirit: Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth. Amen.

THE SEVEN SACRAMENTS

The Sacraments of Initiation

- **Baptism** - through the words and waters of Baptism, God forgives sin and gives new life in Christ. *Mt 29:19, Jn 3:5, Acts 2:38, Acts 16:15*
- **Confirmation** - completes the baptismal grace and strengthens a person to be a witness to the faith through the power of the Spirit. *Acts 8:14-19, Acts 19:1-6, 2Cor 1:21-22*
- **Eucharist** - completes the Sacraments of Initiation, nourishing the baptized with *Christ's own Body and Blood* and uniting the new Christians with God and one another in Jesus. *Mk 14:22-24, Lk 22:19-20, 1Cor 10:16, Jn 6:53-57, 1Cor 11:23-30*

The Sacraments of Healing

- **Reconciliation (and Penance)** - in Reconciliation, through the words of absolution, personal sins are forgiven and relationships with God and the Church are healed.

Ex 32:20, Num 14:19-23, Jn 20:23, Acts 19:18, 2Cor 2:6-11, Jas 5:16

- **Anointing of the Sick** - in the Anointing of the Sick, one who is sick or dying is anointed with oil and with the laying on of hands. The person unites his or her suffering with that of Jesus. The sacrament gives spiritual strength and God's grace. Physical healing also may take place. *Mk 6:5, 12-13, Acts 9:17-18, Jas 5:14-15*

The Sacraments of Service

- **Matrimony** - in Matrimony a man and a woman, through their words of consent, make a covenant with God and one another. Marriage is for the sake of their love and any children God blesses them with.

Gn 2:18-25, Mt 19:1-9, Mk 10:2-12, Rom 7:2-3, 1Cor 7:1-24

- **Holy Orders** - in Holy Orders the Bishop lays hands on a man and anoints him with chrism. The man is empowered to serve the Church as deacon, priest, or bishop.

Mt 18:18, Lk 22:19, Acts 18:18, 1Tim 3:1-7, 1Tim 5:17, 1Pt 5:1

THE TEN COMMANDMENTS

The **Ten Commandments** are the summary of laws that God gave Moses on Mount Sinai. They tell what is necessary in order to love God and others. *Exodus 17-20*

1. **I am the Lord your God. You shall not have strange gods before me.**
God must come first in our lives. No one or no thing can be more important to us than God.
2. **You shall not take the name of the Lord your God in vain.** We must respect God's name, the name of Jesus, and holy places.
3. **Remember to keep holy the Lord's Day.** We should rest from work and should worship God together on Sundays and holy days.
4. **Honor your father and mother.** We must love, honor, and obey our parents and our guardians.

5. **You shall not kill.** We should respect and care for the gift of life.
6. **You shall not commit adultery.** We should respect our own bodies and the bodies of others in thought, word, and deed.
7. **You shall not steal.** We should not take or destroy what belongs to others.
8. **You shall not bear false witness against your neighbor.** We should be honest and truthful and not say untruthful or negative things about others.
9. **You shall not covet your neighbor's wife.** Protect the holiness of marriage. Do not be jealous of other people's relationships.
10. **You shall not covet your neighbor's goods.** We should respect the rights and property of others. Do not be jealous of other people's possessions.

THE BEATITUDES

The eight **Beatitudes** are teachings of Jesus that show the way to true happiness and tell the way to live in God's kingdom now and always. The word *beatitude* means "blessing" or "happiness." *Matthew 5:1-10*

1. **Blessed are the poor in spirit, for theirs is the kingdom of heaven.**
Depend on God, not material things.
2. **Blessed are they who mourn, for they will be comforted.** Share in other people's sorrows and joys.
3. **Blessed are the meek, for they will inherit the land.** Be gentle and humble with others.
4. **Blessed are they who hunger and thirst for righteousness, for they will be satisfied.** Help all people treat others justly, and help change unjust conditions.
5. **Blessed are the merciful, for they will be shown mercy.** Forgive others and ask their forgiveness.
6. **Blessed are the pure of heart, for they will see God.** Be faithful to God and to God's ways.
7. **Blessed are the peacemakers, for they will be called children of God.**
Work to bring people together. Look for ways to solve problems peacefully.
8. **Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.** In difficult times trust in God and stand up for what is right.

THE MARKS OF THE CHURCH

ONE - We believe that the Church is one. We profess the same creed. We receive the same sacraments. We are united by the leadership of the Pope and Bishops.

HOLY - The Church shares with all people the holiness of Jesus Christ. The Church helps us to grow in holiness, especially through prayer, good works, and the sacraments.

CATHOLIC - The Church is catholic, which means that it is open to all and has a message for all people. We believe that all people are invited to be followers of Jesus. No one should be left out. The Church is for all people everywhere.

APOSTOLIC - We believe the Church is apostolic. This means that the Church was founded on the Apostles. Today the Pope carries on the work of Saint Peter. The Bishops carry on the work of the first apostles.

THE PRECEPTS OF THE CHURCH

Catholics have a special set of laws that remind us to live lives of love and service. These laws express some of the most important obligations we have as Catholics: to grow in holiness and to share in the Church's works of service and evangelization.

1. Take part in the Mass on Sundays and Holy Days.
2. Celebrate the Sacrament of Reconciliation at least once a year.
3. Receive Holy Communion at least once a year during Easter time.
4. Observe days of fasting and abstinence.
5. Give your time, talents, and treasure to support the Church.

THE ROSARY - The Rosary is one of our best-loved prayers. It is a prayer in which we remember major events in the lives of Jesus and Mary. The Rosary is divided into five groups of ten beads with a single bead set before each group. Each group is called a decade. There is also a crucifix and four other beads at the beginning of the rosary. Begin with the sign of the cross. We pray the Apostles' Creed on the cross of the rosary followed by one Our Father, three Hail Marys and one Glory Be to the Father. For each Mystery or decade of the rosary, we pray one Our Father, ten Hail Marys, and one Glory Be. As you pray each decade, we think about the mystery or special event in the lives of Jesus and Mary. At the end of the rosary, we pray the Hail, Holy Queen.

The Joyful Mysteries:

The Annunciation

The angel Gabriel announces to Mary that she has been chosen to be the Mother of Jesus.

The Visitation

Mary visits her relative Elizabeth.

The Nativity

Jesus is born in Bethlehem.

The Presentation

Mary and Joseph present the baby Jesus to God in the Temple at Jerusalem.

The Finding in the Temple

Mary and Joseph find the child Jesus with the teachers in the Temple.

The Luminous Mysteries:

Jesus' Baptism in the Jordan River

Jesus is baptized by John the Baptist.

The Wedding Feast at Cana

Jesus performs his first miracle at Mary's request.

Proclamation of the Kingdom of God

Jesus announces the Kingdom of God and calls for conversion.

The Transfiguration of Jesus

Jesus reveals the glory of his divinity to Peter, James, and John.

The Institution of the Eucharist

Jesus offers us his body and blood as spiritual food under the signs of bread and wine.

The Sorrowful Mysteries:

The Agony in the Garden

Jesus prays and suffers in the Garden of Gethsemane on the night before he dies.

The Scouring at the Pillar

Jesus is whipped.

The Crowning with Thorns

Jesus wears a crown of thorns.

The Carrying of the Cross

Jesus carries his cross to Calvary.

The Crucifixion

Jesus is crucified and dies on the cross.

The Glorious Mysteries:

The Resurrection

Jesus is raised from the dead.

The Ascension

Jesus ascends to his Father in Heaven.

The Descent of the Holy Spirit

The Holy Spirit comes upon the disciples at Pentecost.

The Assumption

Mary is taken into heaven, body and soul.

The Crowning of Mary

Mary is crowned Queen of Heaven and Earth.

THE SIGNING OF THE SENSES

The Signing of the Senses is the three Signs of the Cross before the Gospel.

Before the Priest or Deacon reads the Gospel, we respond with the following...*"A reading from the Holy Gospel according to Matthew, Mark, Luke or John."*

R: Glory to you, Lord. As we respond *"Glory to you, Lord,"* we make the sign of the cross on our foreheads, on our lips, and on our hearts. When we do this, we are asking the Lord that the "Word of God" be on our minds, on our lips, and in our hearts.

ORDER OF THE MASS

Introductory Rites

- Sign of the Cross
- Blessing and Sprinkling Rite or Penitential Rite
- *Glory to God (Gloria)*
- Opening Prayer

Liturgy of the Word

- First Reading (usually from the Old Testament)
- Responsorial Psalm
- Second Reading (from New Testament Letters)
- *Gospel Acclamation*
- Proclamation of the *Gospel*
- Homily
- Profession of Faith (*Creed*)
- *General Intercessions*

Liturgy of the Eucharist

- Presentation of the *Gifts*
- Preparation of the Bread and Wine
- Invitation to Prayer
- Preface
- Acclamation (*Holy, Holy, Holy Lord*)
- Eucharistic Pray with Acclamation
- *Doxology and Great Amen*

Communion Rite

- Lord's Prayer
- Sign of Peace
- Breaking of Bread
- *Lamb of God*
- Prayers before Communion
- Communion
- Communion Song
- Silent Reflection or Song of Praise
- Prayer after Communion

Concluding Rite

- *Greeting*
- Blessing and Dismissal

GIFTS OF THE HOLY SPIRIT

WISDOM: With the gift of wisdom, we see God at work in our life and in the world. For the wise person, the wonders of nature, historical events, and the ups and downs of our life take on a deeper meaning and purpose.

UNDERSTANDING: With the gift of understanding, we comprehend how we need to live as a follower of Jesus Christ. A person with understanding is not confused by all the conflicting messages in our culture about the right way to live.

KNOWLEDGE: With the gift of knowledge, we understand the meaning of God's Revelation, especially as expressed in the life and words of Jesus Christ. A person with knowledge is always learning more about the Scriptures and Tradition.

RIGHT JUDGMENT: With the gift of right judgment, we know the difference between right and wrong, and we choose to do what is right. A person with right judgment avoids sin and lives out the values taught by Jesus.

COURAGE: With the gift of courage we overcome our fear and are willing to take risks as a follower of Jesus. A person with courage is willing to stand up for what is right in the sight of God, even if it means accepting rejection, verbal abuse, or even physical harm and death.

REVERENCE: With the gift of reverence, (sometimes called piety), we have a deep sense of respect for God and the Church. A person with reverence recognizes our total reliance on God and comes before Him with humility, trust and love.

WONDER AND AWE: With the gift of wonder and awe (sometimes called fear of the Lord), we are aware of the glory and majesty of God. A person with wonder and awe knows that God is the perfection of all we desire: Perfect knowledge, perfect goodness, perfect power and perfect love.

FRUITS OF THE HOLY SPIRIT

The Fruits of the Spirit are characteristics and qualities of those who allow themselves to be guided by the Holy Spirit. They are listed in *Galatians 5:22-23*.

LOVE (CHARITY)	JOY	PEACE	PATIENCE	KINDNESS
FAITHFULNESS	GENTLENESS	GOODNESS		SELF-CONTROL

VIRTUES

Virtues are habits that bring us closer to God and others.

The Theological Virtues - faith, hope and love are gifts from God that help us in our relationship with Him.

Faith is the virtue by which we believe and accept all that God teaches us and reveals to us.

Hope is the virtue by which we place our trust in Christ's promises and rely on the Holy Spirit to help us be strong.

Love is the virtue by which we are drawn into the closest and most intimate relationship we can have with God.

The Cardinal virtues - prudence, fortitude, temperance, and justice, are habits we develop that help us make good decisions in our relationships with others. Living a virtuous life means we obey and respect the Laws and follow Jesus' teachings.

Temperance is about balance and self-control in your life.

Prudence helps us to stop and think before we act.

Fortitude strengthens us to overcome temptations and obstacles to living morally

Justice is giving both God and neighbor what is their due...to act on what we know is fair.

Holy Days of Obligation

Days dedicated to recalling important events connected with the life of Jesus and

those associated with Him; Catholics are required to attend Mass on these days.

In the United States the Holy Days of Obligation are:

Solemnity of Mary, Mother of God - January 1

Ascension of the Lord - Forty days after Easter

Assumption of Mary - August 15

All Saints' Day - November 1

Immaculate Conception - December 8

Christmas - December 25