

THE SIGN OF THE CROSS

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

THE LORD'S PRAYER

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 GLORY BE (DOXOLOGY)

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.

MEALTIME PRAYER

Bless us, O Lord, and these your
gifts, Which we are about to
receive through Jesus Christ, Our
Lord. Amen.

ANGEL OF GOD

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

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.

ACT OF CONTRITION

My God, I am sorry for my sins
with all my heart. In choosing to do
wrong and failing to do good, I
have sinned against You whom I
should love above all things. I
firmly intend, with Your help, to do
penance, to sin no more, and to
avoid whatever leads me to sin.
Our Savior Jesus Christ suffered
and died for us. In His name, my
God, have mercy. Amen.

THE APOSTLES 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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come 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.

THE ROSARY

Begin the rosary with the Sign of the Cross. Recite the Apostle's Creed. Then pray one "Our Father", three "Hail Marys", and one "GloryBe." To pray each decade, say an "Our Father" on the large bead and a "Hail Mary" on each of the ten smaller beads. After each decade pray the "Glory Be." Pray the "Hail, Holy Queen" as the last prayer of the rosary.

The mysteries of the rosary are special events in the lives of Jesus and Mary. As you pray each decade, think of the appropriate joyful, sorrowful, glorious, or luminous mystery.

The Five Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation of Jesus
5. The Finding of Jesus in the Temple

The Five Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

The Five Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary

5. The Coronation of the Blessed Virgin Mary

The Five Luminous Mysteries

1. The Baptism of Jesus
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God and the Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of thy faithful Enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created. And you will renew the face of the earth. Let us pray.....

O God, Who by the light of the Holy Spirit didst instruct the hearts of the faithful, grant that in the same Spirit, They may be truly wise and ever rejoice in His consecration, Through Christ our Lord. Amen

THE ANGELUS

V. The angel spoke God's message to Mary, R. and she conceived of the Holy Spirit. Hail Mary...

V. "I am the lowly servant of the Lord: R. let it be done unto me according to your word." Hail Mary...

V. And the Word became flesh R. and lived among us. Hail Mary...

V. Pray for us, holy Mother of God, R. that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross be brought to The glory of His Resurrection, through the same Christ our Lord. Amen.

THE MASS

Introductory Rites:

Entrance Procession and Song
Sign of the Cross and Greeting
Penitential Rite
Glory to God
Opening Prayer

Liturgy of the Word:

First Reading
Responsorial Psalm
Second Reading
Alleluia/Gospel Acclamation

Gospel Homily Profession of Faith
General Intercessions

Liturgy of the Eucharist:

Preparation of the Gifts

Eucharistic Prayer:

Preface,

Holy Holy,

Institution Narrative &

Consecration,

Offering,

Great Amen

Communion Rite:

Lord's Prayer,

Sign of Peace,

Breaking of the Bread:

Lamb of God

Communion,

Prayer after Communion

Concluding Rite:

Blessing Dismissal

THE SEVEN SACRAMENTS

Baptism, Confirmation, Eucharist,
Penance, Anointing of the Sick,
Matrimony, Holy Orders

THE TEN COMMANDMENTS

1. I, the Lord, am Your God, You shall not have strange gods before me.

2. You shall not take the name of the Lord, your God in vain.

3. Keep holy the Lord's Day.

4. Honor your father and your mother.

5. You shall not kill.

6. You shall not commit adultery.

7. You shall not steal.

8. You shall not bear false witness against your neighbor.

9. You shall not covet your neighbor's wife.

10. You shall not covet your neighbor's goods.

THE LITURGICAL YEAR

The Advent Season

The Christmas Season

Ordinary Time

The Lenten Season

The Easter Triduum

The Easter Season

Ordinary Time

The Theological Virtues

Faith, Hope and Love

The Cardinal Moral Virtues

Prudence, Temperance, Justice, Fortitude

GIFTS OF THE HOLY SPIRIT

Wisdom
Understanding & Knowledge
Counsel & Fortitude
Piety & Fear of the Lord

FRUITS OF THE HOLY SPIRIT

Love, Joy, Peace, Patience,
Kindness, Goodness,
Faithfulness, Gentleness,
Self-Control, Modesty, Chastity,
Generosity

Precepts of the Church (teachings)

1. Take part in the Holy Mass on Sundays and Holy Days.
2. Celebrate the Sacrament of Penance at least once a year
3. Receive Holy Communion at least once a year during Easter Season.
4. Observe the days of fasting and abstinence established by the Church.
5. Help to provide for the needs of the Church.

WORKS OF MERCY

Corporal (for the body)

Feed the hungry. Give drink to the thirsty. Clothe the naked Shelter the homeless Visit the sick. Visit the imprisoned Bury the dead.

Spiritual (for the spirit)

Warn the sinner. Teach the ignorant. Counsel the doubtful. Comfort the sorrowful. Bear wrongs patiently. Forgive injuries. Pray for the living and the dead.

THE BEATITUDES

Blessed are the poor in spirit, For theirs is the kingdom of heaven.

Blessed are they who mourn, For they will be comforted.

Blessed are the meek, For they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, For they will be satisfied.

Blessed are the merciful, For they will be shown mercy.

Blessed are the clean of heart, For they will see God.

Blessed are the peacemakers, For they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, For theirs is the kingdom of heaven.

SACRAMENTS OF INTIATION

Baptism, Eucharist, Confirmation

SACRAMENTS OF HEALING

Reconciliation, Anointing of the Sick

SACRAMENTS OF SERVICE/VOCATION

Matrimony, Holy Orders

HOLY DAYS OF OBLIGATION

Christmas Mary, Mother of God
Ascension Thursday The
Assumption of the Blessed Virgin
Mary All Saints Day The
Immaculate Conception

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father;

through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

rites

Established procedures for celebrating specific ceremonies in the Church. Fixed words and actions are followed each time the rite is celebrated, bringing us closer to Christ and one another.

MARKS OF THE CHURCH

One, holy, catholic, apostolic