

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.
I believe in Jesus Christ, His only Son, our
Lord. He was conceived by the Holy Spirit,
and born of the Virgin Mary. He suffered
under Pontius Pilate, was crucified, died,
and was buried. He descended into hell.
On the third day he rose from the dead.
He ascended into heaven, and is seated at
the right hand of the Father. 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.

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 "Glory Be."

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	Generos

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 INITIATION

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

We believe in one God, the Father,
the Almighty, maker of heaven and earth,
of all that is seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten
of the Father, God from God, Light from Light,
True God from true God, begotten, not made,
one in being with the Father.
Through Him all things were made.
For us men and for our salvation
He came down from heaven:
by the power of the Holy Spirit
He was born of the Virgin Mary, and became
man.
For our sake He was crucified under Pontius
Pilate;
He suffered, died, and was buried.
On the third day He rose again in fulfillment
of the Scriptures;
He ascended into heaven and is seated at the
right hand of the Father.
He will come again to judge the living and the
dead, and His kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver
of Life, who proceeds from The Father and the
Son.
With the Father and the Son He is worshipped
and glorified. He has spoken through the
Prophets. We believe in one, holy, catholic, and
apostolic Church.
We acknowledge one baptism for the forgiveness
of sins. We look for 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