

THE SIGN OF THE CROSS

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

*By the Sign of the Holy Cross from our
enemies delivers O Lord our God.
In the name of the Father...*

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.

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.

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.

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.

THE PRECEPTS OF THE CHURCH

1. Attendance at Mass on Sundays
and Holy Days of Obligation.
2. Confess your sin at least once a
year.
3. Receive Holy Communion at least
once a year during the Easter
season.
4. Observe the days of fast and
abstinence.
5. Provide for the needs of the
Church.

THE SEVEN SACRAMENTS

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

THE TEN COMMANDMENTS

1. I am the Lord 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. Remember to keep holy the Lord's
Day.
4. Honor you father and your mother.
5. You shall not kill.
6. You shall not commit impure
actions.
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.

OUR PROFESSION OF FAITH THE 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.

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, O 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.

THE BEATITUDES Matthew 5:1-12:

1. Blessed are the Poor in Spirit, for
theirs is the kingdom of Heaven.
2. Blessed are they who mourn, for
they will be comforted.
3. Blessed are the meek, for they will
inherit the land.
4. Blessed are they who hunger and
thirst for righteousness for they will
be satisfied.
5. Blessed are the merciful, for they
will be shown mercy.
6. Blessed are the clean of heart, for
they will see God.
7. Blessed are the peacemakers, for
they will be called children of God.
8. Blessed are they who are
persecuted for the sake of
righteousness, for theirs is the
kingdom of heaven.

THE 7 GIFTS OF THE HOLY SPIRIT

*Four gifts help us **to know** God's will. The
other three help us **to do** his will.*

Know God's Will

Wisdom
Understanding
Right judgment
Knowledge

Do God's Will

Courage
Reverence
Wonder and awe

THE FRUITS OF THE HOLY SPIRIT

*They are signs of the Holy Spirit's actions
in our lives.*

1. Love (Charity)
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self control
12. Chastity

THE THEOLOGICAL VIRTUES

*Practicing these virtues, given to us at
Baptism, strengthens us over time and
helps us make good decisions and give the
best of ourselves.*

1. Faith
2. Hope
3. Charity (Love)

THE CARDINAL VIRTUES

*Virtues acquired by education and good
actions.*

1. Prudence
2. Fortitude
3. Justice
4. Temperance

HOLY DAYS OF OBLIGATION IN THE UNITED STATES

January 1st: Mary, Mother of God

Ascension of the Lord: 40 days after Easter
or the seventh Sunday of Easter.

Assumption of the Blessed Virgin Mary:
August 15th.

All Saints: November 1st

Immaculate Conception: December 8th

Nativity of Our Lord Jesus Christ:
December 25th.

GRACE BEFORE MEALS

Bless us, O Lord, and these thy gifts,
which we are about to receive from thy
bounty, through Jesus Christ our Lord.
Amen.

GRACE AFTER MEALS

We give Thee thanks, for all thy benefits,
Almighty God, who live and reign forever.
Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of
Mary, I offer you my prayers, works, joys,
and sufferings on this day for all the
intentions of your Sacred Heart, in union
with the holy Sacrifice of the Mass
throughout the world, for the salvation of
souls, the reparation for sins, the reunion
of all Christians, and in particular the
intentions of the holy Father this month.

ACT OF LOVE

O Lord God, I love you above all things,
and I love my neighbor for your sake,
because you are the Highest, Infinite and
Perfect Good, worthy of all my love.
Amen.

ACT OF FAITH

O my God I firmly believe that you are
One God in Three Divine Persons, Father,
Son and Holy Spirit.

I believe that Your Divine Son became
Man and died for our sins, and that He
will come to judge the living and the dead.
I believe these and all the truths which our
Mother Catholic Church teaches, because
You have revealed them, who are eternal
truth and wisdom, who can neither
deceive nor be deceived. In this faith I
intend to live and die. Amen.

ACT OF HOPE

O Lord God, I hope by your grace for the
pardon of all my sins and after life to gain
eternal happiness because you have
promised it who are infinitely powerful,
faithful, kind, and merciful. In this hope I
intend to live and die. Amen

CORPORAL WORKS OF MERCY

Are kind acts by which we help our
neighbors with their material and physical
needs

1. Feed the hungry.
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead

SPIRITUAL WORKS OF MERCY

Are acts of compassion by which he help
our neighbors with their emotional and
spiritual needs.

1. Counsel the doubtful
2. Instruct the ignorant

3. Admonish sinners
4. Comfort the afflicted
5. Forgive offenses
6. Bear wrong patiently
7. Pray for the living and
the dead..