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.
- 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.

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 1^{st.} 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..