



Catholic Family Handbook



Diocese of Evansville

Table of Contents

Traditional Catholic Prayers

- Sign of the Cross
- Lord's Prayer
- Hail Mary
- Glory Be
- Nicene Creed
- Apostles' Creed
- An Act of Contrition
- Act of Faith
- Act of Hope
- Act of Love
- Te Deum (You are God)
- Anima Christi (Soul of Christ)
- Guardian Angel Prayer
- Morning Offering
- Grace Before Meals
- Grace After Meals
- Prayer for the Dead
- Prayer to St. Michael the Archangel
- Divine Praises
- Prayer of St. Francis (Peace Prayer)
- Prayer to the Holy Spirit

Marian Prayers

- Regina Caeli (Queen of Heaven)
- The Memorare (Remember)
- Angelus
- Magnificat (Canticle of Mary- Luke 1:46-55 [NABRE])
- Salve, Regina (Hail, Holy Queen)

The Rosary

Sacraments of the Church

The Mass

Penance and Reconciliation

Devotions

Stations of the Cross

Liturgy of the Hours

Liturgical Seasons of the Year

Practices and Teachings of the Catholic Church

- Beatitudes
- Ten Commandments
- The Great Commandment
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Corporal Works of Mercy
- Spiritual Works of Mercy
- Theological Virtues
- Cardinal Virtues
- Marks of the Church
- Precepts of the Church
- Regulations for Fasting and Abstinence
- The Apostles
- Canonization Process

The Bible- Sacred Scripture

TRADITIONAL CATHOLIC PRAYERS

SIGN OF THE CROSS

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

1.Touch
forehead

3.Touch
left
shoulder



4.Touch
right
shoulder

2.Touch chest

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.

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.

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.

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; the third day he rose again from the dead;
he ascended into heaven,
and sits at the right hand of God the Father almighty, from thence he shall 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.

AN ACT OF CONTRITION

O my God,
I am heartily sorry for having offended you,
and I detest all my sins because of your just punishments,
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 your grace,
to sin no more
and to avoid the near occasions of sin.
Amen. (*Order of Penance, 92*)

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 the Holy 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 here 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.

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. In this love I intend to live and die. Amen.

TE DEUM (YOU ARE GOD)

You are God: we praise you;
you are God: we acclaim you;
you are the eternal Father:
all creation worships you.
To you all angels, all the powers of heaven,
cherubim and seraphim, sing in endless praise:
holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not spurn the Virgin's womb.
You overcame the sting of death,
and opened the Kingdom of Heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
bought with the price of your own Blood,
and bring us with your saints
to glory everlasting.
Save your people, Lord, and bless your inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name forever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
for we put our trust in you.
In you, Lord, is our hope:
and we shall never hope in vain.

ANIMA CHRISTI (SOUL OF CHRIST)

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come to you,
That with your saints I may praise you
forever and ever. Amen.

GUARDIAN ANGEL PRAYER

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.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and sufferings of 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 of sins, the reunion of all Christians,
and in particular for the intentions of the Holy Father this month.
Amen.

GRACE BEFORE MEALS

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

GRACE AFTER MEALS

We give thee thanks, for all thy benefits, almighty God, who lives and reigns forever. [And may the souls of the faithful departed, through the mercy of God, rest in peace.]. Amen

PRAYER FOR THE DEAD

V/. Eternal rest grant unto him/her, O Lord.
R/. And let perpetual light shine upon him/her.
V/. May he/she rest in peace.
R/. Amen.
V/. May his/her soul and the souls of the faithful departed,
through the mercy of God,
rest in peace.
R/. Amen

PRAYER TO ST. MICHAEL THE ARCHANGEL

St. Michael the Archangel, defend us in battle,
be our protection against
the wickedness and snares of the Devil.
May God rebuke him, we humbly pray.
And do thou,
O Prince of the Heavenly Host,
by the Power of God,
thrust into hell Satan
and all evil spirits who wander the earth
seeking the ruin of souls. Amen.

DIVINE PRAISES

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

PRAYER OF ST. FRANCIS (PEACE PRAYER)

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life. Amen.

PRAYER TO THE HOLY SPIRIT

V/. Come, Holy Spirit, fill the hearts of your faithful.

R/. And kindle in them the fire of your love.

V/. Send forth your Spirit and they shall be created.

R/. And you will renew the face of the earth.

Let us pray.

O God,

by the light of the Holy Spirit

you have taught the hearts of your faithful.

In the same Spirit

help us to know what is truly right

and always rejoice in your consolation.
We ask this through Christ, our Lord.
Amen.

MARIAN PRAYERS

REGINA CAELI (QUEEN OF HEAVEN)

Queen of Heaven, rejoice, alleluia:
for the Son you were privileged to bear, alleluia,
is risen as he said, alleluia.
Pray for us to God, alleluia.

V/. Rejoice and be glad, O Virgin Mary, Alleluia!
R/. For the Lord is truly risen, Alleluia.

Let us pray. O God, who gave joy to the world through the Resurrection of your Son, our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

THE MEMORARE (REMEMBER)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

ANGELUS

V/. The Angel of the Lord declared to Mary,
R/. And she conceived of the Holy Spirit.
Hail Mary....

V/. Behold the handmaid of the Lord,
R/. Be it done unto me according to thy Word.
Hail Mary...

V/. And the Word was made flesh
R/. And dwelt among us.
Hail Mary....

V/. Pray for us, O holy Mother of God,
R/. That we may be 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.

MAGNIFICAT (CANTICLE OF MARY – LUKE 1:46-55 [NABRE])

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my savior.
For he has looked upon his handmaid's lowliness;
behold, from now on will all ages call me blessed.
The Mighty One has done great things for me,
and holy is his name.
His mercy is from age to age
to those who fear him.
He has shown might with his arm,
dispersed the arrogant of mind and heart.
He has thrown down the rulers from their thrones
but lifted up the lowly.
The hungry he has filled with good things;
the rich he has sent away empty.
He has helped Israel his servant,
remembering his mercy,
according to his promise to our fathers,
to Abraham and to his descendants forever.

SALVE, REGINA (HAIL, HOLY QUEEN)

Hail, Holy Queen, Mother of mercy: Hail our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

SUB TUUM PRAESIDIUM (WE TURN TO YOU FOR PROTECTION)

We fly to your patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin.

THE ROSARY

The rosary is quite possibly the most popular devotional prayer of the Church. At its heart is the recitation of five sets of ten Hail Marys. Each set of ten is called a decade. The repetition is meant to lead one into restful and reflective prayer.

MYSTERIES OF THE ROSARY

While praying each decade, we are asked to contemplate a particular event, or mystery, from the life of Christ. There are four sets of Mysteries: Joyful, Sorrowful, Luminous, and Glorious.

The four sets of Mysteries are traditionally said on the following days:

- 1. Joyful: Mondays and Saturdays; Sundays of the Christmas Season*
- 2. Sorrowful Mysteries: Tuesdays and Fridays; Sundays of Lent*
- 3. Luminous Mysteries: Thursdays*
- 4. Glorious Mysteries: Wednesdays and Sundays (except as noted above)*

HOW TO PRAY THE ROSARY

We begin by making the Sign of the Cross. Then we say the Apostles' Creed, one Our Father, three Hail Marys, and one Glory Be on the small chain. Then we recall the first Mystery, say one Our Father, ten Hail Marys, and one Glory Be. You may choose to end with the prayer requested by the Blessed Virgin Mary at Fatima (the Fatima Prayer): "O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who have most need of your mercy." This completes one decade.

All the decades are said in the same manner with a different Mystery meditated during each decade. After the last decade, conclude with the *Salve Regina* (Hail, Holy Queen) and the following dialog and prayer:

V/. Pray for us, O holy Mother of God.

R/. That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only-begotten Son, by his life, death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

The Joyful Mysteries

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

The 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 and Death

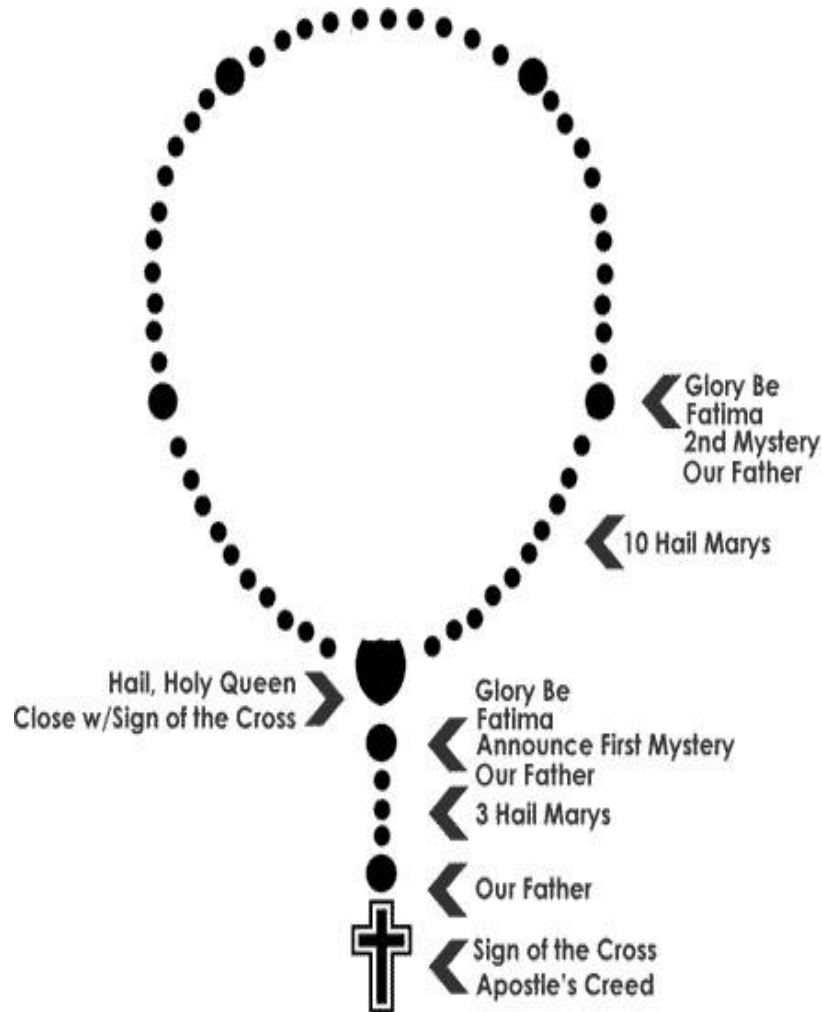
The Luminous Mysteries

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration

5. The Institution of the Eucharist

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven and Earth



SACRAMENTS OF THE CHURCH

Christ himself instituted the seven sacraments. They “touch all the stages and all the important moments of Christian life” (CCC, 1210). All sacraments are a visible expression of the invisible reality of God’s grace freely given to us.

SACRAMENTS OF CHRISTIAN INITIATION

Baptism
Confirmation
Eucharist

SACRAMENTS OF HEALING

Penance
Anointing of the Sick

SACRAMENTS AT THE SERVICE OF COMMUNION

Holy Orders
Matrimony

THE MASS

“The Eucharist is ‘the source and summit of the Christian life’” (CCC 1324). In the Eucharistic celebration is found the entire treasure of the Church-Jesus Christ. The Eucharist is the memorial of Christ’s saving life, death and Resurrection made present for our salvation by the action of the liturgy.

ORDER OF THE MASS

Introductory Rites

The purpose of the Introductory Rites is to “ensure that the faithful, who come together as one, establish communion and dispose themselves properly to listen to the Word of God and to celebrate the Eucharist worthily” (General Instruction of the Roman Missal, no.46).

- ✠ Entrance
- ✠ Penitential Act
- ✠ *Kyrie, Eleison* (Lord, have mercy)
- ✠ *Gloria*
- ✠ Collect (Opening Prayer)

The Liturgy of the Word

“The main part of the Liturgy of the Word is made up of the readings from Sacred Scripture together with the chants occurring between them.” (General Instruction of the Roman Missal, 55)

- ✠ First Reading (from the Old Testament; from Acts of the Apostles in the Easter season)
- ✠ Responsorial Psalm (Book of Psalms from the Old Testament)

- † Second Reading (New Testament letter)
- † Acclamation before the Gospel
- † Gospel Reading (Matthew, Mark, Luke, or John)
- † Homily
- † Profession of Faith (Creed)
- † Universal Prayer (Prayer of the Faithful)

The Liturgy of the Eucharist

The liturgy of the Eucharist, with the presentation of the bread and wine, the prayer of thanksgiving and consecration, and holy Communion, is the heart and summit of the celebration.

- † Preparation of the Gifts
- † Prayers over the Offerings
- † Eucharistic Prayer
- † Communion Rite
 - Lords' Prayer
 - Rite of Peace
 - Fraction of the Bread
 - Communion
- † Prayer After Communion

Concluding Rites

The dismissal of the people by the Deacon or the Priest, so that each may go back to doing good works, praising and blessing God.

- † Greeting and Blessing
- † Dismissal

PRAYERS OF THE MASS

Greeting

Priest: The Lord be with you.

OR

Priest: The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

OR

Priest: Grace to you and peace from God our Father
and the Lord Jesus Christ.

People: And with your spirit.

Penitential Act, First Form (*Confiteor*)

I confess to Almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and what I have failed to do,
And striking their breast, they say:
through my fault, through my fault,
through my most grievous fault;
Then they continue:
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Second Form

Priest: Have mercy on us, O Lord.
People: For we have sinned against you.
Priest: Show us, O Lord, your mercy.
People: And grant us your salvation.

Kyrie Eleison (Lord, Have Mercy)

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

Invitation to Prayer

May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.

The *Sanctus*

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Mystery of Faith

We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

OR

When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

OR

Save us, Savior of the world,
for by your Cross and Resurrection
you have set us free.

***Agnus Dei* (Lamb of God)**

Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.

Invitation to Communion

Priest: Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

People: Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.

SACRED VESSELS AND VESTMENTS

Vestments

- ✠ Alb - From the Latin word for “white,” the white linen vestment with narrow sleeves worn by the priest, deacon, and other ministers at Mass. Many times a rope belt called a cincture is used with the alb. The alb is a reminder of one’s Baptism, the gateway to service in the Church.
- ✠ Stole - The stole is a long narrow strip of fabric worn around the neck by bishops, priests and deacons. It is a symbol of sacramental and teaching authority of people in holy orders. It is the color of the season or feast.
- ✠ Chasuble - From the Latin word *casula* (“little house”), this is the poncho-like garment worn by bishops and priests for the celebration of the Mass. Often associated with the yoke of Christ (see Matthew 11:28-30), it takes the color of the season or feast.
- ✠ Dalmatic - The outer garment worn by a deacon. Dating from at least the 4th century, the dalmatic is a long garment with sleeves. It takes the color of the season or feast.
- ✠ Cope - A long cape-like vestment, worn by bishops, priest and deacons in processions and other occasions outside of Mass. It is often white or the color of the season or feast.
- ✠ Humeral Veil - A rectangular cloth or vestment placed over the shoulders and clasped in front to the chest. It is typically used when touching or carrying the monstrance and in Benediction of the Blessed Sacrament.

Vessels

- ✠ Chalice - The sacred vessel in which the Eucharistic wine is consecrated at Mass. From the Latin word for “cup,” the chalice is to be made of precious metal or other solid, noble materials.
- ✠ Ciborium - The vessel designed to hold the consecrated hosts for the Eucharist. The ciborium often resembles a large chalice or bowl with a lid. The ciborium should be made from the same materials as the chalice.
- ✠ Paten - A round, thin plate of the same material as the chalice. The hosts to be consecrated at the Eucharist are placed upon it.
- ✠ Cruet - Vessels used to contain the wine and water for Mass.
- ✠ *Lavabo* bowl - From the Latin word for “wash,” this is the small bowl that catches the water used in cleansing the fingers of the priest at the Preparation of the Gifts at Mass.
- ✠ Monstrance - A sacred vessel designed to expose the consecrated Host to the faithful for Eucharistic adoration, for Benediction, or for carrying in a procession.

Objects

- ✠ Corporal - From the Latin word for “body,” this is a cloth for the vessels on the altar that helps keep fragments and spills contained. Items to be consecrated are placed on this cloth.

- ✠ Purificator - The small piece of absorbent cloth that is used to wipe the lip of the chalice after the reception of the Eucharist and to dry the chalice after it is purified after Communion is complete.
- ✠ Altar cloth - The cloth that covers the altar out of respect for the banquet of the Lord. Its size, shape and adornment fits the structure of the altar.
- ✠ Thurible - The vessel with a chain for swinging used to contain and burn incense. This incense burner or censer is used for more solemn celebrations of the Mass for the purpose of blessing.
- ✠ Aspergillum - From the Latin word meaning “to sprinkle,” the instrument used to sprinkle the people with holy water during Mass as a reminder of Baptism.
- ✠ *Roman Missal* - The official book of prayers and rubrics (instructions) for Mass for the entire liturgical year, the celebration of the Sacraments, and other feast days. It is the book that the Priest uses to celebrate Mass.
- ✠ Lectionary - The sacred book that holds the Scripture Readings from both the Old and the New Testaments and organized for the liturgical calendar.
- ✠ *Book of the Gospels* - The sacred book used by the Priest or Deacon during Mass to proclaim the Gospel.
- ✠ Crucifix - A cross with the image of Christ on it. The cross is a symbol of the Passion of Christ and is the most honored of all Christian images. It signifies the saving act of Christ and all its power and the strength to follow Christ.

Furnishings

- ✠ Altar - Standing as the place where the sacrifice of Christ is re-presented and the table where the faithful gather to partake of the Lord’s Supper, the altar is central to the Eucharistic celebration and is a focal point in the church itself.
- ✠ Presider chair - The chair used by the priest when he is the celebrant of Mass.
- ✠ Ambo - The raised stand or table used for the reading of the Scriptures at Mass and other celebrations.
- ✠ Tabernacle - The shrine or receptacle that serves as a place for the reservation of the Blessed Sacrament (the consecrated Eucharist) so that it can be brought to the sick and homebound, and also for the prayer and devotion of the people.
- ✠ Baptismal Font - The basin or vessel that contains baptismal water for the celebration of Baptism. It may take the shape of a bowl on top of a pedestal or a basin large enough for a person to be immersed in it.

In the Church

- ✠ Sanctuary - The sanctuary is the part of the church building where the altar stands, the Word of God is proclaimed, and the priest and other ministers exercise their functions. It is often marked off from the body of the church either by elevation or by ornamentation.
- ✠ Nave - From the Latin word for “ship,” this is the main body of the church reserved for worshipers, the central open space, distinct from the sanctuary or choir and extending to the rear of the church.
- ✠ Sacristy - A room or annex of a church where furnishings for the altar are kept and where the ministers vest and prepare themselves for worship.
- ✠ Baptistry (baptismal font) - The part of the church containing the baptismal font reserved for the celebration of Baptism. This may be in a distinct part of the main body of the church, or sometimes even in a separate room or building.
- ✠ Narthex/Threshold - The entrance of the church separated from the nave by a wall, railing, or screen often used as a gathering place for a procession or those bringing up the gifts in preparation for the Eucharist.

PENANCE AND RECONCILIATION

EXAMINATION OF CONSCIENCE (BASED ON THE TEN COMMANDMENTS)

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

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

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday and on Holy Days of Obligation? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).

DEVOTIONS

SACRAMENTALS

Sacramentals are sacred signs designated by the Church to prepare us for the grace of the sacraments and make holy many occasions in daily life. Sacramentals always include a prayer along with a tangible sign, such as the Sign of the Cross, the laying upon of hands, or the use of holy water.

Some Kinds of Sacramentals

- Blessings (of persons, meals, objects, or places)
- Consecrations (of persons, places or objects to God)

NOVENAS

Novenas are a common way to pray when one has a sense of urgency and neediness. They can be prayed privately or publicly to obtain special graces, to implore special favors, or to make special petitions. Derived from the Latin word “novern”, meaning nine, a novena is prayed for nine days or for several units of nine days. Novenas are short prayers, requesting particular saints to pray to Jesus for that person.

CHAPLET

A Chaplet is a form of Christian prayer which uses prayer beads. Some chaplets have a strong Marian element; others focus more directly on Jesus or the Saints.

One of the most common chaplets is the Chaplet of Divine Mercy. The second Sunday of the Easter season is also known as the Sunday of Divine Mercy. The chaplet is prayed as part of the service.

Chaplet of Divine Mercy

Using ordinary rosary beads, begin with the Our Father, the Hail Mary, and the Apostles’ Creed.

On the large bead before each decade pray:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the ten small beads of each decade, pray:

For the sake of his sorrowful Passion, have mercy on us and the whole world.

After the five decades, repeat the following three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Concluding prayer (optional):

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy itself. Amen.

LITANIES

The word litany comes from the Greek word for petition or supplication. In a litany, we ask Christ, the Blessed Virgin Mary, or the saints for their intercession. It is often prayed antiphonally, meaning one person leads the first part of the prayer, and the group responds. Some litanies are used in the liturgy, and others are for private devotions.

Litany of the Saints

Lord, have mercy
R. Lord, have mercy

Christ, have mercy
R. Christ, have mercy

Lord, have mercy
R. Lord, have mercy

Holy Mary, Mother of God,
R. Pray for us.

Saint Michael,
Holy Angels of God,
Saint John the Baptist,
Saint Joseph,
Saint Peter and Saint Paul,
Saint Andrew,
Saint John,
Saint Mary Magdalene,
Saint Stephen,
Saint Ignatius [of Antioch],
Saint Lawrence,
Saint Perpetua and Saint Felicity,
Saint Agnes,
Saint Gregory [the Great],
Saint Augustine,
Saint Athanasius,
Saint Basil [the Great],
Saint Martin,
Saint Benedict,
Saint Francis [of Assisi] and Saint Dominic,
Saint Francis Xavier,
Saint John Mary [Vianney],
Saint Catherine [of Siena],
Saint Teresa [of Jesus],
All holy men and women, Saints of God,

Lord, be merciful...
R. Lord, deliver us we pray.

From all evil...
From every sin...
From everlasting death,

By your coming as man,
By your death and rising to new life,
By your gift of the Holy Spirit,

Be merciful to us sinners....

R. Lord, we ask you, hear our prayer.

Guide and protect your holy Church...

Keep the pope and all the clergy in faithful service
to your Church...

Bring all peoples together in trust and peace,

Strengthen us in your service,

Jesus, Son of the living God,

Christ, hear us.

R. Christ, hear us.

Christ, graciously hear us.

R. Christ, graciously hear us.

Let us pray. God of our ancestors who set their hearts on you, of those who fell asleep in peace, and of those who won the martyrs' violent crown: we are surrounded by these witnesses as by clouds of fragrant incense. In this age we would be counted in this communion of all the saints; keep us always in their good and blessed company. In their midst we make every prayer through Christ who is our Lord forever and ever. Amen.

PIOUS INVOCATIONS

Pius invocations are short prayers that are memorized and may be said throughout the day. St. Paul tells us to "Pray without ceasing". These aspirations are one way we can keep our thoughts continually turned towards God.

Psalms make great aspirations as well as any of the following:

Jesus, Jesus, Jesus

The Holy Name of Jesus itself is a form of prayer. (Philippians 2:10)

Jesus, I trust in You.

Jesus, help me to do Your Will.

Most Holy Trinity, I adore you! My God, my God, I love You in the Most Blessed Sacrament.

My God and my all.

My Jesus, mercy!

My God, I believe, I adore, I trust, and I love You. I beg pardon for those who do not believe, do not adore, do not trust, and do not love You.

Praise the Lord!

Sacred Heart of Jesus, have mercy on us.

Thank you Jesus.

Your will be done.

We adore You, O Christ and we praise You, because by Your holy cross You have redeemed the world.

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Lord Jesus Christ, have mercy on me a sinner.

Jesus, my God, I love Thee above all things!

Jesus, Mary and Joseph.

Lamb of God, who takes away the sins of the world, grant us Your peace.

O Lord, increase my faith.

Stay with us, O Lord.

STATIONS OF THE CROSS

The Stations (or "Way") of the Cross are a devotional prayer to help us to recall the tremendous love of Jesus Christ as He suffered and died for our salvation.

MEDITATIONS ON THE SUFFERING AND DEATH OF JESUS CHRIST

At each station, contemplate the scene.

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls the first time.
4. Jesus meets his Mother
5. Simon of Cyrene helps Jesus
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time
8. Jesus speaks to the women of Jerusalem
9. Jesus falls the third time.
10. Jesus is stripped of his clothes.
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is removed from the cross.
14. Jesus is placed in the tomb.

Closing Prayer - recalling the Resurrection

LITURGY OF THE HOURS

The Liturgy of the Hours, also known as the Divine Office or the Work of God (Opus Dei), is the daily prayer of the Church, marking the hours of each day and sanctifying the day with prayer. The Hours are a meditation on the mystery of Christ, using scripture and prayer. There are many different ways to participate in the prayer of the Church. Morning prayer and evening prayer are the two “hinges,” or main hours of prayer.

GENERAL OUTLINE FOR MORNING AND EVENING PRAYER

Introductory Verse

Make the Sign of the Cross

✠ God, come to my assistance.

- Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen. (*outside of Lent add: Alleluia*)

Hymn

Psalmody

For Morning Prayer: Psalm, Old Testament canticle (song from Scripture), Psalm

For Evening Prayer: Psalm, Psalm, New Testament canticle

Reading

Response to the Word of God

Gospel Canticle

In the morning: Canticle of Zechariah (*Benedictus*)

In the evening: Canticle of Mary (*Magnificat*)

Intercessions

The Lord's Prayer

Conclusion

LITURGICAL SEASONS OF THE YEAR

ADVENT

Begins the Sunday on or closest to November 30. The 1st Sunday of Advent marks the beginning of the Church's liturgical year. The liturgical color of the season is violet.

CHRISTMAS TIME

The Christmas season begins with the Vigil of the Nativity (Christmas Eve) and extends through the Feast of the Baptism of the Lord, which is usually the Sunday after Epiphany. The liturgical color of the season is white.

ORDINARY TIME

The first period of Ordinary Time is at the conclusion of Christmas season until the season of Lent. The second period includes the weeks after Pentecost to the last Sunday of the liturgical year which is the Solemnity of Our Lord Jesus Christ, King of the Universe. The liturgical color of the season is green.

LENT

Lent begins on Ash Wednesday and ends before the Evening Mass of the Lord's Supper on Holy Thursday. The liturgical color of the season is violet.

PASCHAL TRIDUUM

The Paschal Triduum begins with the Evening Mass of the Lord's Supper, continues with the celebration of the Lord's Passion and veneration of the cross on Good Friday, reaches its high point with the Easter Vigil, and ends after evening prayer on Easter Sunday.

EASTER TIME

The Easter season lasts fifty days, from Easter until Pentecost. The liturgical color is white.

HOLY DAYS OF OBLIGATION (ALSO CALLED SOLEMNITIES OF PRECEPT)

- ✠ All Sundays
- ✠ January 1 –Mary, the Holy Mother of God*
- ✠ August 15 - Assumption of the Blessed Virgin Mary*
- ✠ November 1 - All Saints*
- ✠ December 8 - Immaculate Conception of the Blessed Virgin Mary
- ✠ December 25 - Nativity of the Lord

** When these days land on a Saturday or a Monday, the obligation to participate in Mass is lifted*

GENERAL LITURGICAL CALENDAR OF THE CHURCH

January

- 1 The Octave Day of the Nativity of the Lord: Solemnity of Mary, the Holy Mother of God
- 2 Sts. Basil the Great and Gregory Nazianzen, Bishops and Doctors of the Church
- 3 The Most Holy Name of Jesus
- 4 St. Elizabeth Ann Seton, Religious
- 5 St. John Neumann, Bishop
- 6 St. André Bessette, Religious

Sunday between January 2 and January 8: The Epiphany of the Lord

Sunday after January 6: The Baptism of the Lord

- 7 St. Raymond of Penyafort, Priest
- 13 St. Hilary, Bishop and Doctor of the Church
- 17 St. Anthony, Abbot
- 20 St. Fabian, Pope and Martyr; St. Sebastian, Martyr
- 21 St. Agnes, Virgin and Martyr

- 22 [USA] Day of Prayer for the Legal Protection of Unborn Children
- 23 St. Vincent, Deacon and Martyr; St. Marianne Cope, Virgin
- 24 St. Francis de Sales, Bishop and Doctor of the Church
- 25 The Conversion of St. Paul the Apostle
- 26 Sts. Timothy and Titus, Bishops
- 27 St. Angela Merici, Virgin
- 28 St. Thomas Aquinas, Priest and Doctor of the Church
- 31 St. John Bosco, Priest

February

- 2 The Presentation of the Lord
- 3 St. Blaise, Bishop and Martyr; St. Ansgar, Bishop
- 5 St. Agatha, Virgin and Martyr
- 6 St. Paul Miki and Companions, Martyrs
- 8 St. Jerome Emiliani; St. Josephine Bakhita, Virgin
- 10 St. Scholastica, Virgin
- 11 Our Lady of Lourdes
- 14 Sts. Cyril, Monk, and Methodius, Bishop
- 17 The Seven Holy Founders of the Servite Order
- 21 St. Peter Damian, Bishop and Doctor of the Church
- 22 The Chair of St Peter the Apostle
- 23 St. Polycarp, Bishop and Martyr
- 27 St. Gregory of Narek, Abbot and Doctor of the Church

March

- 3 St. Katharine Drexel, Virgin
- 4 St. Casimir
- 7 Sts. Perpetua and Felicity, Martyrs
- 8 St. John of God, Religious
- 9 St. Frances of Rome, Religious
- 17 St. Patrick, Bishop
- 18 St. Cyril of Jerusalem, Bishop and Doctor of the Church
- 19 St. Joseph, Spouse of the Blessed Virgin Mary
- 23 St. Turibius of Mogrovejo, Bishop
- 25 The Annunciation of the Lord

April

- 2 St. Francis of Paola, Hermit
- 4 St. Isidore, Bishop and Doctor of the Church
- 5 St. Vincent Ferrer, Priest
- 7 St. John Baptist de la Salle, Priest
- 11 St. Stanislaus, Bishop and Martyr
- 13 St. Martin I, Pope and Martyr
- 21 St. Anselm, Bishop and Doctor of the Church
- 23 St. George, Martyr; St. Adalbert, Bishop and Martyr
- 24 St. Fidelis of Sigmaringen, Priest and Martyr
- 25 St. Mark, Evangelist
- 28 St. Peter Chanel, Priest and Martyr; St. Louis Grignon de Montfort, Priest

- 29 St. Catherine of Siena
- 30 St. Pius V, Pope

May

- 1 St. Joseph the Worker
- 2 St. Athanasius, Bishop and Doctor of the Church
- 3 Sts. Philip and James, Apostles
- 10 St. John of Avila, Priest and Doctor of the Church; St. Damien de Veuster, Priest
- 12 Sts. Nereus and Achilleus, Martyrs; St. Pancras, Martyr
- 13 Our Lady of Fatima
- 14 St. Matthias, Apostle
- 15 St. Isidore
- 18 St. John I, Pope and Martyr
- 20 St. Bernardine of Siena, Priest
- 21 St. Christopher Magallanes, Priest, and Companions, Martyrs
- 22 St. Rita of Cascia, Religious
- 25 St. Bede the Venerable, Priest and Doctor of the Church; St. Gregory VII, Pope; St. Mary Magdalene de' Pazzi, Virgin
- 26 St. Philip Neri, Priest
- 27 St. Augustine of Canterbury, Bishop
- 29 St. Paul VI, Pope
- 31 The Visitation of the Blessed Virgin Mary

First Monday after Pentecost: The Blessed Virgin Mary, Mother of the Church

First Sunday after Pentecost: The Most Holy Trinity

Sunday after the Most Holy Trinity: The Most Holy Body and Blood of Christ

June

- 1 St. Justin, Martyr
- 2 Sts. Marcellinus and Peter, Martyrs
- 3 St. Charles Lwanga and Companions, Martyrs
- 5 St. Boniface, Bishop and Martyr
- 6 St. Norbert, Bishop
- 9 St. Ephrem, Deacon and Doctor of the Church
- 11 St. Barnabas, Apostle
- 13 St. Anthony of Padua, Priest and Doctor of the Church
- 19 St. Romuald, Abbot
- 21 St. Aloysius Gonzaga, Religious
- 22 St. Paulinus of Nola, Bishop; Sts. John Fisher, Bishop, and Thomas More, Martyrs
- 24 The Nativity of St John the Baptist
- 27 St. Cyril of Alexandria, Bishop and Doctor of the Church
- 28 St. Irenaeus, Bishop and Martyr
- 29 Sts. Peter and Paul, Apostles
- 30 The First Martyrs of the Holy Roman Church

Friday after the Second Sunday after Pentecost: The Most Sacred Heart of Jesus

Saturday after the Second Sunday after Pentecost: The Immaculate Heart of the Blessed Virgin Mary

July

- 1 St. Junípero Serra, Priest
- 3 St. Thomas, Apostle
- 5 St. Anthony Zaccaria, Priest; St. Elizabeth of Portugal
- 6 St. Maria Goretti, Virgin and Martyr
- 9 St. Augustine Zhao Rong, Priest, and Companions, Martyrs
- 11 St. Benedict, Abbot
- 13 St. Henry
- 14 St. Kateri Tekakwitha, Virgin
- 15 St. Bonaventure, Bishop and Doctor of the Church
- 16 Our Lady of Mount Carmel
- 18 St. Camillus de Lellis, Priest
- 20 St. Apollinaris, Bishop and Martyr
- 21 St. Lawrence of Brindisi, Priest and Doctor of the Church
- 22 St. Mary Magdalene
- 23 St. Bridget, Religious
- 24 St. Sharbel Makhlef, Priest
- 25 St. James, Apostle
- 26 Sts. Joachim and Anne, Parents of the Blessed Virgin Mary
- 29 Sts. Martha, Mary and Lazarus
- 30 St. Peter Chrysologus, Bishop and Doctor of the Church
- 31 St. Ignatius of Loyola, Priest

August

- 1 St. Alphonsus Mary Liguori, Bishop and Doctor of the Church
- 2 St. Eusebius of Vercelli, Bishop; St. Peter Julian Eymard, Priest
- 4 St. John Mary Vianney, Priest
- 5 The Dedication of the Basilica of St. Mary Major
- 6 The Transfiguration of the Lord
- 7 St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan, Priest
- 8 St. Dominic, Priest
- 9 St. Teresa Benedicta of the Cross, Virgin and Martyr
- 10 St. Lawrence, Deacon and Martyr
- 11 St. Clare, Virgin
- 12 St. Jane Frances de Chantal, Religious
- 13 Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs
- 14 St. Maximilian Mary Kolbe, Priest and Martyr
- 15 The Assumption of the Blessed Virgin Mary
- 16 St. Stephen of Hungary
- 19 St. John Eudes, Priest
- 20 St. Bernard, Abbot and Doctor of the Church
- 21 St. Pius X, Pope
- 22 The Queenship of the Blessed Virgin Mary
- 23 St. Rose of Lima, Virgin
- 24 St. Bartholomew, Apostle
- 25 St. Louis; St. Joseph Calasanz, Priest
- 27 St. Monica
- 28 St. Augustine, Bishop and Doctor of the Church
- 29 The Passion of St. John the Baptist

September

- 3 St. Gregory the Great, Pope and Doctor of the Church
- 8 The Nativity of the Blessed Virgin Mary
- 9 St. Peter Claver, Priest
- 12 The Most Holy Name of Mary
- 13 St. John Chrysostom, Bishop and Doctor of the Church
- 14 The Exaltation of the Holy Cross
- 15 Our Lady of Sorrows
- 16 Sts. Cornelius, Pope, and Cyprian, Bishop, Martyrs
- 17 St. Robert Bellarmine, Bishop and Doctor of the Church; St. Hildegard of Bingen, Virgin and Doctor of the Church
- 19 St. Januarius, Bishop and Martyr
- 20 Sts. Andrew Kim Taeogn, Priest, Paul Chong Ha-sang, and Companions, Martyrs
- 21 St. Matthew, Apostle and Evangelist
- 23 St. Pius of Pietrelcina, Priest
- 26 Sts. Cosmas and Damian, Martyrs
- 27 St. Vincent de Paul, Priest
- 28 St. Wenceslaus, Martyr; St. Lawrence Ruiz and Companions, Martyrs
- 29 Sts. Michael, Gabriel and Raphael, Archangels
- 30 St. Jerome, Priest and Doctor of the Church

October

- 1 St. Thérèse of the Child Jesus, Virgin and Doctor of the Church
- 2 The Holy Guardian Angels
- 4 St. Francis of Assisi
- 5 St. Faustina Kowalska, Virgin; Bl. Francis Xavier Seelos, Priest
- 6 St. Bruno, Priest; Bl. Marie Rose Durocher, Virgin
- 7 Our Lady of the Rosary
- 9 St. Denis, Bishop, and Companions, Martyrs; St. John Leonardi, Priest
- 11 St. John XXIII, Pope
- 14 St. Callistus I, Pope and Martyr
- 15 St. Teresa of Jesus, Virgin and Doctor of the Church
- 16 St. Hedwig, Religious; St. Margaret Mary Alacoque, Virgin
- 17 St. Ignatius of Antioch, Bishop and Martyr
- 18 St. Luke, Evangelist
- 19 Sts. John de Brébeuf and Isaac Jogues, Priests, and Companions, Martyrs
- 20 St. Paul of the Cross, Priest
- 22 St. John Paul II, Pope
- 23 St. John of Capestrano, Priest
- 24 St. Anthony Mary Claret, Bishop
- 28 Sts. Simon and Jude, Apostles

November

- 1 All Saints
- 2 The Commemoration of All the Faithful Departed (All Souls Day)
- 3 St. Martin de Porres, Religious
- 4 St. Charles Borromeo, Bishop
- 9 The Dedication of the Lateran Basilica
- 10 St. Leo the Great, Pope and Doctor of the Church

- 11 St. Martin of Tours, Bishop
- 12 St. Josaphat, Bishop and Martyr
- 13 St. Frances Xavier Cabrini, Virgin
- 15 St. Albert the Great, Bishop and Doctor of the Church
- 16 St. Margaret of Scotland; St. Gertrude, Virgin
- 17 St. Elizabeth of Hungary, Religious
- 18 The Dedication of the Basilicas of Sts. Peter and Paul, Apostles; St. Rose Philippine Duchesne, Virgin
- 21 The Presentation of the Blessed Virgin Mary
- 22 St. Cecilia, Virgin and Martyr
- 23 St. Clement I, Pope and Martyr; St. Columban, Abbot; Bl. Miguel Agustín Pro, Priest and Martyr
- 24 St. Andrew Dung-Lac, Priest, and Companions, Martyrs
- 25 St. Catherine of Alexandria, Virgin and Martyr
- 30 St. Andrew, Apostle

Last Sunday in Ordinary Time: Our Lord Jesus Christ, King of the Universe

December

- 3 St. Francis Xavier, Priest
- 4 St. John Damascene, Priest and Doctor of the Church
- 6 St. Nicholas, Bishop
- 7 St. Ambrose, Bishop and Doctor of the Church
- 8 The Immaculate Conception of the Blessed Virgin Mary (Patronal Feastday of the United States of America)
- 9 St. Juan Diego Cuauhtlatoatzin
- 10 Our Lady of Loreto
- 11 St. Damasus I, Pope
- 12 Our Lady of Guadalupe
- 13 St. Lucy, Virgin and Martyr
- 14 St. John of the Cross, Priest and Doctor of the Church
- 21 St. Peter Canisius, Priest and Doctor of the Church
- 23 St. John of Kanty, Priest
- 25 The Nativity of the Lord (Christmas)
- 26 St. Stephen, the First Martyr
- 27 St. John, Apostle and Evangelist
- 28 The Holy Innocents, Martyrs
- 29 St. Thomas Becket, Bishop and Martyr
- 31 St. Sylvester I, Pope

Sunday within the Octave of the Nativity, or, if there is no Sunday, December 30: The Holy Family of Jesus, Mary, and Joseph

PRACTICES AND TEACHINGS OF THE CATHOLIC CHURCH

BEATITUDES (Matthew 5:3-12a [NABRE])

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 land.

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.

Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely]
because of me.

Rejoice and be glad, for your reward will be great in heaven.

TEN COMMANDMENTS (SEE EXODUS 20:2-17)

- I. I, the Lord, am your God. You shall not have strange gods before me
- II. You shall not take the name of the LORD your God in vain
- III. Remember to keep holy the LORD'S Day
- IV. Honor your father and your mother
- V. You shall not kill
- VI. You shall not commit adultery
- VII. You shall not steal
- VIII. You shall not bear false witness against your neighbor
- IX. You shall not covet your neighbor's wife
- X. You shall not covet your neighbor's goods

THE GREAT COMMANDMENT (Luke 10:27 [NABRE])

"You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself."

GIFTS OF THE HOLY SPIRIT (CCC 1831)

- † Wisdom
- † Understanding
- † Counsel
- † Fortitude
- † Knowledge
- † Piety
- † Fear of the Lord

FRUITS OF THE HOLY SPIRIT (CCC 1832)

- † Charity
- † Joy

- † Peace
- † Patience
- † Kindness
- † Goodness
- † Generosity
- † Gentleness
- † Faithfulness
- † Modesty
- † Self-control
- † Chastity

CORPORAL WORKS OF MERCY (CCC 2447)

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit the imprisoned
5. To shelter the homeless
6. To bury the dead
7. To give alms to the poor

SPIRITUAL WORKS OF MERCY (SEE CCC 2447)

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive all injuries.
7. To pray for the living and the dead.

THEOLOGICAL VIRTUES (CCC 1813)

- † Faith
- † Hope
- † Love

CARDINAL VIRTUES (CCC 1805)

- † Prudence
- † Justice
- † Fortitude
- † Temperance

MARKS OF THE CHURCH (CCC 811)

- † One
- † Holy
- † Catholic
- † Apostolic

PRECEPTS OF THE CHURCH (CCC 2042-2043)

The precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.

- ✠ You shall attend Mass on Sunday and holy days of obligation and rest from servile labor.
Requires the faithful to sanctify the day commemorating the Resurrection and resting from works and activities which could impede participation.
- ✠ You shall confess your sins at least once a year.
Ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.
- ✠ You shall receive the sacrament of the Eucharist at least during the Easter Season.
Guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.
- ✠ You shall observe the days of fasting and abstinence established by the Church.
Ensures the times of self-discipline and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.
- ✠ You shall help provide for the needs of the Church.

REGULATIONS FOR FASTING AND ABSTINENCE

Fast and abstinence are two common penances in the Catholic Church. There are particular times when we practice a penance together and we are obligated to fast and abstain. Other times, we can practice fast and abstinence as a personal penance.

Abstinence means we do not eat meat. Eggs, milk products, and condiments made from meat (such as gravies) may be eaten. Ash Wednesday, Good Friday, and all Fridays of Lent are days of abstinence. The obligation to abstain on the appointed days begins the day after your fourteenth birthday.

Fasting means that we eat only one full meal on the fasting day. Two other lighter meals are permitted, but eating between meals is not permitted. Ash Wednesday and Good Friday are days when we are obliged to fast. You are obliged to observe the fast days from ages 18-58. Pregnant women and people who are sick are not obliged to fast.

Friday is the Church's day of penance in memory of Jesus' passion. Some form of penance is especially encouraged on each Friday throughout the year.

Fast and abstinence are recognized forms of penance. By doing these and other penances, we can realize that interior change of heart that is so necessary for all Christians.

THE APOSTLES

Peter

Name changed from Simon.

James (the “Greater”)

John

Matthias

Chosen to replace Judas

Andrew

Philip

Thomas

Also called Didymus

Bartholomew

Also called Nathanael

Matthew

Also called Levi

James (the “Lesser,” or son of Alphaeus)

Simon

Thaddeus

Also known as Jude or Simon the Zealot

Judas Iscariot

CANONIZATION PROCESS

Being declared a canonized Saint means that “the Church recognizes the power of the Spirit of holiness within her and sustains the hope of believers by proposing the saints to them as models and intercessors.” (CCC 828)

Venerable – After researching a candidate’s virtues, the person is declared “Venerable” meaning they have lived a life of heroic virtue.

Beatification – After more scrutiny, the person is declared “Blessed” when one miracle has been attributed to them through prayers of intercession as a servant of God.

Canonization - After a second miracle has been attributed to the person which took place after the person was beatified the pope on behalf of the Church may declare upon them sainthood.

THE BIBLE – SACRED SCRIPTURE

CATHOLIC BIBLE TRANSLATIONS

There are many translations of the Bible. However, all are not Catholic. In our Catholic tradition we have additional books called the Apocrypha.

The translation used in the Mass is the New American Bible (NAB)

Other Catholic translations include:

New Revised Standard Version, Catholic Edition (NRSV), National Council of Churches
Today’s English Version, Second Edition, American Bible Society
New American Bible, Revised Edition (NABRE)

*In choosing a Bible always look for Catholic Edition.

LOCATING A PASSAGE FROM SCRIPTURE

Each book of the Bible is divided into **chapters**. Each chapter is divided into verses. Biblical references list first the book, next the chapter, and then the verse or verses. Look for verses *after* the chapter number.

Luke 24:13-32



OLD TESTAMENT

- † Genesis
- † Exodus
- † Leviticus
- † Numbers
- † Deuteronomy
- † Joshua
- † Judges
- † Ruth
- † 1 Samuel
- † 2 Samuel
- † 1 Kings
- † 2 Kings
- † 1 Chronicles
- † 2 Chronicles
- † Ezra
- † Nehemiah
- † Tobit
- † Judith
- † Esther
- † 1 Maccabees
- † 2 Maccabees
- † Job
- † Psalms
- † Proverbs
- † Ecclesiastes
- † Song of Songs
- † Wisdom
- † Sirach
- † Isaiah
- † Jeremiah
- † Lamentations
- † Baruch
- † Ezekiel
- † Daniel

- † Hosea
- † Joel
- † Amos
- † Obadiah
- † Jonah
- † Micah
- † Nahum
- † Habakkuk
- † Zephaniah
- † Haggai
- † Zechariah
- † Malachi

NEW TESTAMENT

- † Matthew
- † Mark
- † Luke
- † John
- † The Acts of the Apostles
- † Romans
- † 1 Corinthians
- † 2 Corinthians
- † Galatians
- † Ephesians
- † Philippians
- † Colossians
- † 1 Thessalonians
- † 2 Thessalonians
- † 1 Timothy
- † 2 Timothy
- † Titus
- † Philemon
- † Hebrews
- † James
- † 1 Peter
- † 2 Peter
- † 1 John
- † 2 John
- † 3 John
- † Jude
- † Revelation

Resources Used

Catholic Household Blessings and Prayers, Revised Edition (2007)

- Sign of the Cross, Lord's Prayer, Hail Mary, Glory Be, Apostles' Creed, *Te Deum*, *Anima Christi*, Prayer of St. Francis, *Regina Caeli*, Stations of the Cross

United States Catholic Catechism for Adults (2006)

- Act of Faith, Act of Hope, Act of Love, Guardian Angel Prayer, Morning Offering, Grace before Meals, Grace after Meals, Prayer of Saint Michael, Divine Praises, Holy Spirit Prayer, Prayers of the Rosary

Catechism of the Catholic Church (1994, 1997)

- Names for Sacraments, Gifts of the Holy Spirit, Fruits of the Holy Spirit

The Roman Missal (2010)

- Nicene Creed, General Roman Calendar, Prayers/Parts of the Mass

Manual of Indulgences (2006)

- The *Memorare*, *Angelus*, *Salve Regina*, *Sub Tuum Praesidium*

The Order of Penance (2022)

- Act of Contrition

Dictionary of the Liturgy (1989)

- Definitions for Sacred Vessels and Vestments