

**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 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.”

Gifts of the Holy Spirit	Fruits of the Holy Spirit
Wisdom Understanding Knowledge Right Judgment Reverence Courage Wonder and Awe	Love, Joy, Peace, Patience, Kindness, Goodness, Generosity, Faithfulness, Gentleness, Modesty, Chastity Self-Control

**HOLY TRINITY**

God the Father, God the Son,  
 God the Holy Spirit.  
 Three persons, only one God.

**THE SEVEN SACRAMENTS**

**Sacraments of Initiation:**

Baptism, Confirmation, Holy Eucharist

**Sacraments of Healing:**

Reconciliation (Penance), Anointing of the Sick

**Sacraments of Service:**

Holy Orders, Holy Matrimony (Marriage)

**DUTIES OF A CATHOLIC CHRISTIAN**

(Precepts of the Church)

**To keep holy the day of the Lord’s Resurrection:**

To worship God by participating in Mass for every Sunday and Holy Day of Obligation. To avoid those activities (like needless work) that would hinder worship, joy, or relaxation.

**To lead a sacramental life:**

To receive Holy Communion frequently and the Sacrament of Reconciliation regularly.

**To study Catholic teachings:**

In preparation for the Sacrament of Confirmation, to be Confirmed, and then to continue to study and advance the cause of Christ.

**To observe the marriage laws of the Church:**

To give religious training, by word and example, to ones children. To use parish schools and catechetical programs.

**To strengthen and support the Church:**

One’s own parish community and parish priests, the worldwide Church, and the Pope.

**To do penance:**

Including abstaining from meat and fasting from food on the appointed days.

**To join in the missionary spirit and apostolate work of the Church.**

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**HOLY DAYS OF OBLIGATION**

(United States)

Mary, Mother of God – January 1

Ascension Thursday – 40 days after Easter

Assumption of Mary – August 15

All Saints Day – November 1

Immaculate Conception – December 8

Christmas Day – December 25

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**Days of Fast:**

Ash Wednesday & Good Friday

**Days of Abstinence:**

Ash Wednesday & all the Fridays during Lent.

**BIG M.A.C.**

stuff ya oughta know!

**Matthew 25: 34-46**

“Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’  
 Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?  
 And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’  
 Then he will say to those on his left, ‘Depart from me, you accursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.’  
 Then they will answer and say, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your need?’  
 He will answer them, ‘Amen, I say to you, what you did not do for one of these least ones, you did not do for me.’ And these will go off to eternal punishment but the righteous to eternal life.”

Corporal Works of Mercy	Spiritual Works of Mercy
<ul style="list-style-type: none"> <li>• Feed the hungry</li> <li>• Give drink to the thirsty</li> <li>• Clothe the naked</li> <li>• Visit the imprisoned</li> <li>• Shelter the homeless</li> <li>• Visit the sick</li> <li>• Bury the dead</li> </ul>	<ul style="list-style-type: none"> <li>• Admonish the sinner</li> <li>• Instruct the ignorant</li> <li>• Counsel the doubtful</li> <li>• Comfort the sorrowful</li> <li>• Bear wrongs patiently</li> <li>• Forgive all injuries</li> <li>• Pray for the living and the dead</li> </ul>

## THE APOSTLE'S 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 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 live everlasting. 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. 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

Oh, my God, I am heartily sorry for having offended thee. 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 occasion of sin. Amen.

## GRACE

- ♦ A gift from **God**
- ♦ That is **freely** given (cannot be earned)
- ♦ **Strengthens** us and brings us **closer to God**
- ♦ Can be received in many ways, but always **through the Sacraments**

## MYSTERIES OF THE ROSARY

<b>Joyful Mysteries</b> The Annunciation The Visitation The Birth of Jesus The Presentation Finding in the Temple	<b>Sorrowful Mysteries</b> The Agony in the Garden The Scourging at the Pillar The Crowning of Thorns The Carrying of the Cross The Crucifixion
<b>Luminous Mysteries</b> Baptism in the Jordan Wedding at Cana Proclamation of the Kingdom The Transfiguration The Institution of the Eucharist	<b>Glorious Mysteries</b> The Resurrection The Ascension Decent of the Holy Spirit The Assumption The Coronation of Mary as Queen of Heaven

## FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy. Amen.

## PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle, be our defense 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 trust into hell Satan and all evil spirits who prowl about the world for the ruin of souls. Amen

## THE TEN COMMANDMENTS

- I. I the Lord, am your God, you shall have no other 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 mother.
- V. You shall not kill.
- VI. You shall not commit adultery.
- VII. You shall not steal.
- VIII. You shall not bear false witness.
- IX. You shall not covet your neighbor's wife.
- X. You shall not covet your neighbor's goods.

## 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! Hail, 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, 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; pray for us O Holy Mother of God, that we may be made worthy the promises of Christ. Amen.

## MEMORARE

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