

## Act of Contrition

My God, I am sorry for my sins.  
In choosing to sin and failing to do good  
I have sinned against you and your Church.  
I firmly intend, with the help of your Son,  
to do penance and to sin no more.  
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;  
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 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.

## 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. *Matthew 5:3-10*

## Fruits of the Spirit

Charity  
Patience  
Generosity  
Modesty  
Joy  
Kindness

Gentleness  
Self-control  
Peace  
Goodness  
Faithfulness  
Chastity

# Gifts of the Holy Spirit

Wisdom

Courage – Fortitude

Wonder and Awe – Fear of the Lord

Understanding

Knowledge

Right Judgment – Counsel

Reverence - Piety

## 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.

## The Great Commandment

“You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself.”

*Luke 10:27*

## 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.



Holy Days  
(Observed in the United States)

December 25 – Christmas, the Nativity of the Lord

January 1 – Solemnity of Mary the Mother of God

40 Days after Easter – Ascension of the Lord

August 15- Assumption

November 1 – All Saints Day

December 8 – Immaculate Conception

## Our Father

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.

## 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 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

## Order of the Mass

### Introductory Rites

Entrance Song  
Greeting  
Rite of Blessing and Sprinkling with Holy Water or Penitential Rite  
Glory to God  
Opening Prayer

### Liturgy of the Word

First Reading – usually from Old Testament  
Responsorial Psalm  
Second Reading – from New Testament Letters  
Gospel Acclamation  
Gospel  
Homily  
Profession of Faith – Nicene Creed or Apostles' Creed

### Liturgy of the Eucharist

General Intercessions  
Offertory Song – Presentation of the Gifts  
Preparation of the Bread and Wine  
Invitation to Prayer  
Prayer over the Gifts  
Preface  
Acclamation – Holy, Holy, Holy  
Eucharistic Prayer with Acclamation

### Communion Rite

Great Amen  
Lord's Prayer  
Sign of Peace  
Breaking of the Bread  
Prayers before Communion  
Lamb of God  
Holy Communion  
Communion Song

### Concluding Rite

Silent Reflection or Song of Praise  
Prayer after Communion  
Greeting  
Blessing  
Dismissal

# The Sacraments

## *Sacraments of Initiation*

Baptism  
Confirmation  
Eucharist

## *Sacraments of Healing*

Reconciliation  
Anointing of the Sick

## *Sacraments of Service*

Matrimony  
Holy Orders

## Sign Of The Cross

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

## 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 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.

## Way of the Cross

### Scriptural

1. Jesus prays in the Garden of Olives.
2. Jesus is betrayed by Judas and arrested.
3. Jesus is condemned by the Sanhedrin.
4. Jesus is denied by Peter.
5. Jesus is condemned by Pontius Pilate.
6. Jesus is scourged and crowned with thorns.
7. Jesus is made to carry the cross.
8. Simon of Cyrene helps Jesus.
9. Jesus meets the women of Jerusalem.
10. Jesus is crucified.
11. Jesus promises the kingdom to those who repent.
12. Jesus speaks to his mother and his friend John.
13. Jesus dies on the cross.
14. Jesus is laid in the tomb.



## 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*

Warm the sinner.  
Teach the ignorant.  
Counsel the doubtful.  
Comfort the sorrowful.  
Bear wrongs patiently.  
Forgive injuries.  
Pray for the living and the dead.