

The Sign of the Cross

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

Seven Sacraments

Baptism
Reconciliation (Confession)
Holy Eucharist (Communion)
Confirmation
Marriage
Holy Orders
Extreme Unction

Ten Commandments

1. I am the Lord thy God, thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou to keep holy the Sabbath.
4. Honour thy Father and thy Mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbour.
9. Thou shalt not covet thy neighbour's wife.
10. Thou shalt not covet thy neighbour's goods.

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.

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.

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 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 Jesus in the Most Holy Sacraments of the Altar.
Blessed be the great Mother of God, Mary most holy. Blessed be her holy and Immaculate Conception. 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. Amen.

"Grace" (Blessing Before Meals):

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

Act of Contrition

Oh my God, I am heartily sorry for having offended thee. And I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because I have offended Thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

The Commandments (modern simplified):

1. There's only one God (and no others).
2. Do not curse, nor use God's name badly.
3. Go to church on Sunday.
4. Obey your parents.
5. Do not get angry nor hurt anyone.
6. Marriage is sacred, do not mock it.
7. Do not steal.
8. Do not lie.
9. Do not get jealous.
10. Do not envy what others have.
- (11. Love Everyone.)
((Love Thy Neighbour as Thyself; Treat Others as you would have them treat you.))

(3) Theological Virtues:

Faith
Hope
Charity

(4) Cardinal Virtues:

Prudence
Justice
Fortitude
Temperance

Prayer Upon Entering/Leaving Church

I adore thee, O Lord Jesus Christ, here, and in all the tabernacles of the world. And I praise Thee, because by Thy Holy Cross, Thou has redeemed the world. Amen.

Sins Against God the Holy Spirit (6)

Presumption of God's Mercy
Despair

Impugning (doubting) known truth
Envy of another's spiritual good
Obstinacy in sin
Final impenitance

The Chief Spiritual Works of Mercy (7)

Admonish the sinner.
Instruct the ignorant.
Counsel the doubtful.
Comfort the sorrowful.
Bear wrongs patiently.
Forgive all injuries.
Pray for the living and the dead.

The Chief Corporal Works of Mercy (7)

Feed the hungry.
Give drink to the thirsty.
Clothe the naked.
Shelter the homeless.
Visit the sick.
Visit the imprisoned.
Bury the dead.

(7) Gifts of the Holy Spirit

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

(12) Fruits of the Holy Spirit

Charity
Joy
Peace
Patience
Forbearance
Goodness
Benignity
Mildness
Fidelity
Modesty
Continency
Chastity

Confiteor

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault... in my thoughts, and in my words, in what I have done, and in what I have failed to do... and I ask Blessed virgin Mary, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen.

Stations of the Cross

1. Jesus is condemned to die.
2. Jesus must carry the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon of Cyrene helps Jesus carry the cross.
6. Veronica wipes Jesus' face.
7. Jesus falls a second time.
8. Women of Jerusalem weep over Jesus.
9. Jesus falls the third time.
10. Jesus is stripped of garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from cross.
14. Jesus is laid in the tomb.

Apostles' Creed

I believe in God, the Father, the 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 arose again from the dead. He ascended into heaven, sitteth at the right hand of God the Father Almighty. From thence he shall come to judge the living and 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.

Nicene Creed

We believe in one god, the Father, the Almighty, maker of heaven and earth. And of all that is seen and unseen.

We believe in one Lord, Jesus Christ, only son of the Father. Eternally begotten of the Father, God from God, Light from Light, True God from True God, begotten, not made, one in Being with the Father. Though Him all things were made. For us, men, and our salvation he came down from heaven. By the power of the Holy Spirit he was made incarnate of the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate. He suffered death and was buried. On the third day he arose 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 dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets.

We believe in one holy, catholic, and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life and the world to come. Amen.

<u>The Beatitudes</u>	
Blessed are the poor in spirit, for theirs is the kingdom of heaven.	Blessed are the merciful, for they shall obtain mercy.
Blessed are the meek, for they shall possess the land.	Blessed are the clean of heart, for they shall see God.
Blessed are they that mourn, for they shall be comforted.	Blessed are the peacemakers, for they shall be called the children of God.
Blessed are they that hunger and thirst after justice, for they have their fill.	Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of Heaven.

<u>Books of the NEW TESTAMENT (27):</u>
St. Matthew, St. Mark, St. Luke, St. John; Acts of the Apostles; Romans, 1 Corinthians, 2nd Corinthians, Galatians, Ephesians, Philippians, Colossians, 1st Thessalonians, 2nd Thessalonians, 1st Timothy, 2nd Timothy, Titus, Philemon, Hebrews, Epistle of St. James, 1st St. Peter, 2nd St. Peter, 1st St. John, 2nd St. John, 3rd St. John; St. Jude, & the Apocalypse of St. John (Revelations)