

The  
**Seven Sacraments**

Baptism

Reconciliation (Confession)

Holy Eucharist (Communion)

Confirmation

Marriage

Holy Orders

Extreme Unction

The  
**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 day.
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.

The  
**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.

The  
**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.  
Lead us not into  
temptation,  
but deliver us from evil.  
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.

## The Sign of the Cross

In the name  
of the Father,  
and of the son,  
and of the  
Holy Spirit.

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.

## "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.

## Prayer Upon Entering and Leaving a 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.

## The **Commandments** (modern simplified)

1. There's only 1 God.
2. No cursing.
3. Go to church Sunday.
4. Obey parents.
5. Do not get angry nor hurt anyone.
6. Marriage is sacred.
7. Do not steal.
8. Do not lie.
9. Do not get jealous.
10. Do not envy what others have.
- (11. Love Everyone.)

## The Three Theological Virtues:

Faith  
Hope  
Charity

## The Four Cardinal Virtues:

Prudence  
Justice  
Fortitude  
Temperance

## Sins Against God the Holy Spirit

- Presumption of God's Mercy
- Despair
- Impugning (doubting) known truth
- Envy of another's spiritual good
- Obstinancy in sin
- Final impenitance

The Chief  
Spiritual Works  
of Mercy

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

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

The  
Seven Gifts  
of the  
Holy Spirit

Wisdom  
Understanding  
Counsel  
Fortitude  
Knowledge  
Piety  
Fear of the Lord

Twelve Fruits of the  
Holy Spirit

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

## 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 the cross.
14. Jesus is laid in the tomb.

## 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.

## 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. Through 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.