



The Great Commandments

*Jesus said that the whole Law can be summed up
in two Commandments:*

1. You shall love the Lord your God with your whole heart,
with your whole soul and with all your mind.
2. You shall love your neighbor as yourself.
(Matthew 22:37-39)

The Commandments of the Church are these Six:

1. To assist at Mass on all Sundays and holy days of
obligation.
2. To confess your sins at least once a year.
3. To receive Holy Communion during the Easter
season.
4. To keep holy the holy days of obligation.
5. To fast and abstain on the days appointed.
5. To contribute to the support of the Church.

What Is a Sacrament?

A Sacrament is an outward sign instituted by Christ
to give grace.

The Seven Sacraments

Baptism, Confirmation, Eucharist, Penance,
Anointing of the Sick, Holy Orders, Matrimony

The Cardinal Virtues

Prudence Fortitude
Justice Temperance

The Theological Virtues

Faith Hope Love

The Gifts of the Holy Spirit

Wisdom Fortitude
Understanding Counsel
Knowledge Piety
Fear of the Lord

The Seven Capital Sins

Pride Anger
Covetousness Lust
Envy Gluttony
Sloth

The Fruits of the Holy Spirit

Charity Generosity
Joy Gentleness
Peace Fidelity
Patience Modesty
Kindness Self-Control
Goodness Chastity

Spiritual Works of Mercy

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

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 Last Things

Death Judgment Heaven Hell

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of
heaven.
2. Blessed are the meek, for they shall possess the land.
3. Blessed are those who mourn, for they shall be
comforted.
4. Blessed are those who hunger and thirst for justice, for
they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure of heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called the
children of God.
8. Blessed are those who suffer persecution for justice's sake,
for theirs is the kingdom of heaven.
(Matthew 5:3-10)

How to Baptize in Case of Emergency

Pour ordinary water on the forehead of the person to be
baptized, with the intention of doing what the Church does,
and say while pouring it: "I baptize you in the name of the
Father, and of the Son, and of the Holy Spirit."

Any person of faith of either sex who has reached the age
of reason can and should baptize in case of necessity. The same
person must say the words while pouring water.

How to Prepare for a Sick Call

Cover a small table with a white tablecloth. If possible, the
table should be prepared near the bed so as to be within sight of
the sick person. On the table place a crucifix, two blessed and
lighted candles—one on either side of the crucifix—a bottle of
holy water and a dish containing two pieces of cotton.

If the priest is bringing the Holy Eucharist, also place a
spoon, a napkin and a glass of water on the table. When the
priest arrives, a member of the family should meet him at the
door with a lighted candle, genuflect to the Blessed Sacrament,
and lead the priest into the sick room.

Prayer to Jesus Christ Crucified

My good and dear Jesus, I kneel before You, asking You
most earnestly to engrave upon my heart a deep and lively faith,
hope and charity with true repentance for my sins, and a firm
resolve to make amends. As I reflect upon Your five wounds,
and dwell upon them with deep compassion and grief, I recall
good Jesus the words the prophet David spoke long ago con-
cerning Yourself: "They have pierced my hands and my feet,
they have counted all my bones!"

THE MASS

"Why Should I Go to Mass Every Day?"

"The Mass is the most perfect form of prayer!"

(Pope Paul VI)

For each Mass we attend with devotion, Our Lord sends a saint to comfort us at death. (Revelation of Christ to St. Gertrude the Great)

Padre Pio, the stigmatic priest, said, "The world could exist more easily without the sun than without the Mass."

The Curé d'Ars, St. Jean Vianney, said, "If we knew the value of the Mass, we would die of joy."

Once, St. Teresa was overwhelmed with God's goodness and asked Our Lord, "How can I thank you?" Our Lord replied, "Attend one Mass."

Prayer before Mass

Eternal Father, we humbly offer Thee our poor presence and that of the whole of humanity from the beginning to the end of the world at all the Masses that ever have or ever will be offered. We offer Thee all the pains, sufferings, prayers, sacrifices, and joys of our lives, in union with those of our dear Lord Jesus here on earth. May the Most precious Blood of Christ, all His blood and wounds and agony save us, through the Sorrowful and Immaculate Heart of Mary. Amen.

Prayer after Receiving Holy Communion

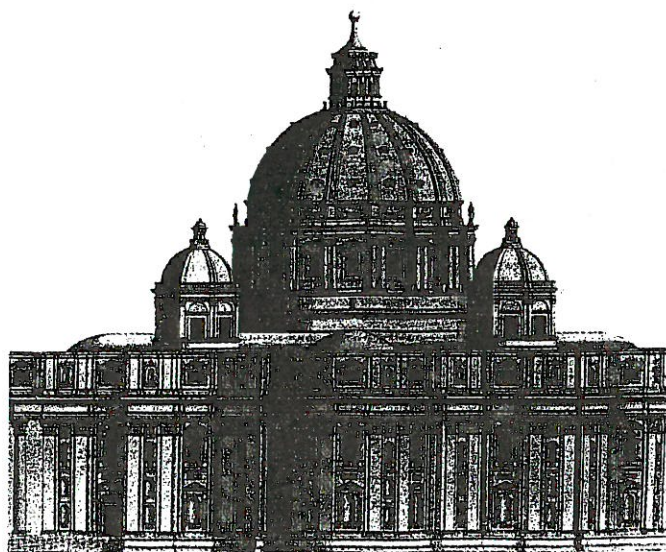
O Jesus, I believe that Thou art truly present in the Blessed Sacrament. Although my eyes and tongue tell me that I have received only bread, yet my faith tells me that I have received Thy Body and Blood. I believe, Lord; help Thou my unbelief. I adore Thee as my God and my Savior. Amen.

Prayer after Mass

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 Thy wounds hide me. Suffer me not to be separated from Thee. From the malignant enemy defend me. In the hour of death call me, and bid me come to Thee, that with Thy saints I may praise Thee forever and ever. Amen.

ACCORDING TO THE CATHOLIC CHURCH:

THIS WE BELIEVE



The 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 arose 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.

The Ten Commandments

that God gave to Moses on Mount Sinai

- I. I am the Lord thy God. Thou shalt not have strange gods before Me.
- II. Thou shalt not take the name of the Lord thy God in vain.
- III. Remember to keep holy the Lord's day.
- IV. Honor thy father and thy mother.
- V. Thou shalt not kill.
- VI. Thou shalt not commit adultery.
- VII. Thou shalt not steal.
- VIII. Thou shalt not bear false witness against thy neighbor.
- IX. Thou shalt not covet thy neighbor's wife.
- X. Thou shalt not covet thy neighbor's goods.