

**PRAYERS
AND
PRINCIPLES
OF THE CATHOLIC FAITH**



**MATER MEA FIDUCIA MEA!
MY MOTHER MY CONFIDENCE!**

My Dear Brothers and Sisters:

We live in a world today where we are praying too little and working too much. We tend to rely too much on our resources, our science (including technology, social media, the internet, etc.), and ourselves but not on God. This self sufficiency can push God out of our lives. If we have no sense of need, then we see no need to turn to God.



Prayer is essential for our life, the breath of the soul. Prayer is as necessary to our spiritual life as breathing and eating are to our physical life. We should start our day with prayer and end our day with prayer. Saint Alphonsus Liguori said, "If I have only one sermon to preach, I would preach it on prayer. If you pray, you will be saved."

So my brothers and sisters, let us find time to pray. Let us not consider prayer a waste of time because a day without prayer is a wasted day. If we give time to God in prayer, then God will give us the time we need to do everything else. If we have no time for God, we will come to realize very soon that we will be pressed for time to do even the things we must do. In praying we will find rest, harmony and peace in our lives. When we pray we should not try to make our needs known to God but to make known to ourselves the need for God, our Creator. With these thoughts in mind, I hope the use of this prayer book brings you closer to God. I share this because the power of prayer is the Spirit at work in our daily lives that directs our thoughts and actions to God, our Father and Creator.

Yours in Christ,

Fr. Antonio

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OUR CATHOLIC PRAYERS

THE SIGN OF THE CROSS

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

MORNING PRAYER

Father, we offer to you this day all our thoughts, words and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved Son, Jesus Christ. **Amen.**

THE OUR FATHER

Our Father who art in heaven, hallowed be Your name; Your kingdom come; Your 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.**

THE HAIL MARY

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. **Amen.**





GLORY BE TO THE FATHER

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.**

ANGEL OF GOD

Angel of God my guardian dear, to whom God's love commits me here, ever this day be at my side to light and guard, to rule and guide. **Amen.**

PRAYER TO SAINT JOSEPH

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the Virgin; loving the Child Jesus as your son, you rescued Him from the danger of death. Defend the Church, the Household of God, purchased by the Blood of Christ.



Guardian of the Holy Family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of victory. **Amen.**



EVENING PRAYER

Jesus Christ, my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I ask You to keep me from sin. I put myself within Your sacred side and under the mantle of Our Lady. Let Your holy angels stand about me and keep me in peace and let Your blessing be upon me. **Amen.**

ETERNAL REST

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. **Amen.** May their souls and the souls of the faithful departed, through the mercy of God, rest in peace. **Amen.**

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 sits 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.**



CONFITEOR

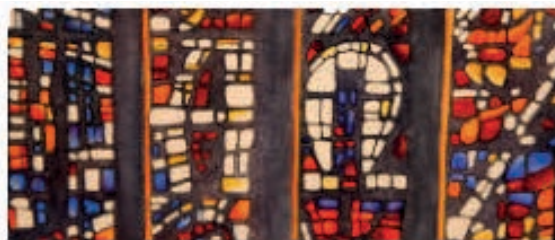
I confess to Almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, (*strike breast three times*) through my fault, through my fault, through my most grievous fault. Therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. **Amen.**

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. **Amen.**

PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill my heart with Your holy gifts. Let Your strength overcome my weaknesses so that I can accomplish all that is asked of me and that I may do what is right and just. Let my charity be such as to offend no one and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me. Assist me, O Holy Spirit, in all my needs, protect me in temptations and console me in afflictions. Graciously hear me, O Holy Spirit, and pour Your light into my heart, my soul, and my mind. Assist me to live a holy life and to grow in goodness and grace. **Amen.**



ACT OF LOVE

O Lord God, I love You above all things and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. **Amen.**

ACT OF FAITH

O my God, I firmly believe that You are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because You have revealed them, who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. **Amen.**

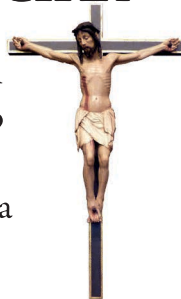
ACT OF HOPE

O Lord God, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it, who are infinitely powerful, faithful, kind, and merciful. In this hope, I intend to live and die. **Amen.**



PRAYER BEFORE THE CRUCIFIX

Look down upon me, good and gentle Jesus while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and love; true contrition for my sins, and a firm purpose of amendment.



While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus, “They have pierced My hands and My feet, they have numbered all My bones.” **Amen.**

HAIL HOLY QUEEN

Hail, Holy Queen, Mother of Mercy our life, our sweetness and our hope. To you we cry, poor banished children of Eve. To you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. **Amen.**





ANIMA CHRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

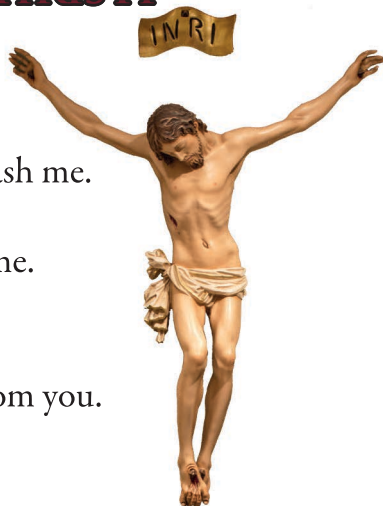
Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within your wounds hide me.

Permit me not to be separated from you.



From the evil one, protect me.

At my hour of death call me and bid me come to you
that with your saints I may praise you forever and ever. **Amen.**

GRACE BEFORE MEALS

Bless us O Lord, and these Your gifts, which we are about
to receive from Your bounty, through Christ our Lord.

Amen.

GRACE AFTER MEALS

We give You thanks, O Lord, for all the graces and
benefits we have received from Your bounty, through
Christ our Lord. **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 Virgin of virgins, my Mother. To you 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.**

SAINT BEDE'S PRAYER TO JESUS

Implore you, good Jesus, that as in your mercy you have given me to drink in with delight the words of your knowledge, so of your loving kindness you will also grant me one day to come to you, the fountain of all wisdom, and to stand forever before your face. **Amen.**



THE PRAYER IN HONOR OF SAINT BEDE

O God who by the learning of blessed Bede, confessor and doctor, has glorified the Church; grant that your servants may ever be enlightened by his wisdom and helped by his merits. Through Christ our Lord. **Amen.**



PRAYER OF SAINT FRANCIS

Lord make me an instrument of Your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O' Divine Master, grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying that we are born to eternal life. **Amen.**



REGINA CAELI

Queen of Heaven, rejoice, alleluia.
For He whom you merited to bear, alleluia.

Has Risen as He said, alleluia
Pray for us to God, alleluia.

Rejoice and be glad,
O Virgin Mary, alleluia.
For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the
resurrection of Your Son, our Lord, Jesus Christ, grant
we beseech You, that through the intercession of the Virgin
Mary, His Mother, we may obtain the joys of everlasting life.
Through the same Christ our Lord. **Amen.**





ANGELUS

The Angel of the Lord declared unto Mary:
And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with you;
Blessed are you among women and blessed is the fruit
of your womb, Jesus. Holy Mary, Mother of God. Pray for us
sinners, now and at the hour of our death. **Amen.**

Behold the handmaid of the Lord. Be it done unto me
according to Your word.

Hail Mary...

And the Word was made flesh. And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God that we may be made
worthy of the promises of Christ.

Let us pray. Pour forth, we implore You, O Lord, Your
grace into our hearts, that we to whom incarnation of
Christ Your Son was made known by the message of an
angel, may by His Passion and Cross be brought to the glory
of His Resurrection. Through the same Christ Our Lord.
Amen.



LITANY TO THE BLESSED VIRGIN MARY

Lord, have mercy.

Christ, have mercy.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

have mercy on us.

God the Son, Redeemer of
the world,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Holy Trinity, one God,

have mercy on us.

Holy Mary,

pray for us.

Holy Mother of God,

pray for us.

Holy Virgin of virgins,

pray for us.

Mother of Christ,

pray for us.

Mother of the Church

pray for us.

Mother of Mercy,

pray for us.

Mother of Divine Grace,

pray for us.

Mother of Hope,

pray for us.

Mother most pure,

pray for us.

Mother most chaste,

pray for us.

Mother inviolate,

pray for us.

Mother undefiled,

pray for us.

Mother most amiable,

pray for us.

Mother most admirable,

pray for us.

Mother of good counsel,

pray for us.

Mother of our Creator,

pray for us.

Mother of our Savior,

pray for us.

Virgin most prudent,

pray for us.

Virgin most venerable,

pray for us.

Virgin most renowned,

pray for us.

Virgin most powerful,

pray for us.



Virgin most merciful,

pray for us.

Virgin most faithful,

pray for us.

Mirror of justice,

pray for us.

Seat of wisdom,

pray for us.

Cause of our joy,

pray for us.

Spiritual vessel,

pray for us.

Vessel of honor,

pray for us.

Singular vessel of
devotion,

pray for us.

Mystical rose,

pray for us.

Tower of David,

pray for us.

Tower of ivory,

pray for us.

House of gold,

pray for us.

Ark of the Covenant,

pray for us.

Gate of Heaven,

pray for us.

Morning star,

pray for us.

Health of the sick,

pray for us.

Refuge of sinners,

pray for us.

Solace of migrants,

pray for us.

Comforter of the afflicted,

pray for us.

Help of Christians,

pray for us.

Queen of Angels,

pray for us.

Queen of Patriarchs,

pray for us.

Queen of Prophets,

pray for us.

Queen of Apostles,

pray for us.

Queen of Martyrs,

pray for us.

Queen of Confessors,

pray for us.

Queen of Virgins,

pray for us.

Queen of all Saints,

pray for us,



Queen conceived without original sin,

pray for us.

Queen assumed into Heaven,

pray for us.

Queen of the Most Holy Rosary,

pray for us.

Queen of families,

pray for us

Queen of peace,

pray for us.



Lamb of God, who takes away the sins of the world,
Spare Us, O Lord.

Lamb of God, who takes away the sins of the world,
Graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world,
Have Mercy on us.

Pray for us, O holy Mother of God.
That we may be made worthy of the promises of Christ.

Let us pray: Grant, we beseech you, O Lord God, that we, your servants, may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow, and obtain eternal joy. Through Christ our Lord. **Amen.**

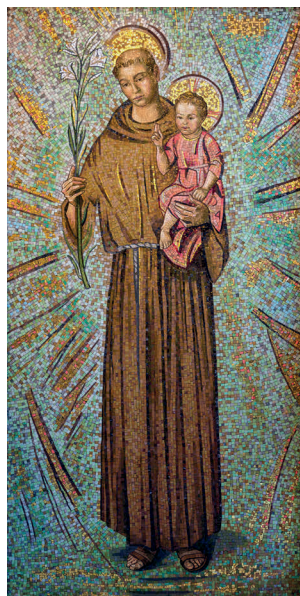


PRAYER FOR OUR FAMILY

Lord, bless our family, all of us now together, those far away, all who are gone back to you. May we know joy. May we bear our sorrows in patience. Let love guide our understanding of each other. Let us be grateful to each other. We have all made each other what we are. O' family of Jesus, watch over our family. **Amen.**

PRAYER FOR PEACE IN OUR FAMILY

Lord Jesus, be with my family. Grant us Your peace and harmony, an end to conflict and division. Gift us with compassion to better understand each other, and the trust and patience to live peacefully together. Grant that, through the intercession of Your mother, Mary, and St. Joseph that our family too may become a holy family, accepting each other working together in unity, and selflessly dedicated to one another and to You. **Amen.**



PRAYER FOR PEACE

God of perfect peace, violence and cruelty can have no part with you. May those who are at peace with one another hold fast to the good will that unites them; may those who are their enemies forget their hatred and be healed. **Amen.**



PRAYER FOR OUR FRIENDS

Blessed Mother of those whose names you can read in my heart, watch over them with every care. Make their way easy and their labors fruitful. Dry their tears if they weep; sanctify their joys; raise their courage if they weaken; restore their hope if they lose heart, their health if they be ill, truth if they err, and repentance if they fail. **Amen.**

PRAYER OF ABANDONMENT

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you. I am ready for all. I accept all.

Let only your will be done in me, and in all your creatures - I wish no more than this, O Lord.

Into your hands I commend my soul. I offer it to you with all the love in my heart. For I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father. **Amen.**

PRAYER OF ST. IGNATIUS

Take, Lord, and receive all my liberty, my memory, my understanding and my will, all that I have and call my own. You have given all to me. To you Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me. **Amen.**



PRAYER FOR ALL VOCATIONS

God our Father, we thank you for calling men and women to serve in your Son's Kingdom as priests, deacons and consecrated persons. Send your Holy Spirit to help others to respond generously and courageously to your call. May our community of faith support vocations as sacrificial love in our youth and young adults. Through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. **Amen.**

PRAYER FOR PRIESTLY VOCATIONS

Father, in every generation you provide ministers of Christ and the Church. We come before you now, asking that you call forth more men to serve our Archdiocese in the ministerial priesthood. Give us priests who will lead and guide your holy people gathered by Word and Sacrament. Bless us with priestly vocations so that we can continue to be a truly Eucharistic Church, strengthened in our discipleship of Jesus Christ, your Only Son.

Raise up, we pray, men who are generous in their service, willing to offer their lives and all their gifts for your greater glory and for the good of your people. We make our prayer in the presence and power of the Holy Spirit, through Christ, Our Lord. **Amen.**



THE ROSARY

A plenary indulgence is granted to the faithful who recite the Holy Rosary along with other faithful, for example those in the family.

The Joyful Mysteries (recited Monday and Saturday)

1. The Annunciation.
2. The Visitation.
3. The Nativity.
4. The Presentation.
5. The Finding in the Temple.

The Sorrowful Mysteries (Recited Tuesday and Friday)

1. The Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion.

The Glorious Mysteries (Recited Wednesday and Sunday)

1. The Resurrection
2. The Ascension.
3. The Descent of the Holy Spirit.
4. The Assumption.
5. The Coronation of Mary Queen of Heaven and Earth.



The Luminous Mysteries (Recited Thursday)

1. The Baptism of Jesus.
2. The Wedding Feast of Cana.
3. The Proclamation of the Kingdom, with the call to Conversion.
4. The Transfiguration.
5. The Institution of the Eucharist.

THE PRAYERS OF THE ROSARY

Apostles' Creed (*Begin the Rosary with this prayer*) (page 3)

Hail Mary (*say once for each bead in a decade*) (page 1)

Our Father (*say once before each decade*) (page 1)

Glory Be (*say once after each decade*) (page 2)

Fatima Prayer (*say once after each decade*):

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 your mercy. Amen

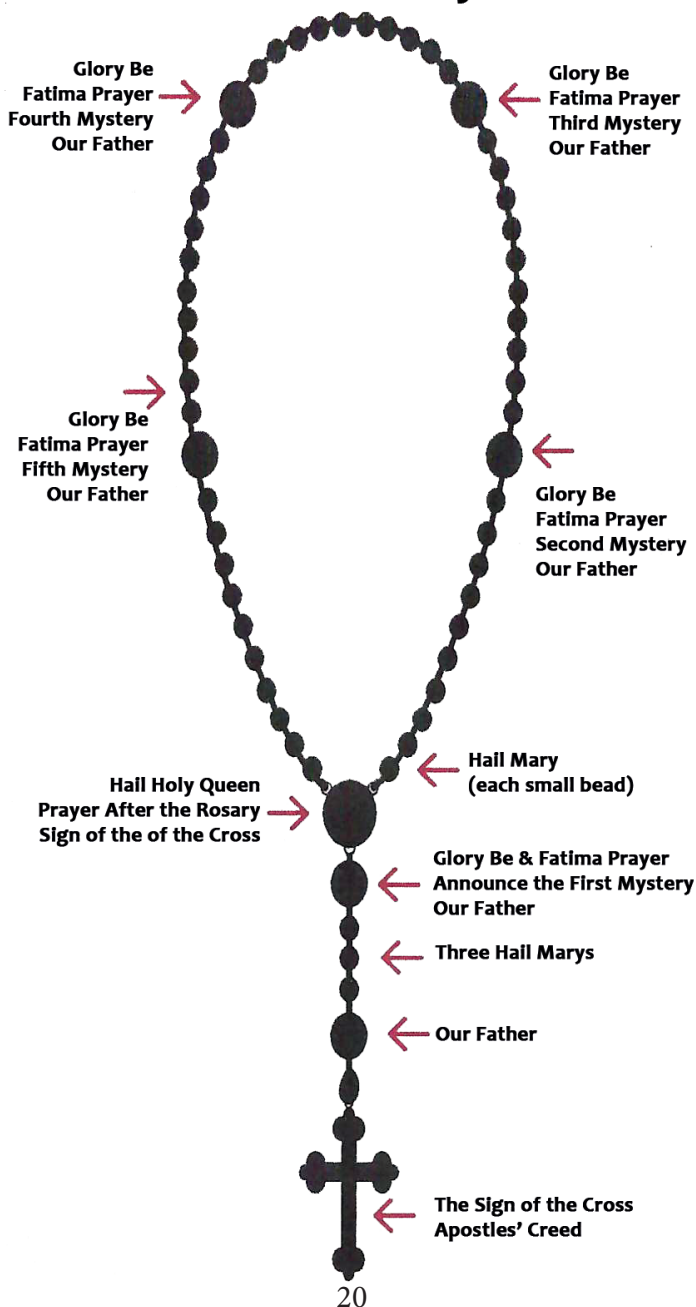
Hail Holy Queen (*concluding prayer*) (page 6):

THE PRAYER AFTER THE ROSARY

O God, whose only Begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we ask You, that meditating on these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. **Amen.**



The Rosary





PRINCIPLES OF THE FAITH

THE TWO PRINCIPLE MYSTERIES OF FAITH

The **Unity** and **Trinity** of God.

The **Incarnation**, **Passion** and **Death** of our Lord
Jesus Christ.



THE TWO COMMANDMENTS OF LOVE

You shall love the Lord your God with all your heart,
with all your soul, and with all your mind.

You shall love your neighbor as yourself.



THE TEN COMMANDMENTS OF GOD

I am the Lord your God:

You shall not have strange gods before Me.

You shall not take the name of the Lord your God in vain.

You shall remember to keep holy the Lord's day.

Honor your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.



THE FIVE PRECEPTS OF THE CHURCH

You shall attend Mass on Sundays and on Holy Days of Obligation and remain free from work or activity that could impede the sanctification of such days.

You shall confess your sins at least once a year.

You shall receive the sacrament of the Eucharist at least during the Easter season.

You shall observe the days of fasting and abstinence established by the Church.

You shall help to provide for the needs of the Church.





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 earth.

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 pure of heart, for they will see God.

Blessed are those who are peacemakers, for they will be called children of God.

Blessed are those who are persecuted for the sake of righteousness for theirs is the kingdom of Heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in Heaven.



THE SEVEN SACRAMENTS

Baptism

Confirmation

Holy Eucharist

Penance

Anointing of the Sick

Holy Orders

Matrimony



THE SEVEN GIFTS OF THE HOLY SPIRIT

Wisdom
Understanding
Counsel
Fortitude

Knowledge
Piety
Fear of the Lord



THE THREE THEOLOGICAL VIRTUES

Faith
Hope
Love

THE FOUR CARDINAL VIRTUES

Prudence
Justice
Fortitude
Temperance

THE FOUR LAST THINGS

Death
Judgment
Hell
HEAVEN



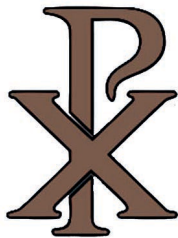
THE WORKS OF MERCY

7 CORPORAL WORKS OF MERCY

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

7 SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.





GROWING IN FAITH A DAILY PROCESS

THE SIX STEPS TO GROWTH AN EXAMINATION OF CONSCIENCE FOR DAILY GROWTH IN FAITH

This is not an examination to focus on the moral aspects of your life (what you have done wrong etc.). This is a discernment examen” that looks at how God is and has been at work in your life and how you can draw closer to God in the daily activities of your life. This prayer follows six steps:

STEP ONE

Each evening before retiring, place yourself in the presence of God. Recall by an act of faith, adoration, hope, and love that God is very present, Father, Son and Holy Spirit. In their holy presence you are going to listen to God’s many ways in which He has loved you today. Begin by praising and thanking God for the many gifts God has given you this day, the general gifts that are always with you (life, body, creation, family, friends, faith, vocation, etc.) and then for the particular gifts of this day. Pray that you might see as God sees. Our vision is so limited. Pray that you might see the Spirit of God alive in the world and in the events of your day. Pray to see the world and your day through the **EYES OF GOD.**



STEP TWO

As you look at your life, pray that you might take the perspective or viewpoint of a poor person. We often take things for granted because we are used to having things. A person who does not have much tends to rejoice over the small gifts that God has given. We wish to obtain that same insight.

STEP THREE

Begin looking over the activities and events of your day and pray to see how God has been working in your life. How was God revealed to you today in the various events of your day? You might want to mentally walk through your day or you may want to center in on one or two events that were significant and notice what God was saying to you and how God was revealed to you.



STEP FOUR

How did you respond positively to God? Praise God for all the blessings, opportunities and even the challenges that were given to you today. Allow yourself to become more sensitive to the ways that God touches you throughout the day, in people and events.

STEP FIVE

If you have failed to respond to God's presence in some way, recount how you might respond more fully tomorrow. Ask God to heal those whom you may have offended or hurt this day and how you might heal any failings or injuries. If you have sinned, express your sorrow, learn from your sin and decide to be more aware of God's presence the next day, especially in similar situations. Realize that God can heal any injury of this day in you caused by you in another. Feel this healing power coming over you and bathing you in new strength through God's forgiving love. Make a purpose of amendment to sin in this way no more.

STEP SIX

Finally abandon to God the forth-coming day without anxiety or planning. Simply offer it to God, begging He will bless it, be there in each moment in His living presence. That day with its difficult moments and its joys, offer it all to God and ask that He be with you. Conclude by asking God to give you a rejuvenating night's sleep so you might serve Him dynamically tomorrow.



THE SACRAMENT OF PENANCE OR CONFESSION

MAKING A GOOD CONFESSION

What must we do to make a good Confession?

In order to make a good Confession we must do five things:

1. Examine our conscience.
2. Be sorry for our sins.
3. Make up our minds not to sin again.
4. Confess our sins to a priest.
5. Be willing to do the penance the priest gives us.

CONFESSION OF OUR SINS TO A PRIEST

What sins are we bound to confess? We are bound to confess all mortal sins, but it is good to confess our venial sins as well.

Which are the chief qualities of a good confession? There are five chief qualities of a good confession: it must be humble, sincere, complete, prudent and brief.

What does it mean to say that our confession must be complete? To say that our confession must be complete means that we must tell the number and the kind of all those mortal sins, committed since our last good confession, with all those circumstances which change their nature.



If someone is not sure of having committed a mortal sin, must he confess it? If someone is not sure of having committed a mortal sin, he is not obliged to confess it: but if he wants to confess it he must add that he is not sure of having committed it.

What should we do if we cannot remember the number of our sins? If we cannot remember the number of our sins, we should tell the number as nearly as possible.

Is our confession worthy if, through no fault of our own, we forget to confess a mortal sin? If, through no fault of our own we forget to confess a mortal sin or a necessary circumstance, our confession is worthy, provided we made the due effort to remember it.

If a mortal sin that we forgot to tell in confession comes to mind, are we obligated to confess it in a future confession? When a mortal sin that we forgot to tell in confession comes to mind, we must confess it in our next confession.

Is it a grievous offense wilfully to conceal a mortal sin in confession, through shame or some other motive?

It is a grievous offense wilfully to conceal a mortal sin in confession, through shame or some other motive, because we thereby profane the Sacrament and are guilty of a very grave sacrilege.



We are bound to confess all the mortal sins, not yet told in a confession, that, after a serious examination of conscience, we are aware of having committed. We commit sacrilege when (with grievous offense, full knowledge, and with free decision) we do not confess a mortal sin. In this case we need to repeat confession and to confess the sin of sacrilege. We are not bound to tell in confession those sins that we are not sure of having committed or about whose gravity we are not sure.

EXAMINATION OF CONSCIENCE BEFORE RECEIVING COMMUNION

How to examine our conscience? We examine our conscience calling to mind the sins we have committed, starting from our last good confession and say the Act of Contrition. A thorough examination of conscience includes assessing our thoughts and behaviors in relationship to:

TWO COMMANDMENTS OF LOVE

(page 21)

THE FIVE CHURCH PRECEPTS

(page 23)

THE TEN COMMANDMENTS

(page 22)

INDEX

Our Catholic Prayers	1
Act of Contrition	Inside back cover
Act of Spiritual Communion	4
Acts of Faith, Hope and Love	5
Angel of God	2
Angelus	11
Anima Christi	7
Apostle's Creed	3
Confetior	4
Eternal Rest	3
Evening Prayer	3
Glory Be to the Father	2
Grace after Meals	7
Grace before Meals	7
Hail Holy Queen	6
Hail Mary	1
Litany to the Blessed Virgin Mary	12
Morning Prayer	1
Memorare	8
Our Father	1
Prayer before the Crucifix	6
Prayer for All Vocations	17
Prayer for Our Family	15
Prayer for Our Friends	16
Prayer for Priestly Vocations	17
Prayer for Peace	15
Prayer for Peace in Our Family	15

INDEX (CONT.)

Our Catholic Prayers *(continued)*

Prayer in Honor of Saint Bede	8
Prayer of Abandonment	16
Prayer of Saint Francis	9
Prayer of Saint Ignatius	16
Prayer to Saint Joseph	2
Prayer to the Holy Spirit	4
Regina Caeli	10
Sign of the Cross	1
Saint Bede's Prayer to Jesus	8

The Rosary 18

Prayers of the Rosary	19
Prayer after the Rosary	19
Rosary (visual)	20

Principles of the Faith 21

Beatitudes	24
Five Precepts of the Church	23
Four Cardinal Virtues	26
Four Last Things	26
Seven Gifts of the Holy Spirit	26
Seven Sacraments	25
Ten Commandments	22
Three Theological Virtues	26
Two Commandments of Love	21
Two Principle Mysteries of Faith	21
Works of Mercy	27

INDEX (CONT.)

Growing in Faith a Daily Process	28
The Six Steps for Daily Growth	28
Sacrament of Penance or Confession	31
Confession of Our Sins to a Priest	31
Examination of Conscience	33
Making a Good Confession	31
How to Go to Confession	Inside the back cover

NOTES

NOTES

THE SACRAMENT OF CONFESSION

How to go to Confession

1. The priest greets you.
2. You say: “Bless me, Father, for I have sinned.” You say how long it has been since your last Confession.
3. You tell the priest your sins and briefly answers any relevant questions.
4. The priest provides some advice and assigns you a penance.
5. You then pray the Act of Contrition (see below).
6. The priest gives you absolution.
7. The priest then says: “Give thanks to the Lord, for He is good.”
8. You respond: “His mercy endures forever”. The priest dismisses you.

Act of Contrition

O my God, I am sorry for my sins. I have sinned against You whom I should love above everything. I promise with Your help to sin no more, to avoid the occasion of sin and to do my penance. Our Lord, Jesus Christ suffered and died for me. In his name, O my God have mercy on me. **Amen.**

PRAYER FOR FAMILIES

God and Father of us all
in Jesus, Your Son and our Savior,
You have made us
Your sons and daughters
in the family of the Church.
May Your grace and love
help our families
in every part of the world
be united to one another
in fidelity to the Gospel.
May the example of the Holy Family,
with the aid of Your Holy Spirit,
guide all families,
especially those most troubled,
to be homes of communion and prayer
and to always seek Your truth
and live in Your love.
Through Christ our Lord. Amen.
Jesus, Mary and Joseph, pray for us.

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