

APPENDIX

Definitions

Abstinence - Not eating meat or foods prepared with meat on those days prescribed by the Church as penitential (Ash Wednesday, Good Friday and all Fridays of the year which are not solemnities—in the United States, not all Fridays of the year but only the Fridays of Lent).

Apologetics - The science and art of developing and presenting the case for the reasonableness of the Christian faith. The goal of apologetics is preparation for response to God in faith.

Aspiration - Short exclamatory prayer; e.g., “My Jesus, have mercy on me, a sinner.”

Capital Sins - Sins which give rise to other sins: pride, avarice, lust, wrath (anger), gluttony, envy, sloth.

Cardinal Virtues - The four principal moral virtues: prudence, justice, temperance and fortitude (courage).

Catechism - A systematic presentation of the fundamentals of Catholic doctrine regarding faith and morals.

Charisms - Gifts or graces given by God to persons for the good of others and the Church. Examples are special gifts for apostolic work, prophecy, healing, discernment of spirits, the life of evangelical poverty, here and now witness to faith in various circumstances of life.

Evangelization - Proclamation of the Gospel, the good news of salvation in and through Christ, among those who have not yet known or received it; and efforts for the progressive development of the life of faith among those who have already received the Gospel and all

that it entails. Evangelization is the primary mission of the Church, in which all members of the Church are called to participate.

Fortitude - Courage to face dangers or hardships for the sake of what is good; one of the four cardinal virtues and one of the seven gifts of the Holy Spirit.

Gifts of the Holy Spirit - Supernatural habits given through the Holy Spirit, especially in the sacrament of confirmation. They are: wisdom, understanding, counsel, knowledge, fortitude, piety and fear of the Lord.

Grace - The free and undeserved gift that God gives us to respond to our call to become his adopted children. There are three kinds of grace: (a) sanctifying grace, by which God shares his divine life and friendship with us in a habitual gift; (b) actual grace, by which God gives us the help to conform our lives to his will; (c) sacramental grace and special graces (charisms, the grace of one's state of life), which are gifts of the Holy Spirit to help us live out our Christian vocation.¹

Magisterium - The Church's teaching authority, instituted by Christ and guided by the Holy Spirit, which seeks to safeguard and explain the truths of the faith.

Penance - The spiritual change or conversion of mind and heart by which a person turns away from sin toward God through a personal renewal under the influence of the Holy Spirit. Penance involves sorrow and contrition for sin. It serves the purposes of re-establishing in one's life the order of God's love and commandments and of making satisfaction to God for sin.

¹ Catholic Church. (2000). Catechism of the Catholic Church (2nd Ed., p. 881). Washington, DC: United States Catholic Conference.

Prayer - The raising of the mind and heart to God in adoration, thanksgiving, reparation and petition. Prayer, which is always mental because it involves thought and love of God, may be vocal, meditative, private and personal, social, and official. The official prayer of the Church as a worshipping community is called the liturgy.

Redeemer/Redemption - Jesus Christ is the redeemer of mankind. Christ paid the price of his own sacrificial death on the cross to set us free from the slavery of sin, thus achieving our redemption.²

Relativism - Theory which holds that all truth, including religious truth, is relative, i.e., not absolute, certain or unchanging. Relativism is based on the idea that certain knowledge of any and all truth is impossible. It considers all religions, philosophies and sciences to have as much or as little truth as any of the others.

Sin - Actual sin is the free and deliberate violation of God's law by thought, word or action. There are two types. (a) Mortal sin—involving serious matter, sufficient reflection and full consent—results in the loss of sanctifying grace and alienation from God, and renders a person incapable of performing meritorious supernatural acts and subject to everlasting punishment. (b) Venial sin—involving less serious matter, reflection and consent—does not have such serious consequences.

Theological Virtues - The three virtues which have God for their direct object: (a) faith, or belief in God's infallible teaching; (b) hope, or confidence in divine assistance; (c) charity, or love of God. They are given to a person through the sacrament of baptism and incorporation in Christ.

² Catholic Church. (2000). Catechism of the Catholic Church (2nd Ed., p. 896). Washington, DC: United States Catholic Conference.

Vice - A habit acquired by repeated sin. The vices are often linked with the seven capital sins. Repentance for sin and confession may restore grace to a soul, but the removal of the ingrained disposition to sin or vice requires much effort and self-denial, until the contrary virtue is acquired.³

Virtue - A habit or established capability for performing good actions. Virtues are natural (acquired and increased by repeating good acts) and/or supernatural (given with grace by God).

Vocation - A call to a way of life. Generally, the term applies to the common call of all persons, from God, to holiness and salvation. Specifically, it refers to particular states of life, each called a vocation, in which response is made to this universal call; viz., (a) marriage; (b) the consecrated life and/or priesthood or diaconate; (c) the single state freely chosen or accepted for the accomplishment of God's will. The term also applies to the various occupations in which persons make a living.

³ Catholic Church. (2000). Catechism of the Catholic Church (2nd Ed., p. 903). Washington, DC: United States Catholic Conference.