

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 rose again from the dead;
he ascended into heaven, and is seated at the right hand of the 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.

The Seven Sacraments

1. **Baptism** – is the sacrament of rebirth. In receiving baptism, we are united with Jesus in His death and resurrection, cleansed from original sin and personal sins, welcomed into the community of the Church, and more closely related to God.
2. **Confirmation** – is the sacrament by which baptized persons receive the seal of the Holy Spirit, the Gift of the Father and Son. It is linked with the other two sacraments of initiation, Baptism and the Eucharist. In celebrating confirmation, we ask for the graces needed to live a mature Christian life and to deepen our faith.
3. **Penance or Reconciliation** – is the sacrament by which Christians celebrate God’s merciful forgiveness for sins committed after Baptism. After a sincere confession of sin, true sorrow, and resolution not to sin again, we receive absolution as a means of reconciliation with God and the community. In penance, Christians are also reconciled with the Church. Although perfect sorrow or contrition restores a sinner to grace, sacramental confession is the ordinary way for serious sinners to be reconciled with Christ and the Church.
4. **Holy Orders** – is the sacrament by which members of the Christian community are given special powers and are put in position of special service for the building up of the Body of Christ. Among other things, they preside at the celebration of the Eucharist. They serve as ministers for the sacraments of penance and anointing of the sick.
5. **The Anointing of the Sick** – is the sacrament for the seriously ill, the infirm, and the aged, by which the Church asks God to lighten their sufferings, forgive their sins, and bring them to eternal salvation.
6. **The Eucharist** – is the center of sacramental life and is primary among the sacraments. We celebrate the Eucharist in obedience to Jesus’ instruction at the Last Supper: “Do this in memory of me.” When the priest consecrates bread and wine, they are changed into the Body and Blood of Christ. Christ Himself, true God and true Man, is really and substantially present in a mysterious way, under the appearances of bread and wine. In the Mass, the death and resurrection of Jesus are celebrated and renewed. The Eucharist is also a meal which recalls the Last Supper, celebrates our unity in Christ, and anticipates the messianic banquet of the kingdom. In the meal, Jesus nourishes us with the Bread of Life, His own self, and unites us more closely with God and with one another. A Christian must be in the state of grace to receive the Eucharist worthily.
7. **Matrimony** – is the sacrament which joins a baptized man and woman together as husband and wife in a union that is permanent and indissoluble. The married couple receive special graces to help them direct their family in loving relationships and toward full participation in the Christian community.

Sacraments of Initiation

Baptism

Eucharist

Confirmation

Sacraments of Healing

Penance

Anointing of the Sick

Sacraments of Vocation

Matrimony

Holy Orders

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 keep holy the Lord's day.
4. Honor 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 neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

The Two Great Commandments of Love

- Love God with all your heart, and soul, and mind.
- Love your neighbor as yourself.

The Beatitudes

- Blest are the poor in spirit; the reign of God is theirs.
- Blest are the sorrowing; they shall be consoled.
- Blest are the lowly; they shall inherit the land.
- Blest are they who hunger and thirst for holiness; they shall have their fill.
- Blest are they who show mercy; mercy shall be theirs.
- Blest are the single-hearted; for they shall see God.
- Blest are the peacemakers; they shall be called sons of God.
- Blest are those persecuted for holiness' sake; the reign of God is theirs.

The Seven Corporal Works of Mercy

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To visit the imprisoned
- To shelter the homeless
- To visit the sick
- To bury the dead

The Seven Chief Spiritual Works of Mercy

- To admonish the sinner
- To instruct the ignorant
- To counsel the doubtful
- To comfort the sorrowful
- To bear wrongs patiently
- To forgive all injuries
- To pray for the living and the dead

The Seven Gifts of the Holy Spirit

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of the Lord

The Six Precepts/Duties of a Catholic Christian

- To keep holy the day of the Lord's resurrection. To worship God by participating in Mass every Sunday and holy day of obligation. To avoid those activities that would hinder renewal of body and soul.
- To lead a sacramental life. To receive Holy Communion frequently and the Sacrament of Reconciliation regularly.
- To study Catholic teaching in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
- To observe the marriage laws of the Church. To give religious training, by example and word, to one's children. To use parish schools and catechetical programs.
- To strengthen and support the Church – one's own parish community and parish priests, the worldwide Church and the pope.
- To do penance, including abstaining from meat and fasting from food on the appointed days.