

# BASICS OF OUR CATHOLIC FAITH

## **Prayers to Take to Heart**

We can pray with any words that come to mind. Sometimes, when we find that choosing our own words is difficult, we can use traditional prayers. Likewise, when we pray aloud with others, we rely on traditional prayers to unite our minds, hearts, and voices. Memorizing traditional prayers can be very helpful. When we memorize prayers, we take them to heart, meaning that we not only learn the words but also try to understand and live them.

## **Nicene Creed** *(used during Mass)*

We believe in one God, the Father, the Almighty,

maker of heaven and earth, of all that is seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God,

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 born of the Virgin Mary, and became Man.

For our sake he was crucified under Pontius Pilate; he suffered, died and was buried.

On the third day He rose again in fulfillment of 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 the 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 of the world to come. Amen.



## **The Lord's Prayer**

Our Father, who are 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.

## **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.

**Act of Contrition** (*Prayer of Sorrow*)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good I have sinned against you whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

**Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in us the fire of Your love. Send forth Your Spirit and we shall be created; and You will renew the face of the earth. O God, Who did teach the hearts of Your faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ, our Lord. Amen. (Traditional Prayer to the Holy Spirit)

**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 can neither deceive nor be deceived. Amen.

**Act of Hope**

O my God, relying on Your infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

**Act of Love**

O my God, I love You above all things with my whole heart and soul, because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and I ask pardon of those whom I have injured. Amen.

**Hail, Holy Queen**

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness, and our hope. To you we cry, the children of Eve; to you we send up our sighs, mourning and weeping in this land of exile. Turn, then, most gracious advocate, your eyes of mercy toward us; lead us home at last and show us the blessed fruit of your womb, Jesus: O clement, O loving, O sweet Virgin Mary.

**THE CHURCH**

The **Church** is the people of God; a community of those who accept Jesus Christ as Lord and Savior.

**Pentecost** - the day the Church began when the Holy Spirit came upon the apostles as flames of fire.

A. Jesus named **St. Peter** as the **Head of His Church** on Earth (*the first Pope*).

The successor of St. Peter is the **Pope**, the **Bishop of Rome**.

The Pope today is: **Pope Benedict the 16th**

B. We belong to the **Trenton Diocese**.

The Bishop of our Diocese is: **Bishop John Smith**

C. We belong to **St. James' Parish**.

Our **Pastor**: Father Ronald Bacovin

St. James **Deacons** - James Palsir  
Dick Currie

Moore Hank  
Sam Sciarrotta



## 4 MARKS OF THE CHURCH

**One** – united in belief and action

**Holy** – following Jesus’ example in prayer and service

**Catholic** – open to all people; universal; adaptable

**Apostolic** – faithful to the message of the Apostles



## MYSTERIES OF THE CHURCH

**Blessed Trinity** is the mystery of Three Persons in one God, **the Father, the Son, and the Holy Spirit.**

**Incarnation** – Jesus is truly both God and man. He has a divine nature and a human nature.

**Annunciation** – **March 25** – Mary said “yes” to God that she would be the mother of Jesus

**Ascension** – **Ascension Thursday** – Jesus ascends, body & soul, into heaven **40 days** after His resurrection from the dead.

**Immaculate Conception** – **December 8** – Mary was conceived without original sin. (Jesus was the only other person conceived without original sin)

**Resurrection** – **Easter** – Jesus rose 3 days after his death on the cross on Good Friday.

**Assumption** – **August 15** – Blessed Mother ascends into Heaven to be with Jesus.

## PRECEPTS OF THE CHURCH

The Church has rules to be followed by all Christian Catholics:

1. Attend Mass on Sundays and on holy days of obligation
2. Confession of sins at least once a year.
3. Receive Holy Communion at least once a year during the Easter Season.
4. Observance of the days of fast and abstinence (*during Lent*)
5. Providing for the needs (time, talent, money) of the Church.

## “SEASONS OF THE CHURCH” CALENDAR/VESTMENT COLORS

<b>Blue/Purple</b>	<b>Advent</b> – 4 <sup>th</sup> Sunday before Christmas through Christmas Eve.
<b>Gold</b>	<b>Christmastime</b> – Christmas Day through January 8 (Baptism of Jesus)
<b>Green</b>	<b>Ordinary Time</b> – End of Christmastime through Ash Wednesday AND after Eastertime through Advent
<b>Purple</b>	<b>40 Days of Lent</b> – Ash Wednesday morning through Holy Thursday afternoon
<b>Red/White</b>	<b>Paschal Triduum</b> – Holy Thursday sundown through Easter Sunday sundown
<b>Yellow/Gold</b>	<b>Eastertime</b> – 50 days ( <i>after Easter</i> ) – Easter Sunday through Pentecost

## MYSTERIES OF THE ROSARY

*The Rosary helps us to pray to Jesus through Mary. When we pray the Rosary, we think about the special events, or mysteries, in the lives of Jesus and Mary.*

*The Rosary is made up of a string of beads and a crucifix. We hold the crucifix in our hands as we pray the Sign of the Cross. Then we pray the Apostle's Creed.*

*Between the crucifix and the medal of Mary, there is a single bead, followed by a set of three beads and another single bead. We pray the Lord's Prayer as we hold the first single bead and a Hail Mary at each bead in the set of three that follows. Then we pray the Glory Be to the Father. On the next single bead we think about the first mystery and pray the Lord's Prayer.*

*There are five sets of ten beads; each set is called a decade. We pray a Hail Mary on each bead of a decade as we reflect on a particular mystery in the lives of Jesus and Mary. The Glory Be to the Father is prayed at the end of each set. Between sets is a single bead on which we think about one of the mysteries and pray the Lord's Prayer.*

*We end by holding the crucifix in our hands as we pray the Sign of the Cross.*

### **The Joyful Mysteries**



1. The Annunciation – Mary learns that she has been chosen to be the mother of Jesus
2. The Visitation – Mary visits Elizabeth, who tells her that she will always be remembered.
3. The Nativity – Jesus is born in a stable in Bethlehem.
4. The Presentation – Mary and Joseph take the infant Jesus to the Temple to present him to God
5. The finding of Jesus in the Temple – Jesus is found in the Temple discussing His faith with the teachers.

### **The Mysteries of Light**



1. The Baptism of Jesus in the River Jordan – God proclaims that Jesus is His beloved Son.
2. The Wedding Feast at Cana – At Mary's request, Jesus performs His first miracle.
3. The Proclamation of the Kingdom of God – Jesus calls all to conversion and service to the Kingdom.
4. The Transfiguration of Jesus – Jesus is revealed in glory to Peter, James, and John.
5. The Institution of the Eucharist – Jesus offers His Body and Blood at the Last Supper.

### **The Sorrowful Mysteries**



1. The Agony in the Garden – Jesus prays in the Garden of Gethsemane on the night before he dies.
2. The Scourging at the Pillar – Jesus is lashed with whips.
3. The Crowning With Thorns – Jesus is mocked and crowned with thorns.
4. The Carrying of the Cross – Jesus carries the cross that will be used to crucify Him.
5. The Crucifixion – Jesus is nailed to the cross and dies.

### **The Glorious Mysteries**



1. The Resurrection – God the Father raises Jesus from the dead.
2. The Ascension – Jesus returns to His Father in heaven.
3. The Coming of the Holy Spirit – The Holy Spirit comes to bring new life to the disciples.
4. The Assumption of Mary – At the end of her life on earth, Mary is taken body and soul into heaven.
5. The Coronation of Mary – Mary is crowned as Queen of Heaven and Earth.

## STATIONS OF THE CROSS

1. **Jesus is Condemned to Death** - Pontius Pilot condemns Jesus to death.
2. **Jesus Takes Up His Cross** – Jesus willingly accepts and patiently bears His cross.
3. **Jesus Falls the First Time** – Weakened by torments and by loss of blood,  
Jesus falls beneath His cross
4. **Jesus Meets His Sorrowful Mother** – Jesus meets His mother, Mary, who is filled with grief.
5. **Simon of Cyrene Helps Jesus Carry the Cross** – Soldiers force Simon of Cyrene to carry the cross.
6. **Veronica Wipes the Face of Jesus** – Veronica steps through the crowd to wipe the face of Jesus.
7. **Jesus Falls a Second Time** – Jesus falls beneath the weight of the cross a second time.
8. **Jesus Meets the Women of Jerusalem** – Jesus tells the women to weep not for Him, but for themselves and for their children.
9. **Jesus Falls the Third Time** – Weakened almost to the point of death, Jesus falls a third time.
10. **Jesus is Stripped of His Garments** – The soldiers strip Jesus of His garments, treating Him as a common criminal.
11. **Jesus is Nailed to the Cross** – Jesus' hands and feet are nailed to the cross.
12. **Jesus Dies on the Cross** – After suffering greatly on the cross, Jesus bows His head and dies.
13. **Jesus is Taken Down From the Cross** – The lifeless body of Jesus is tenderly placed  
in the arms of Mary, his mother.
14. **Jesus is Laid in the Tomb** – Jesus' disciples place His body in the tomb.

## SCRIPTURE

The **Bible** is God's word in inspired human words. Through the Bible, God speaks to us about life and about Jesus Christ.

A. The two major parts of the Bible are:

Part 1. The **Old Testament** (Hebrew Scriptures) tells the story of God's relationship with the Jewish people up to the time of Jesus. There are 46 books in the Old Testament

Part 2. The **New Testament** (Christian Scriptures) tells the story of Jesus and His followers. There are 27 books in the New Testament.

- a. **Gospels** are stories of Jesus' words and actions  
**Evangelists** - writers of the 4 Gospels.  
Matthew - Mark - Luke - John
- b. **Epistles** (Letters) were written by various apostles to Christian Communities among whom they had lived and worked.
- c. **Acts of the Apostles** - story of the first Christian Communities.  
Written by LUKE
- d. **Book of Revelation**

# SACRAMENTS

We receive **GRACE** through the sacraments. **GRACE is God's free gift of himself.**

The 7 Sacraments are: Baptism *can be received only ONE TIME*  
Eucharist *can be received MANY TIMES*  
Confirmation *can be received only ONE TIME*  
Penance *can be received MANY TIMES*  
Anointing of the Sick *can be received MANY TIMES*  
Matrimony *can be received ONCE, unless there is a death or annulment*  
Holy Orders *can be received ONE TIME*



## A. The **Sacraments of Initiation** are: **Baptism, Eucharist, and Confirmation**

**Baptism** is the first sacrament. Baptism removes all sin – original sin and any other sin. Baptism makes us children of God, members of Christ, members of the church and heirs to the kingdom of heaven. The **outward signs of Baptism** are the **pouring of the water, candle, white cloth, and oil.**

**Eucharist** – sacrament of unity and love, a community meal in which Jesus is really present with us.

**Confirmation** is the sacrament through which we receive the **Holy Spirit**. The Holy Spirit helps us to be strong witnesses to our faith in Jesus. It increases and deepens our baptismal grace and unites us more firmly to Christ. The outward signs of Confirmation are **laying on of hands** and the **anointing of oil.**

## B. The **Sacraments of Healing** are: **Penance and Anointing of the Sick**

**Penance** - the sacrament of our sorrow and asking God's forgiveness. We admit our sins, express our sorrow, and we are forgiven by God. Penance forgives the sins of the baptized person committed after Baptism.

### TYPES OF SIN:

**1. Mortal sin destroys the love of God in our heart.** For a sin to be mortal, 3 conditions must simultaneously apply:

1. The object of the sin must be grave matter (*directly against one of the commandments*)
2. The sin must be committed with full knowledge of the seriousness of the act
3. The sin must be committed with complete consent. The sin is a personal choice.

**2. Venial Sin allows the love of God to remain in our heart, but it offends and wounds it.**

Venial sin weakens love in us. It interferes with our practice of the virtues, makes it harder to do good, and can lead us to mortal sin.

Venial sins are committed:

1. When the object of the sin is of a less serious matter, or
2. when the sin is committed without full knowledge or complete consent.

**Anointing of the Sick** – the sacrament which celebrates Christ's healing presence in our lives. It strengthens the sick person with courage and peace to endure sufferings, forgives all sins for which the sick person is truly sorry for, and prepares the sick person for eternal life in heaven.

it the risen Lord reaches out to bring love, strength and support to sick people.



C. The **Sacrament of Love** is: **Matrimony**

D. The **Sacrament of Service** is: **Holy Orders**

Bishops, priests, and deacons are ordained to preach and teach, to celebrate the sacraments, and to build up the Community of Christ's Church.

**Beatitudes** – *Jesus gave us “rules to live by” in the Sermon on the Mount:*

The Beatitudes tell us that God's kingdom belongs to kind, caring, peaceful and forgiving people - those who work for fairness and equality.

1. Blessed are the poor in spirit for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers for they will be called children of God.
8. Blessed are those who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven

**Corporal Works of Mercy**

Feed the hungry  
Give drink to the thirsty  
Clothe the naked  
give alms to the poor  
Shelter the homeless  
Visit the sick and imprisoned  
Bury the dead

**Spiritual Works of Mercy**

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

**Gifts of the Holy Spirit** (*make it possible for us to do what God asks of us*)

**Wisdom** – using common sense and seeing with the eyes of faith - thinking

**Understanding:** seeing the relationship between things – using logic.

**Counsel:** exercising right judgement; weigh the facts.

**Fortitude:** courage; knowing what is right and staying on the right course.

**Knowledge:** distinguishing between truth and falsehood.

**Piety:** reverence; giving God honor and praise; treating others kindly.

**Fear of the Lord:** responding to God in thanks and praise.



## **THE TEN COMMANDMENTS**

**1. I am the Lord your God. You shall not have strange gods before me.**

We believe in God and place Him first in our lives.

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

We never say God's or Jesus' name in anger or carelessly.

**3. Remember to keep holy the Lord's day.**

We worship God by celebrating the Eucharist together on Sunday.

We never miss Mass without a serious reason.

**4. Honor your father and your mother.**

We love, respect and obey our parents.

**5. You shall not kill.**

Human life must be respected and protected (from unborn to elderly)

**6. You shall not commit adultery.**

We use the gift of our sexuality with respect.

We avoid any persons or situations that might tempt us to commit a sexual sin.

**7. You shall not steal.**

We never take things that do not belong to us.

We never cheat.

**8. You shall not bear false witness against your neighbor.**

We keep our promises and never tell lies or spread rumors about others.

**9. You shall not covet your neighbor's spouse.**

We respect the promises that married people have made to each other.

(**coveting**: having an intense desire for another's husband/wife)

**10. You shall not covet your neighbor's goods.**

We are not jealous of others' good fortune or possessions.

### **"The Great Law of Love" – The Two Great Commandments Given By Jesus**

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

2. You shall love your neighbor as yourself.

### **"The Golden Rule"**

Do unto others as you would have them do unto you.

