

Grade 7 BCT's

1. What are the two main ways in which God communicates to the world?

Sacred Scripture and Sacred Tradition

2. How many inspired books and letters are in the Bible?

73

3. How many books are in the Old Testament?

46

4. How many books are in the New Testament?

27

5. What are the four major sections of the Old Testament?

The Pentateuch (Torah)

The historical books

The wisdom and poetry books

The prophets

6. What is a prophet?

A prophet is a person whom God calls to speak on His behalf. Many of the Old Testament prophets were called to turn God's people away from sin and prepare for the coming of Christ.

7. What is the Eucharistic Prayer?

The Eucharistic Prayer is the prayer at Mass when the priest urges us to lift up our hearts and to give thanks to God..It includes the consecration of the bread and wine.

8. What are the four gospels?

Matthew

Mark

Luke

John

9. Whose role is it to authentically interpret Sacred Scripture and Sacred Tradition?

The Magisterium (the Pope and the bishops in communion with him)

10. How do we know we are reading Scripture in the same Spirit of the human author?

We look at the author's audiences and purposes.

11. Name the 12 apostles

Peter
Andrew
John
Philip
Bartholomew
Thomas
Matthew
James the Less
Jude
Simon
Matthias
James the Greater

12. Which of the apostles is the primary leader and source of authority?

Peter, the first Pope

13. Who is responsible for evangelization in the Church?

All members share in the vocation to evangelize.

14. What is the resurrection of the body?

At the end of time our souls will be reunited with our bodies for all eternity.

15. How will our resurrected bodies be different from how they are now?

Our resurrected bodies will be perfect and immortal.

16. How many epistles are there in the New Testament?

21

17. What is an epistle and why are they so important? An epistle is a letter written to the Church. They provided important guidance to the early Church about misunderstandings. They continue to guide the Church today about how to love our brothers and sisters in Christ.

18. Who were the non-Jews that Paul began preaching to?

The Gentiles, most commonly the ancient Greeks.

19. What are the four marks of the Church?

1. One: The one common faith for believers
2. Holy: The people who recognize that God dwells with them
3. Catholic: A universal faith for everyone
4. Apostolic: Founded by the Apostles and continued by their successors, the bishops

20. How is the 'temple of the Holy Spirit' an image for the Church?

The Holy Spirit is the soul, the source of life, of the Church
The Holy Spirit unites the diversity of the Church
The Holy Spirit is the source of the gifts of the Church

21. How is the Church both human and divine?

It is human as a visible community with a hierarchical structure of the Pope and bishops.
It is divine as an invisible communion with the Trinity.

22. Who is the Vicar of Christ?

The Pope

23. Who is a successor of the Apostles, is in charge of the diocese and has the power to confer Holy Orders?

A bishop

24. What are the three duties of a bishop and which is most important?

To proclaim the word of God (most important)
To sanctify others by the sacraments
To govern the diocese

25. What are the three distinct vocations that Christians are called to in the Church?

Ordained ministers
Consecrated religious
Laity

26. What three vows are taken in consecrated life?

Poverty
Chastity
Obedience

27. What is the chief punishment of hell?

The chief punishment of hell is eternal separation from God.

28. Does God choose hell for certain people?

No, by rejecting God, people choose hell for themselves.

29. To get to heaven, whom must those in the Church have special concern for?

The poor and the suffering

30. Why do we pray for the dead?

We pray for the dead to ask God to have mercy on those we love so they can be with God face-to-face.

31. What is purgatory?

Purgatory is a temporary state of purification before heaven for those who die in God's friendship but are not completely sinless.

32. What are the three groups in the Communion of Saints?

- 1.The Church militant (The living faithful of the Church)
- 2.The Church suffering (Those being purified in purgatory)
- 3.The Church triumphant (All those in heaven already)

33. Name 6 prominent Marian Feast Days.

Jan. 1 – Mary the Mother of God
March 25 – The Annunciation
May 31 – The Visitation
August 15 – The Assumption
September 8 – The Nativity of Mary
December 8 – The Immaculate Conception

34. Of the Marian Feast Days, which are Holy Days of Obligation?

Jan. 1st – Mary the Mother of God
August 15 – The Assumption
December 8 – The Immaculate Conception

35. How is Mary our model for prayer?

In her fiat and at the foot of the cross she showed complete confidence in God's plan.

36. Why does the Church celebrate the memorials of the saints?

To indicate the true unity of the Church on earth with the liturgy of Heaven

37. What is worship?

Worship is adoration of God.

38. Do Catholics worship Mary?

No, Catholics worship God (the Father, Son and Holy Spirit) alone. Mary is given a special honor and devotion due to her role as the Mother of God and our Blessed Mother.

39. What is liturgy?

The liturgy is the Church's official, public, communal prayer, where the people of God participate in the work of God.

40. What are some ways to actively participate in the liturgy?

- Say or sing the responses, like "Amen" and "Thanks be to God."
- Focus on each word of the Scripture readings and prayers.
- Read and reflect on the Scripture readings before going to Mass.
- Become a liturgical minister, like an altar server, lector, or musician.
- Recognize the great gift the Eucharist offers us: Jesus' self-sacrifice for our salvation.

41. What event in the Old Testament and what event in the New Testament prefigures the Eucharist?

The Passover in the Old Testament

The multiplication of loaves in the New Testament

42. When did Jesus establish the Holy Eucharist and the Priesthood?

Jesus established the Holy Eucharist and the Priesthood at the Last Supper.

43. What is the difference between the "Common Priesthood" and the "Ministerial Priesthood"?

All Catholics are called to offer their life to love and serve God (Common Priesthood). Only ordained priests are called to consecrate the Eucharist and make present the one sacrifice of Jesus Christ on the Cross (Ministerial Priesthood).

44. What do we celebrate throughout the course of the liturgical year? We celebrate the whole mystery of Christ and his Church.

45. Define symbol.

A symbol is a thing that is visible to us to help put us in touch with something that is real but invisible.

46. How is Christ made present to us through the Sacraments?

Through symbols, words, actions, and gestures.

47. How are sacraments defined?

The sacraments are effective signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.

48. What is Grace?

Grace is the free and undeserved help that God gives us so that we can respond to His call. Grace becomes a share of God's life within us.

49. What does Baptism give us?

- Forgiveness from original sin
- Birth into a new life by which one becomes an adopted child of God
- Incorporated into the Church and the priesthood of Christ

50. Which sacrament is necessary to complete the process begun at Baptism?

Confirmation

51. Which sacraments can only be received once?

- Baptism
- Confirmation
- Holy Orders

52. What sacraments require you to have a sponsor or godparent?

- Baptism
- Confirmation

53. What is anamnesis?

Anamnesis is a form of remembering which does not only recall the past but makes it present.

54. What does the Eucharist represent?

The Eucharist represents, as one single sacrifice, the passion, death and resurrection of Christ.

55. Does the Eucharist forgive sins?

The Eucharist forgives venial sins but it does not forgive mortal sins.

56. Who can consecrate the Eucharist?

Only validly ordained priests can consecrate the Eucharist.

57. How did the Second Vatican Council describe the Eucharist?

The Eucharist is the source and summit of our faith.

58. Why is Sunday, the day we celebrate the liturgy?

Sunday is the day of the resurrection of Jesus.

59. How is Jesus in the Eucharist both the one who offers and who is offered?

As high priest Jesus offers the sacrifice

As sacrifice Jesus is offered by the high priest

60. Where in Scripture does Jesus tell us that He is the True Bread that came down from Heaven? What do we call this “Bread from Heaven”?

Gospel of John, chapter 6

The Eucharist

61. What four ways is Jesus present in the liturgy?

1. In the celebrant
2. In the Word of God
3. In the assembly of people
4. In a special way in the Eucharist under the form of bread and wine

62. What is the Lectionary?

The Lectionary is the book that contains the readings to be proclaimed at liturgy on specific days.

63. What is the special podium called from where the Gospel is proclaimed?

The Ambo.

64. How much of Jesus is present in the Holy Eucharist, under the forms of the bread and wine?

Christ is **fully** present (body, blood, soul and divinity) under the form of bread. He is also **fully** present under the form of wine.

65. How should Jesus’ sacrifice in the Eucharist, for the restoration of a broken humanity, inspire us?

The Eucharist should commit us to helping the poor.

66. What is transubstantiation?

The substance of bread and wine is changed into the substance of the body and blood of Jesus.

67. Who can a Mass be offered for?

A Mass can be offered for the living and the dead.

68. Can the liturgy change?

There are both parts of the liturgy that are unchangeable and parts which the Church has the authority to change.

69. What is the ultimate fruit of the Eucharist?

The unity of the Mystical Body of Christ

70. What is the “orans”?

The “orans” is a prayer posture where the priest stands with his hands raised and elbows at his side.

71. What litany do we sing while the consecrated bread is being broken? Lamb of God.

72. In the Mass, what happens after Communion?

After receiving Holy Communion, we are sent forth by the priest or deacon, called to continue the work of Christ in the world, to be His disciples and help make disciples.

73. In an emergency who can baptize?

In any emergency, as long as they have the correct intention, anyone can baptize.

74. What is the matter and form for baptism?

- The matter is the pouring of water.
- The form is the words: “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit”.

75. What is RCIA? The Rite of Christian Initiation for Adults, where they are prepared for the sacraments.

76. What are the three groups of people that may be saved without receiving baptism?

1. Martyrs for the faith
2. Adult catechumens who have begun the process to receive baptism
3. Those who seek God in ignorance of baptism

77. What sacrament is sometimes called “the sacrament of Christian maturity”?
Confirmation

78. What is the matter and form for Confirmation?

- The matter is the anointing of the forehead with chrism together with the laying on of the minister’s hand.
- The form is the words: “Be sealed with the gift of the Holy Spirit”

79. What are some of the effects of Confirmation?

- The perfection of baptismal grace
- The Holy Spirit roots us more deeply as God’s adopted children
- Incorporates us more firmly into Christ
- Strengthens our bond with the Church
- Associates us more closely with evangelization
- Helps us bear witness to the faith

80. In order to have the sacrament of Confirmation administered upon a candidate who has attained the age of reason, the candidate must;
(CCC 1319)

- profess the faith
- be in the state of grace
- have the intention of receiving the sacrament
- be prepared to assume the role of disciple and witness to Christ

81. Is Confirmation the graduation from our faith and the completion of our religious education?

No, Confirmation is the completion of our full initiation into the Catholic Church. We are called to learn and grow closer to God throughout our entire life utilizing the Gifts of the Holy Spirit.

82. What is the only way, under normal circumstances, for mortal sins to be forgiven after baptism?

Through the sacrament of Reconciliation

83. What are the two types of contrition?

- Perfect contrition: Repentance that comes from our love of God
- Imperfect contrition: Repentance that comes from lesser motives

84. What is the sacramental seal of confession?

Whatever a priest hears in confession is kept private under all circumstances.

85. What should take place first before going to the sacrament of reconciliation?

An examination of conscience

86. What is the rationale for going to a priest for forgiveness of sins? Jesus gave the Church authority to forgive sins when he said to his apostles, "If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained" (Jn 20:23). The priest exercises that authority in the person of Christ.

87. What event does the sacrament of Reconciliation prefigure?

The final judgment of God

88. What is concupiscence?

Concupiscence is the inclination towards sin.

89. Does the sacrament Baptism or Reconciliation remove concupiscence?

The sacraments of Baptism and Reconciliation remove sins but **not** concupiscence.

90. What are some of the effects of reconciliation?

- Reconciliation with God
- Reconciliation with the Church
- Remission of eternal punishment due to mortal sin
- Remission, in part, of temporal punishments due to sin
- Peace and serenity of conscience
- Increase of spiritual strength

91. What is the matter and form for the sacrament of Reconciliation?

- The matter is the verbal confession of sins.
- The form is the prayer of absolution: "I absolve you of your sins in the name of the Father and of the Son and of the Holy Spirit."

92. Who can administer the Anointing of the Sick?

Only a priest or bishop can administer the Anointing of the Sick.

93. What is the matter and form for the Anointing of the Sick?

- The matter is the oil used to anoint the forehead and hands of the person
- The form is the words: "Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up

94. When is the proper time to receive the Anointing of the Sick?

When a believer begins to be in danger of death because of illness or old age

95. How often can the Anointing of the Sick be received?

Anointing of the sick can be received each time a believer falls ill or if their condition worsens.

96. What are some of the effects of the Anointing of the Sick?

- The grace of strengthening
- Peace and courage to overcome difficulties
- The healing of the soul
- The healing of the body if it is God's will
- The forgiveness of sins if a person is not able to receive the sacrament of Reconciliation
- Uniting of sufferings with Jesus' suffering in the passion
- Preparation for the final journey to eternal life

97. Who can administer the sacrament of Matrimony?

The man and woman are the ministers of the sacrament of Matrimony.

98. In what two ways is marriage a covenant?

- It is a covenant between man and woman by continuous self-sacrifice.
- It is a covenant between the couple and God by continuous self-sacrifice.

99. What are the two purposes of marriage?

- Unity of spouses
- Procreation

100. What makes a sacramental marriage valid?

- Free consent of the man and the woman
- Understanding that marriage is an unbreakable bond
- Understanding that marriage is exclusive between one man and one woman.
- Openness to children

101. For what two reasons is marriage most appropriately celebrated in Mass?

Marriage is a public act

Marriage is a symbol of the Paschal Mystery of Christ

102. How is it possible to remain married for life?

Christ's presence in the graces of marriage enables the couple to live out what might seem at times an impossible demand.

103. Why can a marriage not be dissolved?

Jesus taught that marriage is permanent and the Church must follow this teaching.

104. What is the form and matter for matrimony?

- The matter is the man and woman.
- The form is the exchange of wedding vows.

105. What are the three degrees of holy orders?

- Deacon
- Priest
- Bishop

106. Who can administer the sacrament of Holy Orders?

Only a bishop can administer the three degrees of holy orders.

107. What is the matter and form for the sacrament of Holy Orders?

- The matter is the laying on of hands.
- The form is the appropriate prayer for the degree of Holy Orders.

108. What does the leadership role of ordained ministers help to make present for us?

The presence of Christ as the head of the Church

109. What is the high point of the priesthood?

The high point of the priesthood is the celebration of the Holy Eucharist.

110. Why are the sacraments of unworthy ordained ministers still valid? Ultimately, Christ is the one priest and all ordained ministers share in his ministry.

111. What are three criteria for receiving the sacrament of Holy Orders?

- A calling from God that is evident internally and externally
- Baptism
- Male

112. What is priestly celibacy?

Priests abstain from marriage and sexual relations so they can serve the Kingdom of God to the best of their ability.

113. Who are the direct successors of the apostles?

The bishops

114. Who is the direct successor of the apostle Peter?

The Pope

115. Recite the Our Father prayer.

Our Father, Who art in heaven, hallowed be thy name; Thy kingdom come; Thy 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

116. Recite 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 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.

117. Recite the Memorare.

REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

118. Recite the Hail Holy Queen.

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O clement, O loving, O sweet Virgin Mary! Pray for us O Holy Mother of God. That we may be made worthy of the promises of Christ. Amen.

119. Recite the prayer of St. 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,
and it is in dying that we are born to eternal life.
Amen.

120. List 7 facts about St. Francis.

Born in Assisi Italy in 1181, son of a wealthy cloth merchant, around the age of 19, before his conversion, he joined the military and fought in a war against a nearby city. He was taken prisoner and held for a year, but was eventually released unharmed, renounced his father's wealth to seek a simple life, was the Franciscan Order but was never ordained a priest, left his community to live in a cave as a hermit, went blind and received the stigmata, had a special relationship with animals, traveled to the Holy Land and tried to convert the Sultan, received permission from Pope Innocent III to start his Order, attended the 4th Lateran Council where he met St. Dominic.

121. List 7 facts about Mother Teresa.

Was born in 1910 in Macedonia (territory above Greece and Russia) - at 18 she left home to join the Sisters of Loretto - although she lived to be 87 she never saw any of her family once she left home - after she learned English in Ireland she was assigned to teach in India - she took the name Teresa in honor of St. Therese of Lisieux and St. Teresa of Avilia - Sister Teresa began teaching history and geography in Calcutta at St. Mary's, a high school for the daughters of the wealthy - in 1946 Teresa traveled to Darjeeling for a retreat. It was on that journey that she realized what her true calling was: "I heard the call to give up all and follow Christ into the slums to serve him among the poorest of the poor." - in 1948 Sister Teresa set aside her nun's habit - adopting instead the simple sari and sandals worn by the women she would be living among and moved to a small rented hovel in the slums to begin her work - in addition to promoting literacy, Teresa taught the children basic hygiene. She visited their families, inquiring about their needs and helping provide for them when she could - she went on to open a hospice for the poor, a home for sufferers of leprosy, and a home for orphans and homeless youths - Mother Teresa was honored with many awards throughout her life including the Nobel Peace Award - she refused the traditional Nobel honor banquet, instead requesting that the \$192,000 budget be given to help the poor of India - she continued her work with the poor for the rest of her life, leading the Missionaries of Charity until just months before her death Sept. 5, 1997 - her feast day is Sept 5th.

122. List 7 facts about St. Pio of Pietrelcina (Padre Pio).

Born in southern Italy in 1887, was given the name Francesco at his baptism, was famous for bearing the stigmata, was canonized by John Paul II, when John Paul II was a young priest he travelled to where Padre Pio was and they met and Padre Pio predicted that one day Karol Wojtyla would be named Pope, at age 5 he had already dedicated his life to God, had many illnesses during his life, began having seeing visions as a child, he wanted to join a religious order but he wasn't educated, his father left the family and moved to USA to get a job so he could pay for his son's education, he was admitted into a Franciscan community known as the Order of Minors Friars (OMF) when he was 16, at age 17 he became very ill and at the same time his peer began to report strange things about Pio going into trances and actually floating off the ground while he was in prayer, during WWI American soldiers would visit and they witnessed the stigmata and experience his ability to tell others their sins and they spread the word. Padre Pio was canonized 2002 and his feast day is September 23 and is patron of adolescents.

123. List 7 facts about St Therese Lisieux.

Theresa was born in 1873 in France, at age 15 she followed her two older sisters and joined the Carmelite Convent, both of her parents were canonized, was taught at home until she was 8 years old, then at school she was bullied, because her mother died when she was little and because of the bullying Theresa has a lot of nervous anxiety which often left her sick, Therese is

most known for her “Little Way” she spoke not of doing great things, but of small things with great love, she started the devotion of sacrificial beads, she died at age 24, feast day is October 1, shares with Joan of Arc as patroness of France.

124. On Holy Thursday, what Jewish feast was Jesus celebrating with the apostles at the Last Supper?

Jesus was celebrating the Passover meal on Holy Thursday.

125. What sacraments did Jesus institute on Holy Thursday?

- Eucharist
- Holy Orders

126. What does the Latin word “ora” mean and how is it used during Mass?

“Ora” means to pray. It is used when we say the prayers or the “orations” at Mass it is also implicated when the priest prays the orations, the priest raises his arms in a prayer posture or the “orans position” for the Our Father.

127. What are the two parts of the Mass, where do they begin and where do they end?

The Liturgy of the Word and the Liturgy of the Eucharist.

- The Liturgy of the Word begins with the Sign of the Cross and ends with the Creed.
- The Liturgy of the Eucharist begins with the preparation of the gifts and ends with the call that the Mass is ended; Go be Disciples and make Disciples.

128. What is the Greek word for Mary being the Mother of God?

Theotokos

129. What are the different forms of prayer?

1. Blessing and adoration
2. Petition
3. Intercession
4. Thanksgiving
5. Praise
6. Contrition

Prayers

	1	2	3	4	5	6	7	8
Sign of the Cross	M	R	R	R	R	R	R	R
Our Father	M	R	R	R	R	R	R	R
Angel of God	M	R	R	R	R	R	R	R
Grace After Meals	M	R	R	R	R	R	R	R
Morning Offering	E	M	R	R	R	R	R	R
Act of Contrition		E	M	R	R	R	R	R
Recitation of the Rosary		E	M	R	R	R	R	R
Mass Responses	E	E	M	R	R	R	R	R
Apostles Creed			E	M	R	R	R	R
Act of Faith (short version)	E	E	E	M	R	R	R	R
Act of Hope (short version)	E	E	E	M	R	R	R	R
Act of Love (short version)	E	E	E	R	R	R	R	R
Stations of the Cross		E	E	M	R	R	R	R
Hail Holy Queen			E	E	M	R	R	R
Nicene Creed				E	M	R	R	R
Prayer of St Francis				M	R	R	R	R
Magnificat					E	M	R	R
Angelus					E	M	R	R
Come Holy Spirit					E	E	M	R
Joyful Mysteries					E	M	R	R
Luminous Mysteries					E	M	R	R
Glorious Mysteries					E	M	R	R
Sorrowful Mysteries					E	M	R	R

R=Review E=Encourage M=Memorize

Prayers/Devotions

M-Memorize R-Review E-Encourage

The Sign of the Cross (M)

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

Hail Mary (M)

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

Our Father (M)

Our Father, Who art in heaven, hallowed be thy name; Thy kingdom come; Thy 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

Grace Before Meals (M)

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ Our Lord. Amen

Grace After Meals (M)

We give Thee thanks for all Thy gifts, almighty God. You live and reign forever. Amen

Glory Be (M)

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 (M)

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

The Morning Offering (M)

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the conversion of all sinners, in union with the Holy Sacrifice of the Mass throughout the world. Amen

The Apostles Creed (M)

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; the third day he rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From there 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

Act of Contrition (M)

Oh my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen

Angelus (M)

P: The Angel of the Lord declared unto Mary
R: And she conceived of the Holy Spirit. (Hail Mary)
P: Behold the handmaid of the Lord
R: Be it done unto me according to your word. (Hail Mary)
P: And the Word was made flesh
R: And dwelt among us. (Hail Mary)

Let us pray: Pour forth we beseech you O Lord Your grace into our hearts. That we to whom the incarnation of Christ Thy Son was made known by the message of an angel may by His passion and cross be brought the glory of His resurrection through the same Christ our Lord. Amen

The Most Holy Rosary (E)

The Five Joyful Mysteries

(Monday & Saturday)

1. Annunciation
2. Visitation
3. Birth of Jesus
4. Presentation
5. Finding of Jesus in the Temple

The Five Luminous Mysteries

(Thursday)

1. Jesus' Baptism in the Jordan
2. Jesus' Self-manifestation at the Wedding of Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

The Five Sorrowful Mysteries

(Tuesday & Friday)

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning of Thorns
4. Jesus Carries His Cross
5. Crucifixion

The Five Glorious Mysteries

(Wednesday & Sunday)

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

Hail Holy Queen (E)

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

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose only-begotten Son, by his Life, Death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that, meditating upon 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

Stations of the Cross (E)

1st Station: Jesus is condemned to death.

2nd Station: Jesus carries His cross.

3rd Station: Jesus falls the first time.

4th Station: Jesus meets His mother.

5th Station: Simon of Cyrene helps Jesus to carry His cross.

6th Station: Veronica wipes the face of Jesus.

7th Station: Jesus falls the second time.

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time.

10th Station: Jesus' clothes are taken away.

11th Station: Jesus is nailed to the cross.

12th Station: Jesus dies on the cross.

13th Station: The body of Jesus is taken down from the cross.

14th Station: Jesus is laid in the tomb.

Act of Faith (short version) (M)

Oh my God, I believe in You and in all that You teach through Your Holy Church, because Your Word is true.

Act of Hope (short version) (M)

Oh my God, I hope in You for all the graces that I need for my eternal salvation and for heaven itself, because You are infinitely powerful, good and merciful and because You are faithful to Your word.

Act of Love (short version) (M)

O my God, I love you above all things, because You are infinitely good, and for Your sake I love my neighbor as myself.

Nicene Creed (M)

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,

begotten, not made, **consubstantial**
with the Father;
who proceeds from the Father and the Son,
Through him all things were made.

For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was **incarnate**
of the Virgin Mary,
and became a man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried

and rose again on the third day
in accordance with 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.

I believe in the Holy Spirit,
the Lord, the giver of life,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic,
and apostolic Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection
of the dead and the life of the world to come.
Amen.

