

PRAYERS

The Sign of the Cross: Matthew 28:19; CCC p. 62, #233

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

Simple Prayers: CCC#2637 - 2639

Jesus, I love You.

Thank You, God.

God, how great You are.

Our Father: Matthew: 6:9-13; CCC #2759, 2761, 2777-2865

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.*

Hail Mary: Luke 1:28, 42; CCC #2676-2677

*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: CCC #2628

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.

A Morning Prayer: CCC #2698

God, our Father, I offer you today all that I think and do and say.

I offer it with what was done on earth by Jesus Christ, Your Son. Amen.

Prayer Before Meals: John 6:11; Acts 27:35; CCC #2698

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

Prayer After Meals: CCC #2698

We give You thanks, almighty God, for all Your goodness.

You live and reign now and forever. Amen

Acts of Contrition: CCC #1451

Oh my God, I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance, and to amend my life. Amen.

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.

Responses to Prayers at Mass: Refer to Parish Worship Guide (Missalette)

****Note:** Many of the peoples' responses during Mass, as well as the wording of the Nicene and Apostle Creeds, changed Advent 2011. Please refer to the USCCB web site for the changes:
<http://www.nccbuscc.org/romanmissal/samples-people.shtml>.

Apostles Creed (since Advent 2011)

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.

Nicene Creed (since Advent 2011)

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; 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 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 proceeds from the Father and the Son, 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.

The Rosary: CCC #2708

The Rosary is a meditative prayer. It consists of a series of beads on which we pray traditional prayers such as the Creed, Our Father, Hail Mary and Glory Be while we think about special events in the life of Jesus and Mary.

Begin praying the rosary with the cross. Pray the **Sign of the Cross** and the **Apostle's Creed**. On the first bead pray one **Our Father**; on the next three beads a **Hail Mary** each; and on the chain pray one **Glory Be**. Pause to reflect on a mystery (see below) before continuing.

Begin the first decade with the next single bead. On it, pray one Our Father and then continue over to the larger portion of the rosary and pray a Hail Mary on each of the next ten beads. After the decade, pray one Glory Be (on the chain). Continue the remaining decades with an Our Father on each single bead and ten Hail Marys on each row of beads. Conclude each decade with a Glory Be.

As you pray each decade, think of one of the Joyful, Luminous, Sorrowful, or Glorious Mysteries, or a special event in the life of Jesus and Mary. Bring to mind the mystery before you begin the Our Father preceding each decade of Hail Marys.

The Five Joyful Mysteries

(Monday & Saturday)

1. *The Annunciation*
2. *The Visitation*
3. *The Birth of Jesus*
4. *The Presentation of Jesus in the Temple*
5. *The 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 Eucharist*

The Five Sorrowful Mysteries

(Tuesday & 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 and Death*

The Five Glorious Mysteries

(Wednesday & Sunday)

1. *The Resurrection*
2. *The Ascension*
3. *The Descent of the Holy Spirit upon the Apostles*
4. *The Assumption of Mary into Heaven*
5. *The Crowning of Mary in Heaven*

Pray the **Hail Holy Queen** prayer on the medal to finish the Rosary: CCC #2677

*Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope!
To you do we cry, poor banished children of Eve; to you do 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 us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary!*

Prayer for the Faithful Departed: CCC #958

*Eternal Rest grant unto them, O Lord, and let Perpetual Light shine upon them.
May they rest in peace. Amen.*

Prayer to the Holy Spirit: CCC #2671

*Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your Love.
Send forth Your Spirit and they shall be created, and You shall renew the face of the earth.
O God, Who does instruct the hearts of the faithful by the light of the Holy Spirit,
grant us by the same Holy Spirit, a love and relish of what is right and just,
and a constant enjoyment of His comforts. Through Christ our Lord. Amen.*

The Way of the Cross (Stations): CCC #2669

The Way of the Cross commemorates the passion, death, and resurrection of our Lord, Jesus Christ.

1. *Jesus is condemned to die.*
2. *Jesus takes up His cross.*
3. *Jesus falls the first time.*
4. *Jesus meets His Mother.*
5. *Simon helps Jesus carry His cross.*
6. *Veronica wipes the face of Jesus.*
7. *Jesus falls the second time.*
8. *Jesus meets the women of Jerusalem who mourn for Him.*
9. *Jesus falls the third time.*
10. *Jesus is stripped of His garments.*
11. *Jesus is nailed to the cross.*
12. *Jesus dies on the cross.*
13. *Jesus is taken down from the cross.*
14. *Jesus is laid in the tomb.*

Amen

Act of Faith: CCC #2656-2658

*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. In this faith I desire to live and die. Amen.*

Act of Hope: CCC #2656-2658

O my God, trusting in Your promises and the infinite merits of Jesus Christ, our Redeemer, I hope for the pardon of my sins and the graces I need to serve You faithfully on earth, and to obtain eternal life in heaven. Amen.

Act of Love: CCC #2656-2658

O my God, I love You above all things with my whole heart and soul, because You are infinitely good and deserving of all my love. I love my neighbor as myself for love of You. Amen.

Magnificat: CCC #2619

*My soul proclaims the greatness of the Lord and my spirit rejoices in God my Savior;
for he has looked with favor on his lowly servant,
and from this day all generations will call me blessed.
The Almighty has done great things for me; holy is his Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm, He has scattered the proud in the conceit of their heart.
He has cast down the mighty from their thrones, and has lifted up the lowly.
He has filled the hungry with good things, and sent the rich away empty-handed.
He has come to the help of his servant Israel for he remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever. Amen.*

Prayer of St. Francis: CCC #2683, 2684, 2692

*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; and where there is sadness, joy.*

*O Divine Master, grant that I may not seek so much 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.*

CONCEPTS

The Ten Commandments: based on Ex. 20:2-17 and Dt. 5:6-21; CCC p. 496 & 497

The following or similar language is appropriate for first Penance preparation (Grade 2)

1. *Love God more than all things.*
2. *Say God's name with love.*
3. *Keep Sunday holy.*
4. *Honor your parents.*
5. *Take care of all living things.*
6. *Show respect for yourself and others.*
7. *Do not steal.*
8. *Tell the truth.*
9. *Do not be jealous.*
10. *Do not be greedy.*

Traditional Catechetical Formula (Grades 4-8)

1. *I am the Lord your God: you shall not have strange gods before me.*
2. *You shall not take the name of the Lord in vain.*
3. *Remember to keep holy the Lord's Day.*
4. *Honor your father and your mother.*
5. *You shall not kill.*
6. *You shall not commit adultery.*
7. *You shall not steal.*
8. *You shall not bear false witness against your neighbor.*
9. *You shall not covet your neighbor's wife.*
10. *You shall not covet your neighbor's goods.*

The Great Commandments: Matthew 22:37-40; Mark 12:29-31; Luke 10:27; CCC #2055, (Grades 2-8)

1. *You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.*
2. *You shall love your neighbor as yourself.*

The Beatitudes: Matthew 5:3-10; CCC #1716, (Grades 4-8)

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 land.

Blessed are they who hunger and thirst for justice, 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 the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of justice, for theirs is the kingdom of heaven.

The Seven Sacraments

CCC #1210 – 1658; (Grades 2-8)

Baptism

Confirmation

Eucharist

Penance

Anointing of the Sick

Holy Orders

Matrimony

Twelve Apostles

CCC #858; Matthew 10:2-4; Acts 1:21-26
(Grades 3-8)

Peter *James*

Andrew *Thaddeus*

James *Thomas*

John *Matthew*

Philip *Simon*

Bartholomew

Matthias (replaced Judas Iscariot)

The Cardinal Virtues

Wisdom 8:7 CCC #1805
(Grades 5-8)

Prudence

Justice

Fortitude

Temperance

The Theological Virtues

CCC #1813; 1 Cor. 13:13
(Grades 5-8)

Faith

Hope

Charity

The Works of Mercy

(Grades 5-8)

CCC #2447; Gal 6:1-2; 1Thes. 5:14-19

CCC #2447; Matthew 25:35-40

Corporal

Feed the hungry.

Shelter the homeless.

Clothe the naked.

Visit the sick and imprisoned.

Bury the dead.

Spiritual

Instruct the ignorant.

Advise the doubtful.

Correct the sinner.

Comfort the afflicted.

Forgive offenses.

Bear wrongs patiently.

Pray for the living and the dead.

Gifts of the Holy Spirit

CCC #1831; Is. 11:1-3
(Grades 7-8)

*Wisdom
Knowledge
Understanding
Reverence
Courage
Right Judgment
Wonder and Awe*

Fruits of the Holy Spirit

CCC #1832; Gal. 5:22-23
(Grades 7-8)

<i>love</i>	<i>goodness</i>
<i>joy</i>	<i>generosity</i>
<i>peace</i>	<i>gentleness</i>
<i>patience</i>	<i>faithfulness</i>
<i>kindness</i>	<i>modesty</i>
<i>self control</i>	<i>chastity</i>

Marks of the Church: CCC #865, (Grades 3-8)

*One
Holy
Catholic
Apostolic*

Laws of the Church: CCC #2041-2043

Traditionally called the Precepts of the Church (Grades 4-8)

1. *Celebrate Christ's resurrection every Sunday and holy day of obligation.*
 - a. *Take part in Mass.*
 - b. *Avoid unnecessary work and unnecessary shopping.*
2. *Lead a sacramental life. Receive Holy Communion frequently and the sacrament of penance regularly.*
 - a. *Receive Holy Communion at least once a year, in connection with the Easter Season, between the First Sunday of lent and Trinity Sunday.*
 - b. *Receive the sacrament of penance at least once a year (annual confession is an obligation only if serious sin is involved).*
3. *Study Catholic teaching throughout life, especially in preparing for the sacraments.*
 - a. *Observe the marriage laws of the Catholic Church.*
 - b. *Give religious training to one's children (by example and word).*
 - c. *Use parish schools and religious education programs.*
4. *Strengthen and support the Church.*
 - a. *Support one's own parish community and parish priests.*
 - b. *Support the worldwide Church.*
 - c. *Support the Holy Father.*
5. *Do penance, including not eating meat and fasting from food on appointed days.*
6. *Join in the missionary work of the Church.*

Eucharistic Fast: Canon 919, (Grades 2-8)

General Law - *Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception.*

Exceptions to the Eucharistic Fast - *Water may be taken any time before Communion. In the case of sickness, medicine may be taken any time before reception.*

Holy Days of Obligation in the United States: Canon 124, (Grades 2-8)

1. *Solemnity of Mary, Mother of God (January 1)**
2. *Solemnity of the Ascension (Forty days after Easter)*
3. *Solemnity of the Assumption of the Blessed Virgin Mary (August 15)**
4. *Solemnity of All Saints (November 1)**
5. *Solemnity of the Immaculate Conception (December 8)*
6. *Solemnity of the Nativity of Our Lord Jesus Christ (December 25)*

*When these days fall on a Saturday or a Monday, they are not observed as holy days of obligation. They do keep their major rank as solemnities and should always be celebrated with special care.

Days of Penance: Canon 1250; CCC #1438, (Grades 5-8)

*All Fridays
Days of Lent*

General Laws of Fast and Abstinence: Canons 1251-1253; CCC #1434, 2043; (Grades 5-8)

Fast: *All adults, 18 up to the beginning of their sixtieth (59) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.*

Abstinence: *All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.*

Days of Fast and Abstinence:

*Ash Wednesday
Good Friday
Fridays of Lent (abstinence)*

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Religious Sites to Visit

Cathedral of the Sacred Heart, Richmond ; www.richmondcathedral.org
Cathedral of the Sacred Heart
800 S. Cathedral Place
Richmond, VA 23220-4764

Museum of Catholic History, Richmond; <http://www2.richmonddiocese.org/archives/museum.htm>

Basilica of St. Mary of the Immaculate Conception, Norfolk ; <http://www.basilicaofsaintmary.org/>
Founded in 1791 – Erected in 1858 - Became a Minor Basilica in 1991

232 Chapel Street, Norfolk, VA 23504
Office: (757) 622-4487

Mary Mother of the Church Abbey, Goochland, VA; http://richmondmonks.org/?page_id=22
Shroud of Turin exhibit and Catholic Bookstore on site
12829 River Road, Richmond, VA 23238

Basilica of the National Shrine of the Immaculate Conception, Washington, DC;
www.nationalshrine.com