

September 2015

Dear Students, Catechists and Parents,

The Office of Religious Education offers you this Prayers and Teachings of the Catholic Church Booklet to aid Students in their faith journey, Parents in their responsibility as the first teachers of the faith, and Catechists as they assist parents in the teaching of the Catholic Faith to their children. The most important prayers, beliefs and practices are contained herein so that everyone will be aware of the teachings of the faith that are presented at each grade level.

Just knowing the beliefs of our faith is not sufficient; the students must practice the Catholic faith. This booklet provides information, but parents and catechists will need to find ways to make the living of the faith a reality. Participating at Mass regularly and witnessing the faith by helping the needy are important for a devout Catholic.

Thank you all for embracing the practice of our Catholic Faith. May this booklet be a source of knowledge and a guide for you in your role as student, parent and teacher. May the Spirit of wisdom, fortitude and piety lead and guide you through each lesson and in each day of your child's life.

In Jesus, Mary and St. Paul,

Sr. Ma. Katrina S. Quidlat, RVM
Director of Religious Education

PRAYERS AND CATHOLIC PRACTICES

Kindergarten

To reinforce:

To be learned:

Sign of the Cross
Angel of God

First Grade Level

Previous Grade Plus:

The Lord's Prayer
Hail Mary
Glory Be
Grace before Meals
Grace after Meals

Second Grade Level

Previous Grade Plus:

Act of Contrition
The Angelus

Third Grade Level

Previous Grade Plus:

Apostles' Creed
Hail, Holy Queen
The Rosary and Mysteries

Fourth Grade Level

Previous Grade Plus:

The Memorare
The Ten Commandments

Fifth Grade Level

Previous Grade Plus:

The Seven Sacraments
The Four Gospel Writers
The Beatitudes

Sixth Grade Level

Previous Grade Plus:

Seven Sorrows of Mary
The First Five Books of the Bible

Seventh Grade

Previous Grade Plus:

Holy Days of Obligation
The Stations of the Cross

Eight Grade

Previous Grade Plus:

Prayer to the Holy Spirit
Gifts and Fruits of the Holy Spirit
The Spiritual and Corporal Works
of Mercy



THE SIGN OF THE CROSS

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



THE LORD'S 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

HAIL MARY

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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.



GLORY BE

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.



GRACE BEFORE MEALS

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

We give you thanks, almighty God, for these and all your gifts which we have received through Christ our Lord. Amen.

ANGEL OF GOD

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

ACT OF CONTRITION

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.



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.

The Nicene Creed

I believe in one God, the Father Almighty, maker of heaven and earth, and 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,

(At the words that follow, up to and including and became man, all bow.)

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.

HAIL HOLY QUEEN



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 valley 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.

The Memorare

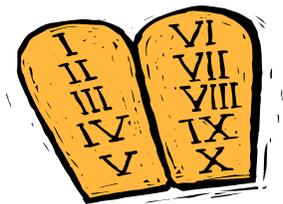
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto 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.



The Ten Commandments A Traditional Catechetical Formula



1. I am the Lord your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and 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 Seven Sacraments

The Latin word *sacramentum* means "a sign of the sacred." The seven sacraments are ceremonies that point to what is sacred, significant and important for Christians. They are special occasions for experiencing God's saving presence. That's what theologians mean when they say that sacraments are at the same time signs and instruments of God's grace.

The Sacraments of Initiation



For Catholics, the Sacrament of **Baptism** is the first step in a lifelong journey of commitment and discipleship. Whether we are baptized as infants or adults, Baptism is the Church's way of celebrating and enacting the embrace of God.



Confirmation is a Catholic Sacrament of mature Christian commitment and a deepening of baptismal gifts. It is one of the three Sacraments of Initiation for Catholics. It is most often associated with the gifts of the Holy Spirit.

Catholics believe the **Eucharist**, or Communion, is both a sacrifice and a meal. We believe in the real presence of Jesus, who died for our sins. As we receive Christ's Body and Blood, we also are nourished spiritually and brought closer to God.



The Sacraments of Healing

The Catholic Sacrament of **Reconciliation** (also known as Penance, or Penance and Reconciliation) has three elements: conversion, confession and celebration. In it we find God's unconditional forgiveness; as a result we are called to forgive others.



The Catholic Sacrament of **Anointing of the Sick**, formerly known as Last Rites or Extreme Unction, is a ritual of healing appropriate not only for physical but also for mental and spiritual sickness.



The Sacraments at the Service of Communion

In the Sacrament of **Holy Orders**, or Ordination, the priest being ordained vows to lead other Catholics by bringing them the sacraments (especially the Eucharist), by proclaiming the Gospel, and by providing other means to holiness.





For Catholics, the Sacrament of Marriage, or **Holy Matrimony**, is a public sign that one gives oneself totally to this other person. It is also a public statement about God: the loving union of husband and wife speaks of family values and also God's values.

We pray the ROSARY

Catholics pray the Rosary to honor Mary and remember the important events in the lives of Jesus and Mary. Follow the steps from 1 to 5.



**5. Pray the Hail, Holy Queen.
Make the Sign of the Cross**

**3. Think of the first
mystery. Pray an Our
Father, 10 Hail Marys and
the Glory Be.**

**2. Pray an Our Father, 3
Hail Marys and the Glory
be.**

**1. Make the Sign of the
Cross and pray the
Apostles' Creed.**

**4. Repeat step 3
for each of the
next 4
mysteries.**

The Joyful Mysteries (Monday & Saturday)

1. The Annunciation
2. The Visitation

3. The Birth of Jesus
4. The Presentation of Jesus
5. The Finding of Jesus in the Temple

The 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 & Death of Jesus

The Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

The Luminous Mysteries (Thursday)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

The Angelus

Leader: **The Angel of the Lord declared to Mary:**

Response: **And she conceived of the Holy Spirit.**

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.

Leader: Behold the handmaid of the Lord.

Response: Be it done unto me according to Thy word.

Hail Mary . . .

Leader: And the Word was made Flesh.

Response: And dwelt among us.

Hail Mary . . .

Leader: Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech thee, O Lord, thy 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 to the glory of His resurrection, through the same Christ Our Lord. Amen.

Queen of Heaven

(Prayer during the Easter season instead of the Angelus)

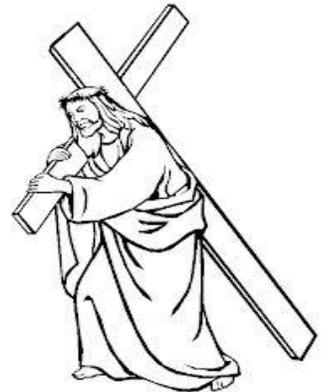
Queen of Heaven, rejoice, alleluia. For He whom you did merit to bear, alleluia. Has risen, as he said, alleluia. Pray for us to God, alleluia. Rejoice and be glad, O Virgin Mary,

alleluia. For the Lord has truly risen, alleluia.

Let us Pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life through the same Christ our Lord. Amen.

THE STATIONS OF THE CROSS

- I. Jesus is condemned to die.
- II. Jesus takes up the cross.
- III. Jesus falls the first time.
- IV. Jesus meets his mother.
- V. Simon helps Jesus carry the cross.
- VI. Veronica wipes the face of Jesus.
- VII. Jesus falls the second time.
- VIII. Jesus meets the women of Jerusalem.
- IX. Jesus falls the third time.
- X. Jesus is stripped of his garments.
- XI. Jesus is nailed to the cross.
- XII. Jesus dies on the cross.
- XIII. Jesus is taken down from the cross.
- XIV. Jesus is laid in the tomb.
- XV. The Resurrection of Jesus.



THE SEVEN SORROWS OF MARY

- 1. Prophecy of Simeon** - reflect on and sympathize in the sorrow of our Blessed Lady, when she presented her Divine Child in the Temple, and heard from the aged Simeon that a sword of grief should pierce her soul on His account.
- 2. Flight into Egypt** - reflect on her sorrow when, to escape the cruelty of King Herod, she was forced to fly into Egypt with St. Joseph and her beloved Child.
- 3. Three-day Separation from Jesus in Jerusalem** - reflect on her grief, when, in returning from Jerusalem she perceived that she had lost her dear Jesus, whom she sought sorrowing during three days.
- 4. Meeting Christ on the Road to Calvary** - reflect on her meeting her Divine Son, all bruised and mangled, carrying His cross to Calvary, and seeing Him fall under His heavy weight.
- 5. Crucifixion and Death of Jesus Christ** - reflect on her standing by when her Divine Son was lifted up on the cross, and the blood flowed in streams from His sacred wounds.
- 6. Our Lord is Taken Down from the Cross (Pieta)** - reflect on her sorrow, when her Divine Son was taken down from the cross, and she received Him into her arms.
- 7. Our Lord and Savior Jesus Christ is Buried in the Tomb** - Contemplate her following His sacred body, as it was

borne by Joseph of Arimathea, and Nicodemus, to the sepulcher, enclosed there, and hidden from her sight.

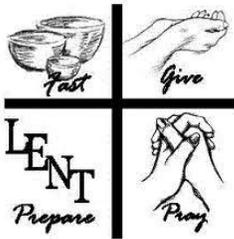
LITURGICAL YEAR



The season of **Advent** prepares us for the coming of the Son of God. We watch and wait. We prepare to celebrate the birth of Jesus Christ at Christmas.



The **Christmas** season is a time to celebrate that God is with us. We rejoice that the Son of God became one of us to save us.



Lent is a season of preparation for the Church's greatest celebration. During the forty days of Lent, we pray for God's mercy and remember Jesus' life and death.

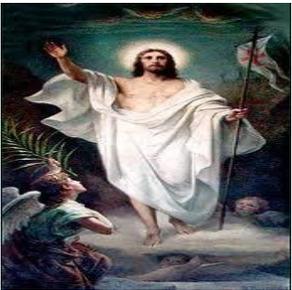
Holy Week – Each year, during Holy Week, the Church celebrates the mysteries of our Redemption, which include Jesus' Passion, Death, and Resurrection.

Triduum – It is called the Triduum because it takes place in the period of three days, beginning with the Feast of the Lord's Supper on the evening of Holy Thursday and continuing until evening prayer on Easter Sunday.

Holy Thursday – we remember the Last Supper, when Jesus gave us the sacraments of Eucharist and Holy Orders.

Good Friday – we remember how Jesus suffered and died on the cross to save us from sin and eternal death.

Holy Saturday – is the night when we rejoice that Jesus is no longer in the tomb. He is alive! Through his Resurrection, Jesus triumphed over death and brings us everlasting life.



Jesus has risen from the dead! During the **Easter** season, we celebrate the Resurrection of Jesus, for fifty days! Jesus is with us always.



Ordinary Time is the season in which we celebrate the whole life of Jesus Christ and his teachings. It is the longest season of the year. It comes around twice- once between Christmas and Lent, and again after Easter until Advent.

SPIRITUAL AND CORPORAL WORKS OF MERCY

Spiritual Works of Mercy

1. To instruct the ignorant.
2. To counsel the doubtful.
3. To admonish sinners.
4. To bear wrongs patiently.
5. To forgive offenses.



6. To comfort the afflicted.
7. To pray for the living and the dead.

Corporal Works of Mercy

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To shelter the homeless.
5. To visit the sick.
6. To visit those in prison.
7. To bury the dead.



HOLY DAYS OF OBLIGATION

The Catholic Church guides us in celebrating the great events and people of our faith through the seasons and feasts of the liturgical year. The special feasts of the liturgical year include **Sundays and the Holy Days of Obligation**. The Holy Days of Obligation are special days when we honor Jesus, Mary, and the saints. Like Sunday, these holy days are so important that the Church requires us to attend Mass. In the United States, the Church observes the following Holy Days of Obligation.

- **Sunday** – On Sunday, also called the Lord's Day, we celebrate the Resurrection of Jesus. We gather with our family and our parish community to give thanks to God the Father for sending his Son, Jesus, to save us from sin and death and give us eternal life. We are required to attend Mass every Sunday.

- **Immaculate Conception of the Blessed Virgin Mary – Dec 8**
We celebrate that Mary, the Mother of Jesus, was conceived without Original Sin and remained free from sin her entire life.
- **Christmas Day – December 25**
We celebrate the birth of Jesus, our Savior.
- **Mary, the Mother of God – January 1**
We celebrate that Mary is the Mother of the Son of God, Jesus Christ.
- **Ascension of the Lord – 40 days after Easter**
We celebrate the moment when Jesus, in his resurrected body, returned to his Father in Heaven.
- **Assumption of the Blessed Virgin Mary – August 15**
We celebrate that Mary was taken body and soul into the glory of Heaven and fully shares in the Resurrection of Jesus.
- **All Saints Day – November 1**
We celebrate all those people who lived holy lives while on earth and now live with God forever in Heaven.

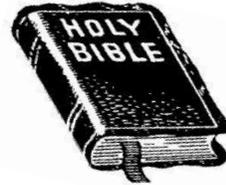
THE BEATITUDES (Matthew 5:1-12) (Luke 6:20-26)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they shall be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they 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 the children of God.

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

TWO MAIN PARTS OF THE BIBLE

- Old Testament
- New Testament



THE 1ST FIVE BOOKS OF THE BIBLE (called Pentateuch)

1. **Genesis** - stories that lead to God's choice of Israel and his special people
2. **Exodus** - stories of God's deliverance of Israel and his covenant with them
3. **Leviticus** - rules and regulations for living in the covenant
4. **Numbers**- more rules, regulations and the stories behind them
5. **Deuteronomy**- stories of Israel's entry into the Promised Land

THE FOUR GOSPEL WRITERS

1. Matthew
2. Mark
3. Luke
4. John

Gifts of the Holy Spirit

(1Corinthians 12)

The Gifts of the Holy Spirit are sealed and strengthened within us at Confirmation. These seven gifts help us to respond to the presence of the Holy Spirit in our lives, to make good choices, and to serve God and others.

- **Wisdom** is the gift of knowing the right choices to make to live a holy life. The gift of wisdom helps you to avoid the things that could lead you away from God.
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- **Understanding** is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. It helps you sense when someone is hurting or in need of compassion.
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- **Right Judgment, or Counsel**, is the gift of prudence. The gift of right judgment helps you make choices to live as a faithful follower of Jesus.
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- **Courage, or Fortitude**, is the gift that helps you stand up for your faith in Christ. The gift of courage helps you overcome any obstacles that would keep you from practicing your faith.
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- **Knowledge** is the gift of knowing and enlightenment. The gift of knowledge enables you to choose the right path that will lead you to God. It encourages you to avoid obstacles that will keep you from him.
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- **Reverence, or Piety**, is the gift of confidence in God. This gift of reverence inspires you to joyfully want to serve God and others.
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- **Wonder and Awe, or Fear of the Lord** is the gift of wonder and respect that encourages you to be in awe of God. The gift of wonder and awe moves you to love God that you do not want to offend him by your words or actions.

The Fruits of the Holy Spirit

(Galatians 5:22)

When we cooperate with the graces and gifts we receive from the Holy Spirit, we grow as followers of Jesus. We see the effect of

the Holy Spirit's presence in our lives in special qualities and attitudes that we develop as we grow in faith. The Church identifies these qualities and attitudes as the fruits of the Holy Spirit. The twelve fruits of the Holy Spirit are signs that the Holy Spirit is alive within us and helping us live the Catholic faith in our daily lives.

- **Love** - We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.
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- **Joy** - We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.
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- **Peace** - We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts.
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- **Patience** - We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.
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- **Kindness** - We live the virtue of kindness by treating others as we want to be treated.
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- **Goodness** - We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.
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- **Generosity** - We demonstrate the fruit of generosity when we share our gifts and possessions with others.

- **Gentleness** - Gentle people act calmly and avoid actions that might lead others to anger or resentment.
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- **Faithfulness** - We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.
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- **Modesty** - We exhibit modesty by being pure in our thoughts, words, and dress.
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- **Self-control** - We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.
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- **Chastity** - We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle 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 by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

The Four Marks of the Catholic Church

In the Nicene Creed, we profess, "We believe in One, Holy, Catholic, and Apostolic Church": these are the four marks of the Church. They are inseparable and intrinsically linked to each other. Our Lord Himself in founding the Church marked it with these characteristics, which reflect its essential features and mission.

Morning Prayer

Dear God, as I begin this day, keep me in your love and care. Help me to live as your child today. Bless me, my family, and my friends in all we do. Keep us all close to you. Amen.

Evening Prayer

Dear God, I thank you for today. Keep me safe throughout the night. Thank you for all the good I did today. I am sorry for what I have chosen to do wrong. Bless my family and friends. Amen.

A Vocation Prayer

Dear God, I know you will call me for special work in my life. Help me follow Jesus each day and be ready to answer your call. Amen.

The Great Commandment

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind...You shall love your neighbor as yourself.”

Matthew 22-37, 39

The New Commandment

(Jesus said) I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another.”

John 13:34-35

Catholic Social Teaching

Based on the Catechism of the Catholic Church

The Church’s teaching on social justice guides us in living lives of holiness and building a just society. These principles are:

1. All human life is sacred. The basic equality of all people flows from their dignity as human persons and the rights that flow from that dignity.
2. The human person is the principle, the object, and the subject of every social group.
3. The human person has been created by God to belong to and to participate in a family and other social communities.

4. Respect for the rights of people flows from their dignity as persons. Society and all social organizations must promote virtue and protect human life and human rights and guarantee the conditions that promote the exercise of freedom.
5. Political communities and public authority are based on human nature. They belong to an order established by God.
6. All human authority must be used for the common good of society.
7. The common good of society consists of respect for and promotion of the fundamental rights of the human person; the just development of material and spiritual goods of society; and the peace and safety of all people.
8. We need to work to eliminate the sinful inequalities that exist between peoples and for the improvement of the living conditions of people. The needs of the poor and vulnerable have a priority.
9. We are one human and global family. We are to share our spiritual blessings, even more than our material blessings.

