

*"Joy springs
from a Grateful
heart."*

-Pope Francis

St. Agnes Catholic School

Prayer Booklet

PRESCHOOL

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,
To guard,
To rule
And guide. Amen.

HAIL MARY

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.

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.

SIGN OF THE CROSS

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

BLESSING SONG

May the blessing of God be upon you,
the blessing of the Father and the Son
and may the Spirit of God,
the Spirit of love,
be with you all your days.

May the blessing of God be upon you,
the blessing of the Father and the Son
and may the Spirit of God,
the Spirit of peace,
be with you all your days.

OUR FATHER

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.

KINDERGARTEN

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,
to guard,
to rule
and guide. Amen.

OUR FATHER

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 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.

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.

SIGN OF THE CROSS

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

INTRODUCTORY RITE FOR MASS

Priest: The Lord be with you.
People: **And with your spirit.**

EUCCHARISTIC PRAYER

Priest: The Lord be with you.
People: **And with your spirit.**
Priest: Lift up your hearts.
People: We lift them up to the Lord.
Priest: Let us give thanks to the Lord our God.
People: **It is right and just.**

HOLY, HOLY, HOLY

Holy, Holy, Holy Lord God of **hosts**. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

FIRST GRADE

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,
to guard,
to rule
and guide. Amen.

OUR FATHER

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,
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but deliver us from evil. Amen.

HAIL MARY

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.

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.

SIGN OF THE CROSS

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

MORNING OFFERING

My God, I offer you today all that I think and do and say, uniting it with what was done on earth, by Jesus Christ, your Son.

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. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

SACRAMENTS OF HEALING

Anointing of the Sick
Penance/Reconciliation

THE TEN COMMANDMENTS

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, your God, 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.

SECOND GRADE

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. Amen.

CELEBRATING RECONCILIATION

These things are always part of the sacrament of Reconciliation.

We examine our conscience and are sorry for our sins. We promise not to sin again.

We confess our sins.

We receive a penance.

We pray an Act of Contrition.

We receive absolution.

Celebrating Reconciliation helps us to grow in our love for God, others and ourselves. Jesus helps us to forgive others as God forgives us. Jesus is present as our Good Shepherd when we celebrate Reconciliation.

THE TEN COMMANDMENTS

11. I am the Lord your God. You shall not have strange gods before me.
12. You shall not take the name of the Lord, your God, in vain.
13. Remember to keep holy the Lord's Day.
14. Honor your father and your mother.
15. You shall not kill.
16. You shall not commit adultery.
17. You shall not steal.
18. You shall not bear false witness against your neighbor.
19. You shall not covet your neighbor's wife.
20. You shall not covet your neighbor's goods.

EUCCHARISTIC FAST No food or liquid (except water) are to be taken one hour before receiving Holy Communion.

NICENE CREED

I believe in one God, the Father, the 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.

PRAYER TO ST. MICHAEL

St. Michael, the Archangel, defend us in battle, be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust into Hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

RECEIVING HOLY COMMUNION

We place our hands with one hand on top of the other. The priest or extraordinary minister of Holy Communion says: "The Body of Christ." We answer, "Amen." If we also receive from the cup, we answer "Amen" to the words "The Blood of Christ." Our Amen says we really

believe Jesus is truly present in both the bread and wine.

SECOND GRADE (cont.)

THE SEVEN SACRAMENTS

Baptism
Confirmation
Eucharist
Penance/Reconciliation
Anointing of the Sick
Holy Orders
Matrimony

SEASONS OF THE CHURCH YEAR

Advent
Christmas
Ordinary Time
Lent
Easter
Pentecost

SACRAMENTS OF SERVICE

Matrimony
Holy Orders

VOCATION PRAYER

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.

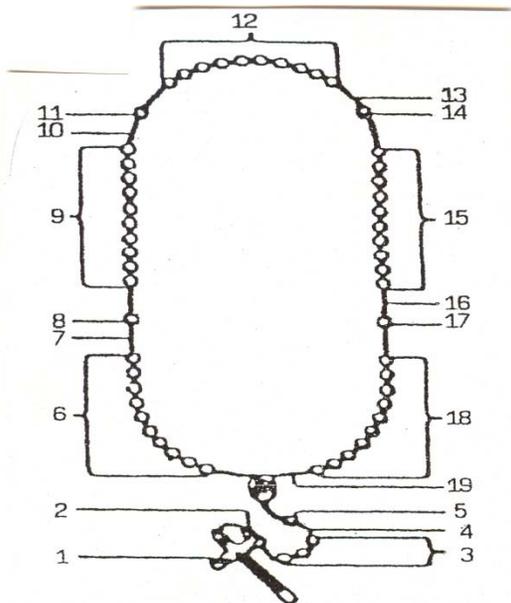
THIRD GRADE

ROSARY

Catholics pray the Rosary to honor Mary and remember the important events in the lives of Jesus and Mary.

HOW TO SAY THE ROSARY

1. Make the sign of the Cross and say the Apostles' Creed.
2. Say the Our Father.
3. Say three Hail Marys.
4. Say the Glory Be to the Father.
5. Announce the first mystery; then say the Our Father.
6. Say ten Hail Marys.
7. Say the Glory Be to the Father.
8. Announce the second mystery; then say the Our Father.
9. Say ten Hail Marys.
10. Say the Glory Be to the Father.
11. Announce the third mystery; then say the Our Father.
12. Say ten Hail Marys.
13. Say the Glory Be to the Father.
14. Announce the fourth mystery; then say the Our Father.
15. Say ten Hail Marys.
16. Say the Glory Be to the Father.
17. Announce the fifth mystery.
18. Say ten Hail Marys.
19. Say the Glory Be to the Father.
20. Say the Hail Holy Queen.
21. Let us pray.



THE MYSTERIES OF THE ROSARY

The Five Joyful Mysteries

(Monday & Saturday)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation of Our Lord
5. The Finding of Our Lord in the Temple

The Five Sorrowful Mysteries

(Tuesday & Friday)

1. The Agony in the Garden
2. The Scouring at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

The Five Glorious Mysteries

(Wednesday & Sunday)

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit
4. The Assumption of our Blessed Mother into Heaven
5. The Coronation of our Blessed Mother

The Five 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

LITURGICAL SEASONS

- Advent
- Christmas
- Lent
- Easter
- Ordinary Time

THREE TYPES OF OILS

- Oil of the Sick
- Oil of Catechumens
- Sacred Chrism

THIRD GRADE (cont.)

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 arose 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.

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!

THE PRECEPTS OF THE CHURCH

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

TWO GREAT COMMANDMENTS

Love of God

Love of Neighbor

STATIONS OF THE CROSS

1. Jesus is condemned to death on the cross.
2. Jesus accepts His cross.
3. Jesus falls the first time.
4. Jesus meets His sorrowful mother.
5. Simon of Cyrene helps Jesus carry His cross.
6. Veronica wipes the face of Jesus
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
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 and laid in His Mother's arms.
14. Jesus is placed in the tomb.

(Introduced only. Memorized in seventh grade.)

FOURTH GRADE

ACT OF FAITH

My God, I believe that you are one God in three divine persons: Father, Son and Holy Spirit. I believe you are creator of all things. I believe that your son, Jesus, came among us as a man. He suffered and died for our sins, but rose again from the dead on the third day. I believe that you sent the Holy Spirit among us. I believe these things and all that your holy Catholic Church teaches us. Amen.

ACT OF HOPE

My God, I hope and trust in you and I believe in all of your promises because you sent us your son, Jesus, who will bring us closer to you. Amen.

ACT OF LOVE

My God, I love you above all things because you are all good. I love you as the creator of life. I love you as the one who has forgiven our sins and opened the gates of heaven. I love you as the spirit whom you have sent among us to guide us in this world. Because of my love for you, I love my neighbor as myself. Amen.

THE PURPOSES OF PRAYER

- To Adore God: the Lord and Savior of our life.
- To Thank God: for the many graces and blessings He has bestowed upon us and others.
- To ask God's Mercy: for the sins that we and others have committed against Him.
- To Petition God: for the graces that we and others need to reach Heaven for which we were created.

THE SEVEN SACRAMENTS

The Sacraments of Christian Initiation
Baptism, Confirmation, Eucharist.

The Sacraments of Healing

Penance/Reconciliation, Anointing of the Sick.

The Sacraments at the Service of Others

Holy Orders, Matrimony

PENITENTIAL RITE OF THE MASS

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Or

Priest: Have mercy on us, O Lord.

People: For we have sinned against you.

Priest: Show us, O Lord, your mercy.

People: And grant us your salvation.

FOUR GOSPELS IN THE BIBLE

Matthew

Mark

Luke

John

FIFTH GRADE

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 unto thee, O Virgin of virgins, my Mother. To thee 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.

GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. 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!

(When the Hail Holy Queen is prayed at the end of the rosary add the following:)

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 Thee, 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.

HOW TO BAPTIZE IN CASE OF EMERGENCY

Pour ordinary water on the forehead of the person to be baptized and say while pouring it: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

(Any person of either sex, who has reached the use of reason, can and should baptize in case of necessity; the same person must say the words while pouring the water.)

SIXTH GRADE

MORNING PRAYER

Most Loving Father, I thank You for the gift of this new day. Please help me to use it for Your honor and glory. By Your mercy may all my thoughts, words and actions be pleasing today in Your sight. I ask this in confidence through Your son, Jesus Christ, our Lord. Amen.

DAYS OF PENANCE

Abstinence: Catholics in the United States (14 years of age and over) are obligated to abstain from eating of meat on Ash Wednesday, and on all Fridays during the season of Lent unless a solemn feast (solemnity) occurs on that day.

Fast: Everyone 18 years of age and under 59 years of age is required to fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless meal is permitted. Two other meatless meals, sufficient to maintain strength, may be taken according to each person's needs, but together these two should not equal another full meal. Eating between meals is not permitted, but liquids (including milk and fruit juices) are allowed.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.
Let us Pray. O God, Who by the light of the Holy Spirit didst instruct the hearts of the faithful, grant us, by the same Holy Spirit, a love and relish of what is right and just, and the constant enjoyment of His consolation through Christ Our Lord. Amen.

HOLY DAYS OF OBLIGATION-

(as celebrated in the U.S.)

1. CHRISTMAS – December 25th
Nativity of the Messiah, Jesus Christ in Bethlehem
2. SOLEMNITY OF MARY, MOTHER OF GOD – January 1st
Honoring Mary as the Mother of God and of the church.
3. ASCENSION THURSDAY – Date varies (now celebrated on Sunday in some dioceses).
Forty days after Easter, Jesus Christ ascends into heaven in the presence of Mary and the apostles.
4. ASSUMPTION – August 15th
Mary taken into heaven, body and soul.
5. ALL SAINTS – November 1st
Honoring all saints canonized as saints by the Catholic Church as well as all those people who have died and are examples to us of how to follow Jesus. All who are in Heaven are saints.
6. IMMACULATE CONCEPTION – December 8th
Mary is conceived without original sin.

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 unto thee, O Virgin of virgins, my Mother. To thee 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.

SIXTH GRADE (cont.)

BEATITUDES

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are the meek: for they shall possess the land.

Blessed are they who mourn: for they shall be comforted.

Blessed are they that hunger and thirst after justice: for they shall have their fill.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the clean of heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they that suffer persecution for justice's sake: for theirs is the kingdom of heaven.

THE ANGELUS

V. The Angel of the Lord declared unto Mary.

R. 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

V. Behold the handmaid of the Lord.

R. Be it done to me according to your word.

Hail Mary. . .

V. And the Word was made flesh.

R. And dwelt among us.

Hail 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: 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.

SEVENTH GRADE

STATIONS OF THE CROSS

1. Jesus is condemned to death on the cross.
2. Jesus accepts His cross.
3. Jesus falls the first time.
4. Jesus meets His sorrowful mother.
5. Simon of Cyrene helps Jesus carry His cross.
6. Veronica wipes the face of Jesus
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
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 and laid in His Mother's arms.
14. Jesus is placed in the tomb.
15. Jesus rises from the dead.

EXPRESSIONS OF PRAYER

Vocal Prayer

Meditation

Contemplative prayer

CORPORAL & SPIRITUAL WORKS OF MERCY

The traditional enumeration of the corporal works of mercy is as follows:

- * To feed the hungry;
- * To give drink to the thirsty;
- * To clothe the naked;
- * To harbour the harbourless;
- * To visit the sick;
- * To ransom the captive;
- * To bury the dead.

The spiritual works of mercy are:

- * To instruct the ignorant;
- * To counsel the doubtful;
- * To admonish sinners;
- * To bear wrongs patiently;
- * To forgive offences willingly;
- * To comfort the afflicted;
- * To pray for the living and the dead.

NICENE CREED

I believe in one God, the Father, the 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.

EIGHTH GRADE

GIFTS OF THE HOLY SPIRIT

Wisdom
Understanding
Right judgment (Counsel)
Courage (Fortitude)
Knowledge
Reverence (Piety)
Wonder and Awe (Fear of the Lord)

FRUITS OF THE HOLY SPIRIT

Charity	Joy
Humility	Peace
Fidelity	Patience
Modesty	Kindness
Continence	Goodness
Chastity	Longanimity (Long-suffering)

THEOLOGICAL VIRTUES

Faith
Hope
Charity

CARDINAL VIRTUES

Prudence	Justice
Fortitude	Temperance

THE SEVEN CAPITAL SINS

Pride
Anger
Envy
Covetousness
Gluttony
Sloth
Lust

PRINCIPLES OF CATHOLIC SOCIAL TEACHING

1. **Life and Dignity of the Human Person:** the measure of every institution is whether it threatens or enhances the life and dignity of the human person
2. **Call to Family, Community and Participation:** how we organize our society- in economics and politics, in law and policy- directly affects human dignity and the capacity of individuals to grow in community.
3. **Rights and Responsibilities:** every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities- to one another, to our families, and to the larger society.
4. **Option for the Poor and Vulnerable:** Catholic teaching proclaims that a basic moral test is how our most vulnerable members are faring.
5. **The Dignity of Work and the Rights of Workers:** the economy must serve people, not the other way around.
6. **Solidarity:** Catholic social teaching proclaims that we are our brothers' and sisters' keepers, wherever they live.
7. **Care for God's Creation:** we are called to protect people and the planet, living our faith in relationship with all of God's creation.

Catholic Doctrine

Absolution – The act of the priest, using the power Christ entrusted to the Church, in the Sacrament of Penance by which he pardons sin(s) of the penitent.

Actual Grace – God’s intervention in our lives, whether at the beginning of conversion or in the course of the work of sanctification.

Adultery – Sexual activity between two persons, at least one of whom is married to another. Prohibited by the sixth commandment.

Advent – A period of four weeks prior to Christmas, during which we prepare ourselves spiritually for the celebration of the birth of Jesus.

Ambo – The sacred place (stand) from which the scriptures are proclaimed.

Ambry – The container, often in or on the sanctuary wall and labeled O.S. (Latin: *olea sancta, holy oils*), for the stocks of consecrated oils.

Angel – An intelligent, immortal spiritual creature with free will who acts as God’s agent and, with the choirs of angels, gives constant praise and glory to God.

Anointing of the Sick – One of the seven sacraments, sometimes formerly known as “the Sacrament of the dying,” in which a gravely ill, aging, or dying person is anointed by the priest and prayed over by him and those present. One need not be dying to receive this sacrament. The sacrament is often given before surgery or for some healing that is needed.

Annulment – A declaration by the Church that a marriage is null and void, that is, it never existed. Catholics who divorce must also have the marriage annulled by the Church to be free to marry again in the Church.

Apostles – Those specially chosen by Jesus to preach the Gospel and to whom he entrusted responsibility for guiding the early Church.

Apostle’s Creed – A statement of the Christian faith, developed in the early centuries of the Church and used in the Sacrament of Baptism. It expresses the faith passed down to us from the Apostles.

Apostolic – The entire community of Christians received the Apostles’ proclamation of the Gospel, and so the Church in her entirety is called “apostolic.” The Church will always remain faithful to the teachings of the Apostles.

Ascension – The “going up” into heaven of the risen Christ forty days after his Resurrection.

Assumption – Mary was taken into heaven, body and soul, when her earthly life ended.

Baptism – The first of the seven sacraments, by which one becomes a member of the Church, is freed from all sin and endowed with the gift of divine life; the first of the three Sacraments of Initiation, the others being Confirmation and the Eucharist.

Beatitudes – The teachings of Jesus during the Sermon on the Mount which describe fundamental actions, attitudes and virtues for living as a Christian and a disciple of Jesus.

Benediction – Another name for a blessing prayer. For Catholics, it more often refers to the prayer in which the Blessed Sacrament is used to bless the people.

Bible – The books which contain the truth of God’s Revelation, composed by human authors inspired by the Holy Spirit. The Bible contains forty-six books of the Old Testament and twenty-seven books of the New Testament.

Bishop – The highest of the three degrees of Holy Orders; a bishop is normally ordained to teach, to sanctify and to govern a diocese or local church; a bishop is a successor of the Apostles.

Blasphemy – Speaking, acting, or thinking about God, the Virgin Mary and the saints in a way that is irreverent, mocking or offensive. It is a sin against the Second Commandment.

Body of Christ – A name for the Holy Eucharist. It is also a title for the Church, with Christ as her head, sometimes referred to as the Mystical Body of Christ.

Canon Law – The official body of laws for Catholics.

Cardinal Virtues – Four virtues that are viewed as essential for living a Christian life: prudence, justice, fortitude and temperance.

Catechesis – The process of education and formation of Christians of all ages, by which they are taught the essentials of Christian doctrine and are formed as disciples of Jesus. Those who serve as ministers of catechesis are called catechists.

Catechumenate – An extended period of preparation by which persons are prepared for full initiation into the Church. Ritual, prayer, instruction, spiritual and moral support by the parish community are part of this process used for adult converts to Catholicism.

Catholic – The word means “universal.” The Catholic Church has lived and continues to live in a diversity of cultures and languages because she is led by the Spirit of Christ to bring the Gospel to all peoples.

Chalice – A cup that holds the wine. Formerly, it was made of precious metals like gold or at least gold-plated inside. Since Vatican II, the chalice can be a non-porous material of suitable dignity. It is consecrated with holy chrism by a bishop; also consecrated by use (contact with Christ’s blood). Eight inches is the traditional and common height.

Chastity – Connected to purity of heart, this is a virtue that moves us to love others with generous regard for them. This virtue requires integration of our sexuality with the whole person – body, mind and spirit. All people are called to pursue and live the virtue of chastity according to one’s state in life. Chastity is one of the fruits of the Holy Spirit. It is one of the vows of the religious life.

Christ – The title given to Jesus meaning “The Anointed One”; it comes from the Latin word *Christus*, which in its Greek root is the word for *Messiah*.

Code of Canon Law – The rules which provide the norms for good order in the Church. Those canon laws that apply universally are contained in the Codes of Canon Law.

Common Good – Concern for the well-being of all people. The social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily.

Communion of Saints – The spiritual union of all those who believe in Christ and have been redeemed, including those who living and those who have died and are in either purgatory or heaven.

Confession - Telling one's sins to a priest. It is an essential element of the Sacrament of Penance and Reconciliation.

Confirmation – this is a Sacrament of Initiation in which the bishop or a delegated priest confers Confirmation through the anointing with chrism on the recipient's forehead, which is done by the laying on of hands while saying, "Be sealed with the gift of the Holy Spirit." Confirmation completes the grace of Baptism by a special outpouring of the gifts of the Holy Spirit, which seals and confirms the baptized person's union with Christ and calls that person to active participation in the life of the Church.

Consecration – Through the power of the Holy Spirit and the words and actions of the priest, the bread and wine are changed into the Body and Blood of Christ.

Consubstantial – A word used in the Nicene Creed meaning Jesus and his Father are one and the same God.

Contrition – Sorrow for sin with a firm purpose of amendment, which is the intention to avoid sin in the future. Contrition is a necessary part of the Sacrament of Penance and Reconciliation.

Covenant – A solemn agreement, a promise of love and partnership, made between people or between God and a person or persons. In the Old Testament, God established covenants with Noah, Abraham and Moses. The prophets prepared people for the new and eternal covenant established by Jesus Christ. Marriage is a covenant of life and love.

Conversion – A change of heart; turning away from sin and toward God.

Creed – This term comes from the Latin word *credo*, meaning "I believe." It is used to refer to a statement of belief. It is an official profession of faith, usually prepared and presented by a council of the Church and used in the Church's liturgy. The two most familiar Catholic creeds are the Apostles' Creed and the Nicene Creed.

Cross – The instrument of execution in which Christ died; a symbol of the unique sacrifice of Jesus as a mediator between God and man.

Crucifix – A cross bearing the figure of the crucified Christ (corpus).

Deacon; Diaconate – The third degree or level of the Sacrament of Holy Orders, after that of bishop and priest. Deacons are ordained to assist priests and bishops in a variety of ministries. Some are ordained deacons as one stage of their preparation for eventual priesthood. Others do not seek priesthood but commit to lifelong ministry to the Church. The latter are known as permanent deacons.

Demon – A fallen angel who has turned from God and rejected his reign.

Deposit of Faith – The heritage of faith contained in Sacred Scripture and Tradition, handed on in the Church from the time of the Apostles, from which the Magisterium draws all that it proposes for belief as being divinely revealed.

Diocese – The people within a geographic area led by a bishop. Sometimes a diocese can be determined on the basis of language or culture.

Disciple – A follower of Jesus. Based on the word for “pupil” or “student.” It is used to designate those who learned from and followed Jesus in the New Testament times (disciples) and those who commit themselves to follow him today.

Easter – The day on which Christians celebrate Jesus’ Resurrection from the dead, considered the climax of the Church’s liturgical year.

Ecumenism – The movement to restore unity among the Christian Churches and, ultimately, of all humans throughout the world.

Efficacious – The power something holds to cause a desired effect. The Sacraments are efficacious in bringing about the spiritual reality they signify.

Episcopacy - The *office* of the bishop.

Epistles – There are twenty-one letters, written by Paul and other early Church leaders, that give teachings and guidance to individuals and the first Christian Churches. These letters in the New Testament include Romans through Jude.

Eucharist – Also called the Mass or Lord’s Supper, and based on a word for “thanksgiving,” the central Christian liturgical celebration established by Jesus at the Last Supper. In the Eucharist, the sacrificial death and Resurrection of Jesus is both remembered (“Do this in memory of me) and renewed (“This is my body, given for you”). The Sunday celebration of the Eucharist is considered the heart of the Church’s life and worship, and participation in it is expected of all Catholics of who have the age and ability to do so. Eucharist is the third Sacrament of Christian Initiation in which one receives the Body and Blood of Jesus.

Euthanasia – An action, or lack of action, that deliberately causes the death of a handicapped, sick or dying person. Some people attempt to justify it as an act of mercy intended to relieve suffering, but the Catholic Church rejects that position and considers euthanasia a violation of the Fifth Commandment against killing.

Evangelization – Sharing the “Good News” of the Gospel of Jesus Christ with others through word and witness.

Examination of Conscience – Prayerful reflection on one’s own word, attitudes and actions in the light of the Gospel of Jesus; evaluation of one’s life in preparation for the reception of the Sacrament of Penance and Reconciliation.

Exorcism – A public and authoritative act of the Church by which a person, in the name of Jesus Christ, is protected or liberated from the power of the devil. Minor exorcisms are simple prayers (used as part of the Rite of Baptism) which ask God to overcome Satan and the power of evil.

Faith – The belief in the existence of God; the gift of God by which one freely accepts God’s full Revelation in Jesus Christ. It involves the head and heart, accepting the Church’s teachings and loving God and neighbor. Faith is one of the theological virtues.

Fruits of the Holy Spirit – The characteristics and qualities of those who allow themselves to be guided by the Holy Spirit. They are listed in Paul’s letter to the Galatians 5:22-23: love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control and chastity.

Gentile – In the Old and New Testament, the term used to describe the nations distinguished from the Jewish people.

Genuflect – A liturgical posture where one kneels on one knee as a sign of reverence for the Blessed Sacrament.

Gifts of the Holy Spirit – Special graces given to us by the Holy Spirit to help us respond to God’s call to holiness. The traditional lists of these gifts is derived from Isaiah 11:1-3: wisdom, understanding, knowledge, counsel, fortitude, reverence (piety), and wonder and awe in God’s presence (fear of the Lord).

Gospel – The “good news” of God’s mercy and love revealed in the life, death and resurrection of Jesus. It is this *Gospel* or good news that all disciples are to proclaim to the entire world. It also refers to the four books of the New Testament that focus on the person, life, teachings, death and Resurrection of Jesus. The four Gospels are the books written by the evangelists Matthew, Mark, Luke and John.

Grace – The free and undeserved gift of God’s loving and active presence in the universe and in our lives that helps us to respond to our vocation to become his adopted sons and daughters.

Heaven – A state of eternal life and union with God, in which one experiences full happiness and the satisfaction of the deepest human longings.

Hell – The permanent separation from God, reserved for those who freely and consciously choose to reject God to the very end of their lives.

Holiness – A state of goodness in which a person, with the help of God’s grace, the action of the Holy Spirit and a life of prayer and service is freed from sin and evil. Such a person must still resist temptation, repent of sins that may be committed and realize that remaining holy is a lifelong journey with many spiritual and moral changes.

Holy Days of Obligation – Feast days in the liturgical year on which, in addition to Sundays, Catholics have an obligation (duty) to participate in the Eucharist. In the United States, these days are: Mary Mother of God (January 1); Ascension (forty days after Easter or the following Sunday); Assumption of Mary (August 15); All Saints Day (November 1); Immaculate Conception of Mary (December 8); Nativity of our Lord or Christmas (December 25).

Holy Oils – Used in the sacraments which impart a sacramental character (Baptism, Confirmation and Holy Orders), in the Sacrament of the Anointing of the Sick and in the blessings of various objects.

Holy Orders; Ordination – The sacrament by which members of the Church are ordained for permanent ministry within the Church as bishops, priests or deacons. Through this sacrament, the mission entrusted by Christ to the Apostles continues to be exercised in the Church. The sacrament confers a permanent mark or character on the one who receives it.

Holy Trinity – The central Christian mystery and dogma that there is one God in three persons: Father, Son and Holy Spirit.

Hope – The theological virtue by which we trust in the promises of God and expect from God both eternal life and the grace we need to attain it.

Immaculate Conception – The Catholic dogma that the Blessed Virgin Mary was free from sin from the first moment of her conception.

Incarnation – The mystery by which the Son of God became man, “became flesh” in the womb of the Virgin Mary. Jesus, the Son of God and second Person of the Trinity, is *both* fully God and fully man.

Incense – Frankincense is the main ingredient in the incense used in today’s liturgies. Veneration is shown by incensing the altar, the Book of the Gospels, the gifts of bread and wine, the assembly and/or the body of the deceased during the funeral.

Indelible Character (Sacramental Character) – An indelible spiritual mark that is sealed by the Holy Spirit; the permanent effect of the Sacrament of Baptism, Confirmation and Holy Orders. The reception of these Sacrament is never repeated.

Indulgence – The removal of the temporal punishment due to sin which has already been forgiven. Indulgences may be obtained under certain circumstances prescribed by the Church. Partial indulgences remove part of the temporal punishment due to sin; a plenary indulgence removes all of it.

Intercession – A prayer offered on behalf of another person or group.

Justification – The term used to refer to the action of God by which we are freed from our sins, sanctified and renewed by the grace of God.

Kingdom of God – The reign or rule of God over the hearts of people that leads to a community of justice, peace, mercy and love, the seed of which is the Church on earth, and the fulfillment of which is eternity.

Lectionary – The official liturgical book of the Church from which selected Scripture passages are proclaimed during the Liturgy of the Word. The person who proclaims the word is called a lector or reader.

Lent – This season prepares us for Easter. This is a penitential season that lasts forty days, beginning on Ash Wednesday and ending before the evening Mass of the Lord’s Supper on Holy Thursday. The final week is called Holy Week.

Liturgical Year – The annual cycle of religious feasts and seasons that forms the contest of the Church’s worship. It begins on the First Sunday of Advent and ends with the celebration of the feast of Christ the King. It includes: Advent, the Christmas Season, Lent, the Easter Season and Ordinary Times, as well as various Feasts of Mary, the Apostles and many other saints.

Liturgy – Based on a Greek word meaning “public work.” It refers to the public worship of the Church, including the Mass, the heart and high point of which is the Eucharist, and the Liturgy of the Hours.

Liturgy of the Eucharist – The second major part of the Mass. It includes the preparation of gifts, the Eucharistic prayer and the Rite of Holy Communion.

Liturgy of the Hours – The public, non-sacramental daily prayer of the Church. The prayer includes standard prayers, scripture readings and reflections at regular hours throughout the day.

Liturgy of the Word – The first part of the Mass where God’s Word is proclaimed.

Love – Also called charity; it is one of the three theological virtues. The human longing for God and selfless commitment to supporting the dignity and humanity of all people, because they are created in God’s image.

Magisterium – The name given to the official teaching authority of the Church, whose task is to interpret and preserve the truths of the Church revealed in Sacred Scripture and Tradition.

Marks of the Church – The name given to four characteristics of the true Church of Jesus Christ: the Church is one, holy, catholic (universal) and apostolic. These marks are recited at Mass as part of the Nicene Creed.

Martyr – A person who voluntarily suffers death because of his or her beliefs. The Church has canonized many martyrs as saints.

Mass – The Mass is a sacred banquet, like the Last Supper, in which bread and wine become Christ’s Body and Blood which we receive in Holy Communion. Through the ministry of the ordained priest, the Holy Spirit makes present at Mass Christ’s Paschal mystery, his dying and rising in which Christ offered to the Father adoration and praise to save us from our sins and bring us divine life.

Matrimony/Marriage – An exclusive, permanent and lifelong contract between a man and a woman in which they commit themselves to care for each other and to procreate and raise children; when the marriage takes place between two baptized persons, it is recognized as the Sacrament of Matrimony.

Miracle – A special manifestation or sign of the presence and power of God active in human history.

Morality – Dealing with the goodness or evil of human acts, attitudes and values; involves matters such as right judgment, decision-making skills, personal freedom and responsibility.

Moral Law – Assists us in determining what is good or bad. Some acts are always wrong, that is, intrinsically evil, and may never be done, no matter what the intention or circumstances.

Mortal Sin – An action contrary to the will of God that results in a complete separation from God and God’s grace. A mortal sin requires three conditions: it must involve grave matter; the person must have full knowledge that the act is evil and the person must give full consent in committing the act.

Mysteries of the Rosary – Used for reflection in praying the rosary. They are the events of Christ’s life that include the Joyful, Sorrowful, Glorious and Luminous Mysteries.

Natural Law – Our God-given instinct to be in right relationship with God, other people, the world and ourselves. The basis for natural law is our participation in God’s wisdom and goodness because we are created in the divine likeness. Natural law is the foundation for both personal morality and civil norms.

New Covenant – The new order established by God in Jesus Christ, to succeed and perfect the Old Covenant. The New Law or Law of the Gospel is the perfection here on earth of the divine law, natural and revealed. In the New Testament, Christ established a new and eternal covenant through his own sacrificial death and Resurrection. This law of the New Covenant is called a law of love, grace and freedom.

Nicene Creed – The formal statement or profession of faith commonly recited during the Eucharist. This creed resulted from the deliberations of the bishops at the Councils of Nicea (AD 325) and the First Constantinople (AD 381). These Councils clarified and defended the ancient teachings of the Church about the humanity and divinity of Christ and the divinity of the Holy Spirit.

Novena – Nine days of prayer, usually invoking the intercession of the Virgin Mary or a saint. The novena traces its development to the scriptural nine days of prayer by Mary, the Apostles and the disciples asking for the gift of the Holy Spirit after the Ascension of Jesus Christ into heaven.

Old Covenant – In the Old Testament, God revealed his law and promises through Moses and prepared his chosen people, the Israelites, for salvation through the prophets.

Original Sin – The sin by which the first human beings disobeyed God and lost their original holiness and became subject to death. Original sin is transmitted to every person born into the world.

Pall – A sacred covering used at a funeral. It is a white cloth placed over the casket which recalls the white garment that the person received at Baptism.

Paschal Candle – The large white candle lit at Easter Vigil each year. It is a symbol of the Resurrection of Jesus Christ, who dispels the darkness of death. The candle is lit for various liturgical celebrations throughout the Church year.

Paschal Mystery – The term given to the process of God’s plan of salvation by which God redeemed humanity from sin in and through Jesus’ life, death, Resurrection and Ascension into glory. Christians enter into the Paschal Mystery through sacramental initiation and participate in it by faithfully living out the process of dying and rising that is a part of all life.

Penance and Reconciliation – This is the sacrament in which sins committed after Baptism are forgiven. It results in reconciliation with God and the Church. (Also referred to as confession, reconciliation, conversion and forgiveness).

Pentecost – The biblical event following the Resurrection and Ascension of Jesus when the Holy Spirit came down upon the disciples. Pentecost is celebrated, in the liturgical year, fifty days after Easter. The first Pentecost is often referred to as the birthday of the Church, when the apostles publically preached the Good News to others.

Petition – Type of prayer offered for oneself or the needs of others.

Pope – The vicar of Christ and pastor of the Catholic Church throughout the world. The pope, who serves as the Bishop of Rome, is successor to St. Peter and head of the college of bishops. The pope has the highest authority to teach, govern and sanctify in the Church. Official titles for the pope are “Roman Pontiff” and “Supreme Pontiff.” He is addressed as “Holy Father.” The current pope is Pope Francis.

Precepts of the Church – Laws made by the Church that indicate basic requirements for her members.

Priest – A baptized man ordained through the Sacrament of Holy Orders. A priest is the second of three degrees or “orders” in the Sacrament of Holy Orders, along with bishop and deacon. The priest is called to serve the community of faith by representing and assisting the bishop in teaching, governing and sanctifying the faithful, which he does by administering the sacraments and presiding over the community’s worship. Priests generally minister within a parish, school or other setting within a diocese.

Procreation – The aspect of marriage that requires that a married couple be open to the children that God may send them and resolve to raise them as true followers of Jesus Christ.

Prophet – One sent by God to form the people of the Old Covenant in the hope of salvation. The prophets are authors of many of the books of the Old Testament. John the Baptist concludes the work of the prophets of the Old Covenant.

Purgatory – A state of final purification or cleansing which one may need to enter following death and before entry into heaven.

Reparation – Making amends for something one did wrong that caused harm or loss to another person.

Resurrection – The passage of Jesus from death to life “on the third day” after the Crucifixion; the Resurrection is the heart of the Paschal Mystery and the basis of our hope in the resurrection of the dead.

Rite of Christian Initiation of Adults – The pastoral process for initiating new members into the Church.

Roman Missal – The liturgical book, combining, mainly, the Sacramentary and the Lectionary. The liturgical restorations of Vatican II involved separating these two books.

Rosary – A popular devotion to Mary, the Mother of God. The recitation of the rosary is connected with meditation on the mysteries of the life of Jesus. The mysteries include the Joyful, Sorrowful, Glorious and the Luminous Mysteries.

Sacramental Signs (Symbol) – External ritual by which a sacrament is performed and through which the distinctive graces of the sacrament are conferred.

Sacramentals – Sacred signs instituted by the Church such as holy water and a crucifix. They bear some resemblance to the sacraments but they do not carry the guarantee to God’s grace associated with the sacraments.

Sacraments – Signs of God’s grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. There are seven sacraments.

Sacraments of Healing – The two sacraments that are concerned with the healing of the mind, body and spirit are: Anointing of the Sick and Penance and Reconciliation.

Sacraments of Christian Initiation – The three Sacraments of Christian Initiation by which a non-baptized person becomes a full member of the Church are Baptism, Confirmation and the Eucharist.

Sacraments of Service – Two sacraments that are directed toward the building up of the People of God: Holy Orders and Matrimony.

Sacred Scripture(s) – For Christians, it is the term used for the sacred writings found in the Old and New Testaments that make up the Bible. It is recognized as the Word of God.

Sacred Tradition – The living transmission of the message of the Gospel in the Church. Tradition began with the oral communication of the Gospel by the Apostles, was written down in the scriptures, is handed down and lived out in the life of the Church and is interpreted by the Magisterium under the guidance of the Holy Spirit.

Saint – A person who, after having lived a life of virtue, dies in the state of grace and has been granted the reward of eternal life by God. The saints enjoy the beatific vision and intercede for those still in earthly life. They also serve as a model and inspiration to us.

Salvation – Liberation of sin, eternal union with God in heaven. Salvation is accomplished by God alone through the Paschal Mystery – the life, death, Resurrection and Ascension of Jesus.

Sanctifying Grace – A supernatural gift of God by which our sins are forgiven and we are made holy. It restores our friendship with God.

Sanctuary – The part of the Church set apart for the principle rites of worship.

Sanctuary Lamp – A light indicating the reserved presence of Jesus in the consecrated host.

Satan – The Evil One, also known as the devil, is an angel who rebelled against God. Satan is the Prince of Lies and tempted Adam and Eve in the Garden of Eden.

Sin – Any deliberate offence, in thought, word or deed against God. It is a failure in genuine love for God and neighbor.

Social Sin – The collective effect of sin over time, which corrupts society and its institutions. Examples of social sins are: racism, sexism and institutionalized poverty.

Stations of the Cross – Depiction of Jesus' journey to his crucifixion, death on the cross and his Resurrection. The stations help us reflect on this journey of Jesus.

Stewardship – An attitude that we do not own the gifts God has given us but we are trustees of these gifts. We have an obligation to share our time, talents and material treasures with others.

Tabernacle – A noble repository located in a prominent place in a Catholic church in which the Body and Blood of Christ are reserved for later use. The presence of the Body and Blood of Christ in the tabernacle is often a focus for adoration and prayer.

Ten Commandments - Norms of moral and/or religious actions given by God to Moses. Jesus summarized all of the commandments in two: love God and love your neighbor.

Theological Virtues – The Theological Virtues are faith, hope and charity. They relate directly to God and call us to believe in God, hope in Him and love Him.

Transcendent – Supreme in excellence; beyond human knowledge.

Transfiguration – The mysterious event in which Jesus while speaking with Moses and Elijah on the mountain, was transformed in appearance – in the sight of Peter, James and John – as a moment of disclosure of his divine glory.

Transubstantiation – This is the name given, in the Eucharist, to the action of changing the bread and wine into the Body and Blood of Jesus. By the consecration, the substance of the bread and wine is changed into the substance of Christ’s Body and Blood.

Triduum – The three days of the liturgical year which begin with the evening Mass of the Lord’s Supper on Holy Thursday and end with evening prayer on Easter Sunday.

Trinity – Three persons in one God, the Father, Son and the Holy Spirit. Each person of the Trinity is really and fully God.

Unity – oneness; harmony; state of being one.

Venial Sin – A less serious offence against the will of God, which does not destroy the divine life in the soul, though it diminishes and wounds it.

Vestments – The special clothing that the clergy wear at Mass to show that the Mass is a special celebration. There are various colors of vestments worn to distinguish the seasons of the Church year or the liturgical celebration.

Viaticum – The Holy Eucharist when received by a dying person is the spiritual food for one’s passing from this world to the Father.

Vocation – A call to each person from God, received in Baptism, to embrace a life of holiness and eternal life. Specifically, it refers to a call to live a holy life as an ordained minister, as a vowed religious (sister or brother), in Christian marriage or in a single life.

Vow – A free and conscious commitment made to other persons in marriage, to the Church or to God. Religious vows, those taken by members of religious congregations or orders, can include poverty, chastity and obedience.

Worship – Adoration of God, expressed publically in the Church’s official liturgy and in other prayers and devotions.

(Sources used include: United States Catholic Catechism for Adults, The Catholic Faith Handbook for Youth, The Catholic Source Books I & II)