

PRAYERS AND INFORMATION CATHOLIC SHOULD KNOW

***THE SIGN OF THE CROSS**

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

***OUR FATHER (THE LORDS 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 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

ANGEL OF GOD (MORNING PRAYER)

Angel of God, my guardian dear, to whom God's love entrusts me here, ever this day be
At my side, to watch and guard, to rule and guide. Amen.

MEAL BLESSING

Bless us, O Lord, these thy gifts, which we are about to receive, from thy bounty,
Through Christ, Our Lord. Amen

PRAYER AFTER MEAL

We give you thanks, Almighty God, for all thy benefits which we have received from thy bounty through Christ our Lord. Amen

***ACT OF CONTRITION**

O 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 I have offended 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.

HOW TO PRAY THE ROSARY

1. Hold the crucifix and make the Sign of the Cross with it.
2. Say the Apostles' Creed while holding the cross.
3. On the first bead, say the Our Father.
4. On each of the next three beads, say a Hail Mary for faith, hope and love.
5. Say the Glory Be on the chain before the large bead. The Fatima Prayer may be said after the Glory Be).
6. Call to mind the first mystery and think about it. Say the Our Father on the large bead.
7. On each of the ten beads, say a Hail Mary. Keep the picture of the mystery in your mind.
8. After each ten Hail Mary's, say the Glory Be (The Fatima Prayer may be said after each decade).
9. Say each decade (group of ten beads) the same way, thinking about the mystery.
10. Say the Hail, Holy Queen.
11. After the last Glory Be you may bless yourself with the crucifix.

THE FATIMA PRAYER

[The Fátima prayers are five Catholic Prayers that originate from the Marian apparitions at Fatima, Portugal, in 1917. The Decade Prayer, as the best known of these five prayers, is commonly added at the end of each decade of the rosary, one of the most popular devotional practices in Roman Catholicism].

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven especially those most in need of Thy mercy.

THE JOYFUL MYSTERIES (Said on Mondays, Saturdays, Sundays of Advent and after Epiphany until Lent)

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 LUMINOUS MYSTERIES (Thursdays of the year)

1. The Baptism of Jesus
2. The Wedding Feast at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Eucharist

THE SORROWFUL MYSTERIES (Said on Tuesday, Friday, Sundays in Lent)

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

THE GLORIOUS MYSTERIES (Said on Wednesdays, Sundays after Easter until Advent)

1. The Resurrection
2. The Ascension
3. Descent of the Holy Spirit
4. The Assumption

5. The Crowning of the Blessed Virgin

HAIL, HOLY QUEEN

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 vale of tears. Turn, then most gracious advocate, your eyes of mercy toward us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God. That we may be made worthy of the promises of Christ.

***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; 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 thence 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.

STATIONS OF THE CROSS

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.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.
11. Jesus is nailed on the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

***TEN COMMANDMENTS**

1. I, 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.

ACT OF FAITH

O my God, I firmly believe that You are one God in Three Divine Persons: the Father, the Son, and the Holy Spirit. I believe in Jesus Christ, Your Son, who became a Man and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because You who know all have revealed them, who can neither deceive nor be deceived. Amen.

ACT OF HOPE

O my God, trusting in Your goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through Jesus Christ, my Lord and Redeemer. Amen.

ACT OF LOVE

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

***PRAYER OF 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. Amen.

THE MEMORARE

[Invites us to ask the Blessed Mother for her assistance and her grace, especially when we feel most troubled in our daily lives].

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

ANIMA CHRISTI

[A prayer inviting us to ask our Lord for comfort, strength, and guidance. It is often recited after communion].

Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me.

O good Jesus, hear me. Separated from You let me never be. From the evil one, protect me. At the hour of death, call me. And close to you, bid me. That with your saints and angels I may be praising you forever and ever. Amen.

ANGELUS

[Although the Angelus has been traditionally said three times daily, at 6 am, noon and 6 pm, you can pray it at anytime!]

The angel of the Lord declared unto Mary. And she was conceived by the Holy Spirit. (Hail Mary, full of grace)

Behold the handmaid of the Lord. Be it done to me according to your word. (Hail Mary, full of grace...)

And the Word was made flesh. And dwelt among us. (Hail Mary, full of grace.....)

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 You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ, Your 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.

***THE BEATITUDES** (Gospel of Matthew: 5:3-12)

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

Blessed are the meek, for they will inherit the land.

Blessed are they who mourn, for they will be comforted.

Blessed are they who hunger and thirst, for righteousness for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean 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 righteousness, for theirs is the kingdom of heaven.

PRAYER FOR VOCATION

Jesus, Divine Master, who said: “The harvest indeed is great, but the laborers are few,” we lovingly accept your invitation: “pray the heavenly father to send forth laborers into his harvest.”

Inspire a crusade for vocations, more Priests! May they be the salt of the earth, the light of the world, the city placed on the mountaintop for the salvation of mankind redeemed by your blood.

More religious! – Both men and women, to promote the glory of God and the peace of men of good will.

May the earth be filled with seminaries and religious houses. O Mary, God’s chosen one, mother and guardian of holy vocations pray with us, pray for us, and for all those called by God. Amen.

***SACRAMENTS**

Sacraments of Initiation: Baptism, Confirmation, Eucharist

Sacraments of Healing: Penance, Anointing of the Sick

Sacraments at the Service of Communion: Matrimony, Holy Orders

***CORPORAL WORKS OF MERCY**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Visit those in prison.
5. Shelter the homeless.
6. Visit the sick.
7. Bury the dead.

***SPIRITUAL WORKS OF MERCY**

1. Help sinners.
2. Teach the ignorant.
3. Give advice to the doubtful.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive injuries.
7. Pray for the living and the dead.

GIFTS OF THE HOLY SPIRIT

Wisdom

Understanding

Knowledge

Counsel

Fortitude

Piety

Fear

***PRECEPTS (LAWS) OF THE CHURCH**

1. You shall attend Mass on Sundays and Holy Days of Obligation and rest from servile work.
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.

***HOW TO RECEIVE THE SACRAMENT OF RECONCILIATION (PENANCE)**

1. The penitent should prepare to receive the sacrament with a careful **examination of conscience**, recalling the Commandments of God, the Precepts of the Church and the duties of the particular state in life. Silent reflection should be accompanied by prayer, especially to the Holy Spirit, and Scripture reading. One should recall and regret all of the sins committed since the last confession.
2. After the penitent has recalled all the sins to be confessed and mentally expressed genuine sorrow for them, the confessional or other place set aside for the celebration of the sacrament is entered.
3. Priest: Gives a greeting or welcome.
4. Penitent: **Makes the Sign of the Cross** saying: "In the name of the Father, and the Son, and the Holy Spirit. Amen."

5. The penitent says “**Bless me Father for I have sinned**”, it has been [period of time] since my last confession and these are my sins.
6. Confess the sins recalled in the examination of conscience and **how many times you committed the sin/s** (If this is the penitent’s first confession, he/she simply states that “This is my first confession.”). End with, “I am sorry for these **sins and the sins of my whole life**.”
7. After the sins are confessed, the priest counsels the penitent and imposes the penance to be performed for the satisfaction of the sins.
8. Before the absolution is given the penitent expresses sorrow for sin by saying an “**Act of Contrition**”.
9. The priest then gives **absolution**, ending with:
Priest “...I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.”
Penitent: “**Thank you Father**”. The penitent is then dismissed by the priest in the peace of Christ.
Penance should be done as soon as possible.

DAYS OF FASTING (for adults) DAYS OF ABSTINENCE (for all those over the age of 14)

Ash Wednesday

Good Friday

All Fridays in Lent

HOLY DAYS OF OBLIGATION IN THE UNITED STATES

The Solemnity of Mary, Mother of God (January 1)

Ascension (when celebrated on Thursday during the Easter season) Some diocese celebrate the Ascension on the following Sunday.

Assumption of Mary (August 15)

All Saint's Day (November 1)

Immaculate Conception (December 8)

Christmas (December 25)

THE THEOLOGICAL VIRTUES

[Disposes Christians to live in a relationship with the Holy Trinity]

Faith

Hope

Love (charity)

CARDINAL VIRTUES

[Stable dispositions of the intellect and the will that govern our acts, order our passions, and guide our conduct in accordance with reason and faith].

Prudence

Temperance

Justice

Fortitude