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## **GESTURES**

### **Genuflection**

A brief kneeling on the right knee, with straight posture, while reverently focusing on the Blessed Sacrament present in the tabernacle.

### **Bow Before The Eucharist**

We are asked to make a sign of reverence before receiving communion standing. The United States Bishops have determined that the sign, made before receiving the Holy Eucharist is to be a bow. By this gesture, we express our reverence for and give honor to Christ truly present – Body, Blood, Soul and Divinity.

## **PRAYERS**

### **The Sign of The Cross**

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

### **Prayer Before Meals**

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

### **Prayer to the Guardian Angel**

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.

## **The Hail Mary**

Hail Mary, full of grace;  
The Lord is with you; Blessed are you among women,  
And blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God, pray for  
us sinners, now and at the hour of our death. Amen.

## **Glory Be To the Father**

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.

## **The Our Father**

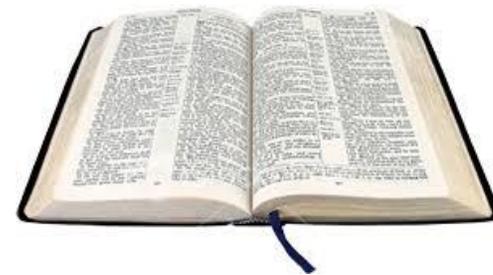
Our Father who art in heaven, hallowed be Thy name;  
Thy kingdom come; Thy will be done, on earth as it is in  
heaven. Give us this day our daily bread; and forgive us our  
trespasses as we forgive those who trespass against us; and  
lead us not into temptation, but deliver us from evil. Amen.

## **Prayer to Jesus**

Jesus, I believe in you. Jesus, I hope in You, Jesus, I want to  
love You with all my heart. Jesus I thank You for having  
come to dwell in me. I welcome You into my heart and I  
ask you to “crowd out” whatever might be there that is not  
of You. And I desire to give You full reign as my Lord, my  
Savior and my King. Thank You for giving Your life for me  
on the Cross – loving me this much and allowing me to  
receive You into my heart in this present moment. And now  
that You are so close to me, please help me love You more  
and more, and serve You by loving the people around me.  
Amen.

## **SCRIPTURE MEMORIZATION**

- KINDERGARTEN:** **IJohn 4:16** “God is love. (Those who live in love live in God and God in them.)”
- GRADE 1:** **IJohn 4:7** “We should love each other, because love comes from God.”
- GRADE 2:** **John 6:35** Jesus said, “I am the bread of life. (A person who comes to me will not go away hungry, and the person who believes in me will never thirst.)”
- GRADE 3:** **Matthew 16:13,16** Jesus asked His disciples, “Who do people say that I am?” Simon Peter replied, “You are the Christ, the Son of the living God.”
- GRADE 4:** **John 16:13** Jesus said, “When the Spirit of Truth comes, He will guide you into all truth.”
- GRADE 5:** **Luke 4:8** Jesus said, “It is written, you shall worship the Lord your God and Him only shall you serve.”
- GRADE 6:** **Micah 6:8** “This is what Yahweh asks of you – only this, to act justly, to love tenderly and to walk humbly with your God.”
- GRADE 7:** **John 3:16** “God loved the world so much that He gave His only son, so that everyone who believes in Him might not perish, but might have eternal life.”
- GRADE 8:** **Matthew 28:20** “And behold, I am with you always, until the end of the age.”



## **Precepts of the Church**

### **“Church Laws”**

1. To keep Holy the day of the Lord’s resurrection (Sunday). To worship God by participating in Mass for every Sunday and holy day of obligation. To avoid those activities (like needless work) that would hinder worship, joy, or relaxation.
2. To lead a sacramental life. To receive Holy Communion frequently and the Sacrament of Reconciliation regularly.
3. To study Catholic teachings in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ.
4. To observe the marriage laws of the Church. To give religious training, by word and example, to one’s children. To use parish schools and catechetical programs.
5. To strengthen and support the Church – one’s own parish community and parish priest, the worldwide Church, and the Pope.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

### **Prayer After Meals**

We give you thanks for all your benefits  
Almighty God, who lives and reigns forever. Amen

### **Morning Offering**

O Jesus, through the Immaculate Heart of Mary,  
I offer you my prayers, works, joys and sufferings of  
this day, for all the intentions of your Sacred Heart,  
in union with the Holy Sacrifice of the Mass  
throughout the world, in reparation for my sins, for  
the intentions of all my relatives and friends, and for  
the intentions of the Holy Father. Amen.

### **The Apostle’s Creed**

I believe in God, the Father almighty,  
Creator of heaven and earth. I believe in Jesus  
Christ, His only Son, our Lord. He was conceived by  
the power of the Holy Spirit and born of the Virgin  
Mary. He suffered under Pontius Pilate, was  
crucified, died, and was buried. He descended to the  
dead. On the third day, he rose again. He ascended  
into heaven, and is seated at the right hand of the  
Father. He will come again 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 the life  
everlasting. 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 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.

### **The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, and sought your intercession, was left unaided. inspired with this confidence, I fly unto you, O virgin of virgins my Mother. To you 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.

### **Act of Faith**

O my God, I firmly believe all the sacred truths which Your Holy Catholic Church believes and teaches, because You have revealed them; Who can neither deceive nor be deceived.

### **Act of Hope**

O my God, I rely upon Your goodness and promises, I hope to obtain the pardon of my sins, the help of your grace, and life everlasting, through the merits of our Lord and Savior, Jesus Christ.

### **Holy Days of Obligation**

1. January 1: Mary, Mother of God
2. Ascension Day: (See regulation in Diocese)
3. August 15: The Assumption
4. November 1: All Saint's Day
5. December 8: The Immaculate Conception
6. December 25: Christmas
7. All Sundays of the Year

### **The Seven Gifts of the Holy Spirit**

1. Wisdom
2. Understanding
3. Right Judgment
4. Courage
5. Knowledge
6. Reverence
7. Wonder & Awe of God

### **St. Michael the Archangel**

Saint Michael the Archangel, defend us in battle. Be our safeguard 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 Divine Power of God -

thrust into hell, satan and all the other evil spirits,  
who wander throughout the world seeking the ruin of souls.  
Amen.



## The Mysteries of the Rosary

### The Joyful Mysteries

1. The Annunciation of Jesus (Luke 1:26-8)
2. The visitation of Mary to Elizabeth (Luke 1:39-56)
3. The Birth of Our Lord (Luke 2:20)
4. The Presentation in the Temple (Luke 2:22-38)
5. The Finding of the Child Jesus in the Temple (Luke 3:41-52)

### The Mysteries of Light

1. Christ's Baptism in the Jordan (Matthew 3:13-17)
2. Christ's First Miracle at Cana (John 2:1-12)
3. The Proclamation of the Kingdom of God (Mark 1:15, 2:3-13)
4. The Transfiguration (Matthew 17:1-8)
5. The Institution of the Eucharist (Matthew 26)

### The Sorrowful Mysteries

1. The Agony in the Garden (Mark 14:32-42)
2. The Scourging at the Pillar (Mark 15:6-15)
3. The Crowning with Thorns (Mark 15:16-20)
4. The Carrying of the Cross (Luke 23:26-32)
5. The Crucifixion of Our Lord (Mark 15:22-39)

### The Glorious Mysteries

1. The Resurrection of Jesus (Matthew 28:1-10)
2. The Ascension of Jesus (Acts of the Apostles 1:6-11)
3. The Descent of the Holy Spirit (Acts of the Apostles 2:1-13)
4. The Assumption of Mary (Revelation 12:13-18)
5. The Crowning of the Blessed Virgin (Revelation 12:1-6)

## Act of Love

O my God, I love You with my whole heart and soul, because You are all good and deserving of all love, I love my neighbor as myself for the love of You, I forgive all who have injured me and ask pardon of all whom I have injured.

## The 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 towards us; and after this our exile show unto us the blessed fruit of thy womb Jesus, O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of promises of Christ.

## The Angelus

The Angelus is traditionally recited morning (6:00 a.m.), noon and evening (6:00 p.m.) throughout the year except during Paschal time, when the Regina Coeli is recited instead.

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

*Hail Mary, etc.*

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

*Hail Mary, etc.*

V. And the Word was made Flesh.

R. And dwelt among us.

*Hail Mary, etc.*

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 His Passion and cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

## **TEACHINGS OF THE CHURCH**

### **The Ten Commandments**

1. I am the Lord your God; you shall have no gods except 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 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 Sacraments**

***Sacraments of Initiation:*** Baptism, Confirmation, Eucharist

***Sacraments of Healing:*** Reconciliation,  
Anointing of the Sick

***Sacraments of Vocation and service:*** Matrimony,  
Holy Orders

### **The Twelve Fruits of the Holy Spirit**

- |             |                   |
|-------------|-------------------|
| 1. Charity  | 7. Long-suffering |
| 2. Joy      | 8. Humility       |
| 3. Peace    | 9. Fidelity       |
| 4. Patience | 10. Modesty       |
| 5. Kindness | 11. Continenence  |
| 6. Goodness | 12. Chastity      |

### **The Beatitudes**

1. Blest are the poor in spirit; the reign of God is theirs.
2. Blest are the sorrowing; they shall be consoled.
3. Blest are the lowly; they shall inherit the land.
4. Blest are those who hunger and thirst for holiness; they shall have their fill.
5. Blest are they who show mercy; mercy shall be theirs.
6. Blest are the single-hearted; for they shall see God.
7. Blest are the peacemakers; they shall be called children of God.
8. Blest are those persecuted for holiness' sake; the reign of God is theirs.

### **Corporal Works of Mercy**

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

### **Spiritual Works of Mercy**

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive all injuries.
7. To pray for all the living and the dead.

# OUR FAITH



2020 - 2021

*Traditional Prayers, Scripture and  
Church Teachings*