

It's Your Move, Child

*I gave you life, but cannot live it for you.
I can teach you things, but I can't make you learn.
I can give you directions, but I can't always be there to lead you.
I can allow you freedom, but I can't account for it.
I can take you to church, but I can't make you believe.
I can teach you right from wrong, but I can't always decide for you.
I can buy you beautiful clothes, but I can't make you lovely inside.
I can offer you advice, but I can't accept it for you.
I can give you love, but I can't force it upon you.
I can teach you to be a friend, but I can't make you one.
I can teach you to share, but I can't make you unselfish.
I can teach you respect, but I can't force you to show honor.
I can grieve about your report card, but I can't doubt your teacher.
I can advise you about your friends, but I can't choose them for you.
I can teach you about sex, but I can't keep you pure.
I can tell you the facts of life, but I can't build your reputation.
I can tell you about drinking, but I can't say "NO" for you.
I can warn you about drugs, but I can't prevent you from using them.
I can tell you about kindness, but I can't force you to be gracious.
I can warn you about sin, but I can't make you moral.
I can pray for you, but I can't make you walk with GOD.
I can teach you about Jesus, but I can't make him your Savior.
I can tell you how to live, but I can't give you eternal life.
It's your move, child.*

Anonymous

CATHOLIC PRAYERS AND PRACTICES

Sign of the Cross

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

Prayer of Praise (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 forever shall be, world without end. Amen.

The Apostles' 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 into hell. 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 life everlasting. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths, which the holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of 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 the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.

Prayer to Your Guardian Angel

Angel of God, my guardian dear, to whom his love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

Act of Contrition

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

Grace Before Meals

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

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through him all things were made. For us men and for our salvation he came down from heaven: by the power of the Holy Spirit he was born of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate; he suffered, died, and was buried. On the third day he rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and Son. With the Father and the Son he is worshipped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Memorare

Remember, O most loving 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 by this confidence, we fly unto you, O virgin of virgins, our mother. To you we come, before you we stand, sinful and sorrowful. O mother of the Word incarnate, despise not our petitions, but in your mercy hear and answer me.

Seven Gifts of the Holy Spirit

Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety, Fear of the Lord.

God's Two Great Commandments

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.

Theological Virtues

Faith, Hope, & Charity

Cardinal Virtues

Prudence, Justice, Fortitude & temperance

The Ten Commandments

1. I am the Lord your God, you shall have no other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember the Sabbath day, to keep it holy.
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.

Beatitudes

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

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

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

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

Blessed are the merciful, for they will show 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.

Corporal (Material) Works of Mercy

To feed the hungry.

To give drink to the thirsty.

To clothe the naked.

To visit the imprisoned.

To shelter the homeless.

To visit the sick.

To bury the dead.

Spiritual Works of Mercy

To admonish the sinner.

To instruct the ignorant.

To counsel the doubtful.

To comfort the sorrowful.

To bear wrongs patiently.

To forgive all injuries.

To pray for the living and the dead.

Seven Sacraments of the Church

Sacraments of Initiation are: Baptism, Confirmation and Eucharist

Sacraments of Healing are: Reconciliation and Anointing of the Sick

Sacraments of Commitment are: Matrimony and Holy Orders

Holy Days of Obligation

Mary, Mother of God

January 1

Ascension Thursday

40 days after

Easter

Mary's Assumption

August 15

All Saint's Day

November 1

Mary's Immaculate Conception

December 8

Christmas

December 25

Liturgical Seasons and Colors

Advent: Advent begins four weeks before Christmas (Purple)

Christmastide: Christmastide lasts from Christmas until the Sunday after Epiphany (January 6) (White, Gold)

Ordinary Time: Ordinary time falls between the end of Christmastide and the beginning of Lent and all the Sundays after Pentecost until Advent. (Green)

Lent: Lent is the penitential season beginning on Ash Wednesday until Easter. The last week of Lent is called Holy Week. (Purple)

Eastertide: Eastertide lasts from Easter to Pentecost and last about 50 days. (White/Gold)

Pentecost: Pentecost is 50 days after Easter. (Red)

Stations of the Cross

Introductory Prayer

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.
14. Jesus is placed in the tomb.

Precepts of the Catholic Church

- Attend Mass on Sundays and Holy Days of Obligation.
- Confess your sins at least once a year.
- Receive the Sacrament of Eucharist at least during the Easter season.
- Observe the prescribed days of fasting and abstinence.
- Help provide for the needs of the Church. (This means contributing to the support of the activities of the Church with time, talent and financial resources, each according to their ability.)

The Rosary

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; then say the Our Father.
- 18 Say ten Hail Marys.
- 19 Say the Glory be to the Father.

Concluding Prayer:

Hail Holy Queen

Hail Holy Queen, Mother of Mercy, our life, our sweetness, and our hope! To you we do cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy toward us, and after this 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.

Response: That we may be made worthy of the promises of Christ. Amen

Joyful Mysteries

- 1st Annunciation
- 2nd The Visitation
- 3rd The Nativity
- 4th The Presentation
- 5th Finding of Child in Temple

Sorrowful Mysteries

- 1st Agony in the Garden
- 2nd The Scourging
- 3rd Crowning With Thorns
- 4th Carrying the Cross
- 5th Crucifixion

Glorious Mysteries

- 1st The Resurrection
- 2nd The Ascension
- 3rd Descent of Holy Spirit on the Apostles
- 4th Assumption of Blessed Virgin Mary
- 5th Crowning of Blessed Virgin Mary as Queen of Heaven.

Luminous Mysteries

- 1st The Baptism of Jesus
- 2nd The Wedding at Cana
- 3rd Proclaiming the Kingdom

- 4th The Transfiguration
- 5th Institution of the Eucharist

**Monday and Thursday
Joyful Mysteries**

**Tuesday and Friday
Sorrowful Mysteries**

**Wednesday and Saturday
Glorious Mysteries**

**Sunday
Luminous Mysteries**

