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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)

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)
5. The Crucifixion of Our Lord (Mark 15:22-39)

The Glorious Mysteries
1. The Resurrection of Jesus (Matthew 28:1-10)
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
4. Patience 10. Modesty
5. Kindness 11. Continence

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.