

Communion Rites

Our Father, who art in heaven . . .

Deliver us, O Lord, we pray . . .

**For the kingdom, the power,
and the glory are yours, now and forever.**

Lord Jesus Christ, who said to your Apostles . . . **Amen.**

The peace of the Lord be with you always. **And with your spirit.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word and my soul shall be healed.**

*Spiritual preparation for receiving Holy Communion
includes prayerful fasting and the sacrament of Penance,
as part of the sacred tradition of our Catholic Christian Faith.*

*Those who are not spiritually prepared for Holy Communion
are invited to come forward for a blessing from the priest,
indicated by placing your right hand over your heart.*

Concluding Rites

The Lord be with you. **And with your spirit.**

May almighty God bless you . . . **Amen.**

Go in peace. **Thanks be to God.**

(With other dismissals, the response is still "Thanks be to God.")

MASS PRAYERS

Apostolic Greeting

The grace of our Lord Jesus Christ . . . be with you all.
And with your spirit.

Penitential Act: first option

**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.
May almighty God have mercy on us . . . **Amen.****

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**

Glory to God

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.

Liturgy of the Word

The word of the Lord. **Thanks be to God.**

The Lord be with you. **And with your spirit.**

A reading from the holy Gospel according to . . .

Glory to you, O Lord.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith: The Apostles Creed or the Nicene Creed

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 rose 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.

Nicene Creed: I believe in one God, the Father 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, (*bow*) and by the Holy Spirit was incarnate of the Virgin Mary, and became man. (*rise*) 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.

Prayers of the Faithful

Let us pray to the Lord. **Lord, hear our prayer.**

Offertory Prayer

Pray, brethren (brothers and sisters),
that my sacrifice and yours may be acceptable
to God, the almighty Father.

**May the Lord accept the sacrifice at your hands,
for the praise and glory of his name,
for our good, and the good of all his holy Church.**

Preface and Sanctus

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

**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.**

Mystery of Faith: three options

- **We proclaim your death, O Lord,
and profess your Resurrection
until you come again.**
- When we eat this Bread and drink this Cup,
we proclaim your death, O Lord,
until you come again.
- Save us, Savior of the world,
for by your Cross and Resurrection,
you have set us free.

Great Amen

Through him, and with him, and in him,
O God, almighty Father, in the unity of the Holy Spirit,
all glory and honor is yours, for ever and ever. **Amen.**

THE SIGN OF THE CROSS

IN THE NAME OF THE FATHER, AND OF THE SON,
AND OF THE HOLY SPIRIT. AMEN.

THE LORD'S 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.

THE 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.

THE 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.

CONFESSION PRAYERS

BEGIN WITH THE SIGN OF THE CROSS, USING THESE OR SIMILAR WORDS:

BLESS ME, FATHER, FOR I HAVE SINNED.
MY LAST CONFESSION WAS ____ AGO.
THESE ARE MY SINS: _____.

FINISH CONFESSING YOUR SINS WITH THESE OR SIMILAR WORDS:

I AM SORRY FOR THESE SINS
AND ALL THE SINS OF MY LIFE,
ESPECIALLY FOR THE SIN OF ____.

AFTER RECEIVING YOUR PENANCE, MAKE AN ACT OF CONTRITION,
USING THESE OR SIMILAR WORDS OF SINCERE REPENTANCE:

O MY GOD, I AM SORRY
AND REPENT WITH ALL MY HEART
FOR ALL THE WRONG I HAVE DONE
AND FOR THE GOOD I HAVE FAILED TO DO,
BECAUSE BY SINNING I HAVE OFFENDED YOU,
WHO ARE ALL GOOD AND WORTHY
TO BE LOVED ABOVE ALL THINGS.

I FIRMLY RESOLVE,
WITH THE HELP OF YOUR GRACE,
TO DO PENANCE, TO SIN NO MORE,
AND TO AVOID THE OCCASIONS OF SIN.
THROUGH THE MERITS OF THE PASSION
OF OUR SAVIOR JESUS CHRIST,
LORD, HAVE MERCY.

WHEN THE PRIEST SAYS THE PRAYER OF ABSOLUTION,
MAKE THE SIGN OF THE CROSS AS HE BLESSES YOU.

GIVE THANKS TO THE LORD FOR HE IS GOOD.
FOR HIS MERCY ENDURES FOREVER.
THE LORD HAS FORGIVEN YOUR SINS. GO IN PEACE.

THE TEN COMMANDMENTS

I AM THE LORD YOUR GOD.
YOU SHALL NOT HAVE OTHER GODS BEFORE ME.

YOU SHALL NOT TAKE THE NAME
OF THE LORD YOUR GOD IN VAIN.

REMEMBER TO KEEP HOLY THE LORD'S DAY.

HONOR YOUR FATHER AND YOUR MOTHER.

YOU SHALL NOT KILL.

YOU SHALL NOT COMMIT ADULTERY.

YOU SHALL NOT STEAL.

YOU SHALL NOT BEAR FALSE WITNESS
AGAINST YOUR NEIGHBOR.

YOU SHALL NOT COVET
YOUR NEIGHBOR'S WIFE.

YOU SHALL NOT COVET
YOUR NEIGHBOR'S GOODS.

*“YOU SHALL LOVE THE LORD YOUR GOD
WITH ALL YOUR HEART, SOUL, MIND, AND STRENGTH;
AND YOUR NEIGHBOR AS YOURSELF.”*

“LOVE ONE ANOTHER AS I HAVE LOVED YOU.”

“BE PERFECT AS YOUR HEAVENLY FATHER IS PERFECT.”

“IF YOU LOVE ME, KEEP MY COMMANDMENTS.”

DEADLY SINS AND SAVING VIRTUES

PRIDE VS. HUMILITY AND MEEKNESS

ENVY VS. KINDNESS AND GRATITUDE

GLUTTONY VS. FASTING AND MODERATION

LUST VS. CHASTITY AND SELF-CONTROL

ANGER VS. LONG-SUFFERING AND PATIENCE

GREED VS. GENEROSITY AND STEWARDSHIP

SLOTH VS. DILIGENCE AND FAITHFULNESS

THE PRECEPTS OF THE CHURCH

ATTEND MASS ON SUNDAYS AND HOLYDAYS.

FAST AND ABSTAIN ON THE DAYS APPOINTED.

GO TO CONFESSION AT LEAST ONCE A YEAR.

RECEIVE THE EUCHARIST DURING EASTER TIME.

CONTRIBUTE TO THE SUPPORT OF THE CHURCH.

FOLLOW THE MARRIAGE LAWS OF THE CHURCH.

THE SEVEN VIRTUES OF HOLY LIVING

PRUDENCE – JUSTICE

TEMPERANCE – FORTITUDE

FAITH – HOPE – LOVE

PREPARATION FOR HOLY COMMUNION

BE FREE FROM MORTAL SIN
THROUGH SACRAMENTAL CONFESSION.

FAST FOR AT LEAST ONE HOUR

FROM FOOD AND DRINK,

EXCEPT WATER AND MEDICINE.

THE FOUR SPIRITUAL LAWS:

- 1) **God's Purpose:** God created us in goodness, for the purpose of sharing his love and his happiness with us, both now and forever.
- 2) **Our Problem:** We rejected God's loving plan for us through sin, and thus we lost our way both in this world and in the life that is to come.
- 3) **God's Provision:** God provided a saving sacrifice for the forgiveness of our sins through the life, death, and resurrection of Jesus Christ.
- 4) **Our Pathway:** We are on the way to heaven when we personally entrust our lives to Jesus Christ in the community of his Church.

PRAYER OF COMMITMENT:

**LORD JESUS CHRIST, SON OF GOD,
HAVE MERCY ON ME, A SINNER.**

**FILL ME WITH YOUR SPIRIT,
SO THAT I MAY LIVE A NEW LIFE.**

**HELP ME TO KNOW YOU, TO LOVE YOU,
AND TO SERVE YOU IN THIS WORLD,**

**SO THAT I MAY BE HAPPY WITH YOU
BOTH NOW AND FOR ALL ETERNITY.**

THANK YOU, LORD. AMEN.

The world, as we know it, is not how God intended it to be. Jesus Christ came to change that. Accept Jesus Christ as your Savior and discover in Him what life and happiness are really all about. Come back to Jesus! Come back to his One, Holy, Catholic, and Apostolic Christian Church!

PRAYER LIFE

SPIRITUAL DEFINITIONS:

- **Sacrament:** an outward sign of inward grace, as given to us by Jesus Christ through his Church.
- **Grace:** an intimate sharing in the life and love of God, through the saving power of the holy sacraments.

SACRAMENTS OF INITIATION:

- **Baptism:** prayerfully using water in the name of the Holy Trinity to initiate people into the Christian Faith.
- **Confirmation:** being anointed with the gifts of the Holy Spirit in order to lead a truly Christian lifestyle.
- **Eucharist:** bread and wine are prayerfully changed into the Body and Blood of Christ for our salvation.

SACRAMENTS OF HEALING:

- **Penance:** for the forgiveness of sins committed after Baptism (This sacrament is also called Confession or Reconciliation).
- **Anointing:** a prayerful anointing to comfort the sick and to dedicate their sufferings to Jesus on the cross.

SACRAMENTS OF COMMUNITY:

- **Ordination:** making new deacons, priests, and bishops for the spiritual leadership of the Catholic Church.
- **Marriage:** blessing a man and woman as they prayerfully start their life together as a new Christian family in the Lord.

THE SEVEN GIFTS OF THE HOLY SPIRIT:

- 1) **Knowledge:** being able to correctly explain the teaching of Christ and his Church because you not only know it but live it.
 - 2) **Understanding:** appreciating why these holy teachings make a difference in your life and can change the world for the better.
 - 3) **Wisdom:** accepting Christ's teachings as the truth, the whole truth, and nothing but the truth; embracing them as your truth as well.
 - 4) **Counsel:** making right judgments in your daily life and in the advice that you give to others, bringing them to Christ as their Savior.
 - 5) **Piety:** following a personal spiritual Plan of Life to support your Catholic Christian lifestyle and help you grow in holiness.
 - 6) **Fear of the Lord:** developing your interior life with your eyes always focused on Jesus, the founder and perfecter of our faith.
 - 7) **Fortitude:** having the courage to stand by your Christian principles, especially when it is difficult, out of love for Jesus your Lord.
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Our lives are the questions to which Jesus Christ is the only answer. Let Jesus make a difference in your personal life today as your God!

**WHAT DIFFERENCE DOES JESUS CHRIST MAKE
IN HOW YOU UNDERSTAND WHAT LIFE IS ALL ABOUT?**

**WHAT DIFFERENCE DOES JESUS CHRIST MAKE
IN HOW YOU LIVE OUT YOUR LIFE EACH DAY?**

THE NINE FRUITS OF THE HOLY SPIRIT:

- 1) **Love:** The Holy Spirit has infused us with the capacity for selfless love. We will the good of others, for the love of God and of our neighbor, without the desire of reward for our noble efforts, in the spirit of Jesus.
- 2) **Joy:** When the Holy Spirit enters our hearts, we realize that happiness comes not from power, popularity, pleasure, or possessions, but from knowing Jesus, and following Jesus, as the God of our lives.
- 3) **Peace:** There is a tranquility within our soul that comes from our reliance on God. Through prayer and worship, we experience an inner peace from above, and we work to spread that peace throughout the world.
- 4) **Patience:** By treating others with thoughtfulness and kindness, we are exercising our ability to resist temptation, and we are demonstrating the power of God's mercy and forgiveness in our lives.
- 5) **Kindness:** The willingness to do more for others than they do for us is true kindness. We resolve to treat others the way we would like to be treated, regardless of whether others reciprocate or not.
- 6) **Goodness:** To renounce evil and to embrace that which is good, we repent of our sins, and seek God's ways above our ways. Jesus calls us to become perfect as our heavenly Father is perfect, through faith.
- 7) **Faithfulness:** To quietly endure the provocations and attacks of others, our perseverance and patience reveals our true strength of character. We stay faithful to God, no matter what, because God always has our back.
- 8) **Gentleness:** To be gracious and mild in our behavior, especially when others are not, is one of the Beatitudes, for the meek shall inherit the earth. Gentleness is the greatest demonstration of inner power and strength.
- 9) **Self-Control:** We faithfully live out our daily lives in accordance with God's will, and we embrace the teachings of Jesus Christ, of the Holy Scriptures, and of his Church, as our own personal values for daily living.

How do you know that the Holy Spirit is at work in your life? Look for the fruits of the Spirit through which the gifts of the Spirit make a difference!

CATHOLIC CHRISTIAN SPECIFICS

- Trinity and Jesus
 - Three Persons in One God
 - Divinity and Humanity of Jesus
- Scripture and Tradition
 - The Catholic Bible
 - Sacred Tradition
- Faith and Reason
 - A Faith that Works
 - Faith and Science
- Heaven, Hell, Purgatory
 - Heaven and Hell
 - Purgatory and Prayer
- Mary and the Saints
 - The Blessed Virgin Mary
 - Intercession of the Saints
- Papal Authority and Leadership
 - Petrine Ministry
 - Church Structures
- Marriage and Family Values
 - Holy Matrimony
 - Christian Families
- The Church and the World
 - Evangelization
 - Ecumenism
- The Gospel Kerygma
 - Created and Captured
 - Rescued and Restored
- Unwavering Christocentrism
 - Affirmative Orthodoxy
 - Sacramental Spirituality

What other questions do you have about Catholic Christianity?

Church Life

Once we really know Jesus personally in the community of his church, we always want to know more about him, so that we can become more like him in every way. Here are some more spiritual topics for further reflection and discussion in your lifelong journey as intentional disciples of Christ.

PARISH COMMUNITY

- Welcoming: parish membership and protocols
- Praying: Mass, the sacraments, ministries, devotions
- Learning: programs for adults and children
- Serving: parish organizations and charities
- Giving: supporting the work of the church

VISION AND MISSION

Your Parish is . . . Looking Upward in Faith, Moving Forward in Hope, and Leading Onward in Love . . . to new life in Christ!

Your Parish is a faith community of prayer, learning, and service. Please come and join a parish as intentional disciples of Christ!

What is your spiritual Plan of Life? How do you live it out each day? How do you come to know, love, and serve Christ better through it?

What is the role of your parish community in supporting you as you pursue your spiritual Plan of Life as a Catholic Christian?

Where can you go for help and encouragement in your faith life? How can you help and encourage others in their faith life as well?

THE OLD TESTAMENT AND SALVATION HISTORY

Old Testament Scriptures

- The Law
- The Prophets
- The Writings
- The Second Canon
- Versions of the Bible

Salvation History

- Creation and the Flood
- Abraham and Egypt
- Moses and the Promised Land
- Prophets and Kings
- Kingdoms and Exile
- Return and Expectations
- Greek and Roman Wars
- The Coming of the Messiah
- The New Covenant in Christ
- The History of the Catholic Church
- The History of Judaism and Islam
- The History of other Religions
- The Return of the Messiah at the End of Time

THE NEW TESTAMENT AND CHURCH HISTORY

New Testament Scriptures

- The Gospels and the Acts of the Apostles
- The Pauline Epistles
- The Catholic Epistles
- The Book of Revelation
- Scripture and Tradition

Church History

- Persecution and Peace
- Councils and Creeds
- Middle Ages and Crusades
- Eastern and Western Christianity
- Reformation and Renewal
- Revolutions and Challenges
- The Enlightenment and Science
- The Church's Spiritual Mission Today
- Waiting for the Second Coming of Christ
- Experiencing the Return of Jesus Christ
- Revealing a New Heavens and a New Earth
- The Already and the Not-Yet of Salvation
- Where are you at in your spiritual life today?