

## **Act of Contrition**

O my God, I am sorry for my sins. In choosing to sin, and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to make up for my sins and to love as I should. Amen.

## *Holy Days of Obligation*

These are the days Catholics in the United States must celebrate the Eucharist as they do on Sunday:

### **Solemnity of Mary, Mother of God (January 1)**

One of the oldest feast days of the church calendar. This is a signal to us of the privileged place the Blessed Virgin Mary holds in the heart of the church.

### **Ascension Thursday (Forty days after Easter)**

The return of the Risen Christ to his Father.

### **Assumption of Mary (August 15)**

Mary was taken up to heaven body and soul.

### **All Saints' Day (November 1)**

We remember all the Saints who have died.

### **Immaculate Conception of Mary (December 8)**

Mary, the mother of Jesus, was free from all sin, original and personal, from the very first moment of her existence in her mother's womb.

### **Christmas (December 25)**

The season of the church year that celebrates the Son of God becoming one of us; the birthday of Jesus.

## *Seven Sacraments*

### **Baptism**

Sacrament of Initiation in which we become members of the church and adopted children of God, original sin and our personal sins are forgiven, and we receive the gifts of the Holy Spirit.

### **Eucharist**

Sacrament of Initiation in which we share in the Paschal Mystery of Christ, and we receive the body and blood of Christ, who is truly and really present under the appearances of bread and wine.

### **Confirmation**

Sacrament of Initiation in which we celebrate the special gifts of the Holy Spirit; the sacrament that completes our Baptism.

**Reconciliation**

Sacrament of Healing in which we celebrate God's gift of forgiveness and our reconciliation with God and with others; also called Sacrament of Penance.

**Matrimony**

Sacrament that unites a baptized man and woman in a lifelong bond of faithful love as a sign of Christ's love for the church.

**Holy Orders**

Sacrament that incorporates a man into the order of bishop, priest, or deacon.

**Anointing of the Sick**

Sacrament of Healing that strengthens our faith and trust in God when we are ill or dying.

### *Gifts of the Spirit*

**Wisdom**

Helps us look upon life as a great and remarkable gift from God;  
Helps us recognize God's presence in all people, places and things;  
Helps us judge events in our lives according to our belief in God.

**Understanding**

Leads us beyond just knowing the beliefs of the church;  
Helps us discover God's plan in our lives;  
Helps us touch the lives of others in service.

**Right Judgment**

Helps us see right and good things to do among the many choices we have to make;  
Helps us choose the right way to act;  
Helps us guide others and seek the guidance of others when we need it.

**Courage**

Helps us to be strong in our beliefs as Christians;  
Helps us choose what is right in spite of any hardship we might suffer;  
Helps us make our world a better place for all people.

**Reverence**

Helps us honor God as our loving Creator and all people as our brothers and sisters;  
Encourages us to praise God freely and grow as we pray;  
Helps us choose to act peacefully in love.

## **Wonder and Awe**

Helps us respect the goodness and majesty of God;  
Helps us value God's plan for the world and to desire to build up the reign of God on earth;  
Helps us to be grateful to God for the gift of life and encourage us to worship God.

## ***Works of Mercy***

Whenever we practice the Works of Mercy, we are following in the Way of Jesus, who came "not to be served, but to serve" (Mark 10:43). We grow in our relationship with Him and become the healing and loving community He called us to be. Then people will say of us, as they did of the first Christians, "See how they love one another."

### ***Corporal Works of Mercy***

Seven ways named by the church that help us live the Great Commandment by helping others care for their physical needs.

- † Feed the hungry
- † Give drink to the thirsty
- † Clothe the naked
- † Help the imprisoned
- † Shelter the homeless
- † Care for the sick
- † Bury the dead

### ***Spiritual Works of Mercy***

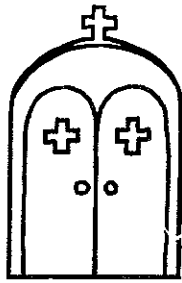
Seven ways named by the church that guide us in living the Great Commandment by helping others care for their spiritual needs

- † Share knowledge
- † Give advice to those who need it
- † Comfort those who suffer
- † Be patient with others
- † Forgive those who hurt us
- † Give correction to those who need it
- † Pray for others

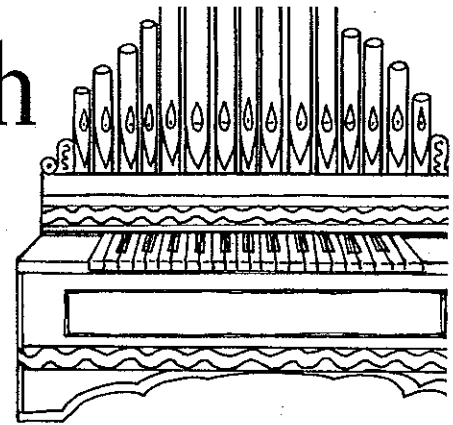
# The Things We See in Church

Catholic churches contain many objects that play an important part in our worship or help increase our devotion. Eight of these objects appear on this page. Can you supply their names? Choose from the list below and write the name in the appropriate place. Then, try to decide what each object is used for or what it represents. Cut out the explanations and paste or tape them where they belong.

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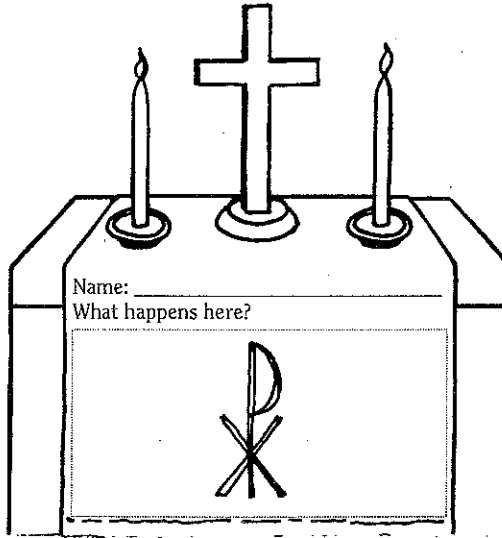
Name: \_\_\_\_\_  
What is it for?



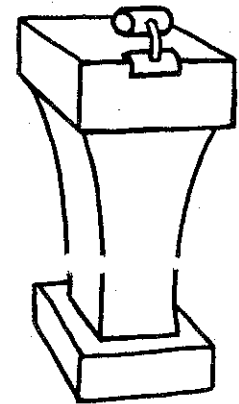
Name: \_\_\_\_\_  
Who gathers here?



Name: \_\_\_\_\_  
What does it stand for?

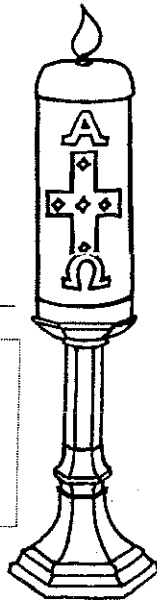


Name: \_\_\_\_\_  
What happens here?

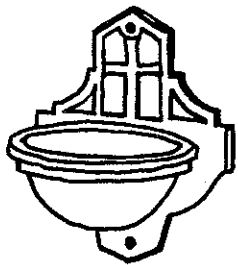


Name: \_\_\_\_\_  
What is it for?

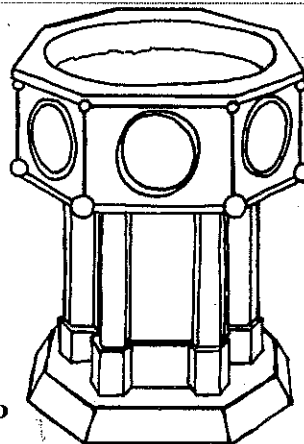
Name: \_\_\_\_\_  
Whom does it stand for?



Name: \_\_\_\_\_  
What happens here?



Name: \_\_\_\_\_  
What is it for?



### Choose names from this list:

- Tabernacle
- Paschal Candle
- Altar
- Lectern
- Organ
- Statue
- Baptismal Font
- Holy Water Font

## CHOOSE EXPLANATIONS FROM THIS GROUP

<p>New members of the Church, including infants, are brought here to be baptized.</p>	<p>This is where the priest stands as he celebrates Mass with the community. Here he says the words of consecration that bring us together in the Body and Blood of Jesus.</p>	<p>These represent holy people who have gone ahead of us to be with God. We ask the people these statues represent to carry our prayers to God.</p>	<p>It is lit for the first time at the Easter Vigil as a sign of Jesus, the Light of the World. After the Easter season, it is lit for baptisms and funerals.</p>
<p>The choir gathers here to lead the community in singing. What other instruments are used in your church?</p>	<p>This is a podium used for reading Scripture, as well as for leading song, and making announcements.</p>	<p>When Catholics enter church, they dip their fingers into holy water and make the Sign of the Cross. These actions remind us of our baptism into God's family and the mystery of the Trinity.</p>	<p>This cabinet, which is often made of a precious metal, is where the Blessed Sacrament is kept.</p>