

**Sign of the Cross** - In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**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.

**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.

**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

**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.

**Act of Contrition** – O My God, I am heartily sorry for having offended you, and I detest all my sins, because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen.

#### **Sorrowful Mysteries**

The Agony in the garden  
The Scourging at the pillar  
The Crowning with thorns  
Jesus carries his cross  
The Crucifixion

#### **Glorious Mysteries**

The Resurrection  
The Ascension  
Descent of the Holy Spirit  
(Pentecost)  
Assumption of Mary  
Mary crowned queen of  
heaven (The Coronation)

**\*\*The Fatima Prayer is not a required prayer.**

**Apostle's 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.

#### **How to pray the Rosary**

Make the Sign of the Cross on the crucifix, and say the Apostle's Creed.

1<sup>st</sup> big bead – Our Father

3 small beads – Hail Mary prayers

Chain – Glory Be

Big Bead – First Mystery & Our Father

10 small beads – Hail Mary prayers

Chain – Glory Be

\*\*After the Glory Be, the Fatima Prayer is recited.

\*Big bead – 2<sup>nd</sup> mystery & Our Father

10 small beads – Hail Mary prayers

Chain – Glory Be\*

\*\*After the Glory Be, the Fatima Prayer is recited.

Repeat \*sequence\* three more times.

On the plate before the Crucifix, recite the Hail Holy Queen.

#### **Joyful Mysteries**

The Annunciation  
The Visitation  
The Birth of Jesus  
(The Nativity)  
The Presentation in the  
Temple  
The Finding in the temple

#### **Luminous Mysteries**

Christ's baptism in the  
Jordan River  
Miracle at the marriage  
at Cana  
The Proclamation of the  
kingdom of God  
The Transfiguration  
Institution of the Eucharist

**The Fatima Prayer** – O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy mercy.

**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 toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

(To conclude the Rosary, add the following)

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

### **Marks of the Church**

One, Holy, Catholic, Apostolic

### **The Ten Commandments**

1. I, the Lord am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Sabbath 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 cover your neighbor's goods.

### **Stations of the Cross**

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|---------------------|-------------------------------------|
| First Station:      | Jesus is condemned to death         |
| Second Station:     | Jesus accepts His cross             |
| Third Station:      | Jesus falls                         |
| Fourth Station:     | Jesus meets His mother              |
| Fifth Station:      | Simon takes the cross               |
| Sixth Station:      | Veronica wipes the face of Jesus    |
| Seventh Station:    | Jesus falls again                   |
| Eighth Station:     | Jesus meets the women               |
| Ninth Station:      | Jesus falls the third and last time |
| Tenth Station:      | Jesus is stripped of His clothes    |
| Eleventh Station:   | Jesus is nailed to the cross        |
| Twelfth Station:    | Jesus dies                          |
| Thirteenth Station: | Jesus is removed from the cross     |
| Fourteenth Station: | Jesus is buried                     |
| Fifteenth Station:  | The Resurrection                    |

### **Seven Sacraments**

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|--------------|--|
| Baptism      | Eucharist (Communion)                    |
| Confirmation | Reconciliation (Confession,<br>Penance), |
| Holy Orders  | Anointing of the Sick                    |
| Matrimony    |  |

### **Corporal Works of Mercy**

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|------------------|---------------------------|
| Feed the hungry  | Give drink to the thirsty |
| Clothe the naked | Visit the imprisoned      |
| Visit the sick   | Shelter the homeless      |
| Bury the dead    |                           |

### **Spiritual Works of Mercy**

- |                                  |                       |
|----------------------------------|-----------------------|
| Counsel the doubtful             | Instruct the ignorant |
| Admonish the sinner              | Comfort the sorrowful |
| Forgive injuries                 | Bear wrongs patiently |
| Pray for the living and the dead |                       |

**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, *by the Holy Spirit was incarnate of the Virgin Mary, and became man.* 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 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 look forward to the resurrection of the dead and the life of the world to come. Amen

**Fruits of the Holy Spirit**

Charity	Joy	Peace
Patience	Kindness	Goodness
Generosity	Gentleness	Faithfulness
Modesty	Self-control	Chastity

**Saint Michael Prayer** – 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 power of God, cast into hell Satan, and all evil spirits who prowl through the world seeking the ruin of souls.

**Basic order of Mass**

- Introductory Rites
- Penitential Rite
- Liturgy of the Word
- Liturgy of the Eucharist
- Communion Rite
- Concluding Rite

**Gifts of the Holy Spirit**

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|-------------------|--------------------------|
| Wisdom            | Awe and Wonder           |
| Understanding     | (Fear of the Lord)       |
| Knowledge         | Courage (Fortitude)      |
| Piety (Reverence) | Counsel (Right Judgment) |