

## Study Guide for Course on Catholic Church

### Prayers you need to know

Hail Mary

Our Father

### 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 should 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. Our Savior, Jesus Christ, suffered and died for us. In His name my God have mercy.**

### 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 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 the Son. With the Father and the Son, He is worshiped 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.**

**Sacraments are ritual actions of the Church that use ordinary signs and symbols to communicate God's love and strengthens our call to follow Jesus Christ, the Son of God.**

#### **Sacraments of Initiation**

- Baptism
- Confirmation
- Holy Communion or Holy Eucharist

#### **Sacraments of Healing**

- Reconciliation or Penance
- Anointing of the Sick

#### **Sacraments of Commitment**

- Marriage
- Holy Orders

Each of the seven sacraments uses signs or symbols and has options as to how they are celebrated.

Four major symbols used in the Sacrament of Baptism – Holy Water, Chrism Oil, Candle, White Garment.

### **Six Holy Days of Obligation**

- **January 1<sup>st</sup>** Mary, the Mother of God
- **Ascension Thursday** – forty days after Easter
- **August 15<sup>th</sup>** Assumption of Mary
- **November 1<sup>st</sup>** All Saints Day
- **December 8<sup>th</sup>** Immaculate Conception
- **December 25<sup>th</sup>** Christmas

### **The Four Evangelists or Gospel Writers**

- Saint Matthew
- Saint Mark
- Saint Luke
- Saint John

### **Key Words to Know**

**“A Catholic is a person who celebrates the Eucharist on the Lord’s Day in the Lord’s house.” Msgr. William Belford**

Another word to describe Eucharist – the Lord’s Supper, Divine Liturgy, Blessed Sacrament.

What is the Lord’s day? Is the Sabbath day – Sunday

What is the Lord’s House? - Church

### **Holy Items**

**Altar** - the sacred table that is set apart and used for the celebration of the Mass

**Ambo or Pulpit** - the podium or stand from which the Scriptures are read, where the homily may be given and where the prayers of general intercessions are read

**Blessed Sacrament** - the consecrated bread and wine that becomes the Body and Blood of Christ

**Book of the Gospels** the sacred book used by a deacon or priest to read the Gospel

**Chalice** - the sacred vessel or cup used for the celebration of the Mass

**Lectionary** - the sacred book that contains the readings used at Mass

**Paten** - the dish like sacred vessel used for the bread at Mass

**Roman Missal** - the sacred book that contains the prayers of the Mass

**Tabernacle** - the receptacle in which the Blessed Sacrament is reserved in the Church;  
It is immovable, solid, locked, and located in a prominent place  
accompanied by a votive candle

### **Sacred Actions**

**Procession** sacred march in which the priest and the assisting liturgical ministers (altar servers, Eucharistic ministers, lector, deacon) walk from the main entrance of the Church to the altar to begin Mass.

**Sign of the Cross** - an action that recalls our identity as Christians by marking our bodies as being baptized into the triune God (*Father, Son, and Holy Spirit*)

**Standing** - one of the three body postures at Mass; an act of honor to show respect to a person.

**Sitting** - one of the three body postures at Mass in which one is seated to listen attentively to the Word of God that is being read

**Kneeling** - one of the three body postures at Mass in which one goes to the knees to pray as a sign of respect.

**Liturgical Year – the cycle of seasons and feasts celebrating the eternal presence of Jesus Christ and the events of his life.**

**Liturgical Seasons** - the Catholic liturgical calendar is the cycle of seasons in the Roman Rite of the Catholic Church.

The Church year begins each year with Advent, the season of awaiting Christ's coming, and ends with the final Saturday of Ordinary time.

The Church year consists of six liturgical seasons: Advent, Christmas, Ordinary Time after Epiphany, Lent, Easter, and Ordinary Time after Pentecost.

### **Liturgical Year Colors**

**Advent** - The liturgical colors of Advent are Purple and Rose, with Rose being used only on the third Sunday of Advent.

**Christmas** - The liturgical color of Christmas is white.

**Ordinary Time** - The liturgical color of Ordinary Time is green; however, as in all seasons, other appropriate colors are worn on particular feast days. (*For example, blue is typically worn for Marian feast days.*)

**Lent** - The liturgical colors of Lent are violet or purple. On Passion Sunday (Palm Sunday) and on Good Friday (which has no Mass but a service remembering Christ's passion) the color is red. White or violet is worn on Holy Thursday and Holy Saturday (once again, there is no Mass but there are other services on Holy Saturday).

**Easter** - The liturgical colors of Easter are white, for most days, and red for Pentecost.

### **Order of the Mass**

The Mass or the *Celebration of the Holy Eucharist* may be seen as divided into two parts:

#### **LITURGY OF THE WORD**

#### **LITURGY OF THE EUCHARIST**

- The primary location for the Liturgy of the Word is the **Ambo/Pulpit**
- The primary location for the Liturgy of the Eucharist is the **Altar**

### **Part One**

#### **INTRODUCTORY RITES**

- Entrance song
- Procession
- Sign of the Cross
- Greeting
- Penitential Rite
- Gloria (except during Advent and Lent)
- Opening Prayer

#### **LITURGY OF THE WORD**

- First Reading – usually a reading from the Old Testament
- Responsorial Psalm
- Second Reading from the New Testament Letters
- Gospel Acclamation (*Alleluia*) except during Lent
- Gospel reading from Matthew, Mark, Luke and John
- Homily
- Nicene Creed

- General Intercessions/Prayer of the Faithful

## **Part Two**

### **PREPARATORY RITES**

- Collection/Offering
- Presentation of the Gifts of Bread and Wine
- Preparation of the Altar
  - Two Blessings of Bread and Wine
  - Incensation of the Gifts
  - Washing of the Priest's Hands
- Transition Prayer *"May the Lord accept the sacrifice..."*

### **PRAYER OVER THE GIFTS**

### **EUCCHARISTIC PREFACE**

*Holy, Holy, Holy*

### **EUCCHARISTIC PRAYER**

*Memorial Acclamation*

*Great Amen*

### **COMMUNION RITE**

- Lord's Prayer *"Our Father..."*
- Doxology *"For the Kingdom, the Power, the Glory..."*
- Prayer for Peace
- Greeting and Sign of Peace
- Lamb of God
- Reception of Holy Communion
- Time for Personal Prayer and Thanksgiving
- Prayer After Communion

### **CONCLUDING RITE**

- Blessing
- Dismissal
- Closing Song