

## Appendix C: Dictionary of Terms and Catechetical Formulas

**\*catechetical formulas begin on page 40**

**abba** the Aramaic word for father or daddy (cf. Mk 14:36, Rm 8:15; Gal 4:6)

**abbess** the feminine counterpart of abbot

**abbey** another name for a monastery

**abbot** the head of a group of monks living in a monastery

**abortion** the taking of an unborn child's life

**absolution** the act by which the priest forgives sins in the Sacrament of Reconciliation

**absolve** to free from sin, to forgive; Jesus gave this gift to priests

**abstain** to keep from doing or from eating something, e.g. not eating between meals

**abstinence** not doing or eating something; decision to save sex for marriage

**accidents** a technical term for describing certain aspects of a thing, for example, its shape, its size, its weight, its color; accidents do not affect the nature of a thing, that is, if accidents are removed you still have the thing

**acolyte** another name for an altar server

**Acts of the Apostles** the book in the New Testament written by St. Luke which tells us some of the important events in the lives of St. Peter and St. Paul and the early Catholic Church

**actual grace** God's help; always available in our every day thoughts, words and activities

**Adam** the first man God created

**addiction** the state of being physically dependent on something

**administer** to give

**adoration** one of the five basic forms of prayer beginning with our attitude towards God (cf. CCC 2626-2628, 2644); we adore or worship only God, we venerate or honor Mary and the saints

**adoration chapel** sacred space with Jesus in the Blessed Sacrament used for adoration

**adore** to form of prayer by which one acknowledges God as God, the Creator and Savior, the Lord and Master of everything that exists, as infinite and merciful Love (CCC 2096)

**adultery** sexual intercourse of a married person and another who is not their wife or husband

**Advent** the time of preparation for Christmas, there are four Sundays of Advent

**Advent wreath** a circle of green foliage surrounding four candles which represent the four weeks of the Advent season

**age of reason** the time of life at which a person is assumed to be able to distinguish between right and wrong -- usually about the age of seven.

**Agony in the Garden** the first sorrowful mystery of the Rosary recalling the moments Jesus was praying in the Garden just before he was arrested (cf. CCC Lk 22:39-46)

**alb** a full length garment worn at liturgical celebrations which may be worn by any of the ministers, e.g. the priest wears an alb under his other vestments, altar servers wear an alb, newly baptized adults may wear an alb

**all-loving** one of the attributes of God meaning that God's will is perfect thus He perfectly loves all beings all the time

**all-knowing** simple way of saying omniscient, one of the attributes of God meaning that God knows everything perfectly

**almighty** one of the attributes of God meaning that God can do all things

**alleluia** Hebrew meaning "praise God"

**All Saints** holy day of obligation celebrated on November 1 in which we remember all those who are with God

**All Souls** a feast celebrated on November 2 in which we remember all the faithful departed

**alms** material or financial assistance given to a needy person or cause because we love God

**altar** a table or stand on which the sacrifice of the Mass is offered.

**altar server** an non-ordained person who assists at liturgies by doing things like lighting the candles on the altar, carrying them in procession and during the solemn singing of the Gospel, preparing wine and water for the sacrifice of the Mass. When a man is ordained to serve in this way, he is called an acolyte.

**amen** a Hebrew word which we use to conclude prayers meaning “so be it” or “it is true” and even “I believe”

**amice** a vestment worn over the shoulders of the priest, under all the other vestments including the alb.

**angel** a created being with immense powers of mind and will but no body. They are sometimes used by God as messengers to human beings.

**Angel Gabriel** the archangel who told the Virgin Mary that she was to become the Mother of God

**angelus** a devotion in honor of the Angel Gabriel’s visit to the Blessed Virgin Mary announcing she was to be the mother of the Savior. It is recited in the early morning, at noon, and at 6:00 p.m.

**anno domini** Latin for “in the year of our Lord.” It is abbreviated as AD as in 1993 AD

**annulment** a declaration by the Church that what appeared to be a sacramental marriage was never in fact one. A civil marriage may have existed, but a sacramental one did not.

**Annunciation** the solemnity observed on March 25 remembering the announcement from the Angel Gabriel that Mary was to be the mother of the Savior

**anoint** to rub, pour or spread with oil

**Anointing of the Sick** one of the seven sacraments given to us by Jesus Christ to give the sick spiritual aid and strength, to unite their sufferings with Jesus Christ, and, if God wills, to restore them to physical health. Sacrament is intended for persons who are very sick, old, or close to death.

**apologetics** explanation of religious doctrines to those who do not believe

**apostasy** rejection of one’s faith

**Apostles** the twelve men selected by Jesus Christ to carry on His work on earth

**Apostles’ Creed** the faith of the Church professed personally by each baptized believer (CCC 167)

**apostolate** broadly speaking, any work undertaken to carry out the mission of the Church according to one’s gifts and talents. It is considered as the work of the Church as a whole, and as the work of individuals or individual groups within the Church.

**Apostolic** relating to the Twelve Apostles of Jesus and their times

**apostolic pardon** one of the concluding rites in the Anointing of the Sick, used only for the dying and in emergencies; priest prays: *Through the holy mysteries of our redemption, may almighty God release you from all punishments in this life and in the life to come. May He open to you to gates of paradise and welcome you to everlasting joy. Amen.* (cf. Pastoral Care of the Sick, n. 195)

**apparition** a supernatural vision, may be of Jesus, the Blessed Virgin Mary, or one of the saints

**appearances** (of bread and wine) what we know through the senses, such as color, weight, taste, smell

**archangel** second lowest choir of angels in the nine choirs. There are four named in the Bible: Michael, Raphael, and Gabriel obey God and lucifer disobeyed God.

**archbishop** a bishop who presides over one or more dioceses – but he does not have authority over those individual bishops. Our archbishop is the Bishop of Minneapolis - St. Paul

**Ascension** second glorious mystery; Jesus Christ's going up into heaven body and soul forty days after Easter; solemnity and holy day

**Ash Wednesday** the first day of Lent in which Catholics receive ashes on their foreheads

**ashes** the remains of burned palms, from the last Palm Sunday, placed on the forehead on Ash Wednesday

**Assumption** the fourth glorious mystery recalling the taking up into heaven of the body and soul of the Blessed Virgin Mary; solemnity and holy day celebrated on August 15

**atheist** a person who denies the existence of God

**atonement** the doing of penance for sins committed

**attribute** a quality belonging to a person or thing, but which does not affect the nature

**authority** one of the three chief attributes of the Church: the power given by Jesus Christ to teach, to sanctify, and to govern in spiritual matters

**auxiliary bishop** an assistant bishop who assists the diocesan bishop in a larger diocese

**Ave Maria** the Latin for Hail Mary

**baptism** the sacrament which takes away original, personal sin and its punishments, and makes us children of God by giving us theological virtues and the gifts of the Holy Spirit; the baptized person receives the life of Jesus Christ or sanctifying grace, for the first time.

**baptismal font** basin that holds the water for Baptism in the church, may be small or large enough for an adult to be immersed during the celebration of Baptism

**Baptism of Jesus** the first luminous mystery of the Rosary, recalling the start of Jesus public life when John the Baptist baptized Jesus in the Jordan River and a voice from heaven announced, “This is my Son, the Beloved, with whom I am well pleased, listen to him.” (cf. Mt 3:1-17; READ CCC 535-537)

**battle of prayer** the difficulties that everyone, even the holiest people, must overcome in order to pray, that is in order to talk and listen to God

**bear false witness** to lie

**beatification** the declaration of the Pope that someone is blessed and living in the happiness of heaven. The next step would be for the person to be canonized and called a saint.

**beatitudes** the standards or conditions for perfect happiness given by Our Lord. Beatitude means “perfect happiness.”

**beauty** a quality that is delightful to look at, to listen to, or to think about; the beauty of the universe is one of the ways a person may come to know God because beauty (along with truth and goodness) is a reflection of God and a perfection of creation (cf. CCC 32, 41, 341)

**Before Christ** human history before the coming of Jesus Christ, abbreviated as BC

**believe** to accept truth on the word of another

**Benediction of the Blessed Sacrament** the service in which Jesus Christ is adored in the consecrated Host exposed on the altar, and in which the priest blesses the faithful with the Sacred Host; also called Eucharistic Adoration or Exposition

**Bethlehem** the city where Jesus was born, located about six miles from Jerusalem

**Bible** (Sacred Scripture) the book written under God’s inspiration

**bishop** the head of a diocese, who possesses the power to confirm, ordain, and consecrate; a successor to the Apostles who were the first bishops

**blasphemy** the use of insulting words in reference to God and His Church

**Blessed Sacrament** the consecrated Host, Jesus in the form of Bread

**Blessed Trinity** the three divine Persons (Father, Son and Holy Spirit)

**Blessed Virgin Mary** the Mother of Jesus

**blessing** 1. a divine and life-giving action from God which is both word and gift; those who are ordained are the usual people who can give blessings because they are in the person of Jesus Christ, which is how God gave us His greatest blessing, Himself and our Redemption; we bless God when we adore and surrender totally to God (cf. CCC 1078); 2. one of the five basic forms of prayer expressing the basic movement between God and each person (cf. CCC 2626-2628, 2644)

**body** human beings consist of a body and soul; the body is the part we see, material, and the soul is the part we don't see, spiritual (cf. CCC 327, 360)

**Body of Christ** the physical male body of Jesus Christ that developed in Mary's womb, was crucified, and rose again three days after the crucifixion, ascended into heaven, is seated at the right hand of the Father and will come again in glory to judge the living and the dead. ALSO, it is this Body which is mysteriously and really made present in the consecration of ordinary bread, called the Eucharist. ALSO, this is a name given to the Church, the Family of God, we are all one Body in Christ. (cf. CCC 4)

**Bread of Life** the name that Jesus calls Himself (cf. Jn 6:35, 48), Jesus promises whoever receives the Bread of Life, shall have eternal life; we receive the Bread of Life when we receive the Eucharist

**Breaking of the Bread** another name for the celebration of Mass; part of the Jewish Passover observance that Jesus used at the Last Supper and asked the Twelve Apostles to "do in memory of Him" (cf. Mt 26:26 ; 1 Cor 11:24); It is by this action that his disciples recognize Jesus after his Resurrection,(cf. Lk 24:13-35), and it is this expression that the first Christians use to designate their Eucharistic assemblies (cf. Acts 2:42, 46 ; Acts 20:7, 11) by doing so they signified that all who eat THE one broken BREAD, Christ, enter into communion with him and form but one body in Jesus (cf. CCC 1329)

**breviary** a book of prayers which priests and other Christians use to recite morning prayer, evening prayer, and night prayer; also called Divine Office or Liturgy of the Hours

**brother/sister** in light of Jesus Christ as our Brother, God the Father as our Father, we are spiritually all brothers and sisters in the one family of God. Also the title given to someone in a religious order.

**call to holiness** the constant invitation of God to all the baptized to be His Children, His Family, now and forever; we are all to be saints

**calumny** false statements that injure the reputation of another, also called slander

**Calvary** the place where Jesus was crucified

**candidates** (RCIA) one who is baptized and going through the RCIA process required to become Catholic. They receive a time of instruction, and then receive Confirmation and/or First Eucharist usually at the Easter Vigil

**canon** list, set of, rule, official decree; for example, the complete list of the books found in Sacred Scripture is called canon (cf. CCC 120) and the list of laws of the Church are called canon law

**canonization** a declaration by the Pope that the deceased person is a saint

**canon law** the laws of the Church

**cantor** the lead singer in a church choir

**capital sins** the seven sins that lead to all sin: pride, covetousness, lust, anger, gluttony, envy, sloth

**cardinal** a high official of the Church ranking next to the Pope. These men form the College of Cardinals, which elects the next Pope. These men are appointed by the Pope and wear red cassocks. Cardinal is not a degree of ordination. Holy Orders confers three degrees: deacon, priest and bishop. The other terms are offices.

**cardinal virtues** the four virtues (temperance, prudence, justice and fortitude) around which all the other virtues may be grouped; the four main categories of virtue (cf. CCC 1805)

**Carrying of the Cross** fourth sorrowful mystery remembering Jesus' suffering while He carried His Cross including the meeting of His Mother, the other woman and Simon of Cyrene (cf. Jn 19:16-22)

**cassock** full length, fitted robe for ordinary use – not so commonly seen today; black (priest), purple (bishop), red (cardinal) and white (pope)

**catacombs** the underground burial grounds of the early Christians

**catechesis** literally “to echo or resound”; aims at developing understanding of Jesus so that the Christian sets himself to follow Jesus Christ and learn more and more within the Church to think like Him, to judge like Him, to act in conformity with His commandments, and to hope as He invites us to; inviting people to personal faith (CCC 5); another name for religious education

**catechism** summary of all Catholic teaching regarding faith and morals (cf. CCC 9, 10)

**Catechism of the Catholic Church** dated 1992, it is the most recent summary of all Catholic teaching regarding faith and morals; abbreviated CCC; the CCC is the sure norm for teaching the Faith (cf. CCC 9, 10); it is set up along four pillars (Creed, Sacraments, Morality and Prayer)(cf. CCC 9-25)

**catechumen** any unbaptized person who desires to become a convert to the Catholic faith.

**catechumenate** the period of instruction in the Faith for adults prior to their receiving the Sacraments of Initiation

**cathedral** the official church of the bishop

**catholic** 1. universal, affecting all mankind at all times in all places; 2. (with Capital C) a member of the Roman Catholic Church

**Catholic Faith** all that Jesus revealed about Himself and His Plan for our salvation and sanctification; what the Church officially teaches, believes, and holds to be true. These are in the forms of dogma, doctrine, and discipline, as well as Tradition and liturgy.

**celebrant** the ordained person who celebrates the liturgy

**celibacy** the state of never being married for the sake of the Kingdom of God. All bishops, priests and religious take this vow.

**censer** vessel for burning incense at solemn ceremonies

**chalice** the cup used at Mass to contain the Precious Blood of Jesus Christ; before Vatican II had to be made of precious metal like gold but now may be a non-porous material of suitable dignity according to local custom; the chalice is consecrated for use by a bishop or by using the chalice

**chancery, diocesan** the offices of the bishop and those who assist him

**chapel** a very small church or place for worship

**chaplain** the priest assigned to an institution such as a school or hospital

**chaplet** series of prayers prayed on a series of beads to meditate on the mysteries of Jesus Christ and/or to seek intercession, e.g. Rosary, Divine Mercy Chaplet, Chaplet of St. Joseph, Michael the Archangel chaplet, etc.

**Chaplet of Divine Mercy** this series of prayers is usually prayed at 3pm (the Hour of Mercy because this is when Jesus died) on ordinary Rosary beads; received by Sister Faustina Kawolska from Jesus in the 1930's, this devotion to the Divine Mercy of Jesus calls people to a deeper understanding that God's love is unlimited and available to everyone — especially the greatest sinners.

**charism** gift from the Holy Spirit

**charity** love, the theological virtue which enables us to love God above all things, and to love our neighbor for the love of God. It is infused into the soul at baptism along with faith and hope. Charity or love is also a fruit of the Holy Spirit and thus a sign of God's work.

**chastity** the virtue of purity in thought, word, and act; also the integration of sexuality within the person. It includes an apprenticeship in self-mastery. Chastity is a fruit of the Holy Spirit and thus a sign of God's work.

**chasuble** the large outer garment usually worn by the deacon, priest and/or bishop at Mass; of various liturgical colors

**Child of God** what a person becomes through Baptism (cf. CCC 1250)

**Chrism** one of the three holy oils, traditionally blessed every year by the bishop at a cathedral during Lent at the Chrism Mass, the unused oil is burned; abbreviated S.C. and is used in Baptism, Confirmation and Holy Orders and is the oil that has a fragrant odor

**Christ** Messiah, the One anointed or sent by God to redeem the world

**Christ the Judge** title given to Jesus referring to one of His roles in our redemption, in the Creed we pray that Jesus Christ will "judge the living and the dead" that is at the end of time Jesus will reveal the secret disposition of hearts and will give to each person their reward or punishments due to their works and acceptance or refusal of grace (cf. CCC 628)

**Christ the King** title given to Jesus acknowledging that He now sits at the right hand of the Father; we celebrate Jesus Christ as the King on the last Sunday in ordinary time; Jesus is the King who rules by giving everything to His people, even His life

**Christian** one who accepts the teachings of Jesus Christ and is baptized in the name of the Father, and of the Son and of the Holy Spirit

**Christmas** the day on which we remember the birth of Jesus Christ, our Savior and Lord; solemnity and holy day celebrated on December 25

**Church** the Family of God that began with the Father, Son and Holy Spirit and continues to include each faithful person; the Mystical Body of Jesus Christ, established on earth by Jesus Christ and governed by the successors of the Apostles chosen by Jesus Christ to do His work

**church building** place set aside for worship; in the Catholic Church Jesus is really present in the tabernacle

**ciborium** a covered container used to hold consecrated small hosts which will be distributed at Holy Communion

**cincture** the cord that binds the alb by circling the waist

**collaboration** to work together

**commandment** a law of God

**commit** to do

**commitment** a promise to oneself or another to do something

**communion** a union with, a joining with, a sharing; see also Holy Communion

**communion fast** discipline or practice of the church to help us grow in holiness; currently the fast before communion is no food one hour before

**Communion of Saints** the Family of God; all members of Jesus Christ's Church, whether on earth, in purgatory, or in heaven

**community** (as in faith community) people who relate to one another because of a similarity of belief. (i.e., parish, religion, etc.) for the purpose of reinforcing and living out these beliefs in themselves and in the rest of the community.

**concelebrant** a priest who offers Mass along with one or more other priests

**conception** the beginning of human life

**conclave** the meeting of the College of Cardinals to elect a new Pope

**confession** the telling of our sins to an authorized priest in the Sacrament of Reconciliation

**confessional** the enclosure or box where the priest hears confessions

**Confirmation** the sacrament, administered by the bishop, in which a baptized person receives added strength of the Holy Spirit, enabling him to be strong in his Faith and its defense

**conscience** law inscribed by God into each person; man's most secret core, his sanctuary where he is alone with God whose voice echoes in his depths (CCC 1776); it is our responsibility to form our conscience and learn to hear

**consecrate** to set apart a person or thing for sacred service or sacred use. It has special meaning when referring to the consecration of the Eucharist, here meaning the changing of the bread and wine into the Body, Blood, Soul and Divinity of Jesus Christ

**consecrated hosts** hosts that have been changed into the Body, Blood, Soul and Divinity of Jesus Christ; there are usually consecrated hosts in the tabernacle

**consecrated life** one of the ways a person may be called to live their lives for God; this vocation consists of the obligation of practicing chastity in celibacy for the sake of the Kingdom, poverty and obedience (cf. CCC 915); these people are called various names such as sister, nun, brother, hermit, monks, consecrated virgin, religious, etc.

**Consecration** that part of the Mass in which the priest or bishop, using the words of Our Lord, changes ordinary bread and wine into the Body and Blood of Jesus Christ

**consent** (of the will) agreement, permission, acceptance

**consumerism** the excessive purchasing of material things which are not needed but wanted; a sin of greed

**contemplation** a form of prayer, prayer of the heart; one looks at God and He looks at them, a gaze of faith fixed on Jesus, a silent love (cf. CCC 2715, 2724)

**contemplative prayer** one of the three major expressions of prayer (the other two are meditative and vocal); all have in common the recollection of the heart towards God; in contemplative prayer one looks at God and He looks at them, a gaze of faith fixed on Jesus, a silent love (cf. CCC 2699, 2721, 2724)

**contraception** a directly willed, positive act which destroys the life giving means of intercourse

**contrition** sorrow for sin with the intention of not committing the sin again

**conversion** from the Latin, “to turn around”. The conversion of a soul is a spiritual event of turning away from sin and turning towards God. It is a continuous process for a Christian, but may happen more suddenly or powerfully at certain times of a person’s life.

**cope** long cape-like vestment with a fastening in the front, worn of solemn occasions such as benediction outside of mass

**Coronation of Mary** the fifth glorious mystery of the Rosary recalling that God has crowned Mary as Queen of Heaven and Earth (cf. Judith 13:18-20, CCC 966)

**corporal** 1. having to do with the body; 2. in liturgy, a square or linen cloth placed upon the altar upon which the chalice and paten are placed

**corporal works of mercy** acts of love to care for the physical needs of our neighbor (cf. CCC 2447)

**Corpus Christi** Latin for “the Body of Christ”

**correct conscience** a conscience that has been formed correctly, which corresponds to reason and your relationship with God, others and your self

**counsel** enables us to see and choose correctly what will help most to follow God; sometimes called “right judgment”; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist which (cf. CCC 1266, 1303, 1831)

**covenant** an agreement or promise that creates permanent family bonds, as the covenant between God and His people and the covenant between a man and woman in marriage; even if one party fails, the bond and obligation remains for the other person

**covet** a sin in which you want to take for yourself what others have

**covetousness** a strong desire for possessions, especially those of another; one of the seven capital sins

**creation** all that is not God and that was created by God. There is God, and then there is all that He created. Human beings are the pinnacle of His creation.

**Creator** God, the Maker of all things

**creatures** all things, living and non-living, that God has made

**credo** Latin for “I believe”

**Creed** a set of beliefs, as the Apostles’ Creed, containing the chief truths taught by Jesus Christ to the Apostles

**crozier** the staff of the Bishop, shaped like a shepherd’s staff. It represents the duty and authority of the Bishop in protecting and guiding the flock of Jesus Christ.

**cross** the Roman device of execution that was used to kill Jesus. Because Jesus’ death and Resurrection is the source of our salvation, the cross has become the symbol of our faith.

**Crowning of Thorns** the third sorrowful mystery meditating on the suffering of Jesus when He was crowned with thorns and mocked by the crowds who called for Him to be crucified (cf. Jn 19:1-8)

**crucifix** a cross bearing the image of the suffering Jesus Christ

**crucify or crucifixion** to put to death by fastening to a cross

**Crucifixion and Death of Jesus** the fifth sorrowful mystery recalling the final moments of Jesus life and His death on the cross (cf. Jn 19:25-30)

**cruets** water and wine containers, sometimes labeled with A for aqua (water) and V for vinum (wine); the altar servers or acolytes bring these cruets to the priest

**culpable** responsible for something; when speaking of sin determines punishment due to sin

**culpability** one's responsibility for their thoughts, words, actions and things they failed to do

**curia, Roman** the administrative offices of the Catholic Church located in Rome.

**cursing** wishing evil upon a person or thing

**daily crosses** the small ways that we are asked to suffer each day, these are all ways to unite ourselves more fully with Jesus Christ for the sake of salvation (cf. Col 1:24, CCC 1435)

**deacon** the third degree of Holy Orders (one--bishop, two--priests, three--deacons). A deacon assists priests in preaching, conferring baptism, performing marriage, helping in the administration of parishes and other duties. There are two kinds of deacons: A transitional deacon, in which a man is a deacon for approximately a year before being ordained a priest and a permanent deacon in which a man remains permanently in the third rank of Holy Orders. Some permanent deacons are married.

**death** consequence of sin which results in the separation of the soul and the body; temporary state which lasts until the final judgment when Jesus will come again in glory; God did not make death; Jesus conquered death through His own death and resurrection (cf. CCC 366, 400-413)

**deliberate** to do on purpose, to chose something freely, e.g. to deliberately hurt your brother

**decade** a popular name for one of the sections of the Rosary. It consists of one Our Father, ten Hail Mary's, and one Glory Be. The common Rosary consists of five decades.

**Decalogue** (the Ten Commandments) the ten chief laws given by God to man through Moses on Mount Sinai

**demon** another name for an evil angel or an angel who disobeyed God

**Descent of the Holy Spirit** – the third glorious mystery; after Jesus ascended to heaven, He sent the Holy Spirit; this first descent is called Pentecost

**desecration** the misuse of a sacred person, place or thing

**despair** deliberate refusal to trust in God, a sin against hope

**detraction** hurting a person's reputation by revealing his faults without necessity

**devil** a fallen angel, especially satan, the chief of the bad angels

**devotions** prayers or thoughts about God or a saint which arouse devotion

**diaconate** literally, “servanthood”. From Apostolic times, the diaconate was a position of ministry. Today they are first among ministers who help the priest. They are given more participation in administering the Sacraments and preaching the Gospel.

**diocese** the territory, comprising many parishes, over which a bishop rules

**dignity** worthy of respect; human dignity is above all from the fact that we are all called to be with God as His Children, His Family (cf. CCC 27)

**disciple** firstly this refers to the Apostles and the seventy-two who received instruction from Jesus Christ (Lk 10:1-24). Now, it refers to all who are learning to follow Jesus Christ

**discipline** practice of the Church, e.g. fasting an hour before Communion; disciplines are seen as a necessary minimum for living a holy life for a given age, yet they may be changed unlike dogma or doctrine

**dishonesty** lying, cheating, stealing, lack of truth

**disobedience** not fulfilling the commands of God or lawful superiors

**dispensation** a special exception or exempting from a law granted by one in authority

**dispositions** attitude of mind and heart (when receiving the sacraments)

**disrespect** failure to show honor, esteem, or courtesy

**distractions** anything that turns our attention away from what we are doing

**Divine Liturgy** another name for the celebration of Mass emphasizing that the Church's whole liturgy finds its center and most intense expression in the celebration of this sacrament of the Eucharist (cf. CCC 1330)

**divine nature** the essence of God; what and who God is

**Divine Office** another name for the breviary or Liturgy of the Hours. This is the official prayer of the Church.

**divorce** Jesus Christ condemns divorce (dissolution of a marriage). A Catholic can never be divorced if married by a Sacrament. An annulment is not a divorce, but rather a conclusion that the couple was never sacramentally married.

**Doctor of the Church** canonized saint who is given this title because of their holy lives and high level of learning, as shown by their writings

**doctrine** dogma or teaching given by Jesus to the His Church; these teachings assist us in knowing the plan for our salvation and sanctification; they are what Jesus taught and who he is; they will not change

**dogma** explicitly explained doctrine; they will not change

**domestic church** term used to refer to the family's role as a little church in every home, that is a replication of God's Family the place where children receive the first proclamation of the Faith, a community of grace and prayer, a school of human virtues and of Christian charity (cf. CCC 1658, 1666, 2204, 2685)

**double consequence of sin** personal sin has both temporal punishments and spiritual consequences; Baptism and plenary indulgences are the two certain ways to remove all sin and its punishments (cf. CCC 1263-1264, 1471, 1498)

**doxology** a prayer of tribute or praise offered to God or to the Trinity, i.e., the "Glory to God" in the Mass, the passage 2 Peter 3:18 in Scripture, etc.

**Easter** the day on which Jesus Christ rose from the dead

**Eastern Churches** generally speaking, that Catholic Church consists of East and West Churches, the Western Churches are those that extended from Rome and the Eastern Churches originated around Constantinople; although they hold to the same the one, holy, catholic and apostolic Church – there are various rites within each

**ecclesial** pertaining to the church

**Ecumenical Council** a worldwide council called by the Pope with the participation of Bishops. Thus far the Church has had twenty-one such councils. Vatican II is an example of an Ecumenical Council.

**ecumenism** the modern movement toward Christian unity

**efficacious** sign that does what it says, e.g. the sacraments are efficacious signs

**Egypt** country that Moses led the Israelites out of, so typologically Egypt symbolizes our enslavement to sin; Joseph, Mary and Jesus escaped Herod's slaughter of the children by fleeing to Egypt

**Emmanuel** literally, "God with us". The title of the Messiah in the Old Testament, and thus a title of Jesus Christ

**Emmaus** a town mentioned in the Bible, on the road to which two of the disciples met Jesus after His Resurrection.

**emotions** feelings or passions; they are neither right nor wrong, they are morally neutral until one chooses to use them for good or for evil (cf. CCC 1767)

**encyclical** a letter from the Pope to all the bishops and Catholics of the world on an important topic of faith or morals

**envy** willful discontent, or even resentment consented to, at another's good fortune; one of the seven capital sins

**Epiphany** the revelation of Jesus Christ as God, made to the Magi, made at His Baptism by John in the Jordan, and at His first miracle during the wedding feast at Cana

**episcopacy** refers to a bishop and a group of bishops. It is the fullness of ordination, the highest level of the Sacrament of Holy Orders, and gives to the one receiving it the fullness of priestly powers, including the authority to ordain and confirm.

**epistle** a letter of instruction, information, or command. Specifically, this refers to the Books of the Bible that were written as letters to the different communities at the time. These letters are inspired and thus inerrant.

**eremitic** adjective describing the life lived by a hermit, that is one who lives in solitude because of their love for God

**eternal** lasting forever

**eternal life** life that last forever, promise of Jesus Christ to those who follow Him (Jn 10:10)

**eternity** endless duration

**Eucharist** literally, "thanksgiving". It refers to the consecrated host and wine, the Body, Blood, Soul, and Divinity of Jesus Christ which makes present and offers up Jesus Christ's redemptive suffering along with the sacrifice of the Church to the Father.

**Eucharistic Fast** to abstain from food and drink (except water) for one hour before receiving Holy Communion. This is a serious obligation unless you are infirm or of an advanced age.

**Eucharistic Minister or Extraordinary Minister** one who ministers by giving the Body or Blood of Christ at Mass. It is ordinarily the priest or deacon, but can, if need be, a lay person who is a properly trained and commissioned extraordinary minister.

**Eucharistic Prayers** The prayers used in the celebration of the liturgy of the Eucharist. Though there are several different ones, they are identical in their parts and differ only in length of expression.

**euthanasia** killing a living person because it is deemed better for them to die than to live. This is wrong. It is murder.

**evangelical counsels** recommendations of Our Lord for those seeking perfection in the spiritual life: voluntary poverty, chastity, and perfect obedience (cf. CCC 914-934, 1973-1974)

**evangelist** The four great evangelists are Matthew, Mark, Luke and John. We are all called to share the Gospel with everyone we meet.

**evangelization** proclaiming the Gospel in order to bring others to Jesus Christ and His Church; the primary emphasis is towards those who have not heard the Good News

**Eve** the first woman God created

**Evening Prayer** one of the seven times of prayer belonging to the Liturgy of the Hours; Evening Prayer is the second to the last time of prayer

**everlasting** without end

**evil** bad, the opposite of good, the absence of God

**examination of conscience** the prayerful practice at the end of the day of examining the day to see what things were done well, what things could have been done better, and what things were done wrong (sins) and asking God's forgiveness

**excommunicate** to punish by cutting off from the sacraments and communion with the Church; an excommunicated person loses his rights but not his obligations

**exorcisms** the driving away of devils by the power of Jesus Christ

**Exposition of the Blessed Sacrament** the ceremony in which a priest or deacon removes the Sacred Host from the Tabernacle and places it on the altar for adoration

**Extraordinary Minister** the person who in the case of real need is permitted to help distribute Holy Communion. The ordinary minister of Holy Communion is the priest or deacon

**Faith** (upper case F) all that Jesus revealed about Himself and His Plan for our redemption, the body of truths which we believe, sometimes called the Deposit of Faith

**faith** 1. the theological virtue by which we believe all that God has revealed; 2. our yes to God

**faithfulness** following Jesus in every way; fruit of the Holy Spirit and thus a sign of God's work

**Family of God** another name for the Church (cf. CCC 1, 1655)

**fast** to take no food or liquid within a prescribed period of time

**Father** first Person in the Blessed Trinity

**Fathers of the Church** the first teachers (usually bishops) of the Faith that succeeded Jesus and the Twelve Apostles

**fear of the Lord** gift by which we recognize who God truly is and desire strongly never to fail Him, Our Father who loves us perfectly; sometimes called “wonder and awe”; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist (cf. CCC 1266, 1303, 1831)

**feast day** day in the liturgical calendar set aside to honor one of the saints

**fellowship** group of people who share things in common, in Christianity, our greatest fellowship comes through Jesus Christ and what we share with each other through, with and in Him (cf. 1 Jn 1:1-4); a community

**fervent** having great devotion

**fidelity** loyalty, faithfulness to duty and to pledges

**Finding of Jesus in the Temple** the fifth joyful mystery of the Rosary which recalls the moment in Jesus’ life at age 12 when Mary and Joseph found Jesus teaching in the temple (Lk 2:41-50)

**First Reading** the first reading in the Liturgy of the Word, is usually taken from the Old Testament

**followers** another name for disciples or people who changed their lives to live as Jesus

**foreshadow** a person, place or thing that reveals something about another person, place or thing that is not yet known

**forgive** to pardon, to let someone off without making him pay for a wrong deed

**form** to teach, to mold, to instruct, e.g. we are to form our conscience (cf. CCC 1798, 1458)

**formation of conscience** the process of instructing our conscience to make judgments according to right reason or to learn to use our consciences to know God and His will (cf. CCC 1798)

**fortitude** sometimes called “courage”; 1. a cardinal virtue which disposes us to do what is good in spite of any difficulty, helps us overcome temptation and obstacles in the moral life (cf. CCC 1808); 2. one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist which (cf. CCC 1266, 1303, 1831) gives us a Christ-like courage to love God in the face of all obstacles, even death

**four marks of the Church** the four marks of the only Church Jesus established on earth is that Church which is at one, holy, catholic, and apostolic (cf. CCC 811, 816)

**free will** the power to make a choice between two opposites, e.g. we have the free will to choose either to do good or to do evil, God does not stop us

**freedom** given to every one from God, gift and responsibility to choose good (cf. CCC 1036, 1250)

**fruits of the Holy Spirit** signs that show the work of the Holy Spirit. There are twelve fruits: love, peace, kindness, generosity, faithfulness, self-control, joy, patience, goodness, gentleness, modesty, and chastity

**funeral** the liturgy of the Church celebrated for those who have died; a funeral does not confer a sacrament nor a sacramental on the person who has died since they are passed the need for sacraments; the purpose of the funeral is to express a real union with the communion of saints and to proclaim the hope of eternal life to the community (cf. CCC 1684)

**Gabriel** the angel who announced to Mary that she was chosen to be Mother of God

**generosity** willingness to give all that we have received; generosity is a fruit of the Holy Spirit and thus a sign of God’s work.

**Gentiles** in Scripture, a person who is not Jewish

**gentleness** fruit of the Holy Spirit and thus a sign of God’s work

**genuflect** a sign of reverence in which the right knee touches the ground usually made towards the tabernacle when one enters a Catholic church or while in the church when one passes by the tabernacle (outside of Mass)

**genuflection** the act of genuflecting

**gifts of the Holy Spirit** seven gifts received in Baptism, strengthened in Confirmation; help us live as children of God; they are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. (Is 11:1-3; CCC 1831); they complete and perfect the virtues of those who receive them and make the faithful docile in readily obeying divine inspirations.

**glorious** word describing the state of existence or being in heaven

**glory** the state of existence or being in heaven

**gluttony** overeating, or overdrinking; eating greedily; one of the seven capital sins

**God** the Supreme Being, who created all things but even more, who loves us as His children. He is pure goodness, truth, holiness, and love, and is one in Being but Three in Persons

**godparents** the man (godfather) and woman (godmother) who present the child (or adult) for baptism; they become responsible for the Catholic upbringing of the child, if the parents fail in this duty; to be a godparent one must be a practicing Catholic, other Christians may serve as Christian witnesses

**Golgotha** Calvary, the place where Jesus Christ died

**Good Friday** the Friday of Holy Week, a day of the year when Mass is not said. There is a liturgy of the Word, veneration of the cross, and Holy Communion, but the prayers of consecration are not said. It is a day especially devoted to reflection on Jesus Christ's death on the cross for our sins

**goodness** all the qualities and virtues which make us what God wants us to be; goodness is a fruit of the Holy Spirit and thus a sign of God's work; goodness is one of the ways a person may come to know God because goodness (along with truth and beauty) is a reflection of God and a perfection of creation (cf. CCC 32, 41, 341)

**Gospel** one of the four authentic accounts of the life, death, and resurrection of Jesus which the Church teaches have been divinely inspired. These are Matthew, Mark, Luke, and John

**grace** any gift of God, especially His great gift of sanctifying grace (His divine life, the life of our soul) received in the Sacraments and actual grace (His divine help received through prayer and good works)

**guardian angel** the unseen but always present angel that every person has been given by God. Their job is to represent us before God, pray for us, protect us, aid us in prayer and thought, and present the souls of the just to God

**Hail Mary** the most familiar of all prayers addressed to the Blessed Virgin

**hallowed** blessed, honored, esteemed

**happiness** true happiness comes from living the way God made us to be (cf. CCC 27, 30, 45)

**heaven** the place and state of eternal happiness

**heirs** one who inherits from a King, e.g. through Baptism we become heirs to the Kingdom (cf. Rom 8:14-17, CCC 1, 1831)

**hell** the place and state of eternal punishment of the fallen angels and those who die having chosen to not follow Jesus Christ

**heresy** the denial of a truth of the Catholic Faith

**hermits** one who lives alone and apart from society for purpose of devoting himself to prayer and the spiritual life

**hierarchy** the successors of the Apostles under the Pope as successor of St. Peter as well as priests and deacons

**historical books** 1. the books of the Bible that relate the history of our salvation, e.g. Genesis, Exodus, Numbers, Joshua, Judges, 1 and 2 Samuel, 1 and 2 Kings, 1 and 2 Chronicles, Ezra, Nehemiah, 1 and 2 Maccabees, the Gospels and Acts; some also list Ruth, Tobit and Judith which are more personal history

**holiness** closeness to God, in the state of sanctifying grace

**holy** place or thing consecrated to God; person living their lives committed to God

**Holy Communion** the receiving of the Body and Blood of Jesus Christ

**Holy Days of Obligation** the most important celebrations or feast days on which we are obligated to attend Mass unless there is a serious reason to prevent this

**Holy Father** another name for the Pope

**Holy Land** the name given to the area where Jesus lived while on this earth

**Holy Mass** name for the celebration of the Eucharist because the liturgy in which the mystery of salvation is accomplished concludes with the sending forth (missio) of the faithful, so that they may fulfill God's will in their daily lives (cf. CCC 1332)

**Holy Oils** the oils blessed by the Bishop and used in various sacraments. There are three kinds of Holy Oils: Oil of the Catechumens, Holy Chrism, and the Oil of the Sick

**Holy Orders** the sacrament through which men become priests by receiving from the bishop the power to offer sacrifice and to forgive sins

**Holy Sacrifice** name for the celebration of the Eucharist because it makes present the one sacrifice for all people and time of Jesus Christ the Savior and includes the Church's offering (cf. CCC 1330)

**Holy Saturday** the eve of Easter

**Holy See** another name for the diocese of the Pope

**Holy Souls** another name for the souls in Purgatory

**Holy Spirit** the third Person of the Blessed Trinity

**Holy Thursday** the day in Holy Week in which we commemorate the Last Supper

**holy water** water blessed by a priest to drive away the power of the devils and to obtain graces for us.

**holy water font** basin that holds holy water, found at the entrance of Catholic church buildings

**Holy Week** the week preceding Easter from Palm Sunday through Holy Saturday inclusive

**homily** the teaching and explaining of Scripture. It is an important part of the liturgy and thus reserved for the priest or deacon. It should put forth guiding principles of the Christian life and the mysteries of the Faith.

**honor** to praise or show respect and courtesy for someone

**hope** the theological virtue which enables us to trust firmly in God and His promise of eternal life to those who love and obey Him; infused at Baptism along with faith and charity

**host** the bread which is changed into the Body and Blood of Jesus Christ at Mass

**human dignity** the worth of every human person that gives each person certain inviolable rights above those of animals. It stems from the fact that we are rational creatures of free will, made in the image of God and meant to live in communion with God now and in the next life.

**human nature** the essence of a human; what and who we are in our very being

**humeral veil** wide scarf worn over the shoulders for carrying sacred vessels such as the monstrance during benediction

**humility** freedom from pride or pretension; a quality enabling a person to see himself as he is and to acknowledge his limitations

**idolatry** the giving of worship to any creature or thing instead of to God

**ignorance** lack of knowledge, or imperfect knowledge, about something

**image of God** man is created in the image and likeness of God (Gn 1:26-27); this cannot be erased or changed

**images** (sacred) pictures or statues representing Our Lord, the Blessed Virgin, or the saints

**Immaculate Conception** the special privileges granted by God to the Blessed Virgin Mary whereby she was free from original sin from the first moment of life; the solemnity and holy day is on December 8<sup>th</sup>.

**Immaculate Heart of Mary** title of Mary and devotion acknowledging the heart (in the sense of being) of Mary; celebrated on the First Saturday of the month, following the First Friday devotion to the Sacred Heart of Jesus

**immodesty** unbecoming dress or conduct

**immortal** never dying, lasting forever

**impediment** (to marriage) any reason or fact that would make impossible a valid marriage under the laws of God and the Church; an obstacle to marriage

**imperfect** having a defect, incomplete

**imposition of hands** when the Sacraments of Baptism, Confirmation, Holy Orders, and Reconciliation are conferred, the priest or Bishop solemnly lays his hands on the head or body of the person. It is the way Jesus and the Apostles transmitted to others the Holy Spirit

**impurity** misusing sex in thought, word, or deed, alone or with others

**in persona Christi capitis** Latin phrase meaning “in the person of Christ the head” designates the identity of the priest or bishop due to Holy Orders (cf. CCC 875, 1348, 1548)

**Incarnation** the taking of a human nature by God the Son, when He became Man through the power of the Holy Spirit and was born of the Virgin Mary

**incense** a powder which gives off a fragrant smoke which is burned at certain Masses to symbolize our prayers rising to God

**inclination** a tendency, bent or leaning toward something

**indefectibility** one of the three chief attributes of the Church; that it will last until the end of time

**indelible** lasting, cannot be removed

**indelible spiritual mark** permanent spiritual mark on the soul, no sin can erase this mark; received in Baptism, Confirmation and Holy Orders thus these need only be received once; in Baptism seals the Christian as belonging to Christ; in Confirmation clothes the Christian with power from on high so that he may be his witness; in Holy Orders conforms the priest and bishop “in persona Christi capitis” (cf. CCC 1272, 1304, 1348, 1548)

**indifferentism** lack of interest as to what is true or false in regard to religion

**indissoluble** cannot be broken, separated, disunited, or annulled

**indulgence** the taking away by the Church of some or all the temporal punishment that one must suffer, in this life or in purgatory, for sins committed; indulgences are either *plenary* (full remission of punishment) or *partial* (part of the punishment is remitted)

**inerrant** without error, e.g. Scripture is without error in its purpose because it is inspired of the Holy Spirit

**inerrancy** quality of being without error

**infallibility** a guarantee of truth which excludes error, given by Jesus Christ to His Church; it is one of the three chief attributes of the Church

**infinite** without limit or end

**initiation** process by which someone is joined to a group of people, e.g. in the Church a person is joined to Christ through the sacraments of initiation which are Baptism, Confirmation and Holy Eucharist

**injustice** the opposite of justice, a sin which takes from another what is rightly theirs

**innocence** (original) freedom from sin; the state of Adam and Eve before they disobeyed God’s command

**inspire** to influence the soul directly to act

**inspiration** (of the Bible) the Holy Spirit’s power which moved the Sacred Writers to write what God wanted them to write and only what God wanted them to write

**inspired writers** with regards to Scripture, those who wrote the words that the Holy Spirit inspired them to write; those who wrote the words of God in human words (cf. CCC 101)

**Institution of the Eucharist** fifth luminous mystery of the Rosary recalling when Jesus ordained the Twelve Apostles at the Last Supper and instructed them on celebrating the Eucharist (cf. Jn 13:1-11; Mt 26:26-29)

**intelligence** the power of knowing, understanding, and reasoning; the mind in operation

**intention** the application of the merits of a Mass, prayers, and the sacraments to a particular person or purpose

**intercession** one of the five basic forms of prayer (cf. CCC 2634-2636, 2644); a prayer of petition which leads us to pray as Jesus did on behalf of another even our enemies; intercession is the work of the saints, for example, we often obtain blessings from God through the intercession of a saint to whom we have prayed; intercession prayer differs from petition prayer in that intercession is prayer for others and petition is prayer for oneself

**interior** inside, within, spiritual

**invincible** cannot be overcome

**invincible ignorance** the lack of knowledge that cannot be overcome, thus in regards to sin, if someone has no way of knowing that something is wrong, their responsibility for the sin is decreased or even totally absent

**invisible** cannot be seen with our natural ability to see

**invisible Church** the Family of God that is unseen by those on earth, but real, e.g. God and the saints in heaven and those in purgatory; the visible Church consists of the faithful on earth

**involuntary** not willed

**irreverence** lack of due honor and respect for someone or something sacred

**Israelites** the descendants of Jacob whose name was changed by God to Israel. They are the nation of people God first made His covenant with. Since Jesus Christ came, the Church is the New Israel.

**Jerusalem** city in Palestine which was the religious center in the time of Jesus Christ and the site of His suffering and death

**Jesus Christ** the Son of God, the second Person of the Blessed Trinity, who became Man and suffered and died on the Cross to redeem us; Jesus is fully God and fully human

**Jesus' hidden life** referring to those years of Jesus' life which he spent with Joseph and Mary which are not recorded in the Gospels, specifically from His birth to the His Baptism in the Jordan

**Jesus' public life** refers to those years of Jesus' life beginning with His Baptism in the Jordan and concluding with His Passion, Death, Resurrection and Ascension

**Jews** the people chosen by God, the first to hear the Word of God (cf. CCC 839)

**Joseph** the spouse of Mary and the foster father of Jesus Christ, patron of the universal Church

**joy** interior, unshakeable happiness. Joy is a fruit of the Holy Spirit and thus a sign of God's work.

**judgment** the time after death when we shall receive from God the reward or punishment earned by our life on earth; there is both a particular judgment (at the moment of an individual's death) and a general judgment (at the end of time for all, when Christ will come in glory)

**just** what is due or rightly belongs to someone; an act that

**justice** 1. holiness, especially the holiness of God; 2. cardinal virtue constant and firm will to give what is due to God and one's neighbor (cf. CCC 1807)

**kindness** acting as God acts towards others; kindness is a fruit of the Holy Spirit and thus a sign of God's work.

**Kingdom of God** ultimately, the participation in divine love in heaven, but in earthly terms, the submission to the sovereignty of Jesus Christ by the world. It is mysteriously here now and yet to be fulfilled only at the end of time.

**knowledge** gift that points out to us the path to follow and the dangers to avoid in order to reach heaven; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist which (cf. CCC 1266, 1303, 1831)

**laity** all the members of the Church aside from the clergy and religious; the non-ordained baptized members of the Church who love and serve the Lord in their jobs and their families; group of lay people

**Lamb of God** name given to Jesus, who gave His life as a sacrifice to take away the sins of the world (cf. Jn 1:29), similar to the lambs who gave their lives in the Jewish Passover

**last judgment** another name for the final judgment or general judgment which occurs when Christ will come again in glory (cf. CCC 1040)

**Last Supper** the meal the night before Jesus Christ died, at which He took bread and wine and changed them into His Body and Blood, and gave to the Apostles to eat and to drink, telling them to do the same in remembrance of Him

**Law of Love** the New Law is called a Law of Love because it makes us act out of the love infused by the Holy Spirit, rather than from fear (cf. CCC 1972)

**lay person** all individual members of the Church aside from the clergy and religious; non-ordained baptized member of the Church who love and serve the Lord in their jobs and their families as a group called laity

**lectionary** the liturgical book containing the readings which are used at Mass; Sunday readings are in a three-year cycle of year A, B, or C; weekday readings are in a two-year cycle of year 1 or 2

**lector** one who proclaims the readings at Mass

**Lent** the forty-day period of prayer and fasting between Ash Wednesday and Easter Sunday

Lenten abstinence during the season of Lent the faithful are asked to abstain from meat on Ash Wednesday and Fridays

**Lenten fast** during the season of Lent the faithful are asked to fast on Ash Wednesday and Good Friday

**lie** a statement which one knows to be untrue when he makes it

**literal sense** one of the two senses of Scripture, the other sense is the spiritual sense; the literal sense is the meaning conveyed by the words of Scripture and it serves as the basis for the spiritual sense (cf. CCC 115-116)

**liturgy** the participation of the People of God in the work of God. Liturgy is NOT man-made ritual. The liturgy is first a divine work. Through the liturgy, Jesus continues the work of our redemption in, with, and through His Church. (CCC 1069) It includes the Sacrifice of the Mass, all Sacraments, the Divine Office, and sacramentals.

**liturgical colors** colors used to mark the various seasons and celebrations of the liturgical year; white – joyful and glorious celebrations, funerals, baptisms; red – the Lord’s passion, the Holy Spirit, martyrs; purple – penance, Lent and Advent; green – ordinary time, and rose – relieved repentance, third Sunday Advent and fourth Sunday Lent

**liturgical year** the annual cycle in which the Church remembers the life of Jesus Christ, the Blessed Virgin, the angels, and the saints. The main parts of the liturgical year are Advent, Christmas, Lent, Easter, and Ordinary Time

**Liturgy of the Eucharist** the second major part of the Mass. The most solemn part of the Mass from the Presentation of the Gifts until Communion is concluded

**Liturgy of the Hours** another name for the divine office or the breviary

**Liturgy of the Word** the first major part of the Mass in which the readings from the Old Testament, the New Testament, and the Gospel are proclaimed

**Lord** Jesus Christ, the Son of God, the second Person of the Blessed Trinity

**Lord's Prayer** another name for the Our Father

**Lord's Supper** a name for the celebration of the Eucharist because of its connection with the supper which the Lord took with his disciples on the eve of his Passion and because it anticipates the wedding feast of the Lamb in the heavenly Jerusalem.(cf. 1 Cor 11:20; Rev 19:9, CCC 1329)

**Lourdes** a famous place in France where the Blessed Mother appeared in 1858

**love** to will good to another and to want to do only what is good for another; as, we love our neighbor by helping him and wishing him well

**lucifer** another name for the devil or satan

**lust** the desire for unlawful bodily pleasure; one of the seven capital sins

**Magi** the three wise men who came to visit Jesus Christ after His birth

**Magisterium** the official teaching authority of the Church who protects and delivers Scripture and Tradition. It is exercised by the Pope and the bishops in union with him.

**marriage** the indissoluble bond between a man and a woman that is sacramentalized in the Catholic Church. Its purpose is the giving of the spouses to Jesus Christ through each other and the procreation of children.

**married vocation** one of the permanent states in life that God may call a man and woman to live together (God may also call us to a religious vocation or a single vocation; in addition, a man may be called to live a priestly vocation)

**martyr** one who dies for Jesus Christ, they give up their life for Him rather than deny Him

**martyrdom** the giving up of one's life for the Faith or in defense of virtue

**Mary** the woman who conceived Jesus Christ by the power of the Holy Spirit. She is the Mother of God and Mother of the Church. She is the perfect Christian, the highest example of a human follower of Jesus Christ. She was married to Saint Joseph, but remained a virgin. She was conceived by Saint Ann without sin. All grace is mediated through her.

**Mass** the continuation of the Sacrifice of the Cross under the ceremonies given us by Our Lord at the Last Supper, chiefly the changing of the bread and wine into His Body and Blood.

**materialism** a sin; an uncontrolled desire to possess things

**Matrimony** the sacrament in which a baptized man and woman bind themselves in marriage for life

**matter** physical material that can be measured in some way (for example, weighed or divided into parts)

**media** forms of communication made possible by mechanics and/or technology such as newspapers, television, internet, and radio

**mediate** action on behalf of others

**mediator** one who acts on behalf of others. Jesus Christ is the Mediator between God and man, but calls all of us to join Him by praying for one another. The Church is rightly called mediator, as well as Mary

**meditation** “thought prayer”. A mental form of prayer that is a purposeful thinking and imagining about a specific concept or Scripture, that elevates our minds and hearts to God, and helps us apply the truths of faith to our lives.

**meditative prayer** one of the three major expressions of prayer (the other two are vocal and contemplative); all have in common the recollection of the heart towards God; meditative prayer form of prayer that is a purposeful thinking and imagining about a specific concept or Scripture, that elevates our minds and hearts to God, and helps us apply the truths of faith to our lives (cf. CCC 2699, 2721, 2723)

**meekness** in the spiritual life, to be meek is to align one’s will with God’s will, to do what He desires; complimentary to humility which recognizes who we are in God’s design; those who are humble and meek rely on God (cf. CCC 716); those who are meek are those who desire what God desires, thus they inherit the Kingdom of God (cf. Mt 5:3-12)

**memorial** type of celebration, combined with the celebration occurring that weekday. For example, the memorial Mass of a relative or friend that passed away is celebrated as would the Mass of that day regularly be celebrated.

**Memorial Feast** a name for the celebration of the Eucharist because the Lord’s Passion and Resurrection is remembered, that is we “do this in memory” of him (cf. 1330, 13370)

**merciful** the act of freely forgiving another

**mercy** the act of God by which He freely forgives our sins

**Mercy Sunday** the Second Sunday of Easter, also called Divine Mercy Sunday; received by Sister Faustina Kawolska from Jesus in the 1930’s, this devotion to the Divine Mercy of Jesus calls people to a deeper understanding that God’s love is unlimited and available to everyone — especially the greatest sinners.

**merit** reward due, what is earned

**Messiah** the promised Redeemer, Jesus Christ

**minister** literally, servant. Officially, one who has the authority to administer to others. i.e., the priest is the minister of the Sacraments.

**ministry** way of serving, in the Church always refers to bringing others to Jesus

**miracle** an external event beyond the power of a creature to perform, brought about by the direct action of God; it is extraordinary

**missalette** liturgical book used by those who are participating in the liturgy

**mission** task to be completed

**mission of the Church** Jesus gave the Church, His Family, her mission; the mission of the Church is evangelization and catechesis of all people

**missionary** anyone who helps with the mission of the Church, that is evangelization and catechesis of all people

**miter** the tall pointed hat worn by the Pope and bishops during Mass

**mixed marriage** a marriage between a Catholic and one who is not a Catholic

**modesty** dress or conduct that respects others; fruit of the Holy Spirit and thus a sign of God's work

**monastic life** characterized by asceticism and self-denial, the life of a group of people who live together under a common rule. The purpose is to perfect their love of God.

**monstrance** a sacred vessel which contains the Sacred Host when it is exposed on the altar or carried in procession. It is usually made of metal and plated with gold and inlaid jewels.

**moral** conforming to God's laws about what is right and good; also, a teaching, a maxim

**moral virtues** get their life from the theological virtues of faith, hope and love infused in the soul at Baptism (cf. CCC 1250, 2095); moral virtues are habits of goodness that come from our human practice of choosing good

**morality** seeking knowledge of what is true and conforming our lives to this. It is the mind knowing God's truth and the will responding to this by seeking to do good. It is following our conscience--faith acting through love--to avoid sin and do good.

**Morning Prayer** one of the seven times of prayer belonging to the Liturgy of the Hours; Morning Prayer is the second time of prayer following the Office of Readings

**mortal** fatal, deadly, destructive to life

**mortal sin** a serious sin which is done with sufficient knowledge and freedom. Your relationship with God cannot be the same until you have made a good confession. Those in mortal sin should not receive Holy Communion until they have gone to confession. Unrepented, mortal sins bring eternal death. (cf. CCC 1854-1867, 1874)

**Most Blessed Sacrament** name given to the celebration of the Eucharist because it is the Sacrament of sacraments and the Eucharistic species reserved in the tabernacle are designated by this same name (cf. CCC 1330)

**Mother of God** title of the Blessed Virgin as a result of her being the physical parent of Jesus, the Son of God

**motive** any emotion or desire which spurs a person to action

**Mount Sinai** the mountain in the Sinai desert where Moses received the Ten Commandments

**mystery** (supernatural) a truth of our Faith which we understand in part but not completely

**mystagogy** the last period of the RCIA process where the neophyte (newly initiated) continues to fully participate in the Eucharistic liturgy, embraces a deeper understanding of the Sacramental mysteries and continues the celebration of faith and conversion. The period extends to the anniversary of full Christian initiation

**mystical** supernatural, goes beyond the natural

**Mystical Body of Christ** the Church; so-called because the bond of union existing between Jesus Christ as the Head and the faithful as members resembles the bond of union in a human body

**Nativity** the birthday of Jesus Christ, Christmas (December 25)

**natural death** term used to more specifically name the natural death which is temporary versus spiritual death which is permanent; death is a consequence of sin which results in the separation of the soul and the body; temporary state which lasts until the final judgment when Jesus will come again in glory; God did not make death; Jesus conquered death through His own death and resurrection (cf. CCC 366, 400-413)

**natural law** the moral instincts placed within a person by God; natural law does not contradict God's law

**nature** the essence of a thing; what it is

**neophyte** term used for the newly baptized until their first anniversary

**New Covenant** the means by which we become children of God. It is the fulfillment of the Old Law by the coming of Jesus Christ, who gives us in the gift of His Spirit the power to keep the commandments. Jesus Christ redefines the Law with two rules, to love God and to love your neighbor as yourself

**new heaven and new earth** one of the reasons that Jesus became man is to bring about a new or restored heaven and earth (cf. 2Pet 3:13; Rev 21:1CCC 1043)

**New Testament** the second part of the Bible, written after the coming of Jesus Christ to earth

**Nicene Creed** the creed or statement of the chief doctrines of the faith developed at the Council of Nicea (325 AD)

**Night Prayer** one of the seven times of prayer belonging to the Liturgy of the Hours; Night Prayer is the last time of prayer

**novena** nine days of public or private prayer for some special occasion or intention

**novice** a person who is trying out religious life in a monastery, convent, community, etc.

**novitiate** period of time in which a person is trying out religious life in a monastery, convent, community, etc.

**nun** another name for a sister in religious life; most accurately refers to a religious sister living a cloistered life

**nuncio** the official representative of the Pope in a country. He is usually an archbishop

**nuptial** relating to marriage or the wedding ceremony

**oath** asking God to witness the truth of a statement or promise

**obey** the act of keeping God's commandments and following the orders of parents and lawful superiors; Jesus obeyed the Father in all things, even unto death (cf. Mt 26:39; Heb 5:7-8); we are to do the same

**obedience** the keeping of God's commandments; also following the orders of parents and lawful superiors; Jesus was obedient unto the Father in all things, even unto death (cf. Mt 26:39; Heb 5:7-8); we are to do the same

**object** in the moral life, refers to the act this is chosen (cf. CCC 1750)

**objective** something which is true regardless of the feelings, thoughts or opinions of the subject (the person or group acting); exists independent of the person or group, e.g. gravity applies whether someone believes it or not

**obligation** duty imposed by the laws of God or man

**observe** to fulfill the law or obey the rules; to celebrate, as to observe a feast

**occasion of sin** any person, place, or thing which may lead us into sin; we are to avoid these occasions

**offer** to give something to another

**offering** what is given to another; in the celebration of the Eucharist we offer our treasure and our lives by the power of the Holy Spirit united with Christ to the Father during the preparation of the gifts or offertory

**Oil of Catechumens** one of the three holy oils, traditionally blessed every year by the bishop at a cathedral during Lent, the unused oil is burned; abbreviated O.C. and is used in Baptism and for the consecration of churches, blessing of altars and ordaining priests

**Oil of the Sick** one of the three holy oils, traditionally blessed every year by the bishop at a cathedral during Lent at the Chrism Mass, the unused oil is burned; abbreviated O.T. and is used in the Anointing of the Sick

**Old Covenant** agreement between man and God that God would make them a nation, and that they would obey His laws. This covenant changes throughout the Old Testament, as the people keep failing to live out their part. The Ten Commandments are the laws of the Old Covenant made with Moses. Jesus Christ gives the power to finally obey the old laws and fulfills these laws by teaching the Beatitudes. (Mt 5ff)

**Old Testament** the first part of the Bible telling the story of the Jewish people before the coming of Jesus Christ

**oral Tradition** Tradition, along with Sacred Scripture, constitutes Revelation. Tradition is the Jesus' teaching not handed on orally through the spoken word, life and worship of the Church.

**ordained** having received the Sacrament of Holy Orders; deacons, priests and bishops are ordained

**Ordinary Time** liturgical season marked by the color green, lasts 33-34 weeks depending when Easter falls, celebrates the ordinary Christian life

**ordo** an annual or monthly calendar of directions for praying each day's Mass and Liturgy of the Hours

**original sin** our inherited condition from the sin of Adam and Eve by which we are born without grace and inclined to love ourselves more than God; we have weakened wills, disordered desires and confused intellects

**orthodox** being faithful to Jesus Christ; faithfulness to the teachings of His Family, the Church

**Our Father** the prayer given us by Jesus Christ Himself, also called the Lord's Prayer

**pall** a stiff square of linen used to cover the chalice, looks like a cardboard square

**Palm Sunday** the last Sunday of Lent, begins Holy Week, recalls Jesus entry into Jerusalem

**papacy** a term applied to the office and jurisdiction of the Pope

**parable** a short story based on a familiar experience used to teach a spiritual lesson; Jesus often taught in parables

**Paraclete** another name for the Holy Spirit

**paradise** another name for heaven

**pardon** to forgive, to remit the penalty for an offense

**parish** a division of a diocese with a priest at its head, designated by the bishop as its pastor or administrator

**Parousia** following a final trial that will shake the faith of many believers, Jesus will return to judge the living and the dead on the last day; also called the Second Coming of Christ (cf. Lk 18:8; Mt 24:12; CCC 675, 830, 1001)

**partial** incomplete, affecting only part

**partial indulgence** the partial remission of the temporal punishment due for sins through a work of charity

**particular judgment** the time immediately after an individual's death when we shall receive from God the reward or punishment earned by our life on earth; there is both a particular judgment (at the moment of an individual's death) and a general judgment (at the end of time for all, when Christ will come in glory)

**Paschal candle** a large candle which symbolizes Jesus Christ as the light of the world. It is used on Holy Saturday and throughout the Easter Season

**Paschal mystery** refers to Christian redemption, the mystery of the Passion, Resurrection, and Ascension of Jesus Christ, and how this brought salvation

**passion** 1. (with capital P) the sufferings of Jesus Christ from the Last Supper until His Death on the Cross;  
2. feelings or emotions; they are neither right nor wrong, they are morally neutral until one chooses to use them for good or for evil (cf. CCC 1767)

**Passover** The first Passover happened when the angel of death passed over the Israelite homes that were marked by the blood of the lamb, thus sparing the firstborn son. ( Ex 11 and 12) This feast was celebrated in the faith of Jesus' disciples before His death, but took on new meaning in Jesus Christ Who is God's sacrifice of His firstborn Son, in order to set us free from the slavery of sin, and to make us His children by adoption

**pastor** the priest appointed by the bishop to govern a particular parish

**paten** the circular, shallow dish that rests on top of the chalice. It holds the large host, and may also be larger and deeper so as to serve as a ciborium for the distribution of Communion.

**patience** seeing things and waiting in God's time; patience is a fruit of the Holy Spirit and thus a sign of God's work; patience is the listed first in the description of love found in Scripture (cf. 1 Cor 13:4)

**patron saint** the saint for whom a person or institution is named

**Patron of the Universal Church** Saint Joseph was given the role of protecting and raising Jesus Christ. So too, he is the protector, guide, and chief intercessor of the Catholic Church

**Patroness of the Americas** At the apparition of Guadalupe, the Blessed Virgin declared herself as the special patroness of the Americas. She intercedes especially for its needs

**peace** not only the absence of strife, but also the presence of a fullness of life. Its source is God and friendship with Him. Peace is a fruit of the Holy Spirit and thus a sign of God's work.

**pectoral cross** the cross, usually of gold, worn around the neck of a bishop, cardinal, or pope

**penance** 1. (with Capital P) the sacrament in which all sins committed after Baptism are forgiven through the power received by the priest from Jesus Christ; 2. the prayers or good works assigned by the priest after one has confessed his sins; 3. self-denial, making our body do what it does not like to do to teach it to obey our soul

**Pentateuch** the first five books of the Bible, that is, Genesis, Exodus, Leviticus, Numbers, and Deuteronomy

**Pentecost** the third glorious mystery recalling the day on which the Holy Spirit descended upon the Apostles, fifty days after Easter

**People of God** It is true that all people are equally loved by God. But those who in turn love and accept God are most properly considered His people. Every person is called to recognize God as their Creator and Savior, and thus live by His guidance and precepts

**perfect** without defect or fault

**perjury** calling on God to witness the truth of a lie; lying under oath

**perpetual** continuous, lasting forever

**Perpetual Adoration** devotion in which a group of people decides to take turns praying constantly in the presence of Jesus in the exposed Blessed Sacrament

**Perpetual Virginity** dogma that Mary, the Mother of God, was always a virgin

**persecution** harm, suffering, and even death, inflicted upon a person because of his religious beliefs

**perseverance** continuous performance of a good act despite great difficulty

**person** a being having intellect and free will. A person exists from the first moment of conception until natural death

**Peter** the Apostle chosen by Jesus Christ to be the head, or first Pope, of the Church He founded

**petition** one of the five basic forms of prayer when one cries out to God first for forgiveness and then for every need (cf. CCC 2629-2633, 2644); petition prays differ from intercessions in that petition is prayer for oneself and intercession is prayer for others

**pew** the bench we sit on in church

**Pharisees** the religious group of the Hebrew community who practiced the Mosaic Law, and who refused Jesus Christ's teachings and had Him crucified by Pontius Pilate

**piety** sometimes called "reverence"; helps you to be filled with reverence for God and respect for His creation; we are attracted to revering God as our Father and all others as His children, our brethren; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist which (cf. CCC 1266, 1303, 1831)

**pilgrimage** a journey to a sacred place or shrine because of religious devotion

**pilgrim people** we are meant for God, and are in our earthly lives only temporarily. We are, in this sense, in the world but not of it, passing through to the next life. This title is used to remind us to seek the spiritual, and see past this world

**plenary** complete, entire

**plenary indulgence** the full remission of the temporal punishment due for sins and hence, satisfaction owed to God for one's sins; plenary indulgences are similar to a second baptism in its cleansing from sin

**Pontius Pilate** the Roman governor of Judea during the time of Jesus Christ's suffering and death, who sentenced Jesus to death even though he himself believed Him innocent

**poor souls** another name for those who are in Purgatory; they need the prayers of those on earth

**Pope** Jesus Christ's vicar on earth as lawful successor of St. Peter and visible head of the Church

**postulant** a person who has applied to join a religious order and is waiting to be admitted

**postulancy** time period in which a person who has applied to join a religious order is waiting to be admitted

**poverty** 1. the vow by which religious give up the right to personal property; 2. the Christian ideal of a sufficient amount (but no more) of this world's goods to live decently; 3. lack of the necessities of life

**praise** one of the five basic forms of prayer (cf. CCC 2639-2643, 2644, 2649); in praise we recognize that God is God, we thank Him not for what He has done but simply because He is

**prayer** the lifting up of the mind and heart to God; conversation with God

**precatechumenate** first period of the RCIA process; time to answer the questions of those who are considering becoming Catholic; lasts until the celebration of the Rite of Acceptance (unbaptized) or the Rite of Welcome (baptized)

**Precepts of the Church** the commandments of the church; see also command, law. They are obligatory laws set by the Church to establish the absolute minimum spiritual requirements of a Catholic. For a list, see the Catechism of the Catholic Church, article 2041 and following, as well as *Prayer* section under Precepts of the Church

**Precious Blood** another name for the consecrated wine at Mass

**presbyter** another name for a priest

**Presentation of Jesus in the Temple** – according to Jewish law, on the eighth day after His birth, Joseph and Mary presented Jesus in the temple; it is here that Simeon and Anna speak of the Messiah's arrival and the sword that will pierce Mary's heart

**presumption** the belief that one can save himself without God's help, or that God's help alone will save without the efforts of the individual

**pride** esteeming ourselves as more than we are and desiring to be treated as more than we are; one of the seven capital sins

**priest** a man called by God, in and through the Church, to a special service of the community who is ordained by the bishop in the sacrament of Holy Orders, and thus the Holy Spirit enables the priest to act in the person of Christ the head (cf. CCC 1142), thus acting in the person of Christ the head, a priest is able to consecrate (change) ordinary bread and wine into the Body and Blood of Christ in the Eucharist and the priest is able to forgive sins

**priestly vocation** one of the permanent states in life that God may call a man to (God may also call us to a single vocation, religious vocation or a married vocation)

**principle** a basic law, a fundamental truth or doctrine

**Proclamation of the Kingdom of God and Call to Continuing Conversion** third luminous mystery of the Rosary recalling that Jesus' constant message was to announce the Good News and ask for our repentance and belief (READ CCC 543-553)

**procreation** the joining of the human role and the divine role in the conception and bringing to life of a new person. God and man work together to create life.

**prophet** a messenger sent by God

**Protestant Reformation** in the early 1500's those who were unhappy with being Catholic and wanted to reform the Church ended up separated themselves from the Church; their actions began the shattering of Christianity, thus today there are over 30,000 Christian denominations; only Catholics claim to be founded by Jesus; other Christians cannot trace their origins back any earlier than the 1500's with the exception of the Eastern Orthodox

**providence** God in His constant love and care for us; divine guidance

**prudence** right reason in action; a cardinal virtue which helps us to use our reason to discern our true good in every circumstance and to choose the right means of achieving it (cf. CCC 1806)

**psalm** a sacred hymn of praise, usually sung or chanted from the Book of Psalms in the Old Testament

**psalm response** follows the first reading during the Liturgy of the Word

**purgatory** the place of temporary punishment where the souls of those who die in the state of grace must be cleansed before entrance into heaven, if their love for God is not yet perfect

**purificator** a small cloth used to cleanse the chalice; we see the priest wipe the chalice with the purificator after communion

**purification and enlightenment period** name of the period within RCIA process during Lent

**purity** the moral virtue which controls our inclinations toward sinful pleasures of the body

**pyx** small container, about the size of a watch head, used for bringing communion to those who were not able to be at Mass such as the sick or elderly who are home bound

**rash judgment** a deliberate judgment concerning a fault of another without sufficient evidence

**RCIA** initials standing for the Rite of Christian Initiation of Adults; the mandated process by which unbaptized adults prepare for the Sacraments of Initiation usually celebrated on the Easter Vigil; the process is also recommended for baptized adults seeking full communion with the Church, e.g. a Lutheran who wants to become Catholic; the Church considers anyone who has reached the age of discretion, usually 6 or 7, to be an adult

**reason** (the use of), the age (usually of seven, often before) when a child knows the difference between right and wrong and is therefore responsible for his acts

**reconciliation** to ask for forgiveness and to be forgiven for a wrong. This happens between persons, and between a person and God

**Redeemer** the One who saved us, Jesus Christ, who offered His sufferings and death to God the Father as an infinite satisfaction for our sins, and thus reopened heaven to us

**Redemption** Jesus Christ's satisfaction (His suffering and death) for the sins of mankind which freed man from the bondage of sin and restored Him to friendship with God

**redemptive suffering** Jesus' suffering and death redeemed us, His suffering was redemptive; so too, our suffering may be redemptive when we unite our daily crosses with Jesus and offer them up for the sake of our salvation and the salvation of others (cf. Col 1:24); redemptive suffering is a way to petition and intercede

**relic** the body, or part of the body, of a saint, or anything, such as clothing, associated with the saint which the Church venerates because of the sanctity (holiness) of the person while on earth

**religion** the relationship between God and man; all the teachings and practices of the Church by which we join ourselves to God

**religious** a person who is a member of a congregation or religious order, dedicated to serving God through the voluntary vows of poverty, chastity, and obedience

**religious vocation** one of the permanent states in life that God may call a man or woman to live (God may also call us to a single vocation or a married vocation; in addition, a man may be called to live a priestly vocation); religious vocations include nuns, sisters, brothers, monks, hermits, hermitess, and consecrated virgins

**reparation** the making of amends for wrong or injury done; the repairing of harm done to another or damage to another's property

**repent** to have sorrow for one's sins and a firm intention of not committing the sins again

**respect** acknowledging the goodness, truthfulness and beauty of persons and things and acting with charity

**responsibility** duty, job, accountability

**resolve** to decide; to make up one's mind

**restitution** the return of found or stolen property to its rightful owner; payment for injury to a person or property damage

**Resurrection** 1. the rising of the body to be united with the soul at the end of the world; 2. (with capital R) the day on which our Lord rose from the dead after his suffering and death on the Cross (Easter Sunday); 3. the first glorious mystery

**retreat** a time set aside for focused religious activity (prayer, meditation, spiritual reading, instruction, etc.) for the purpose of gain in holiness, or to amend one's life, and to draw closer to God

**Revelation** Sacred Scripture (the Bible) and Tradition (what has been handed down from age to age) which contain the sum of all that Jesus has revealed about Himself and His Plan for our salvation and sanctification; the official teaching authority of Revelation is the Magisterium

**revenge** to inflict harm or injury in return for a wrong

**reverence** honor and respect given to creatures such as the saints, the clergy and religious, great men, parents, sacred places, etc.

**right to life** the most basic human right, all other rights flow from this right; the right to life of each person comes from the fact that each person is uniquely created and wanted by God; each person is made in His image and likeness; each person is made to be with God and His Family forever

**rite** the words and actions used in a religious ceremony

**Roman Catholic** a Catholic who belongs to the Roman rite. It is a distinction based only on the rite followed but a Catholic of another rite (e.g., Byzantine, Armenian, etc.)

**rosary** 1. a string of beads consisting of five sets each of ten small beads separated by one single bead, with the addition of a crucifix and five more beads; 2. the special prayers to the Blessed Virgin which are said with the use of these beads, consisting of the Apostles' Creed, the Our Father, the Hail Mary, and the Glory Be to the Father

**Sabbath** Sunday, the day of rest from labor. One should cease from labor in order to spend more time in prayer and rejoicing, and service of neighbor.

**sacrament** an efficacious sign instituted by Jesus entrusted to the Church by which divine life is dispensed to us (cf. CCC 1131); the sacraments are the only known ways we receive Jesus' life within us – sanctifying grace

**sacramental character** the imprint on the soul of a lasting spiritual mark by the sacraments of Baptism, Confirmation, and Holy Orders which, for this reason, can be received only once

**sacramental confession** the telling of one's sins to an authorized priest in the Sacrament of Reconciliation

**sacramentary** liturgical book of the celebrant containing the mass prayers and norms (rubrics) excluding the readings which are contained in the lectionary

**sacramentals** special prayers, actions or objects, the use of which obtains spiritual benefits through the prayers of the Church to God

**Sacraments of Healing** The life as a child of God can be lost by sin. The Sacraments of healing, Reconciliation and Anointing of the sick are to restore and heal us from the effects of sin in our life

**Sacraments of Initiation** Baptism, Confirmation, Eucharist. To be fully Catholic, and considered an adult in the Catholic Church, these Sacraments must be received. They lay the foundations of every Catholic's life, bringing us to the life of a child of God and a vocation of holiness

**Sacraments of Service** Marriage and Holy Orders. They are Sacraments of consecration or setting apart of a Christian life for a specific mission, and the receiving of sacramental graces to fulfill this mission

**Sacred Chrism** one of the three holy oils, traditionally blessed every year by the bishop at a cathedral during Lent at the Chrism Mass, the unused oil is burned; abbreviated S.C. and in used in Baptism, Confirmation and Holy Orders and is the oil that has a fragrant odor

**Sacred Heart** the symbol of Jesus Christ's love for us, usually represented by the physical heart of Jesus Christ in a statute, picture, or holy card

**Sacred Mysteries** another name for the celebration of the Eucharist emphasizing that the Church's whole liturgy finds its center and most intense expression in the celebration of this sacrament, which we know or understand only in part (cf. CCC 1330)

**Sacred Scripture** along with Sacred Tradition constitutes all that God has revealed about Himself and His Plan for our salvation and sanctification, what we call Divine Revelation or the Deposit of Faith; Sacred Scripture is the Word of God written down through the inspiration of the Holy Spirit and the cooperation of the sacred writers; includes both the 46 books of the Old Testament and 27 books of the New Testament

**Sacred Tradition** along with Sacred Scripture constitutes all that God has revealed about Himself and His Plan for our salvation and sanctification, what we call Divine Revelation or the Deposit of Faith; Sacred Tradition includes the Church's oral teaching, life and worship; Sacred Tradition came before Sacred Scripture, in other words, the Church was teaching, living and worshiping long before anything was written down

**sacrifice** an act by which we hand ourselves over to God, imitating the ultimate Sacrifice of Jesus Christ on the cross. It is not so much a reparation as it is a means of self-giving

**sacrilege** irreverent treatment or mistreatment, of sacred persons, places, or things; also, the reception of any of the sacraments unworthily

**sacristan** one in charge of preparing the sacred vessels and articles for liturgy

**saint** a holy person who loves God perfectly and is now in heaven

**salvation** the attainment of God in heaven through the freeing of the soul from sin and its punishment

**Salvation Story** - the way that God from the beginning revealed Himself and His Plan for us to be in His Family, the Church and the way He has made this all possible

**sanctify** to make holy, to grow as God's Child

**sanctification** the process of becoming holy, growing as God's Child

**sanctifying grace** divine life in the soul obtained through the Seven Sacraments

**sanctity of life** the holiness of life; the sanctity of the life of each person comes from the fact that each person is uniquely created and wanted by God; each person is made in His image and likeness; each person is made to be with God and His Family forever

**sanctuary** the part of the building of the church where the altar, pulpit and chair are located

**sanctuary light** light which always burns indicating the presence of Jesus in the Blessed Sacrament in the tabernacle

**Sanhedrin** The highest court of justice in Jerusalem in Jesus Christ's time. It acted regarding religious matters, collected taxes, and acted as a civil court for Jerusalem. It ended in 70 AD when Jerusalem was destroyed

**satan** another name for the devil or Lucifer

**Savior** Jesus Christ who died to save all people

**scandal** any word or deed that may be the occasion of sin to our neighbor; malicious gossip; harming the good name or reputation of another

**scapular** two small squares of cloth joined by string so that they can be worn over the shoulders, one to the back and one to the front; indulgences are attached to the wearing of a scapular and the special protection of our heavenly Mother Mary

**schism** a separation from the Church by refusal to recognize the authority of the Pope in Rome

**scourging** a lashing or whipping; the sufferings of Our Lord as He was tied to a pillar and beaten until covered with wounds

**Scourging at the Pillar** second sorrowful mystery of the Rosary recalling the sufferings of Our Lord as He was tied to a pillar and beaten until covered with wounds (cf. Mk 15:6-15)

**Seal of Confession** the grave duty of keeping absolutely secret all sins told to the priest in confession. The priest may not reveal or use outside of the confession any information which he received inside of the confessional or the confession. A priest must give his life rather than reveal anything told him in the confession

**Second Coming** following a final trial that will shake the faith of many believers, Jesus will return to judge the living and the dead on the last day; also called the Parousia (cf. Lk 18:8; Mt 24:12; CCC 675, 830, 1001)

**Second Reading** in the Liturgy of the Word, follows the psalm response, usually taken from the epistles

**secular** pertaining to matters belonging to this world, not the next

**secular institutes** in the Catholic church, a society whose members attempt to attain Christian perfection through the practice of poverty, chastity (sometimes celibacy), and obedience and to carry out the work of the church while “living in and of the world,” attending privately to their business or professional duties. There are hundreds of secular institutes each with their own charism or purpose.

**self-control** temperance, knowing when enough is enough, right control over ones’ desires; fruit of the Holy Spirit and thus a sign of God’s work

**seminary** a school which trains men to be priests

**service** giving to another out of charity

**sexuality** Sexuality affects all aspects of our body and soul. Specifically, it effects how we feel and express our affections, the capacity to love and procreate, and the forming of bonds with others. Man and woman have different and complimentary sexualities, but both are equal in dignity

**shrine** a holy place

**sign** an action or object which has deep religious significance and instills a spiritual response

**Sign of the Cross** 1. a sacramental consisting of the movement of the right hand from the forehead to the breast, then from the left to the right shoulders; this gesture renews our Baptism and recalls that we are God’s Children; 2. a powerful prayer

**simony** a grave sin which consists of buying or selling something that is blessed or sacred

**sin** an offense against God, a failure in genuine love for God and others (cf. CCC 1440, 1849-1851)

**sincere** genuine, real, free from deception

**single vocation** one of the permanent states in life that God may call a man or woman to live (God may also call us to a religious vocation or a married vocation; in addition, a man may be called to live a priestly vocation)

**sister** a woman who belongs to a religious community; sisters dedicate their entire lives to Jesus, they do not get married; God still calls people today to be sisters

**slander** harming another person’s reputation by telling lies about him or by distorting the truth

**sloth** one of the seven capital sins; laziness that causes neglect of duty

**society** a structured community of people bound together by similar traditions, institutions, or nationality

**social structures** the institutions that give structure to a society, e.g. government, education, economics

**Solemnity** days of greatest importance in the celebrations of the Church. For example, Easter and Christmas, each which are celebrated for eight days.

**Son** the Son of God, the second Person of the Blessed Trinity, who became Man and suffered and died on the Cross to redeem us

**sorrow** to be sad, or to regret a decision, to be sorry, contrition which is sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again (cf. CCC 1451)

**soul** the spiritual part of man, the source of his life

**source (font)** the place where something begins, for example, the Eucharist is the source (and summit) of our eternal life (cf. SC 10, CCC 1074)

**Sovereign Pontiff** the Pope, the Vicar of Jesus Christ on earth, the visible head of the Church

**spiritual** something that cannot be seen with human eyes or senses, the opposite of material, for example our soul is spiritual and our guardian angel is spiritual

**spiritual life** the life of our soul, like our physical life we must also care for our spiritual life

**spiritual sense** one of the two senses of Scripture, the other sense is the literal sense; the spiritual sense is subdivided into the allegorical, moral and anagogical senses and is based on the literal sense (cf. CCC 115-119)

**spiritual works of mercy** acts of love to care for the spiritual needs of our neighbor, such as comforting the sorrowful or instructing the ignorant (cf. CCC 2447)

**sponsor** In Confirmation, it is the one who stands for the confirmand. He or she takes on the duty of helping the person spiritually.

**state of grace** the presence of sanctifying grace (God's special gift) in one's soul' freedom from mortal sin

**Stations of the Cross** fourteen representations of events during the passion and Death of Jesus Christ, which appear on the walls of the Church

**steal** to take as our own something which does not lawfully belong to us; an offense against the seventh commandment of God

**steward** one who has the responsibility of caring for something or someone

**stewardship** 1. responsibility given to each person to care for all of God's creation (cf. Gn 1:26-29, 2:19-20); 2. taking care of the church's needs through time, talent and treasure (at least 10%)

**stipend** an offering of appreciation made by the faithful to the clergy on the occasion of weddings, funerals, baptisms, etc.

**stole** a vestment. A long, narrow strip of cloth hung around the neck of the priest, as a sign of his priestly office. (Deacons wear theirs diagonally across the left shoulder and chest.) It's color depends on the liturgical season or the Sacrament being celebrated. i.e.: red for Confirmation, purple for Lent and Advent, etc

**strength** ability to withstand force, pressure, attack, temptation; in Confirmation, we given the strength to be witnesses (cf. CCC 1285), we are to love God with all our soul, mind and strength (cf. Mk 12:29-30, CCC 1, 202)

**subject** in the moral life, refers to the person or group that is acting (cf. CCC 1750)

**subjective** based on somebody's opinions or feelings rather than on facts, evidence, truth or reality itself; exists only in the mind of the person or group, but is not necessarily objectively real or true, e.g. subjectively one might not believe that Jesus died to save us from sin but this is still objectively true

**subsists** 1. to reside in or consist of something; 2. to support or maintain somebody by providing something that is needed – both of these definitions apply to understand the statement, “the sole Church of Christ...subsists in the Catholic Church” (cf. LG 8, CCC 870)

**suffering** physical, emotional or spiritual pain; it is through Jesus' suffering and death that we are saved from sin and made His children; because sin has entered the world, no one can escape suffering (cf. CCC 385), suffering is one of the ways our faith is tested (cf. CCC 272), suffering when united with Jesus is an act of charity (cf. Col 1:24)

**Suffering Servant** title given to Jesus noting His redemptive mission to give His life to free us from sin; Jesus' redemptive death fulfils Isaiah's prophecy of the Suffering Servant (cf. Is 53:7-8; Acts 8:32-35); Jesus explained the meaning of his life and death in the light of God's Suffering Servant.(cf. Mt 20:28, CCC 601)

**summit** the high point or the goal, for example, the Eucharist is the summit (and source) of our eternal life (cf. SC 10, CCC 1074)

**Sunday** the day we remember Jesus' Resurrection; all are Catholics are obligated to attend Mass and to rest from unnecessary work on Sundays and holy days (cf. CCC 2041-2043)

**Sunday rest** all Catholics are obligated to attend Mass and to rest from unnecessary work on Sundays and holy days (cf. CCC 2041-2043)

**supernatural** above nature, beyond the natural order of things, building upon the natural, e.g. Superman is a man with super abilities in addition to his manliness; Divine Revelation is a supernatural way of knowing, i.e. it builds upon our natural reason (cf. CCC 50)

**superstition** any belief or act that gives to a creature an honor which belongs to God alone; also the giving of false honor to God

**Supreme Being** God, the perfect and highest Being

**swear** to call on God to witness the truth of what we say or the promises we make; also, to curse

**symbol** an emblem representing a truth, as in a Person, persons, or mysteries, etc.

**synagogue** the meeting place and house of worship of the Jewish faith

**synoptic Gospels** the first three Gospels, Matthew, Mark, and Luke

**tabernacle** a special, locked box like or rounded container in a church in which consecrated hosts are kept for adoration and for Communion outside of Mass; when we enter a Catholic Church we genuflect and make the Sign of the Cross towards the tabernacle because Jesus, Our Savior and Lord, is present in the consecrated hosts; the tabernacle is to be situated “in churches in a most worthy place with the greatest honor” so to foster adoration before the Lord really present in the Blessed Sacrament (cf. CCC 1183); today’s tabernacle was prefigured in the Old Testament tabernacle carried by Moses and the Israelites

**talent** a gift from God, ability to do something well, all talents are for the good of the Church, the Family of God

**temperance** one of the cardinal virtues which enables us to control the desires of the senses and to use them according to the designs of God (cf. CCC 1809)

**temple** place of worship; in the Old Testament, Solomon built the first temple for the Israelites and there they placed the tabernacle within the Holy of Holies

**Temple of the Holy Spirit** Each Baptized Christian is entered into by the Holy Spirit, and He dwells there. Thus, the human body is a temple for Him. Just as the Temple in Jesus Christ’s time was to be the house of God, so too is the human body and soul the house of God.

**temporal** having to do with the temporary affairs of this world which are to be directed towards God, these affairs are within God’s care (cf. CCC 929); sin has both spiritual and temporal consequences (cf. CCC 1471-1479, 1496, 1498, 1863)

**temporal punishments** the consequences of sin that harm the affairs of this world, they need to be repaired, sin has both spiritual and temporal consequences (cf. CCC 1471-1479, 1496, 1498, 1863)

**temptation** a strong inclination to sin which may come from the devil, from something outside us, or from man's tendency toward evil as a result of Adam's fall

**Ten Commandments** the ten chief laws given by God to Moses

**thanksgiving** one of the five basic forms of prayer in which we give thanks to God (cf. CCC 2637-2638, 2644); every joy and sorrow, event and need can be made an offering of thanksgiving

**theological** relating to God

**theological virtues-** the supernatural powers that help us to believe in God (faith), to trust in Him (hope), and to love Him (charity); they are infused at Baptism, strengthened in Confirmation (cf. CCC 1266, 1303)

**tithes** our contribution to the support of the Church; typically one-tenth of one's yearly income, given to the Church

**Torah** the first five books of the Old Testament. Another name for the Pentateuch

**Tradition** the handing down by word of mouth from century to century of the teachings of Jesus Christ through the Apostles; the source of revealed truth in addition to the Bible

**Transfiguration** fourth luminous mystery of the Rosary; just before His Passion, Jesus shows the divine glory to come to Peter, James, and John on Mount Tabor, like at Jesus' Baptism in the Jordan, the Father names Jesus as His Beloved Son and commands that we listen to him (cf. Mt 17:5; Mk 9:7; Lk 9:35; READ CCC 553-556)

**transubstantiation** the change of the entire substance of the bread and wine into the Body and Blood of Jesus Christ at the Consecration of the Mass

**trespasses** sins or offenses against God

**Triduum** a 3 day period of prayer. The time of Holy Thursday to the Easter Vigil is known as the Easter Triduum, and it the most sacred time of the liturgical year

**Trinity** the three distinct Persons in one God: the Father, the Son, and the Holy Spirit, all having the same Divine nature

**truth** the conformity of what we say or do with the actual facts and with our conscience; truth is one of the ways a person may come to know God because truth (along with beauty and goodness) is a reflection of God and a perfection of creation (cf. CCC 32, 41, 341)

**type** in Tradition and Scripture an event, person, place or thing that shows the form of a spiritual truth, for example, the tabernacle of the Old Testament and its “shekinah” or “presence of God” is a type of our tabernacle which holds Jesus in the Blessed Sacrament

**typology** the study of types

**unchaste** impure in thought or act, immodest

**understanding** gift which gives us understanding of God and His Plan for our salvation and sanctification so that we may live accordingly; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist which (cf. CCC 1266, 1303, 1831)

**unity** one

**universal** referring to the whole world, to all people of all time

**Vatican** the location where the Pope lives. The group of buildings surrounding St. Peter’s Basilica in Rome. The Vatican city-state is an independent nation governed by the Pope

**Vatican II** the greatest religious event of the 20th century. It was the 21st ecumenical council which took place from 1962-1965. Its documents are to be treasured as profound and authoritative teachings as to the life of the Church and her faithful

**values** principles or standards we live by, sometimes the term is incorrectly used as a synonym for virtue

**venerate** to honor, to regard with respect and admiration

**vengeance** unrestrained revenge, the infliction of punishment on another in return for an offense or an injury

**venial sin** an offense against the laws of God which is not so grievous as mortal sin; it does not deprive the soul completely of sanctifying grace, but lessens God’s grace in the soul; the wounds due to venial sin can be repaired by charity (cf. CCC 1854-1867, 1875)

**vestments** the garments worn by priests and assistants at Mass. Their historical significance dates back to the garments worn by priests and laymen in the early Church. Their form and material are prescribed by Canon and liturgical laws. In the Roman rite, the vestments are the outer vestments of the chasuble, dalmatic, tunic, and stole, and the inner vestments of the amice, alb, and cincture

**Viaticum** Holy Communion given to those in danger of death

**Vicar of Christ** the Pope who is visible head of the Church and the representative of Jesus Christ on earth

**vice** the habit of doing what is bad, develops from repeatedly committing sin

**vigil** the day before certain feasts, such as the day before Christmas

**vincible** can be overcome

**vincible ignorance** the lack of knowledge that can be overcome, thus in regards to sin, if someone has a way of knowing that something is wrong even if it was much earlier in their life, they are responsible for the sin they commit

**virgin birth** Mary conceived Jesus Christ through the power of the Holy Spirit, and not by sexual intercourse. She also gave birth to Jesus while physically remaining a virgin, so that she is virgin before, during, and after the birth of Jesus.

**virtue** the habit of doing good and avoiding evil, develops from repeatedly doing good

**visible Church** the Family of God that is seen, that is the faithful on earth; the invisible Church is the Family of God that is unseen by those on earth, but real, e.g. God and the saints in heaven and those in purgatory;

**Visitation** when the Mary, who was pregnant with Jesus, went to visit her cousin Elizabeth, who was pregnant with John the Baptist

**vocal prayer** one of the three major expressions of prayer (the other two are meditative and contemplative); all have in common the recollection of the heart towards God; vocal prayer imitates the prayer Jesus taught the disciples, it involves one's speech and entire body (cf. CCC 2699, 2721, 2722)

**vocation** in ecclesiastical life, it refers to a call from God to religious life and/or priesthood. Also considered to be a vocation is the call to marriage and the single state. The vocation of every person is the call to everlasting life with God, which means that the vocation of all people while here on earth is to seek salvation and perfection

**voluntary** of one's own free will or choice

**votive** 1. showing or symbolizing a petition or intercession, e.g. a votive prayer; 2. showing or symbolizing the fulfilling of a vow or promise, e.g. a votive offering

**votive candle** most Catholic churches have an area filled with several small candles that one may light as an outward sign of a votive

**vow** a promise made to God to perform some act pleasing to Him

**Wedding at Cana** second luminous mystery of the Rosary recalling Jesus' first public miracle done at the request of His Mother Mary at the Wedding at Cana (cf. Jn 2:1-12)

**will** power of the soul with which we make choices

**will of God** what God would like for us to choose; conversion entails turning away from sin and aligning our will with the will of God

**wisdom** knowing how to use all of God's gifts properly, the ability to see how all things work together as God sees it, knowing how to live a good life; one of the seven gifts of the Holy Spirit received in Baptism, strengthened in Confirmation and nourished by the Eucharist (cf. CCC 1266, 1303, 1831)

**witness** somebody who has seen, heard and looked upon Jesus and/or all that He taught and tells others; we are made Jesus' witnesses through Confirmation (cf. CCC 1304)

**womb** that place in a woman's body where her child is nourished and developed until it is ready to be born

**Word of God** all that God has revealed to us, both word and deed. It is contained in both Scripture and Tradition, and protected and promulgated by the Magisterium. Jesus Christ is the sum total of God's revelation of Himself, and John's Gospel refers to Jesus as the Word made Flesh. (Jn 1:1)

**worship** the adoration and honor which we give to God alone

**wrong** all that is not in accord with the laws of God; the opposite of right

**zeal** enthusiasm, energetic



## **Catechetical Formulas (Doctrines to Memorize)**

### *The Ten Commandments*

#### Traditional Catechetical Formula

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your 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.

Based on Ex. 20:2-17 and Dt. 5:6-21  
CCC 496-497

### *The Great Commandments*

1. You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.
  
2. Love your neighbor as yourself.

Matthew 22:37-40;  
Mark 12:29-31; Luke 10:27  
CCC 2055

### *The Beatitudes*

Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
Blessed are they who mourn, for they will be comforted.  
Blessed are the meek, for they will inherit the land.  
Blessed are they who hunger and thirst for justice, for they will be satisfied.  
Blessed are the merciful, for they will be shown mercy.  
Blessed are the pure of heart, for they will see God.  
Blessed are the peacemakers, for they will be called children of God.  
Blessed are they who are persecuted for the sake of justice, for theirs is the kingdom of heaven.

Matthew 5:3-10  
CCC 1716

### *Seven Sacraments*

Baptism  
Confirmation  
Eucharist  
Reconciliation  
Anointing of the Sick  
Holy Orders  
Matrimony

CCC 1210

*Twelve Apostles*

Peter	James	Andrew	Thaddeus	James
Thomas	John	Matthew	Philip	Simon
Bartholomew	Matthias (replaced Judas Iscariot)			

Matthew 10:2-4  
Acts 1:21-26  
CCC 858

*The Cardinal Virtues*

Prudence	Justice
Fortitude	Temperance

Wisdom 8:7  
CCC 1805

*The Theological Virtues*

Faith	Hope	Charity
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1 Cor. 13:13  
CCC 1813

*Corporal Works of Mercy*

Feed the hungry and give drink to the thirsty.  
Shelter the homeless.  
Clothe the naked.  
Visit the sick.  
Visit the imprisoned.  
Bury the dead.  
Give alms to the poor.

Matthew 25:35-40  
CCC 2447

*Spiritual Works of Mercy*

Instruct the ignorant.  
Counsel (advise) the doubtful.  
Admonish (correct) the sinner.  
Comfort the sorrowful  
Forgive offenses.  
Bear wrongs patiently.  
Pray for the living and the dead.

Gal. 6:1-2  
1 Thes. 5:14-19  
CCC 2447

*Gifts of the Holy Spirit*

wisdom	knowledge	understanding	piety
fortitude	fear of the Lord	counsel	

Is. 11:1-3  
CCC 1831

*Fruits of the Holy Spirit*

love	generosity	joy	gentleness	peace	faithfulness
patience	modesty	kindness	self-control	goodness	chastity

Gal. 5:22-23  
CCC 1832

*Marks of the Church*

One Holy  
Catholic Apostolic

CCC 865

*Eucharistic Fast*

General Law - those preparing to receive Communion must abstain from all food and drink for one hour prior to reception. Exceptions to the Eucharist Fast - water may be taken any time before Communion. In the case of sickness, medicine may be taken any time before reception.

Canon 919

*Holy Days of Obligation in the United States*

1. Solemnity of Mary, Mother of God (January 1)\*
2. Solemnity of the Ascension (Forty days after Easter)
3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15)\*
4. Solemnity of All Saints (November 1)\*
5. Solemnity of the Immaculate Conception (December 8)
6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25)

\*When these days fall on a Saturday or a Monday, they are not observed as holy days of obligation. They do keep their major rank as solemnities and should always be celebrated with special care.

Canon 1246  
NCCB, December 1991  
CCC 2177

*The Precepts of the Church*

1. Celebrate Mass on Sundays and holy days and rest from servile work.  
Take part in Mass. Avoid unnecessary work and unnecessary shopping.
2. Confess your sins at least once a year.
3. Receive the sacrament of the Eucharist at least during the Easter season.
4. Observe the days of fasting and abstinence established by the Church.
5. Provide for the material needs of the Church each according to his own ability.

CCC 2041-2043

*Days of Penance*

All Fridays Days of Lent

Canon 1250  
CCC 1438

*General Laws of Fast and Abstinence*

Fast: All adults, 18 up to the beginning of their sixtieth (60) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.

Abstinence: All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.

*Days of Fast and Abstinence:*

- Ash Wednesday
- Good Friday
- Fridays of Lent (abstinence)

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercise of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Canon 1251-1253  
CCC 1434, 2043

*Five Implications of Faith in One God*

1. Becoming aware of God's greatness and majesty.
2. Living in thanksgiving.
3. Knowing the unity and true dignity of all.
4. Making good use of created things.
5. Trusting in God in every circumstance.

CCC 222-227

*Sources of Morality*

1. The object chosen, that is, what is the act.
2. The end in view, that is, what is intended.
3. The circumstances of the action

CCC 1750

*How We Cooperate in Sins Committed by Others*

1. by participating directly and voluntarily in them
2. by ordering, advising, praising, or approving them
3. by not disclosing or not hindering them when we have an obligation to do so
4. by protecting evil-doers

CCC 1868

*Three Conditions for Mortal Sin*

1. Must be of grave matter.
2. Must be committed with full knowledge.
3. Must be committed with deliberate consent.

CCC 1858-1859

*Four Expressions of the Moral Law*

1. Eternal law
2. Natural law
3. Revealed law
4. Civil and ecclesiastical laws

CCC 1949-1974

*Four Points of the Souls' Likeness to God*

1. Like God, the soul is a spirit (simplicity).
2. Like God, the soul is immortal (immortality).
3. Like God, the soul can reason (intellect).
4. Like God, the soul can choose (free will).

*Powers of the Soul*

1. Memory
2. Understanding
3. Free Will

*Reasons for the Incarnation*

- to inaugurate the new creation
- to know the love of God
- to make mankind partakers of the divine nature
- to be our model for holiness
- to free us from sin

CCC 456-460, 504

*Symbols of the Holy Spirit*

anointing	clouds
dove	finger of God
fire	hand
light	seal
water	

CCC 535, 555, 694-701

*Names of the Eucharist*

1. Breaking of the Bread
2. Daily bread
3. Holy Communion
4. Holy and Divine Liturgy
5. Holy Mass
6. Holy Sacrifice
7. Lord's Supper
8. Memorial of the Lord's Passion and Resurrection
9. Most Blessed Sacrament/Sacrament of Sacraments
10. Sacrifice of Praise

CCC 1169, 1211, 1329-32, 2643, 2837

*Characteristics of faith*

1. Faith is a grace-inspired human act freely chosen.
2. Faith enables understanding.
3. Faith is necessary for salvation.
4. Faith is a foretaste of eternal life.
5. Faith is both a personal and an ecclesial act.
6. Faith requires perseverance.

CCC 153-165

*Implications of Belief in One God*

1. It means coming to know God's greatness and majesty.
2. It means living in thanksgiving.
3. It means knowing the unity and true dignity of all humanity.
4. It means making good use of created things.
5. It means trusting God in every circumstance.

CCC 222-227

*Effects of Baptism*

- Forgiveness of original sin and all personal sin.
- Birth into a new life by which we become adopted children of the Father, members of the Body of Jesus Christ (the Church, the Family of God), and temples of the Holy Spirit. We are co-heirs of the Kingdom.
- Indelible spiritual mark (can never be repeated or undone)
- Receive everything we need to grow as His Child (theological virtues, gifts of the Holy Spirit)

CCC 1265-66, 1279-80

### *Effects of Reconciliation*

- reconciliation with God by which penitent recovers grace
- reconciliation with the Church, the Family of God
- remission of the eternal punishment incurred by mortal sins
- remission, at least in part, of temporal punishments resulting from sin
- peace and serenity of conscience and spiritual consolation
- an increase of spiritual strength for the Christian battle

CCC 1468-1470, 1496

### *Effects of Confirmation*

- special outpouring of the Holy Spirit like at Pentecost
- increase and deepening of Baptism
- roots us more deeply as a Child of God
- unites us more firmly to Jesus Christ
- increases the gifts of the Holy Spirit in us
- strengthens our bond with the Church
- gives us special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Jesus Christ, to confess the name of Jesus Christ boldly, and never to be ashamed of the Cross
- indelible spiritual mark
- perfects the common priesthood so have the power to profess faith in Jesus Christ publicly and officially

CCC 1302-1305, 1316

### *Effects of Holy Eucharist*

- unites us more fully with Jesus and His Family, the Church
- forgives small (venial) sins and preserves us from grave (mortal) sin
- sustains us in our earthly pilgrimage
- makes us long for eternal life, heaven

CCC 1391-1401, 1416, 1419

### *Effects of Anointing of the Sick*

- uniting the sick person to the passion of Jesus Christ, for his own good and the whole Church
- the strengthening, peace, and courage to endure in a Christian manner the sufferings of illness or old age
- the forgiveness of sins, if the sick person was not able to obtain it through the sacrament of Reconciliation
- the restoration of health, if it is conducive to the salvation of his soul
- the preparation for passing over into eternal life

CCC 1520-1523, 1532

### *Steps to prepare for the Sacrament of Reconciliation*

- Pray to the Holy Spirit and think about Our Lord's sufferings.
- Find out my sins (examination of conscience) – CCC 1448
- Be sorry for my sins (contrition) – CCC 1448, 1451
- Make up my mind not to sin again (contrition) – CCC 1448, 1451

### *Steps to make a good Reconciliation*

- Go into the confessional, sit or kneel, make the Sign of the Cross.
- Tell my sins to the priest (confession). - CCC 1448
- Listen to what the priest says.
- Say the Act of Contrition loud enough for the priest to hear me (true sorrow).
- After leaving the confessional, do the penance the priest gives (satisfaction) - CCC 1448
- Thank God for forgiving my sins.

*Steps to receive the Eucharist*

- Must be free from grave (mortal) sin – CCC 1385
- Must observe the fast required by the Church, specifically not to eat or drink anything other than water for one hour before Holy Communion – CCC 1387
- Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of this moment. (CCC 1387, 1415)

*Seven Capital Sins*

Pride  
Avarice (Covetousness)  
Envy  
Anger (Wrath)  
Lust  
Gluttony  
Sloth (Acedia)

CCC 1866

*Forms of Consecrated Life*

eremitic life  
profession of evangelical counsels  
religious life  
secular institutes  
consecrated virgins and widows  
societies of apostolic life

CCC 914-933

