

Examination of Conscience

Examining your conscience should be done daily and in preparation for the Sacrament of Reconciliation.

1. Pray to the Holy Spirit to help you examine your conscience.
2. Look at your life in light of the Beatitudes, the Ten Commandments, the Great Commandment, and the Precepts of the Church.
3. Ask yourself:
 - Where have I fallen short of what God wants for me?
 - Whom have I hurt?
 - What have I done that I knew was wrong?
 - What have I not done that I should have done?
 - Have I done penance and tried as hard as I could to make up for past sins?
 - Am I working to change my bad habits?
 - With what areas am I still having trouble?
 - Am I sincerely sorry for all my sins?
4. In addition to confessing your sins, you may wish to talk with the priest about one or more of the above questions.

Holy Rosary *Religious Education* *Prayers* *and* *Catholic Practices*



June 30, 2015

Students are expected to memorize, take them to heart, or be familiar with the

prayers or Catholic practices listed under their grade.

1st Grade (to be memorized)

The Sign of the Cross

The Lord's Prayer (Our Father)

Hail Mary

Glory Be

2nd Grade (to be memorized)

The Sign of the Cross

The Lord's Prayer (Our Father)

Hail Mary

Glory Be

Act of Contrition

Grace Before Meals

Simple Mass Responses

3rd Grade (to be memorized)

The Sign of the Cross

The Lord's Prayer (Our Father)

Hail Mary

Glory Be

Act of Contrition

Morning Offering

Grace Before Meals

Grace After Meals

Apostle's Creed

Simple Mass Responses

Seven Sacraments

6th-11th Grade

Students are expected to be familiar with ALL prayers and practices listed above!!

4th Grade (to be memorized)

The Sign of the Cross

The Lord's Prayer (Our Father)

Hail Mary

Glory Be

Act of Contrition

Morning Offering

Grace Before Meals

Grace After Meals

Apostle's Creed

Ten Commandments

Simple Mass Responses

Seven Sacraments

To be familiar with:

How to Say the Rosary

5th Grade (to be memorized)

The Sign of the Cross

The Lord's Prayer (Our Father)

Hail Mary

Glory Be

Act of Contrition

Morning Offering

Grace Before Meals

Grace After Meals

Apostle's Creed

Ten Commandments

Simple Mass Responses

Seven Sacraments

To be familiar with:

Precepts of the Church

Corporal Works of Mercy

Spiritual Works of Mercy

How to Say the Rosary

NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light,
true God from true God,

begotten, not made, consubstantial

with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.

For our sake he was crucified under
Pontius Pilate, he suffered death and

was buried, and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven and is seated
at the right hand of the Father.

He will come again in glory to judge the
living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,

who with the Father and the Son

is adored and glorified, who has spoken
through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the
life of the world to come.

Amen.

THE SIGN OF THE CROSS

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

APOSTLE'S CREED

I believe in God, the Father almighty,
Creator of heaven and earth, and
in Jesus Christ,
his only Son, our Lord, who
was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again, from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen

THE LORD'S PRAYER

Our Father, who art in heaven,
hallowed be thy name, thy kingdom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation
but deliver us from evil. Amen.

THE HAIL MARY

Hail, Mary, full of grace, the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

GLORY BE TO THE FATHER

Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now and
ever shall be, world without end. Amen.

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you

whom I should love above all things.

I firmly intend, with your help, to do penance,
to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In His name, My God, have mercy. Amen.

MORNING OFFERING

Almighty God, we thank you
for the life and light of a new day.

Keep us safe today
and protect us from every evil.

We offer ourselves this day to you
through Jesus Christ your Son.

May your Holy Spirit
make our thoughts, words, and actions
pleasing in your sight.

Amen.

GRACE BEFORE MEALS

Bless us, O Lord, and these thy gifts
which we are about to receive from thy bounty,
through Christ our Lord. Amen.

GRACE AFTER MEALS

We give you thanks, almighty God,
for all these gifts
which we have received from thy
bounty, through Christ our Lord. Amen.

The Angelus

(The Angelus has been traditionally said three times daily, at
6 am, noon, and 6 pm, however, you can pray it at anytime.)

V. The angel spoke God's message to Mary,

R. and she conceived of the Holy Spirit.

(Say the Hail Mary)

V. "I am the lowly servant of the Lord:

R. let it be done to me according to your word."

(Say the Hail Mary)

V. And the Word became flesh,

R. And lived among us.

(Say the Hail Mary)

V. Pray for us, holy Mother of God,

R. that we may become worthy of the promises of Christ.

Let us pray.

Lord,

fill our hearts with your grace:

once, through the message of an angel

you revealed to us the incarnation of your Son;

now, through his suffering and death

lead us to the glory of his resurrection.

We ask this through Christ our Lord.

R. Amen.

PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend
us in the day of Battle; Be our
safeguard against the wickedness
and snares of the devil. May God
rebuke him, we humbly pray,
and do Thou, O Prince of the
Heavenly Host, By the Power of
God, cast into Hell, Satan and all
the other evil spirits, who prowl
through the world, seeking the
ruin of souls.

Amen

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.

Let us pray.

O God,

By the light of the Holy Spirit
you have instructed the hearts of your faithful.

Grant that in the same Spirit
we may be truly wise and
ever rejoice in his consolation,
through Christ our Lord. Amen.

TEN COMMANDMENTS

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, your God, in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet you neighbor's wife.
10. You shall not covet your neighbor's goods.



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 righteousness,
for they will be satisfied.
Blessed are the merciful,
for they will be shown mercy.
Blessed are the clean 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 righteousness,
for theirs is the kingdom of heaven.

CORPORAL WORKS OF MERCY

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



SPIRITUAL WORKS OF MERCY

- Share your knowledge with others. (Teach the ignorant)
- Give advice to those who need it. (Counsel the doubtful)
- Comfort those who suffer.
- Be patient with people.
- Forgive those who hurt us.
- Give correction to those who need it. (Warn the sinner)
- Pray for the living and dead.

THE STATIONS OF THE CROSS

1. Jesus is condemned to die.
2. Jesus take up his cross.
3. Jesus falls the first time.
4. Jesus meets his Mother.
5. Simon helps Jesus carry his cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.



SEVEN SACRAMENTS

1. Baptism

I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.

2. Eucharist

This is my body. This is the cup of my blood. Do this in memory of me.

3. Confirmation

Be sealed with the Gift of the Holy Spirit.

4. Reconciliation

I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

5. Anointing of the Sick

Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit.

6. Matrimony

I take you to be my wife/husband. I promise to be true to you...
I will love you and honor you all the days of my life.

7. Holy Orders

Almighty Father, grant to this servant of yours the dignity of the priesthood. Renew within him the Spirit of holiness.



1. Take part in the Mass on Sundays and holy days.
2. Keep these days holy and avoid unnecessary work.
3. Celebrate the Sacrament of Reconciliation at least once a year, if there is serious sin.
4. Receive Holy Communion at least once a year during the Easter Season.
5. Fast and/or abstain on days of penance.
6. Give your time, gifts, and money to support the Church.

MASS RESPONSES



1. Dialogue at the Gospel

Priest: The Lord be with you.

People: And with your Spirit.

Deacon (or Priest): A reading from the holy Gospel according to N.

People: Glory to you, O' Lord.

2. Preface Dialogue

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

3. Sign of Peace

Priest: The peace of the Lord be with you always.

People: And with your spirit.

4. Invitation to Communion

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

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

THE MYSTERIES OF THE ROSARY

The Rosary calls to mind the most important events in the lives of Jesus and Mary. These events are called Mysteries and are divided into four groups of decades. They are:

Joyful-helps us to think of Mary's joy when Jesus came into the world. (The Joyful Mysteries are usually said on Monday and Saturday.)

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

Sorrowful-helps us to think of Mary's great sorrow when Jesus suffered for our salvation. (The Sorrowful Mysteries are usually said on Tuesdays and Fridays.)

Agony in the Garden
Scourging at the Pillar
Crowning with Thorns
Jesus Carries His Cross
Death of Jesus on the Cross

Glorious-helps us to think of the glorious Resurrection of Jesus and the Crowning of Mary as Queen of Heaven. (The Glorious Mysteries are usually said on Wednesdays and Sundays.)

Resurrection of Jesus
Ascension into Heaven
Descent of the Holy Spirit
Assumption of Mary into Heaven
Coronation of Mary as Queen of Heaven and Earth

Luminous-reminds us to follow Jesus, the light of the world. (The Luminous Mysteries are usually said on Thursdays.)

Baptism of Jesus
Wedding at Cana
Proclamation of the Kingdom
Transfiguration
Institution of the Eucharist

HOW TO SAY THE ROSARY

1. Begin on the crucifix, make the sign of the Cross and say the Apostles' Creed.
2. On the 1st bead, say 1 Our Father.
3. On the next 3 beads, say Hail Marys.
4. Next, say 1 Glory Be. Then announce and think of the first Mystery and say 1 Our Father.
5. Say 10 Hail Marys, 1 Glory Be, and Fatima Prayer.
6. Announce the second Mystery and continue in the same way until each of the five mysteries of the selected group or decade is said.
7. Concluding prayers, Hail Holy Queen and Let us Pray.



Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those who have most need of your mercy.

HAIL HOLY QUEEN

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope; to you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us, and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us O Holy Mother of God that we may be made worthy of the promises of Christ.

LET US PRAY

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we ask You, that, by meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.