

WHAT DOES IT MEAN TO BE A CATHOLIC IN GOOD STANDING?

In order to receive the sacraments (including Communion) and act as a Confirmation sponsor or Godparent

The Catechism of the Catholic Church (CCC) lays the precepts or norms of life as a faithful Catholic.¹ They are as follows:

1. Honor the Lord on Sundays by actively participating at Mass and resting from work;

We participate at Mass to give glory to God and be nourished by the Holy Eucharist in order to live out our Faith. Mass is not meant to be entertaining, but when properly understood and actively participated in, Mass is definitely exciting!

2. Participate in the Sacrament of Confession at least once a year;

Regular Confession is for the soul what a doctor's visit is for the body. Confession strengthens us with sacramental grace to live a more Christian life. This is why the Church asks all Catholics to go *at least* once a year.

3. Participate in worthy reception of the Eucharist at least during the Easter season;

The Eucharist is the source and summit of our Catholic Faith. Receiving the Body, Blood, Soul and Divinity of Jesus Christ Himself is the ultimate gift, thus we must receive Him worthily.

4. Observe the Church's Holy Days of Obligation;

The Holy Days of Obligation are:

- January 1, the solemnity of Mary, Mother of God
- August 15, the solemnity of the Assumption of the Blessed Virgin Mary
- November 1, the solemnity of All Saints
- December 8, the solemnity of the Immaculate Conception
- December 25, the solemnity of the Nativity of Our Lord Jesus Christ

5. Observe the prescribed days of fasting and abstinence from meat; and

The days of Fasting from large meals are Ash Wednesday and Good Friday. The days to abstain from meat are primarily the Fridays during Lent.

6. Support the Church in Her needs through Stewardship (time, talent, treasure).

The Church is our Home as Catholics, we must care for Her upkeep by offering our *time* in volunteering, our *talent* in Her functions, and our *treasure* through tithing.

¹ CCC 2041-2043