

The Sign of the Cross

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

The Hail Mary

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

Our Father

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

The Seven Sacraments of the Church

Baptism
Penance
Holy Eucharist
Confirmation
Holy Orders
Matrimony
Anointing of the Sick

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

---OR---

Act of Contrition

O my God, I am heartily sorry
for having offended Thee,
and I detest all my sins
because of thy just punishments,
but most of all because they offend Thee,
my God, who art all good and
deserving of all my love.
I firmly resolve
with the help of Thy grace
to sin no more
and to avoid the near occasion of sin.
Amen

The Five Precepts of the Catholic Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

The 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 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.

The 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