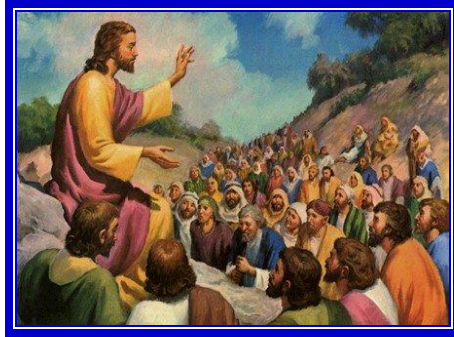


**OUR CATHOLIC FAITH and PRACTICE**

**A BASIC CATECHISM**  
*for use in the*  
**NORTH AMERICAN**  
**OLD ROMAN CATHOLIC**  
**CHURCH**



prepared by  
**Archbishop Edward J Ford, T.O.R.**  
*Primate of the Church*



## **Imprimatur**

✠ **Edward J. Ford, T.O.R.**  
*Archbishop-Primate, NAORCC*

30 October 2011  
Feast of Christ the King

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Archbishop Edward J. Ford, T.O.R., S.T.D.  
*Primate of Nova-Terra*



**DIOCESAN PRESS**  
**Springvale, Maine**



# TABLE OF CONTENTS

Introduction Letter from the Archbishop	7
The Catechism	
Part 1 – The Call of God: Christian Answer	11
Part 2 – The Call of God: Christian Belief	13
Part 3 – The Call of God: Christian Obedience	16
Part 4 – The Call of God: Christian Hope	19
Part 5 – The Church and Ministry	21
Part 6 – The Work of the Holy Ghost	25
Part 7 – The Angels and Saints	37
Part 8 – The Four Last Things	39
A Treasury of Prayers	41





**THE MOST REVEREND  
EDWARD J. FORD, T.O.R., S.T.D.**

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To the Reader:

The Holy Scripture records that our Blessed Lord charged his Apostles to *“Go ye therefore, and teach all nations...to observe all things whatsoever I have commanded you.”* This is part of that Great Commission which our Lord made obligatory upon His Church in order that people throughout the world might come to know Him, to experience His love for them and to commit their lives to His service.

Throughout the centuries, Holy Mother Church has employed various means in order to faithfully fulfill this commission. Through the sermon and homilies at Mass and other liturgical services and the talks and addresses at various civic, social and religious events, the Faith of the Catholic Church has been proclaimed and taught. Classes have been held for people of all ages, but especially for the young and those preparing for the reception of their First Holy Communion and for Confirmation, and these have been particularly successful vehicles for inculcating the Faith in our people. However, for a people to be fully informed about their Faith it is necessary that every opportunity and method be employed in making that a reality. It is most beneficial for them to have the teachings of the Church in their hands in written format, so that they may consult it, study it, or review it at their own

convenience Thus we have prepared this basic catechism for the use of our faithful.

***Our Catholic Faith and Practice*** has been prepared especially with its use by those preparing for their First Holy Communion and Confirmation, as its primary focus. It is by no means a complete or comprehensive catechism, as that work is still in the planning stages. It has however, been prepared to address the need within our church for a uniform tool for catechetical teaching and for a brief summary and refresher for both children and adults. This catechism is primarily a bare essentials presentation of the basic elements of our Catholic Faith and Practice.

This catechism has included beneath many of the answers, one or more scriptural references. These are not provided to serve as “proof texts” as much as they are intended to serve as aids to further study of the Sacred Scripture to properly and fully understand the Biblical basis for our Catholic Faith.

The format of this catechism has been based in large part on a booklet bearing the title ***A Catechism for West Indian Churchmen*** published some years ago on the island of St Vincent. It has been a valuable source for the spiritual enrichment of those Churchmen, and we pray that this work may serve a similar purpose within our own jurisdiction.

It is hoped that with the publication of this little work, our clergy and faithful will find a uniform expression of our Catholic Faith, and will find it as a welcome aid in catechetical instruction for everyone, but especially those who are preparing for those very special sacramental events in their own lives as members of the Old Roman Catholic Church.

May God bless us all and prosper the work of our hand.

*Archbishop Edward J. Ford, T.O.R., S.T.D.*



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# THE CATECHISM

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# PART 1

## The Call of God: Christian Answer



### 1. What is your Christian name?

My Christian name is \_\_\_\_\_.

### 2. Who gave you this name?

My parents and Godparents gave me this name at my Baptism.

### 3. What did God do for you at your Baptism?

At my Baptism God called me to Himself, and I was made a member of Christ, a child of God, and an inheritor of the Kingdom of Heaven.

▪ (1 Cor 12: 12ff; Rom 8:15-18 and 12: 4-5)

### 4. What did your Godparents promise for you at your Baptism?

At my Baptism my Godparents made two promises to God for me: First, that I would renounce the devil and all his works, pomps and allurements of this world and the flesh; Second, that I would believe and profess the Christian Faith throughout my life and that I would put my whole trust in Christ as my Lord and Savior, thus obediently keeping His Holy Word and Commandments and walk in the way of the Lord all the days of my life.

▪ (2 Cor 4:2; Jude 20, 21; John 14: 15, 21; 1 John 2: 1-6; Matt 22: 36-40; John 13: 34-35)

**5. Are you bound to do as they have promised for you?**

Yes, I am, and by God's help I will.

## **PART 2**

### **The Call of God: Christian Belief**



#### **6. Where do you find a summary of this Christian Faith which you are bound to believe and hold fast to?**

I find a summary of the Christian Faith in the Apostles' Creed and in the Nicene Creed.

#### **7. Recite the Apostles' Creed.**

I believe in God, the Father Almighty,  
▪ *(Luke 11: 2; Rev 11: 17)*  
Creator of Heaven and earth,  
▪ *(Gen 1:1; Acts 17:24)*  
And in Jesus Christ,  
▪ *(Matt 1:18-21; Acts 2:36)*  
His only Son, our Lord.  
▪ *(John 13: 13-14; Phil 2:9-11)*  
Who was conceived by the Holy Ghost,  
▪ *(Luke 1: 26-38; Matt 1:18)*  
Born of the Virgin Mary.  
▪ *(Luke 2: 1-7; Gal 4: 4-5)*  
Suffered under Pontius Pilate,  
▪ *(John 19: 1-6)*  
Was crucified, died and was buried.  
▪ *(John 19: 17-30; 38-42)*  
He descended into Hell.  
▪ *(Luke 23:43; 1Peter3: 18-19; 4:6)*  
The third day He rose again from the dead.  
▪ *(John 20: 1-31; 1 Cor 15:1-8)*

He ascended into Heaven,

▪ *(Luke 24: 50-53; Acts 1:6-9)*

And sitteth at the right hand of God the Father  
Almighty.

▪ *(Acts 2: 32-33; 5: 30-31)*

From thence He shall come to judge the living  
and the dead.

▪ *(2 Tim 4:1; Mark 14: 61-62; Acts 10: 34-42)*

I believe in the Holy Ghost,

▪ *(John 14: 25-26; Acts 2: 1-4)*

The Holy Catholic Church,

▪ *(Acts 2: 41-47; Eph 5: 25-27)*

The Communion of Saints,

▪ *(Heb 12: 1-2; Rev 7: 9-10)*

The Forgiveness of sins,

▪ *(Acts 5: 25-31; Col 1: 12-14)*

The Resurrection of the body,

▪ *(John 11: 25-26; Acts 4: 1-2; 1 Cor 15: 20-22; 35-44)*

And the Life Everlasting. Amen

▪ *(John 3: 16; 1 John 5: 11-12)*

## **8. What do you learn from the Creeds?**

From the Creeds I learn to believe in the One True God: Father, Son and Holy Ghost; Who is the Creator and Ruler of the universe, and Who has made all things for His glory.

## **9. What does the Church teach about God the Father?**

The Church teaches that God the Father made me and all of mankind, and that in His love, He sent His only Son to reconcile the world to Himself.

### **10. What does the Church teach about God the Son?**

The Church teaches that, for our salvation, God the Son became man and died for our sins; that He rose victorious over death and was exalted to the throne of God as our Advocate and Intercessor; and that He will come as our Judge and Savior.

▪ (1 John 2: 1; Heb 7:25; Acts 10:42)

### **11. What does the Church teach about God the Holy Ghost?**

The Church teaches that God the Holy Ghost inspires all that is good in mankind; that He came in His fullness at Pentecost to be the Giver of Life in the Church, and that He enables me to grow in likeness to Jesus Christ.

▪ (John 14: 16-18, 26; Acts 1: 8; 2: 4)

### **12. Can you sum up simply what you have learned about God?**

I learned that there is only One True God in three Persons: God the Father Who made me and all the world; God the Son Who redeemed me and all mankind; and God the Holy Ghost Who sanctifies me and all the elect people of God. This Holy Trinity I praise and magnify, saying:

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

▪ (Matt 28: 19)

## **PART 3**

### **The Call of God: Christian Obedience**



**13. At your Baptism you were admonished to keep God's Commandments throughout your life. Where has God made these Commandments known?**

God has made His Commandments known in the Old and New Testaments, especially in the teachings and example of our Lord Jesus Christ.

**14. Recite the Ten Commandments given to God's First Chosen People: the ancient People of Israel, and which are found in the Law of Moses.**

1. I am the Lord Thy God, thou shalt not have other gods besides Me.
2. Thou shalt not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt do no murder.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

▪ *(Deut 5: 6-21; Ex 20: 1-17)*



## **15. Recite the words of our Lord Jesus Christ about God's Commandments.**

Our Lord Jesus Christ said: *“Thou shalt love the Lord Thy God with all thy heart and with all thy soul, and with all thy mind and with all thy strength. This is the first and great commandment, and the second is like unto it, thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.”* And again He said: *“A new commandment I give unto you, that ye love one another as I have loved you.”*

▪ (Matt 22: 36-40; Mark 12: 28-33; Luke 10: 27;

John 13: 3)

## **16. What then is your duty towards God?**

My duty towards God is:

- a. to worship Him as the only True God, to know, love, serve, trust and obey Him all the days of my life, and by witness of my words and deeds to bring others to do the same.
- b. To allow no created person or thing to take His place, but to use my time, my gifts and my possessions as one who must give an account unto Him.
- c. To reverence Him always in thought, word and deed.
- d. To keep the Lord's Day holy, for worship, prayer and to rest from all unnecessary work.

**17. What then is your duty towards your neighbor?**

My duty towards my neighbor is:

- a. to love, respect and help my parents; to honor the civil officials; to obey those in authority over me in all things lawful and good; and to fulfill my duties as a citizen
- b. to hurt no one by word or deed; to bear no grudge or hatred in my heart; to promote peace among all people; to be courteous to all; and to be kind to all of God's creatures.
- c. To be clean in thought, word and deed, controlling my bodily desires through the power of the Holy Ghost Who dwells within me; and if called to the state of Holy Matrimony to live faithfully in it.
- d. To be honest and fair in all I do; not to steal or cheat; to seek justice and plenty for all mankind.
- e. To keep my tongue from lying, slandering and harmful gossip, and never by my silence to let others be wrongfully condemned.
- f. To be thankful and generous; to do my duty cheerfully and not to be greedy or envious.

Thus I acknowledge God's reign among men and try to live as a citizen of His Kingdom, fighting against evil wherever I find it: in myself or in the world around me.

## **PART 4**

### **The Call of God: Christian Hope**



#### **18. What is the hope in which a Christian lives?**

The Christian lives in the certain hope of the Advent of Christ, the Last Judgment, and the Resurrection to Life Everlasting.

#### **19. What are we to understand by the Advent of Christ?**

By the Advent of Christ we are to understand that God, Who through Christ has created and redeemed all things, will also through Christ at His coming again, make all things perfect and complete in His Eternal Kingdom.

▪ (*John 14: 2-3; Mark 14: 62*)

#### **20. What are we to understand by the Last Judgment?**

By the Last Judgment we are to understand that all mankind will give an account of their lives to God, Who will condemn and destroy what is evil, and bring His servants into the joy of their Lord.

▪ (*Matt 25: 31-46*)

#### **21. What are we to understand by the Resurrection to Life Everlasting?**

By the Resurrection to Life Everlasting we are to understand that God, Who has overcome

death by the Resurrection of Christ, will raise from death in a body of glory, all who are Christ's, that they may live with Him in the fellowship of the Saints.

▪ (Rom 6: 4-5; 1 Cor 15: 42-44; John 12: 23-25;  
1 Peter 1: 3-5)

## **22. What then is our assurance as Christians?**

Our assurance as Christians is that neither death, nor life, nor things present, nor things to come, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Thus, daily increasing in God's Holy Spirit, and following the example of our Savior Jesus Christ, we shall at the last, be made like unto Him, for we shall see Him as He is.

▪ (Rom 8: 38-39)

Therefore I pray: *May the God of all grace, Who has called us unto His eternal glory by Christ Jesus, after that we have suffered awhile, make us perfect, stablish, strengthen, and settle us. To Him be Glory and Dominion, forever and ever. AMEN.*

▪ (1 Peter 5: 10.11)

## PART 5

### The Church and Ministry



#### 23. What is the Church?

The Church is the Mystical Body of Christ, the Family of God, through which He continues His reconciling work among mankind. Its members on earth enter it by Baptism and are one company with those who worship God in Heaven.

• *(Col 1: 18; 1 Cor 12: 12-31)*

#### 24. How is the Church described in the Creeds?

The Church is described as One, Holy, Catholic and Apostolic.

#### 25. What do you mean by these words?

By these words I mean that:

- a. The Church is **ONE** because it has One Lord, One Faith and One Baptism. • *(Eph 4:5)*
- b. The Church is **HOLY** because the Holy Ghost dwells in it and offers to all its members the means of holiness that they may live good and holy lives.
- c. The Church is **CATHOLIC** because it is universal, and holds for all time, in all countries, and for all people, the whole Truth as it is in Jesus Christ Who is the same yesterday, today and forever.

- d. The Church is **APOSTOLIC** because it is sent to preach the Gospel to the whole world, and receives its Divine Authority, Teaching and Ministry from Christ through His Apostles and their Successors, and continues in their Doctrine and fellowship.
- *(Acts 2: 42)*

**26. What authority did Christ give to His Apostles in the Church?**

Christ gave His Apostles authority to preach the Word, to minister the Sacraments, to rule, govern and care for His household the Church until His coming again.

- *(John 20: 21; Matt 28: 19; Luke 24: 47-49)*

**27. What Orders of Ministry have there been in the Church from the Apostles' time?**

In the Church from the Apostles' time there have been these Orders of Ministry in the Church: Bishops, Priests and Deacons. In due time other minor orders of ministry have been established by the authority of the Church to assist the three principal or Major Orders of the Sacred Ministry these Minor Orders being: Porters, Lectors, Exorcists, Acolytes and Subdeacons.

- *(1 Cor 12: 28)*

**28. What is the work of a Bishop?**

The work of a Bishop, as a Successor to the Apostles, is to be a Chief Shepherd and ruler in the Church; to guard the Faith; to ordain; to confirm and to bless; to be the chief Minister of

God's Holy Word and Sacraments in his diocese and to be High Priest and Living Icon of Christ to the people committed to his charge and care.

▪ *(1 Tim 3:1; Titus 1: 7-9)*

**29. What is the work of a Priest?**

The work of a Priest is to preach the Word of God; to Baptize; to offer the Holy Sacrifice of the Mass and to administer the Holy Eucharist; to pronounce Absolution and Blessings in God's Name; and to minister to the people committed to his care by the Bishop.

▪ *(Acts 14: 23; 1 Tim 5: 17)*

**30. What is the work of a Deacon?**

The work of a Deacon is to assist the Bishop or Priest in the conduct of worship and in the cure of souls; to read the Holy Gospel at Mass and to assist in administering Holy Communion.

▪ *(Acts 6: 2-4; 1 Tim 3: 8-13)*

**31. What is your work as a lay member of the Church?**

My work as a lay member of the Church is to take my part in its worship, labors, and councils, according to the gifts of grace that God has given me; and to pray, work, and give for the spread of Christ's Kingdom on Earth.

▪ *(Acts 15: 23)*

**32. What is the North American Old Roman Catholic Church?**

The North American Old Roman Catholic Church is an integral portion of the ancient Catholic Church established by our Lord Jesus

Christ in Jerusalem in the year 33 A.D. It is in communion with other Catholic jurisdictions of the world-wide Old Roman Catholic Communion. It proclaims and holds fast to the Doctrine, Discipline, Worship and Ministry of the One, Holy, Catholic and Apostolic Church in the tradition of the Western or Roman Catholic Communion.

### **33. What is the Old Roman Catholic Communion?**

The Old Roman Catholic Communion is a Family of Church Jurisdictions within the doctrinal and liturgical tradition of the ancient Church of Rome and the Church of Utrecht, maintaining the full Apostolic Doctrine and Order and in full communion with one another and organized locally under the Primatial See of Nova-Terra.

### **34. Who is the head of the Old Roman Catholic Communion?**

The Head of the Old Roman Catholic Communion is our Lord Jesus Christ. The Holy Father, as the Pope and Bishop of Rome, is the Spiritual Center of All Christian Unity, while the Primate of Nova-Terra holds a Primacy of Honor locally, throughout the Old Roman Catholic Communion, as the ancient See of Utrecht has relinquished its Old Roman Catholic identity and the Archbishop of Utrecht now holds a Primacy of Honor within the Utrecht Union of Old Catholic Churches.



**PART 6**  
**The Work of the Holy Ghost**  
**in the Church**



**GRACE**

**35. How can you carry out your duties to God and your neighbor and overcome temptation and sin?**

I can do these things only by the help of God and through His grace.

▪ *(1 Cor 15: 10; 2 Cor 12: 9; Titus 2: 11-14)*

**36. What do you mean by God's grace?**

By God's grace I mean that God Himself acts in Jesus Christ to forgive, inspire and strengthen me by His Holy Spirit.

**37. In which ways do you receive these gifts of God's grace?**

I receive these gifts of God's grace within the fellowship of the Church; when I worship and pray; when I read the Bible; when I receive the Sacraments; and as I live my daily life to His glory.

## **WORSHIP AND PRAYER**

### **38. What do you mean by the Worship of God?**

To worship God is to respond to His love: First by joining in the Church's celebration of the Sacrifice of the Mass, the Church's offering of praise, thanksgiving and prayer, and by hearing His Holy Word; Second, by acknowledging Him as the Lord of my life and by doing my work for His honor and glory.

### **39. Why do Christians observe Sunday as the chief day of public worship?**

Christians observe Sunday as the chief day of public worship because it was on the first day of the week that our Lord Jesus Christ rose from the dead. It was also the day on which God the Holy Ghost came down upon the Apostles and the Church gathered in the Upper Room; and St John in the Book of Revelation calls it the Lord's Day. Sunday is the Lord's Day.

▪ *(Luke 24: 1-7; John 20: 19-20; Acts 2: 1-4; Rev 1: 10)*

### **40. What is prayer?**

Prayer is the lifting up of heart and mind to God. We adore Him; we confess our sins and ask to be forgiven; we thank Him; we pray for others and for ourselves; we listen to Him and seek to know His will.

### **41. Recite 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.

• *(Matt 6: 9-13;*

## **THE BIBLE**

### **42. What is the Bible?**

The Bible is a collection of books recording God's revelation of Himself to mankind through His people Israel, His Church, and above all in His Son, Jesus Christ. There are three sets of books that comprise the Bible. The Old Testament which is composed of two subsets, the Canonical or Proto-canonical Books and the Deuterocanonical Books which are sometimes improperly called the Apocrypha, which in some Bibles are set apart from the other Old Testament Books, and which records the history of God's relationship with His first-called Chosen People, Israel; the other set of Canonical Books is called the New Testament which records the life and Ministry of Jesus Christ and the establishment of His Church.

The Bible was written at different times, in different places, and by different men, but always under the guidance and inspiration of the Holy Ghost. The Church is the Divinely appointed guardian and interpreter of the Holy Scriptures.

**43. How many books are there in the Bible?**

There are forty-six books contained in the Old Testament, the thirty-nine Canonical Books, and seven Deuterocanonical Books. There are twenty-seven Canonical Books contained in the New Testament.

**44. Why are the books of the Old Testament divided between the Canonical and Deuterocanonical Books?**

The books of the Old Testament are divided into the Canonical or Proto-canonical Books which are found in all collections of the Sacred Scriptures and are agreed by all to have full biblical authority. The Deuterocanonical Books were composed at a later time and are disputed as to their biblical authority by some churches. Due to this dispute they are classified as having a secondary status as designated by the word deuterocanonical. The Catholic Church accepts them as having full biblical authority while many Protestant churches consider them to be apocryphal (i.e. without any biblical authority).

**45. How should we read the Bible?**

We should read the Bible with the desire and prayer that through it God may speak to us by His Holy Spirit, and enable us to know Him and to do His will.

▪ (2 Tim 3: 15-17)

## **THE SACRAMENTS**

### **46. What do you mean by a Sacrament?**

By a Sacrament I mean the divinely appointed use of material things as signs, vehicles and pledges of God's grace, and as a means by which we receive His gifts.

### **47. What are the two parts of a Sacrament?**

The two parts of a Sacrament are the outward and visible sign and the inward and spiritual grace.

### **48. How many Sacraments are provided in the Church?**

The Church provides us with seven Sacraments: Holy Baptism, Confirmation, Holy Eucharist, Penance, Holy Orders, Matrimony and Holy or Extreme Unction.

### **49. What are the chief Sacraments appointed by Christ?**

The Chief Sacraments appointed by Christ for His Church, as needed by all for fullness of life are: Holy Baptism and the Holy Eucharist.

▪ *(John 3: 5; John 6: 53-56)*

## **Baptism**

### **50. What is Baptism?**

Baptism is the Sacrament, by which, through the action of the Holy Ghost, we are cleansed from

the stain of Original Sin and from any actual sins we may have committed before being baptized, and we are born again into the Family of God.

▪ (John 3: 1-6)

**51. What is the meaning of the word *baptize*?**

The word *baptize* means *to consecrate by putting into or pouring upon*, with water.

▪ (Luke 11:38; Mark 7:4)

**52. What is the outward and visible sign of Christian Baptism?**

The outward and visible sign of Christian Baptism is the dipping into water, or the pouring of water upon, the person to be baptized, with the words: “I baptize you in the Name of the Father, and of the Son, and of the Holy Ghost.”

▪ (Matt 28: 19)

**53. What is the inward and spiritual grace and gift in Christian Baptism?**

The inward and spiritual grace and gift in Christian Baptism is the life-giving sanctifying grace which effect a union with Christ in His Death and Resurrection, the forgiveness of sin, and a new birth into God’s family, the Church.

▪ (Rom 6: 3-4)

**54. What is required of persons to be baptized?**

It is required that persons to be baptized should turn from sin, believe in the Christian faith, and give themselves to Christ to be His servants.

▪ (Acts 2: 38; 18: 8)

**55. Why then are infants and young children baptized?**

Infants are baptized after their Godparents have made the promises on their behalf, that they, being received into Christ's Church, may grow in grace and be trained in the household of Faith.

▪ *(Acts 16: 15, 33; 1 Cor 1: 16; Gen 17: 9-14;  
Col 2: 11, 13)*

**56. When do baptized infants make the promises for themselves?**

Baptized infants make the promises for themselves when they are Confirmed by the Bishop.

**57. Can a person be baptized more than once?**

No, a person cannot be baptized more than once, for as we were born only once into our earthly family, so too we can be born only once into the family of God.

▪ *(Eph 4: 50)*

**Confirmation**

**58. What is Confirmation?**

Confirmation is the Sacrament by which, through prayer with the laying on of hands by the Bishop, the Holy Ghost is received to complete what He began in Baptism, and to give strength for the Christian Life. The Confirmand also receives special Gifts from the Holy Ghost to live that Christian Life

▪ *(Acts 8: 14-17; 19: 2-6; 2 Tim 1:6)*

**59. What is required of a person to be Confirmed?**

It is required that persons to be Confirmed should have been baptized, be sufficiently instructed in the Christian Faith, be penitent for their sins, and be ready to confess Jesus Christ as Savior and to obey Him as Lord.

**60. What are the special Gifts and Spiritual Fruits of the Holy Ghost which are received at Confirmation given to strengthen and live the Christian Life?**

The Gifts of the Holy Ghost received at Confirmation are: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Righteous Fear of the Lord.

▪ *(Isaiah 11: 12)*

The Spiritual Fruits of the Holy Ghost are: Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, Chastity.

▪ *(Gal 5: 22-23)*

**The Holy Eucharist**

**61. What is the Holy Eucharist?**

The Holy Eucharist, also often called the Holy Communion, is the Sacrament in which, according to Christ's command, we make a continual remembrance and re-presentation of Him, His passion, Death and Resurrection, until His coming again, and in which we thankfully



receive the benefits of His Most Precious Sacrifice on the Cross.

▪ (*Matt 26: 26-28; 1 Cor 11: 23-29; Luke 22: 19-20*)

It is, therefore, called the Eucharist, the Church's sacrifice of praise and thanksgiving with Christ Jesus as both Victim and Priest, and is also called the Lord's Supper, the spiritual meal of fellowship which unites us to Christ and to each other within the whole Church. It is most often called by us, The Holy Sacrifice of the Mass, and referred to as the Breaking of Bread, the Sacred Liturgy and the Most Blessed Sacrament.

**62. What is the outward and visible sign of the Holy Eucharist?**

The outward and visible sign of the Holy Eucharist is the bread and wine given and received according to the Lord's own command.

**63. What is the inward and spiritual grace and gift in the Holy Eucharist?**

The inward and spiritual gift and grace of the Holy Eucharist is the Real, True, Body, Blood, Soul and Divinity of Christ, which are truly and indeed received by the Faithful.

▪ (*1 Cor 10: 16*)

**64. What is meant by receiving the Body and Blood of Christ?**

Receiving the Body and Blood of Christ means receiving the Life of Christ Himself, Who was

crucified and rose again, and is now alive for evermore.

**65. What are the benefits we receive in Holy Communion?**

The benefits we receive are the strengthening of our union with Christ and His Church, the forgiveness of our sins, and the nourishing of ourselves for Eternal Life.

**66. What is required of those who come to Holy Communion?**

It is required of those who would come to Holy Communion that they have a living Faith in God's mercy through Christ, with a thankful remembrance of His Death and Resurrection; that they repent truly of their sins, intending to lead a new life; and to be in charity with all men.

▪ (1 Cor 11: 27-29)

## **Holy Orders**

**67. What is Holy Orders?**

Holy Orders is the Sacrament in which, through prayer and the laying on of the Bishop's hands, our Lord Jesus Christ gives the grace of the Holy Ghost together with His authority, to those men who are to be ordained and made Bishops, Priests or Deacons.

▪ (Acts 6: 1-6; Phil 1:1; Acts 14: 23)

## **Holy Matrimony**

### **68. What is Holy Matrimony?**

Holy Matrimony is the Sacrament of Christian Marriage, in which one man and one woman, entering a life-long union, take their vows before God and seek His grace and blessing to fulfill them and their life together as husband and wife; and in which they receive the grace to raise their family and children in obedience to His Holy Word and Commandments.

• *(Matt 19: 5-6; Mark 10: 9-12)*

## **Penance and Absolution**

### **69. What is the Sacrament of Penance and the Ministry of Absolution?**

The Sacrament of Penance, commonly called Confession or the Ministry of Absolution, is the Sacrament by which those who are truly sorry for their sins committed after baptism, and who have made a voluntary confession of them to God through the ministry and in the presence of the Bishop or Priest, with the intention of amending their lives, receive through him, the forgiveness of Almighty God.

• *(John 20: 21-23; 1 John 1: 9)*

## **Holy or Extreme Unction**

### **70. What is Holy or Extreme Unction?**

Holy Unction is the Sacrament by which God's grace is given for the healing of spirit, mind, and body in response to Faith and prayer, by laying on of hands and by anointing with Holy Oil. It is also sometimes called Extreme Unction and the Last Rites, as it is most often administered at the moment of impending death as an aide to the faithful as they prepare for their final journey to meet the Lord.

▪ *(Luke 6: 13; James 5: 14-15)*

## **PART 7**

### **The Angels and Saints**



#### **71. What are the Angels?**

Angels are pure spirits without bodies created to adore and enjoy God in Heaven.

• *(Ps 148: 2-5; Col 1:16)*

#### **72. Where the Angels created for any other purpose?**

The Angels were also created to assist before the throne of God and to minister unto Him; they have often been sent as messengers from God to man; and are also appointed to serve as our guardians.

• *(Luke 1: 11, 26; 2: 43; Matt 28:5; Heb 13: 2)*

#### **73. Who are the Saints?**

The Saints are men and women who lived holy lives while on earth and who died in the state of grace, were admitted to Heaven and now live with God in His Heavenly Kingdom. The Saints are special friends of God and also friends to us.

• *(Heb 12: 1; Eph 3: 8; Ps 106: 16-18)*

#### **74. How do we honor the Saints?**

We honor the Saints by remembering them in our prayers; asking them to pray for us; displaying and showing respect to their pictures, images or relics; and most especially by trying to imitate their holy lives and virtues.

**75. When we pray to the Saints or before a Cross or Crucifix, are we adoring or worshipping them?**

No. We are commanded to worship and adore only God Himself in the Blessed Trinity. When we pray to the Angels and Saints we are asking them to join their prayers to God with our own, as our special friends who are close to His throne. We show respect to the images of the Saints and to the Cross and Crucifix as ways to enliven our faith; to address our prayer; and to call to mind their love of and for God.

## **PART 8**

### **The Four Last Things**



#### **76. What are the Four Last Things?**

The Four last Things are: Death, Judgment, Heaven and Hell. They are often called the *Novissima*.

#### **77. When we speak of Death, what are we referring to?**

When we speak of Death, we mean the end of life in the body. The soul, because it is immortal can never die, and undergoes judgment when it leaves the body after Death.

▪ (Eccl 12: 7; Gen 2: 7; 1 Cor 15: 45)

#### **78. What do we mean by Judgment?**

All souls undergo a judgment upon Death, by God. This Judgment is called the Particular Judgment as it concerns the individual soul and its final condition at Death.

Each soul also will undergo a second judgment called the General Judgment on the Last Day, when Christ will come to earth and call the saints and blessed who lay in rest or who remain alive, to join Him in Heaven. The wicked who died unrepentant in mortal sin or who are still alive and who reject God's call to repentance, will receive their condemnation to Hell.

▪ (Eccl 11: 9; Luke 23: 43; Phil 1:21; Rev 11: 15-18)

## 79. What is Heaven?

Heaven is the state of Everlasting Life in which we see God face to face, are made like unto Him in glory, and enjoy eternal happiness in the company of the Angels and Saints.

▪ (Rev 21: 3)

## 80. What is Hell?

Hell is the state to which the wicked are condemned, in which they are deprived of the sight of God for all eternity, and are in dreadful torments.

▪ (Dan 12: 2; Mark 9: 43-48; Matt 10:28)

## 81. What is Purgatory?

Purgatory is the state in which those who died in venial sin or without having satisfied for the punishment due to their sin, suffer for a temporary time, in order to serve out their punishment and to cleanse and prepare their souls to enter into Heaven.

▪ (1 Cor 3:10-15; 2 Macc 12: 43-46; Wis 3: 1-7)

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*Remember Christian soul,  
that thou hast this day, and every day of thy life:*

God to glorify....Eternity to prepare for;  
Jesus to imitate....Time to profit by;  
The Angels and Saints to invoke....Neighbors to edify;  
A soul to save...The world to despise;  
A body to mortify...Devils to combat;  
Sins to expiate....Passions to subdue;  
Virtues to acquire....Death perhaps to suffer;  
Hell to avoid....And judgment to undergo;  
Heaven to gain.



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**A TREASURY OF  
PRAYERS**

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### **The Sign of the Cross**

In the Name of the Father and of the Son and of the Holy Ghost. Amen.

### **The Our Father (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.

### **Hail Mary (The Angelic Salutation)**

Hail Mary, full of Grace, the Lord is with thee. Blessed art thou amongst 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.

### **The Apostles' 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 Ghost; Born of the Virgin Mary; Suffered under Pontius Pilate; Was crucified, died and was buried. He descended into Hell. The third day He rose again from the dead. He ascended into Heaven; And sitteth at the right hand of God the Father Almighty; From thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the Communion of Saints; the Forgiveness of sins, the resurrection of the body, and Life Everlasting. Amen.

**The Confiteor**

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints, that I have sinned exceedingly, in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints to pray to the Lord our God for me. Amen.

**Come Holy Ghost**

Come, Holy Ghost, fill the hearts of Thy faithful: and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit, and they shall be created

R. And Thou shalt renew the face of the earth

Let us pray

O God, Who didst instruct the hearts of the faithful by the light of the Holy Ghost, grant us in the same Spirit to be truly wise, and to ever rejoice in His consolation. Through Christ our Lord. Amen.

**Act of Faith**

O my God! I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that he will come to, judge the living and the dead. I believe these and all the truths which Thy

Holy Catholic Church teaches, because Thou hast revealed them, who canst neither deceive nor be deceived

**Act of Hope**

O my God! relying on Thine infinite goodness, mercy and promises, I hope to obtain pardon for my sins, the increase of grace, and life everlasting, through the merits of Jesus Christ, my Lord and my Redeemer.

**Act of Charity**

O my God! I love Thee above all things, with my whole heart and with my whole soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and I ask pardon of all whom I have injured.

**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 have offended 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 occasions of sin. Amen.

**Prayer to Our Guardian Angel**

Angel of God, my guardian dear, to whom His love commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

### **Remember, O Most Gracious Virgin Mary- The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### **Eternal Rest Prayer**

Eternal rest grant unto him/her (them), O Lord; and let perpetual light shine upon him/her (them). May his/her (their) soul(s) and the souls of all the Faithful departed, through the mercy of God, rest in peace. Amen.

### **The Glory Be - The Minor Doxology**

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

### **Prayer Before Meals**

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

### **Prayer After Meals**

We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest forever. And may the souls

of the faithful departed, through the mercy of God, rest in peace. Amen.

## **The Angelus**

*This prayer is traditionally said at 6AM, Noon, and 6PM with at least one person leading (V) and at least one person responding (R). All should be kneeling and a bell should be rung. During Paschaltide, it is replaced by the Regina Coeli.*

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Ghost.

All: Hail Mary, full of Grace, the Lord is with thee. Blessed art thou amongst 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.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

All: Hail Mary, full of Grace, the Lord is with thee. Blessed art thou amongst 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.

V. And the Word was made Flesh.

R. And dwelt among us.

All: Hail Mary, full of Grace, the Lord is with thee. Blessed art thou amongst 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.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

V. Let us pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord.

**All: Amen.**

### **The Anima Christi**

*This prayer has traditionally been said privately and silently by communicants either before or after receiving Holy Communion.*

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds, hide me.

Separated from Thee, let me never be.

From the malignant enemy, defend me.

At the hour of death, call me.

To come to Thee, bid me,

That I may praise Thee in the company Of Thy Saints,  
for all eternity. Amen.

### **Prayer to St. Michael**

St. Michael the Archangel, defend us in battle; be our protection 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 divine power of God, cast into Hell, Satan and all the other evil spirits, who wander and roam throughout the world, seeking the ruin of souls. Amen.

### **The Divine Praises**

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the Name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.









