

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 Spirit,
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 sits 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 Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body
and life everlasting.
Amen.

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 earth.
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 pure of heart, for they
will see God. Blessed are the peacemakers, for
they will be called children of God. Blessed are
those who are persecuted for righteousness'
sake, for theirs is the kingdom of heaven.
Blessed are you when people revile you and
persecute you and utter all kinds of evil
against you falsely on my account. Rejoice and
be glad, for your reward will be great in
heaven. (Mt 5:3-12)

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.

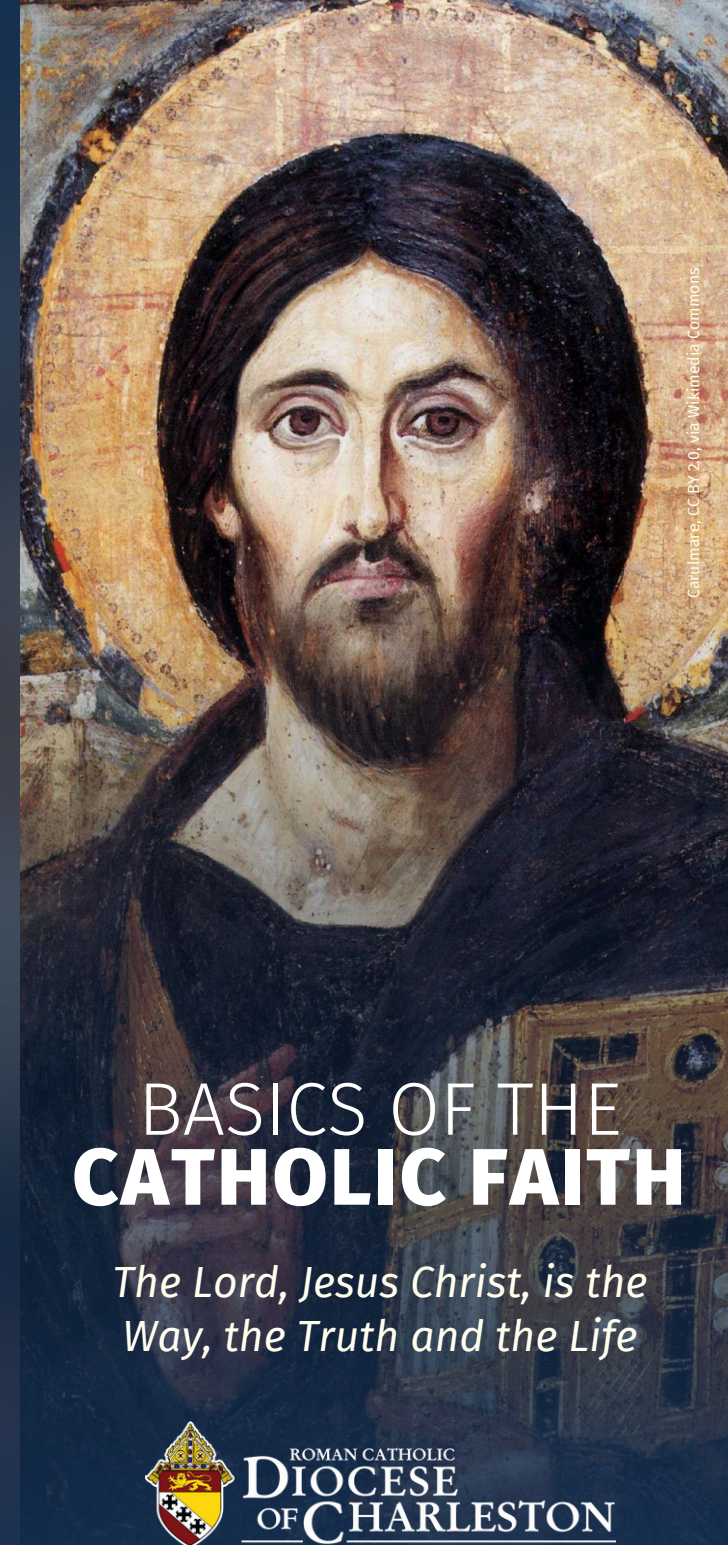
He ascended into heaven
and is seated at
the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

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.



1 GOLDEN RULE

- Do to others as you would have them do to you. (Mt 7:12)

2 COMMANDMENTS OF LOVE

- You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
- You shall love your neighbor as yourself.

3 THEOLOGICAL VIRTUES

Faith • Hope • Charity

4 CARDINAL VIRTUES

Prudence • Justice
Fortitude • Temperance

5 PRECEPTS OF THE CHURCH

1. You shall **attend Mass on Sundays** and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
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.

10 COMMANDMENTS

See Ex 20:2-17; Dt 5:6-21

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.

7 CORPORAL WORKS OF MERCY

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit the imprisoned
7. Bury the dead

7 SPIRITUAL WORKS OF MERCY

1. Counsel the doubtful
2. Instruct the ignorant
3. Admonish sinners
4. Comfort the afflicted
5. Forgive offenses
6. Bear wrongs patiently
7. Pray for the living and the dead

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12 FRUITS OF THE HOLY SPIRIT

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|-------------|------------------|
| 1. Charity | 7. Generosity |
| 2. Joy | 8. Gentleness |
| 3. Peace | 9. Faithfulness |
| 4. Patience | 10. Modesty |
| 5. Kindness | 11. Self-control |
| 6. Goodness | 12. Chastity |

7 GIFTS OF THE HOLY SPIRIT

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|------------------|---------------------|
| 1. Wisdom | 5. Knowledge |
| 2. Understanding | 6. Piety |
| 3. Counsel | 7. Fear of the Lord |
| 4. Fortitude | |

7 SACRAMENTS

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|-------------------|--------------------------|
| 1. Baptism | 5. Penance |
| 2. Confirmation | 6. Anointing of the Sick |
| 3. Holy Eucharist | 7. Holy Orders |
| 4. Matrimony | |

7 CAPITAL SINS

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|-----------------|-------------|
| 1. Pride | 5. Gluttony |
| 2. Covetousness | 6. Envy |
| 3. Lust | 7. Sloth |
| 4. Anger | |