

# GENERAL INFORMATION

## every Catholic Christian should know

### *The Ten Commandments*

1. I am the Lord, your God: you shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath 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 your neighbor's wife.
10. You shall not covet your neighbor's goods.

### *Duties of Catholic Christians (Precepts of the Catholic Church)*

Duty	Meaning
Celebrate Mass every Sunday and on the holy days of obligation. Avoid unnecessary work on Sunday and holy days.	We take special time each week to think about God's goodness to us. We think about the ways in which we are to put God first in our lives.
Receive Holy Communion frequently and take part in the celebration of the sacrament of Reconciliation. At a minimum, Catholics are also to receive Holy Communion at least once between the First Sunday of Lent and Trinity Sunday. We must confess at least once a year if we have committed any serious, or mortal, sins.	By celebrating these sacraments frequently, we grow in our love for God. The Holy Spirit guides us in making good decisions in our daily lives.
Study Catholic teachings throughout one's life and continue to grow in faith.	Learning about our faith helps us to live it more each day. We also will be better able to carry on Jesus' mission.
Observe the marriage laws of the Catholic Church. Make sure children receive religious instruction and formation.	Children need love and guidance from parents and others who care for them. They also need to learn about and live their faith in a loving family.
Strengthen and support the Church, including one's parish, priests, the whole Church, and the pope.	We have a responsibility to support the work of the Church and carry on the mission of Jesus Christ.
Do penance, including fasting and not eating meat on certain days.	When we do penance, we give thanks for God's goodness.
Join in the missionary work of the Church.	Each of us is called to help missionary work by giving what money we can and by praying for our missionaries.

### *Beatitudes*

***Blessed are the poor in spirit, for theirs is the kingdom of heaven.***

People who are poor in spirit depend on God for everything. Nothing becomes more important to them than God.

***Blessed are they who mourn, for they will be comforted.***

People who are saddened by sin, evil, and suffering in the world but trust that God will comfort them.)

***Blesses are the meek, for they will inherit the land.***

Humble people show gentleness and patience toward others. They will share in God's promises.

***Blessed are they who hunger and thirst for righteousness, for they will be satisfied.***

People who are fair and just towards others are doing God's loving will.

***Blessed are the merciful, for they will be shown mercy.***

Merciful people are concerned about other's feelings. They are willing to forgive those who hurt them.

***Blessed are the clean of heart, for they will see God.***

People who keep God first in their lives are pure in heart. They give their worries and concerns to God.

***Blessed are the peacemakers, for they will be called children of God.***

Peacemakers are people who bring peace and reconciliation into the lives of others. They treat others fairly.

***Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.***

People who are willing to be ignored or insulted for doing what God wants will share in his kingdom.

## ***Works of Mercy***

<b>Corporal Works of Mercy</b>	<b>Spiritual Works of Mercy</b>
Feed the hungry	Share one's knowledge with others
Give drink to the thirsty	Give advice to those who need it
Clothe the naked	Comfort those who suffer
Visit the sick and imprisoned	Be patient with people/bear wrongs patiently
Shelter the homeless	Forgive those who hurt us
Gove alms to the poor	Console those who need it
Bury the dead	Pray for the living and the dead

## ***Theological and Moral Virtues***

<b>Theological Virtues</b>	<b>Moral Virtues</b>
Faith	Prudence
Hope	Justice
Love	Fortitude
	Temperance

## ***Holy Days of Obligation***

On these days, Catholics must celebrate the Eucharist just as on Sunday:

- Solemnity of Mary, Mother of God (January 1)
- Ascension of Christ (during the Easter season – forty days after Easter)
- Assumption of Mary (August 15)
- Feast of All Saints (November 1)
- Immaculate Conception (December 8)
- Nativity of Our Lord/Christmas (December 25)

## ***Seven Sacraments***

- Baptism
- Holy Eucharist
- Confirmation
- Holy Matrimony
- Holy Orders
- Reconciliation
- Anointing of the Sick

## ***The Liturgical Seasons***

Our Church has seasons that make up our liturgical year to remind us of Jesus' life, death, and Resurrection. These seasons help us to remember that all time is holy time to be lived in the presence of God. The seasons are listed below:

- Advent Season
- Christmas Season
- Ordinary Time
- Lenten Season
- Easter Triduum
- Easter Season

## ***Twelve Fruits of the Holy Spirit***

- Love (charity)
- Kindness (Benignity)
- Faithfulness
- Joy
- Goodness
- Modesty
- Peace
- Gentleness
- Self-control (Continence)
- Patience
- Generosity
- Chastity

## ***Seven Capital Sins***

- Pride
- Lust
- Anger
- Covetousness
- Envy
- Sloth
- Gluttony

## ***Gifts of the Holy Spirit***

- Wisdom
- Knowledge
- Understanding
- Counsel (Right Judgment)
- Piety (Reverence)
- Fortitude (Courage)
- Fear of the Lord (Wonder and Awe)