



Catholic beliefs

and practices

WHAT CATHOLICS SHOULD KNOW

Living Our Faith

As believers in Jesus Christ, we are called to a new life and to make moral choices that keep us united with God. With the help and grace of the Holy Spirit, we can choose ways to act to remain friends with God, to help other people, and to fulfill our prophetic mission to be witnesses to Christ in all circumstances and at the very heart of the human community.

The Ten Commandments

The Ten Commandments are a special expression of natural law made known to us by God's Revelation and by human reason. They guide us in making choices that allow us to live as God wants us to live. The first three commandments tell us how to love God; the rest show us how to love our neighbor.

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 Great Commandment

The Ten Commandments are fulfilled in Jesus' Great Commandment: "You shall love the **LORD** your God with all your heart, with all your soul, with all your mind, and with all your strength. . . . You shall love your neighbor as yourself." (Mark 12:30–31)

The New Commandment

Before his death on the cross, Jesus gave his disciples a new commandment: "[L]ove one another. As I have loved you, so you also should love one another." (John 13:34)



The Beatitudes

The Beatitudes are the teachings of Jesus in the Sermon on the Mount. (Matthew 5:3–10)

Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The Beatitudes fulfill God’s promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

*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 land.*

*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 clean of heart,
for they will see God.*

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

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

Operation Rice Bowl is a hunger relief effort sponsored by Catholic Relief Services.

Operación Plato de Arroz es un programa de Catholic Relief Services para paliar el hambre.

Works of Mercy

The Corporal and Spiritual Works of Mercy are actions that extend God’s compassion and mercy to those in need.

Corporal Works of Mercy

The Corporal Works of Mercy are kind acts by which we help our neighbors with their material and physical needs. They include

- feed the hungry**
- give drink to the thirsty**
- clothe the naked**
- shelter the homeless**
- visit the sick**
- visit the imprisoned**
- bury the dead**

Spiritual Works of Mercy

The Spiritual Works of Mercy are acts of compassion that serve people’s emotional and spiritual needs. They include

- instruct**
- admonish**
- counsel**
- comfort**
- forgive**
- bear wrongs patiently**
- pray for others**



Precepts of the Church

The Precepts of the Church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor. The Precepts are as follows:

1. attendance at Mass on Sundays and Holy Days of Obligation
2. confession of sins at least once a year
3. reception of Holy Communion at least once a year during the Easter season

4. observance of the days of fast and abstinence
5. providing for the needs of the Church

Days of Fast

(for Adults)

Ash Wednesday Good Friday

Days of Abstinence

(for all those over 14)

Ash Wednesday All Fridays in Lent

Holy Days of Obligation

Holy Days of Obligation are the days other than Sundays on which we celebrate the great things God has done for us through Jesus and the saints. On Holy Days of Obligation, Catholics are obliged to attend Mass. Six Holy Days of Obligation are celebrated in the United States.

Mary, Mother of God

January 1

Ascension

Forty days after Easter (for those dioceses that do not celebrate the Ascension on the seventh Sunday of Easter)

Assumption of the Blessed Virgin Mary

August 15

All Saints

November 1

Immaculate Conception

December 8

Nativity of Our Lord Jesus Christ

December 25

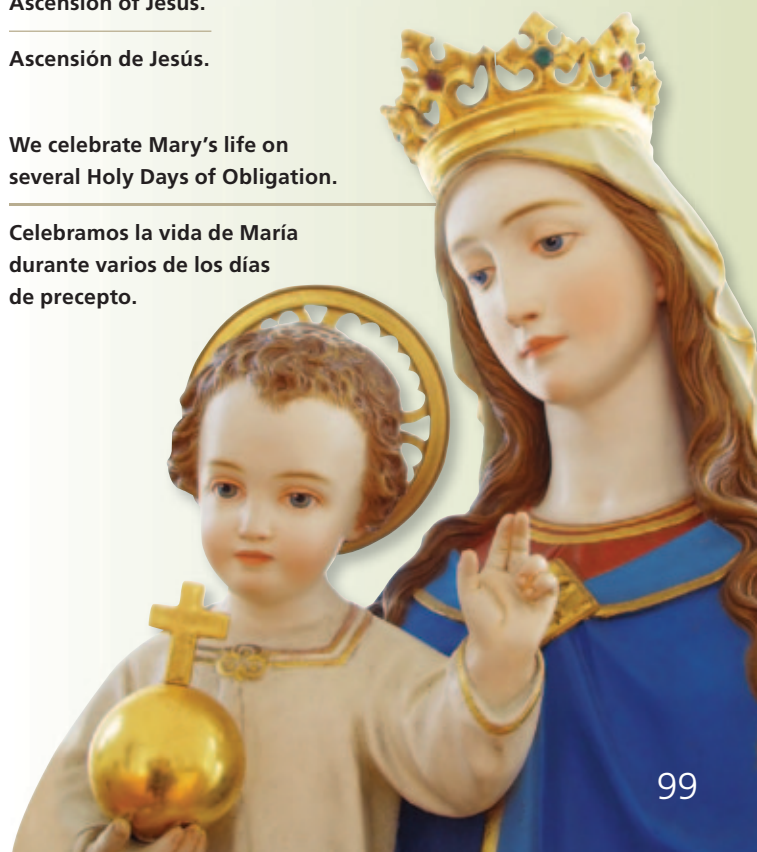


Ascension of Jesus.

Ascensión de Jesús.

We celebrate Mary's life on several Holy Days of Obligation.

Celebramos la vida de María durante varios de los días de precepto.





Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like good habits. They need to be used; they can be lost if they are neglected. The three most important virtues are called the Theological Virtues

because they come from God and lead to God. The Cardinal Virtues are human virtues, acquired by education and good actions. They are named for the Latin word for “hinge” (*cardo*), meaning “that on which other things depend.”

Theological Virtues

faith charity hope

Cardinal Virtues

prudence justice
fortitude temperance

Gifts of the Holy Spirit

The Holy Spirit makes it possible for us to do what God the Father asks of us by giving us many gifts. They include the following:

wisdom counsel knowledge
understanding fortitude fear of the Lord
piety

Fruits of the Holy Spirit

The Fruits of the Holy Spirit are examples of the way we find ourselves acting because God is alive in us. They include the following:

love joy peace
kindness generosity goodness
gentleness self-control modesty
faithfulness chastity patience

Making Good Choices

Our conscience is the inner voice that helps us know the law God has placed in our hearts. Our conscience helps us judge the moral qualities of our own actions. It guides us to do good and avoid evil.



The Holy Spirit can help us form a good conscience. We form our conscience by studying the teachings of the Church and following the guidance of our parents and pastoral leaders.

God has given every human being freedom of choice. This does not mean that we have the right to do whatever we please. We can live in true freedom if we cooperate with the Holy Spirit, who gives us the virtue of prudence. This virtue helps us recognize what is good in every situation and make correct choices. The Holy Spirit gives us the gifts of wisdom and understanding to help us make the right choices in life, in relationship to God and others. The gift of counsel helps us reflect on making the correct choices in life.

Showing Our Love for the World

In the story of the Good Samaritan (Luke 10:29–37), Jesus makes clear our responsibility to care for those in need. The Catholic Church teaches this responsibility in the following themes of Catholic Social Teaching.

Life and Dignity of the Human Person

All human life is sacred, and all people must be respected and valued over material goods. We are called to ask whether our actions as a society respect or threaten the life and dignity of the human person.

Call to Family, Community, and Participation

Participation in family and community is central to our faith and a healthy society. Families must be supported so that people can participate in society, build a community spirit, and promote the well-being of all, especially those who are poor and vulnerable.

Rights and Responsibilities

Every person has a right to life as well as a right to those things required for human decency. As Catholics, we have a responsibility to protect these basic human rights in order to achieve a healthy society.

Option for the Poor and Vulnerable

In our world, many people are very rich while at the same time many are extremely poor. As Catholics, we are called to pay special attention to the needs of the poor by defending and promoting their dignity and meeting their immediate material needs.



The Dignity of Work and the Rights of Workers

The Catholic Church teaches that the basic rights of workers must be respected: the right to productive work, fair wages, and private property; and the right to organize, join unions, and pursue economic opportunity. Catholics believe that the

economy is meant to serve people and that work is not merely a way to make a living, but an important way in which we participate in God's creation.

Solidarity

Because God is our Father, we are all brothers and sisters with the responsibility to care for one another. Solidarity is the attitude that leads Christians to share spiritual and material goods. Solidarity unites rich and poor, weak and strong, and helps create a society that recognizes that we all depend on one another.

Care for God's Creation

God is the Creator of all people and all things, and he wants us to enjoy his creation. The responsibility to care for all God has made is a requirement of our faith.



Celebrating Our Faith

Jesus touches our lives through the sacraments. In the sacraments, physical objects—water, bread and wine, oil, and others—are the signs of Jesus' presence.

The Seven Sacraments

Sacraments of Initiation

These sacraments lay the foundation of every Christian life.

Baptism



In Baptism we are born into new life in Christ. Baptism takes away Original Sin and makes us members of the Church. One of its signs is the pouring of water.

Confirmation



Confirmation seals our life of faith in Jesus. Its signs are the laying on of hands on a person's head, most often by a bishop, and the anointing with oil. Like Baptism, it is received only once.

Eucharist



The Eucharist nourishes our life of faith. We receive the Body and Blood of Christ under the appearance of bread and wine.

Sacraments of Healing

These sacraments celebrate the healing power of Jesus.

Penance and Reconciliation



Through Reconciliation we receive God's forgiveness. Forgiveness requires being sorry for our sins. In Reconciliation we receive Jesus' healing grace through absolution by the priest. The

signs of this sacrament are our confession of sins, our repentance and satisfaction, and the words of absolution.

Anointing of the Sick



This sacrament unites a sick person's sufferings with those of Jesus. Oil, a symbol of strength, is a sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.

Sacraments at the Service of Communion

These sacraments help us serve the community.

Matrimony



In Matrimony a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple, as expressed in the marriage promises. The couple are the sign of this sacrament.

Holy Orders



In Holy Orders, men are ordained priests to be leaders of the community, or deacons to be reminders of our baptismal call to serve others. The signs of this sacrament are the laying on of hands and the prayer of the bishop asking God for the outpouring of the Holy Spirit.

Reconciling with God and Others

An Examination of Conscience

An examination of conscience is the act of prayerfully looking into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the Ten Commandments and the teachings of the Church. The questions below will help us in our examination of conscience.

My Relationship with God

- What steps am I taking to help myself grow closer to God and others? Do I turn to God often during the day, especially when I am tempted?
- Do I participate at Mass with attention and devotion on Sundays and Holy Days? Do I pray often and read the Bible?
- Do I use God's name or the name of Jesus, Mary, and the saints with love and reverence?

My Relationship with Family, Friends, and Neighbors

- Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?
- Am I loving of those in my family? Am I respectful to my neighbors, friends, and those in authority?
- Do I show respect for my body and for the bodies of others? Do I keep away from forms of entertainment that do not respect God's gift of sexuality?
- Have I taken or damaged anything that did not belong to me? Have I cheated, copied homework, or lied?

- Do I quarrel with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?

How to Make a Good Confession

An examination of conscience is an important part of preparing for the Sacrament of Reconciliation. The Sacrament of Reconciliation includes the following steps:

1. The priest greets us and we pray the Sign of the Cross. He may read God's Word with us.
2. We confess our sins. The priest may help and counsel us.
3. The priest gives us a penance to perform. Our penance may be prayers to be prayed, an act of kindness, or both.
4. The priest asks us to express our sorrow, usually by reciting the Act of Contrition.
5. We receive absolution. The priest says, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." We respond, "Amen."
6. The priest dismisses us by saying, "Go in peace." We go forth to perform the act of penance he has given us.



The Eucharist

Sunday is the day on which we celebrate the Resurrection of Jesus. Sunday is the Lord's Day. We gather for Mass, rest from work, and perform Works of Mercy. People from all over the world gather at God's Eucharistic table as brothers and sisters on the Lord's Day.

The Order of Mass

The Mass is the high point of the Christian life, and it always follows a set order.

Introductory Rites

We prepare to celebrate the Eucharist.

Entrance Chant

We gather as a community praising God in song.

Greeting

We pray the Sign of the Cross, recognizing the presence of Christ in the community.

Penitential Act

We acknowledge our sins and ask God for mercy.

Gloria

We praise God in song.

Collect Prayer

The priest gathers all our prayers into one.

Liturgy of the Word

We hear the story of God's plan for Salvation.

First Reading

We listen to God's Word, usually from the Old Testament.

Responsorial Psalm

We respond to God's Word, usually in song.

Second Reading

We listen to God's Word from the New Testament.



Gospel Acclamation

We sing or pray "Alleluia!" to praise God for the Good News. During Lent a different acclamation is used.

Gospel Reading

We stand to acclaim Christ present in the Gospel.

Homily

The priest or deacon explains God's Word.

Profession of Faith

We proclaim our faith through the Creed.

Prayer of the Faithful

We pray for our needs and the needs of others.

Liturgy of the Eucharist

We celebrate the meal that Jesus instituted at the Last Supper and remember the sacrifice he made for us.

Presentation and Preparation of the Gifts

We bring gifts of bread and wine to the altar.

Prayer over the Offerings

The priest prays that God will accept our sacrifice.

Eucharistic Prayer

This prayer of thanksgiving is the center and high point of the entire celebration.

Preface Dialogue

We give thanks and praise to God.

Preface Acclamation (or Holy, Holy, Holy)

We sing an acclamation of praise.

Institution Narrative

The bread and wine truly become the Body and Blood of Jesus Christ.

The Mystery of Faith

We proclaim Jesus' Death and Resurrection.

Communion Rite

We prepare to receive the Body and Blood of Jesus Christ.

The Lord's Prayer

We pray the Lord's Prayer.

Sign of Peace

We offer one another Christ's peace.

Lamb of God

We pray for forgiveness, mercy, and peace.

Communion

We receive the Body and Blood of Jesus Christ.

Prayer after Communion

We pray that the Eucharist will strengthen us to live as Jesus Christ did.



Amen, Laura James, 2010.

Amén, Laura James, 2010.

Concluding Rites

At the conclusion of Mass, we are blessed and sent forth.

Final Blessing

We receive God's blessing.

Dismissal

We go in peace to glorify the Lord in our lives.



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Devotions of Our Faith

Prayers to Take to Heart

We can pray with any words that come to mind. Sometimes, when we find that choosing our own words is difficult, we can use traditional prayers. Likewise, when we pray aloud with others, we rely on traditional prayers to unite our minds, hearts, and voices. Memorizing traditional prayers such as the following can be very helpful. When we memorize prayers, we take them to heart, meaning that we not only learn the words but also try to understand and live them.

Sign of the Cross

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

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.

Glory Be to the Father

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



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.

Morning Prayer

God, our Father, I offer you today all that I
think and do and say.
I offer it with what was done on earth
by Jesus Christ, your Son.
Amen.

Grace Before Meals

Bless us, O Lord, and
these thy gifts,
which we are about to
receive from thy
bounty,
Through Christ our
Lord.
Amen.

Grace After Meals

We give thee thanks for
all thy benefits,
Almighty God, who live
and reign for ever.
And may the souls of
the faithful departed,
through the mercy of
God, rest in peace.
Amen.



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.

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 Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the
Father almighty;
from there he will 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.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your 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 the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

Let us pray:

O God, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ, Our Lord. Amen.

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.



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Angelus

- V.** The angel of the Lord declared
unto Mary.
- R.** And she conceived of the Holy Spirit.
Hail, Mary, full of grace, . . .
- V.** Behold the handmaid of the Lord.
- R.** Be done unto me according to
thy word.
Hail Mary.
- V.** And the Word was made flesh.
- R.** And dwelt among us.
Hail Mary.
- V.** Pray for us, O holy Mother of God.
- R.** That we may be made worthy of the
promises of Christ.

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.
Amen.

Queen of Heaven (Regina Caeli)

Queen of heaven, rejoice, alleluia.
The Son whom you merited to bear, alleluia,
has risen as he said, alleluia.
Rejoice and be glad, O Virgin Mary, alleluia!
For the Lord has truly risen, alleluia.

Let us pray;
O God, who through the resurrection of your
Son, our Lord Jesus Christ, did vouchsafe to give
joy to the world; grant, we beseech you,
that through his Mother, the Virgin Mary, we
may obtain the joys of everlasting life.
Through the same Christ our Lord.
Amen.

Hail, Holy Queen (Salve Regina)

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you do we cry,
poor banished children of Eve.
To you we send up our sighs,
mourning and weeping in this valley
of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile
show unto us the blessed fruit of thy womb,
Jesus.
O clement, O loving,
O sweet Virgin Mary.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.
Inspired by this confidence,
I fly unto thee,
O Virgin of virgins, my Mother.
To thee do 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.





The Fifteen Mysteries and the Virgin of the Rosary, anonymous Netherlandish painter, 1515–20.

Los quince misterios y la Virgen del Rosario, pintura anónima holandesa, 1515–20.

Praying the Rosary

The Rosary helps us pray to Jesus through Mary. When we pray the Rosary, we think about the special events, or mysteries, in the lives of Jesus and Mary.

The Rosary is made up of a string of beads and a crucifix. We hold the crucifix in our hand as we pray the Sign of the Cross. Then we pray the Apostles' Creed.

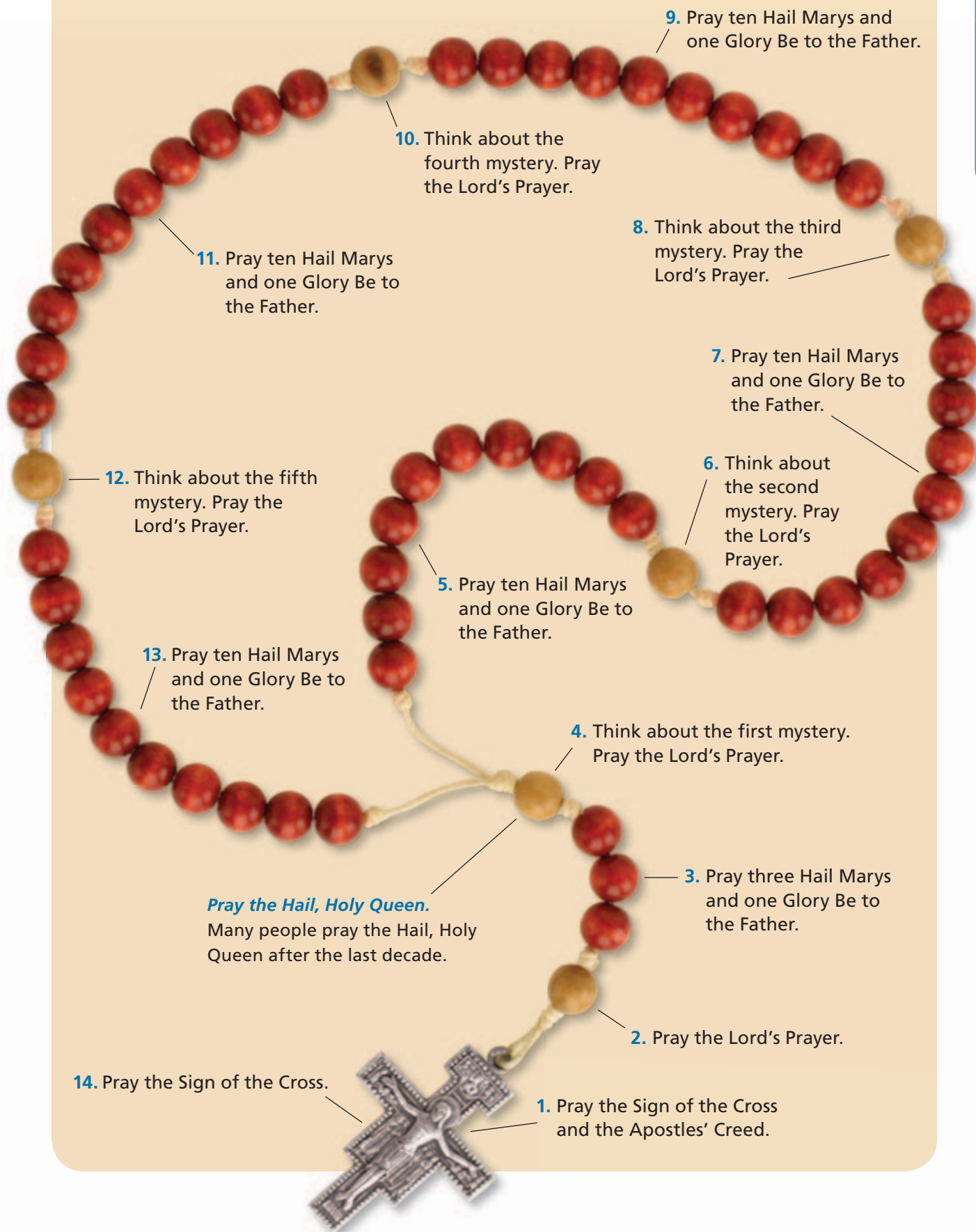
Following the crucifix there is a single bead, followed by a set of three beads and another single bead. We pray the Lord's Prayer as we hold the first single bead, and a Hail Mary at each bead in the set of three that follows. Then

we pray the Glory Be to the Father. On the next single bead, we think about the first mystery and pray the Lord's Prayer.

There are 5 sets of 10 beads; each set is called a decade. We pray a Hail Mary on each bead of a decade as we reflect on a particular mystery in the lives of Jesus and Mary. The Glory Be to the Father is prayed at the end of each decade. Between decades is a single bead on which we think about one of the mysteries and pray the Lord's Prayer. We end by holding the crucifix in our hands as we pray the Sign of the Cross.

rosary

STEPS IN PRAYING THE ROSARY



9. Pray ten Hail Marys and one Glory Be to the Father.

10. Think about the fourth mystery. Pray the Lord's Prayer.

8. Think about the third mystery. Pray the Lord's Prayer.

11. Pray ten Hail Marys and one Glory Be to the Father.

7. Pray ten Hail Marys and one Glory Be to the Father.

12. Think about the fifth mystery. Pray the Lord's Prayer.

6. Think about the second mystery. Pray the Lord's Prayer.

5. Pray ten Hail Marys and one Glory Be to the Father.

13. Pray ten Hail Marys and one Glory Be to the Father.

4. Think about the first mystery. Pray the Lord's Prayer.

3. Pray three Hail Marys and one Glory Be to the Father.

Pray the Hail, Holy Queen.
Many people pray the Hail, Holy Queen after the last decade.

2. Pray the Lord's Prayer.

14. Pray the Sign of the Cross.

1. Pray the Sign of the Cross and the Apostles' Creed.



The Mysteries of the Rosary

The Church has used three sets of mysteries for many years. In 2002 Pope John Paul II proposed a fourth set of mysteries, the Mysteries of Light, or the Luminous Mysteries. According to his suggestion, the mysteries might be prayed on the following days: the Joyful Mysteries on Monday and Saturday, the Sorrowful Mysteries on Tuesday and Friday, the Glorious Mysteries on Wednesday and Sunday, and the Luminous Mysteries on Thursday.

The Joyful Mysteries

1. The Annunciation

Mary learns that she has been chosen to be the mother of Jesus.

2. The Visitation

Mary visits Elizabeth, who tells Mary that she will always be remembered.

3. The Nativity

Jesus is born in a stable in Bethlehem.

4. The Presentation

Mary and Joseph bring the infant Jesus to the Temple to present him to God.

5. The Finding of Jesus in the Temple

Jesus is found in the Temple discussing his faith with the teachers.

The Luminous Mysteries

1. The Baptism of Jesus in the River Jordan

God the Father proclaims that Jesus is his beloved Son.

2. The Wedding Feast at Cana

At Mary's request, Jesus performs his first miracle.

3. The Proclamation of the Kingdom of God

Jesus calls all to conversion and service to the kingdom.

4. The Transfiguration of Jesus

Jesus is revealed in glory to Peter, James, and John.

5. The Institution of the Eucharist

Jesus offers his Body and Blood at the Last Supper.

The Sorrowful Mysteries

1. The Agony in the Garden

Jesus prays in the Garden of Gethsemane on the night before he dies.

2. The Scourging at the Pillar

Jesus is lashed with whips.

3. The Crowning with Thorns

Jesus is mocked and crowned with thorns.

4. The Carrying of the Cross

Jesus carries the cross that will be used to crucify him.

5. The Crucifixion

Jesus is nailed to the cross and dies.

The Glorious Mysteries

1. The Resurrection

God the Father raises Jesus from the dead.

2. The Ascension

Jesus returns to his Father in Heaven.

3. The Coming of the Holy Spirit

The Holy Spirit comes to bring new life to the disciples.

4. The Assumption of Mary

At the end of her life on earth, Mary is taken body and soul into Heaven.

5. The Coronation of Mary

Mary is crowned as Queen of Heaven and Earth.

Stations of the Cross

The 14 Stations of the Cross represent events from Jesus' Passion and Death. At each station, we use our senses and imaginations to reflect prayerfully on the mystery of Jesus' suffering, Death, and Resurrection.



1

Jesus Is Condemned to Death.

Pontius Pilate condemns Jesus to death.



2

Jesus Takes Up His Cross.

Jesus willingly accepts and patiently bears his cross.



3

Jesus Falls the First Time.

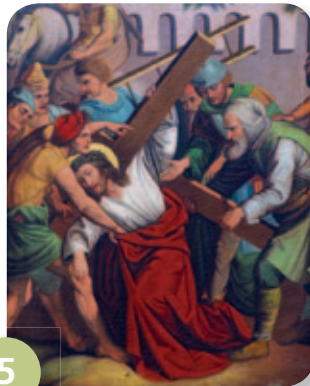
Weakened by torments and loss of blood, Jesus falls beneath his cross.



4

Jesus Meets His Sorrowful Mother.

Jesus meets his mother, Mary, who is filled with grief.



5

Simon of Cyrene Helps Jesus Carry the Cross.

Soldiers force Simon of Cyrene to carry the cross.



6

Veronica Wipes the Face of Jesus.

Veronica steps through the crowd to wipe the face of Jesus.

Continued on page 114



7

Jesus Falls a Second Time.

Jesus falls beneath the weight of the cross a second time.



8

Jesus Meets the Women of Jerusalem.

Jesus tells the women not to weep for him but for themselves and their children.



9

Jesus Falls the Third Time.

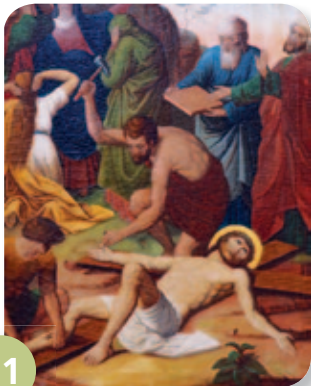
Weakened almost to the point of death, Jesus falls a third time.



10

Jesus Is Stripped of His Garments.

The soldiers strip Jesus of his garments, treating him as a common criminal.



11

Jesus Is Nailed to the Cross.

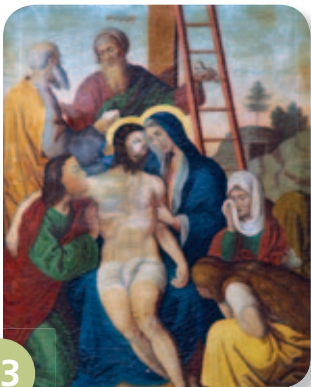
Jesus' hands and feet are nailed to the cross.



12

Jesus Dies on the Cross.

After suffering greatly on the cross, Jesus bows his head and dies.



13

Jesus Is Taken Down from the Cross.

The lifeless body of Jesus is tenderly placed in the arms of Mary, his mother.



14

Jesus Is Laid in the Tomb.

Jesus' disciples place his body in the tomb.

The closing prayer—sometimes included as a 15th station—reflects on the Resurrection of Jesus.