

THE BASICS

OUR POPE'S NAME: Pope Francis, Bishop of Rome

OUR BISHOP'S NAME: Bishop John Barres, 5th Bishop of Rockville Centre

OUR PASTOR'S NAME: Father Kevin Dillon

THE LITURGICAL SEASONS OF THE YEAR

Advent: The season begins four Sundays before December 25th and ends at the Mass on Christmas Eve. The seasonal color or vestments is violet, signifying a time of expectation. Symbols of the season are the Advent wreath, Advent calendar and the Jesse Tree.

Christmas Season: This season begins at the Mass on Christmas Eve and ends on the feast of the Baptism of the Lord. The seasonal color of vestments is white or gold, signifying a time of joy at the presence of Christ. Symbols of the season are the Creche and the "Angel's" Star/ Epiphany Star.

Lent: This season begins on Ash Wednesday, forty days before Easter, and ends on the Thursday of Holy Week. The seasonal color of vestments is purple or violet, signifying a time of penance and reflection. Symbols of the season revolve around the sense of starkness and absence; a sense of the desert. Hence, the starkness of Church decoration, the absence of holy water in the fonts, the absence of the Alleluia being sung, plus the focus on the celebration of the Sacrament of Reconciliation and most traditionally – ashes.

Triduum: These three days in which the Church remembers the Death and Resurrection of Jesus are the most important time of the Church's year. The Triduum begins on Holy Thursday evening with the Mass of the Lord's Supper, continues on Good Friday with the celebration of the Lord's Passion, reaches its high point on the evening of Holy Saturday at the Easter Vigil, and ends on the evening of Easter Sunday, the great feast of the Resurrection of the Lord. The seasonal color of vestments is in sequence of the days: white, red, white or gold signifying a time of joy, sorrow and sheer ecstasy in the victory of Christ. Symbols of the season are the return of the Alleluia; the return of holy water; the return, in abundance, of color and flowers, especially lilies; and most traditionally, in the celebration of Baptism and the reception of catechumens.

Easter Season: This season of fifty days, the *Great Easter*, begins on the Monday of Easter week and ends on the feast of Pentecost. The seasonal color of vestments is white or gold signifying joy of the season. Celebrations in the season: Ascension Thursday, *forty days after Easter*; Pentecost (the giving of the Holy Spirit) *fifty days after Easter*.

Ordinary Time: This season begins on the Monday after Pentecost and ends on the last Sunday of the year, the feast of Christ the King. The seasonal color of vestments is green, signifying hope.

	The Commandment	The Call	Action
1	I am the LORD your God, you shall have no other gods before me.	Faith (Trust in God)	All faith in God, freedom from lesser gods: wealth, sex, power, popularity, media
2	You shall not take the Name of the LORD your God in vain.	Respect Holiness	Respect for God and the things of God: prayer, worship, religion
3	Keep holy the Sabbath day.	Renewal	Not just the Sabbath rest, but setting aside time for prayer, good recreation, quiet reflection.
4	Honor your father and your mother.	Family	Loving care and respect for all family members, elders and younger siblings, too. Respect for elders in general.
5	You shall not kill.	Respect for Life	Courtesy to all, speaking respectfully to all, seeking the best for all. Respecting others' freedom while still defending all human life.
6	You shall not commit adultery.	Chastity Faithfulness (Fidelity)	Faithful actions beyond just abstaining from sexual contact outside of marriage. Respect for sex and marriage.
7	You shall not steal.	Justice (Honesty)	Concern for the rights of others, especially when it gets in the way of what we desire. A commitment to fairness and a willingness to suffer loss rather than depriving another.
8	You shall not bear false witness.	Truth	A dedication to what is real and true, even if that reality is against our interests.
9	You shall not covet your neighbor's wife.	Purity	A desire to want only what God wills. A single-hearted devotion to God's way.
10	You shall not covet your neighbor's goods.	Generosity	A cooperation in God's own generosity that sees all goods as belonging to God and freely given for the good of all.

Conscience	Your inner voice that tells you right from wrong
Free Will	Your ability to choose what to do
Original Sin	You are born with it and baptism cleanses you
Mortal Sin	Worst sin/ It separates you from God
Venial Sin	Lesser sin/ It weakens our relationship with God
Sin	Any thought, word, or deed against God's Law
Grace	Sharing in God's life
Chastity	Our virtue on how we use our human sexuality
Pilgrimage	Journey to a shrine/holy place for spiritual reasons
Morality	The rules of right/good conduct
Prayer	Raising our hearts and minds to God
Beatitudes (8)	Jesus' teachings about blessing and fulfillment of promises
Commandments (10)	These are God's Laws
Sacraments (7)	How we share in God's life
Great Commandment	Love the Lord with all your HEART, SOUL, and STRENGTH

Key Concepts

Human Dignity: *The value and worth that we share because God created us in his image and likeness*

Human Sexuality: *The gift of being able to feel, think, choose, love, and act as the male or female people God created us to be*

Chastity: *The virtue by which we use our human sexuality in a responsible and faithful way.*

Revelation: *Honor, love, respect*

Pure of Heart: *Living in the love of God, just as His Son, Jesus, calls us to do and allowing the Holy Spirit to fill us with goodness and love*

Temperance: *The virtue that moderates the attraction of pleasure and helps us to bring our desires into balance*

Fruits of the Holy Spirit: *Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control*

Beatitudes: *are Jesus's guidelines for Christian living. The Beatitudes include a code of conduct and the promise of happiness in God's kingdom.*

The Holy Spirit

The Holy Spirit is the voice for God and is a reminder of God's unconditional love.

The Trinity

The Holy Trinity is at the center of what we believe. We believe in one God who is Father, Son and Holy Spirit.

He is God (The Father), Jesus (The Son) & the Holy Spirit.

Together they are the Trinity.

The Twelve Apostles

They were Jesus' helpers. Jesus sent them out to preach the Gospel.

Andrew, Bartholomew, James, James, John, Judas, Matthew, Peter, Phillip, Simon, Thaddeus, Thomas

The Bible

The Holy Bible is a collection of books. These are the Old Testament (before Jesus Christ) and the New Testament. The Old Testament consists of 46 books and the New Testament consists of 27 books. The first 5 books of the Old Testament are referred to as the Pentateuch or the Torah and the first 4 books of the New Testament are referred as the Gospels.

CONFIRMATION

- *The Bishop confirms us*
- *We receive the 7 Gifts of the Holy Spirit*
- *Gives us the Holy Spirit*
- *Gives us grace and helps us become soldiers of Christ*

The 7 Gifts of the Holy Spirit

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|----------------------------|------------------------------------|
| 1. <i>Wisdom</i> | <i>(knowledge of what is true)</i> |
| 2. <i>Understanding</i> | <i>(to comprehend)</i> |
| 3. <i>Counsel</i> | <i>(advice)</i> |
| 4. <i>Fortitude</i> | <i>(strength)</i> |
| 5. <i>Knowledge</i> | <i>(experience or knowing)</i> |
| 6. <i>Piety</i> | <i>(respect for God)</i> |
| 7. <i>Fear of the Lord</i> | |

<i>Wisdom</i>	<i>Will</i>
<i>Understanding</i>	<i>U</i>
<i>Counsel</i>	<i>Come</i>
<i>Fortitude</i>	<i>For</i>
<i>Knowledge</i>	<i>Knishes,</i>
<i>Piety</i>	<i>Please</i>
<i>Fear of the Lord</i>	<i>Fanny</i>

The 7 gifts of the Holy Spirit help us to be the people that God calls us to be.

THE WORKS OF MERCY

SPIRITUAL

1. Share our knowledge with others
2. Give advice to those who need it
3. Comfort those who suffer
4. Be patient with others
5. Forgive those who hurt us
6. Give correction to those who need it
7. Pray for the living and the dead

CORPORAL

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

THE VIRTUES

THEOLOGICAL

1. Faith (Belief)
2. Hope (Trust)
3. Charity (Love)

CARDINAL

1. Prudence (Right Judgment)
2. Justice
3. Fortitude (Constancy of Resolve)
4. Temperance (Moderation/Balance)

The theological virtues are graces received by God and the cardinal virtues are qualities acquired by human effort.

STATIONS OF THE CROSS

1. Jesus is condemned to death
2. Jesus takes up His cross
3. Jesus falls the first time
4. Jesus meets His mother
5. Simon helps Jesus carry His cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross and placed in His Mother's arms
14. Jesus is buried in the tomb

ROSARY

A rosary has a cross, followed by one large bead and three small ones. Then there is a circle with five "decades." Each decade consists of one large bead followed by ten smaller beads. Begin the rosary with the sign of the cross. Recite the Apostle's Creed. Then pray one Our Father, three Hail Mary's, and one Glory Be to the Father.

To recite each decade, say one Our Father on the large bead and ten Hail Marys on the ten smaller beads. After each decade, pray the Glory Be. As you pray each decade, think of the appropriate Joyful, Sorrowful, Glorious, or Luminous Mystery, or a special event in the life of Jesus and Mary. Pray the Hail, Holy Queen as the last prayer of the rosary, finishing with the Sign of the Cross.

What is Grace?

Grace is God's self-communication to us.

It's experienced as a divine loving energy (or power) which comes from God alone, is completely free and is offered to every human being.

Grace alone can make us whole. It lets us be precisely who we're made to be. It is received and celebrated in community with each other.

Sanctifying grace is God's free and generous *gift*, sometimes called the "state of grace," that ongoing disposition to live and act in keeping with God's call. It is a supernatural gift of God that remains with us (in our souls).

Actual grace is the effect in the human personality of that gift. It is God's support for us in individual instances. Do you realize what this means? It means that God's own life - a full surge of divine energy, God's grace - is with us.

And it isn't just with us in some abstract and artificial way. It fills our bodies and our souls to the very top, it means we are empowered to love. We are empowered to forgive, to accept without judgment, to give without asking for return, to love without end.

This is a power that can do marvelous things! It can heal and bind people together, give comfort and peace, offer affectionate love, and create new persons, rest peacefully and disturb the comfortable!

This is grace: *God's powerful force of love within us, implanted by God and sustained by God.*