

## The Way

### The Apostles' Creed

I believe in God,  
the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ,  
his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended into hell.  
On the third day he rose again.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again 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 the life everlasting.  
Amen.

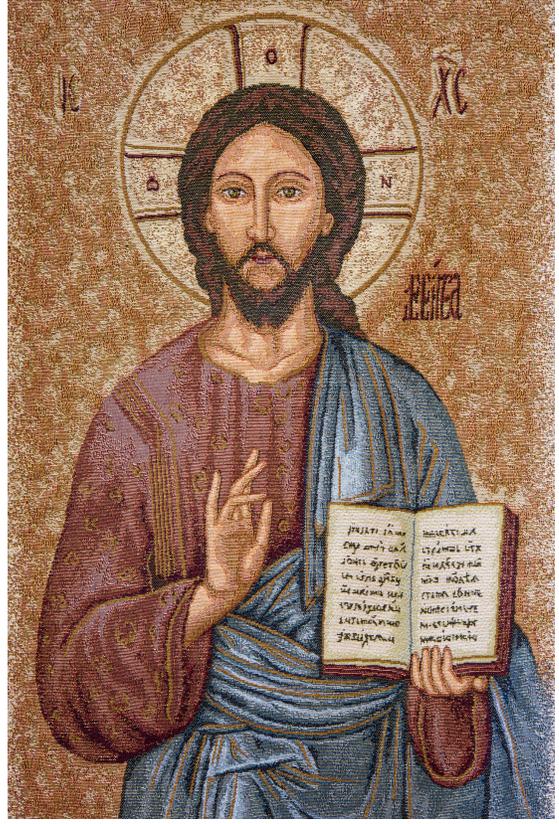
### The Glory Be

Glory be to the Father  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now, and will be forever.

### The Act of Contrition

O my God,  
I am heartily sorry for having offended Thee,  
and I detest all my sins,  
because I dread the loss of heaven,  
and the pains of hell;  
but most of all because they offend Thee, my God,  
Who are all good and  
deserving of all my love.  
I firmly resolve,  
with the help of Thy grace,  
to confess my sins,  
to do penance,  
and to amend my life.

### Christ the Teacher



### 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.

### The 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.

## The Greatest Commandment

To love God with all your heart, soul, mind and strength, and to love your neighbor as yourself.

### The Ten Commandments

1. I, the Lord, am 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 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 anything that belongs to your neighbor.

### The Corporeal Works of Mercy

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

### The Seven Sacraments

- ✠ Baptism
- ✠ Confirmation
- ✠ Holy Eucharist
- ✠ Penance
- ✠ Anointing of the Sick
- ✠ Matrimony
- ✠ Holy Orders

### The Beatitudes

- Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- Blessed are the meek: for they shall inherit the earth.
- Blessed are they who mourn: for they shall be comforted
- Blessed are they that hunger and thirst after justice: for they shall have their fill.
- Blessed are the merciful: for they shall obtain mercy.
- Blessed are the pure of heart: for they shall see God.
- Blessed are the peacemakers: for they shall be called the children of God.
- Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.

### The Spiritual Works of Mercy

- To instruct the ignorant
- To counsel the doubtful
- To admonish sinners
- To bear wrongs patiently
- To forgive offences willingly
- To comfort the afflicted
- To pray for the living and the dead

### The Precepts of the Church

1. To attend Mass on Sundays and Holy days
2. To confess sins at least once per year
3. To receive the Holy Eucharist at least once per year during the Easter season
4. To observe the prescribed days of fasting and abstinence
5. To help provide for the needs of the Church
6. To observe the Church's laws on marriage