

## Catholic Boot Camp

- 1) Praxis
  - a) What must a Catholic do?
- 2) Baptismal Vows
- 3) Precepts of the Church
  - a) Attend Mass on Sundays and Holy Days of Obligation
  - b) Confess your sins at least once a year
  - c) Receive the Eucharist at least once a year during the Easter Season
  - d) Observe the Holy Days of Obligation
  - e) Observe the prescribed days of fasting and abstinence
  - f) Support the Church
- 4) Sacraments
  - a) Baptism
  - b) Confirmation
  - c) Eucharist
  - d) Penance
  - e) Anointing of the Sick
  - f) Holy Orders
  - g) Matrimony
- 5) Sacramentals
- 6) Corporal Acts of Mercy
  - a) Feed the hungry
  - b) Give drink to the thirsty
  - c) Shelter the homeless
  - d) Clothe the naked
  - e) Visit the sick
  - f) Visit the imprisoned
  - g) Bury the dead
- 7) Spiritual Acts of Mercy
  - a) Admonish the sinner
  - b) Instruct the ignorant
  - c) Counsel the doubtful
  - d) Comfort the sorrowful
  - e) Bear wrong patiently
  - f) Forgive all injuries
  - g) Pray for the living and the dead
- 8) Indulgences
  - a) Temporal Consequences
  - b) Eternal Consequences
- 9) Traditional Prayers
  - a) 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. Amen.
  - b) 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.
  - c) 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 ever shall be, world without end. Amen.
  - d) The Apostles' Creed

2010/04/15

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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 is seated at the right hand of the Father; 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.

e) The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in being with the Father. Through Him all things were made. For us men and our salvation He came down from heaven: by the power of the Holy Spirit, He was born of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried. On the third day He rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son, He is worshiped and glorified. He has spoken through the Prophets. We believe in one, holy, catholic, and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

f) The Confiteor

I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

g) 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.

h) 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.

i) Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our light, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. V. Pray for us, O holy Mother of God. R. That we may be made worthy of the promises of Christ.

j) Prayer to St. Michael

St. Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.