

PRAYERS GRADE 7

TO BE MEMORIZED. BE PREPARED TO BE TESTED ON THESE AT ANY TIME THROUGHOUT THE YEAR.

AN ACT OF CONTRITION

Precepts of the Church (p. 306)

1. Take part in the Mass on Sundays and holy days. Keep these days holy and avoid unnecessary work.
2. Celebrate the Sacrament of Reconciliation at least once a year if there is serious sin.
3. Receive Holy Communion at least once a year during Easter time.
4. Fast and abstain on days of penance.
5. Give your time, gifts, and money to support the Church.

Holy Days of Obligation (p.306)

Catholics are required to attend Mass on Sunday unless a serious reason prevents them from doing so. Catholics also must go to Mass on certain holy days.

In the United States the holy days of obligation are the feasts of:

1. Mary the Mother of God (January 1)
2. The Ascension of the Lord (forty days after Easter, or the Sunday nearest the end of the forty-day period)
3. The Assumption of Mary (August 15)
4. All Saints' Day (November 1)
5. The Immaculate Conception of Mary (December 8)
6. Christmas (December 25)

Liturgical Year (p. 302)

The liturgical year is the Church's cycle of seasons and feasts that celebrates the Paschal mystery. It begins on the First Sunday of Advent and ends on the feast of Christ the King. This feast honors Jesus' reign over all of heaven and earth. It affirms the messianic kingship of Christ who gave his life through his death-on-the-cross.

Advent- four weeks to prepare to celebrate the coming of Christ at Christmas. The color for this season is violet, as a sign of anticipation and penance. On the third Sunday vestments may be pink as in the Advent wreath candle.

Christmas- celebrates the Son of God becoming man, God visible to humankind. This season includes the feast of Epiphany. Celebrated on December 25.

Ordinary Time- occurs twice during the Church year. The first, shorter period falls between Christmas and Lent; the second period starts at the end of Easter Season and ends with the Feast of Christ the King, the Sunday before Advent begins. The color during Ordinary time is green, a symbol of hope and new life.

Lent-The forty day of Lent are a time of fasting, prayer and alms giving. Lent begins with Ash Wednesday and ends with Mass of the Lord's Supper on Holy Thursday. The color during Lent is violet.

The Triduum- The word means "three days". Triduum starts with the celebration of the Lord's Supper on Holy Thursday, Good Friday is observed with a Liturgy of the Word, Veneration of the Cross, and A Communion service. On Holy Saturday evening the Easter Vigil is celebrated. The Triduum ends with evening prayer on Easter Sunday. Triduum celebrates the Paschal Mystery- it is the highest point of the entire Church year. The color is red/white.

Easter Season- the feast of the Resurrection of Christ is the greatest feast of the Church year. Easter season begins on Easter Sunday and lasts until Pentecost, fifty days later. White is the major color, but gold can be used.