

THE

MUSTARD SEED

BASIC ASPECTS OF THE CATHOLIC FAITH



BY MARK VARGO

The Mustard Seed

Basic Aspects of the Catholic Faith



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The 2012 Mustard Seed updates and changes are in conformity with revised translations recently approved by the United States Conference of Catholic Bishops and the Congregation for Divine Worship and Discipline of the Sacraments, with excerpts from the Order of the Mass from the Roman Missal 2010.



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Grey Sisters

THE MUSTARD SEED

A Booklet for all persons young and old to study
or review the Catholic Faith.

A person must study, learn and live the Faith to
be a good Catholic.

DEDICATION

To God The Father
Just Through His Beloved Son
Jesus Christ
He May Be Known, Loved and Honored
By The Grace Of The Holy Spirit

Mark Vargo

In Loving Memory of my wife Geraldine



RESCRIPT

In accord with canons 826 §3 and 827 §3 of the *Code of Canon Law*, I hereby grant ecclesiastical approval for the publication of the second edition of the booklet entitled “*Mustard Seed: basic aspects of the Catholic Faith*” prepared by Mr. Mark Vargo.

Notice of this rescript is to be printed in the booklet, using the following text:

Ecclesiastical approval for publication granted by Reverend Monsignor Robert J. McClory, Vicar General, Archdiocese of Detroit, August 31, 2012.

Ecclesiastical approval for publication confirms that the publication does not contain errors concerning the presentation of Catholic faith and morals. No implication is contained therein that the one granting the approval agrees with the contents, opinions, or statements expressed.

Given in Detroit, Michigan, on this thirty-first day of August, in the year of our Lord two thousand and twelve.

A handwritten signature in black ink, appearing to read 'R. J. McClory'.

Reverend Monsignor Robert J. McClory
Vicar General
Archdiocese of Detroit

A handwritten signature in black ink, appearing to read 'Michael Palmer'.

Notary

PRAY TO THE HOLY SPIRIT

“The Holy Spirit, whom the Father will send in my Name, He will teach you all things, and bring to your mind whatever I have said to you.”

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

Come, O Holy Spirit, fill the hearts of your Faithful, and kindle in them the fire of love.

Send Forth Your Spirit, and they shall be created. And You shall renew the face of the earth.

Let Us Pray.

O God, who did instruct the hearts of the faithful by the light of The Holy Spirit grant us in the same Spirit to be truly wise and ever to rejoice in His consolation, through Jesus Christ Our Lord.

KEEP THE FAITH ALIVE

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FREE WILL

God loves us as His children. We show that we love Him by keeping and living the commandments, church laws, and following the teachings of the Catholic Church.

Many of us were raised in the Catholic faith but through time, age, and ignorance have failed to practice it.

We must teach our faith by example, especially parents who are responsible for their children. If the parents pray and live their faith, their example will have a beneficial effect on their children.

We must refresh our faith and become better Catholics. God gave everyone a “free will” to choose between doing good or evil. He also gave everyone a conscience to guide what is good and pleasing to God.

The commandments, church laws, and teachings of the Church are the guides by which we make correct judgments about what is right or wrong. Our eternal happiness depends on what we choose.

A pocket Catechism is a review for everyone, young and old, to recall all the key doctrines of the Catholic faith. If further information or details are desired, you can pick up Catholic Catechism at your parish or Catholic book store.

TRUE CHURCH

The Catholic Church is an organized Church instituted by Jesus Christ to bring graces, salvation, and teach all people and nations around the world.

The Catholic Church has the fullness of faith, morals, and the doctrines as taught by Christ.

Tradition concerns all the things which the Apostles heard and saw concerning Christ which have been handed down through the Apostles and their successors. Through the working of the Holy Spirit, the Church has *deepened* in its knowledge and understanding of faith and morals.

Bible is the body of Sacred Scripture, embracing both the Old and New Testaments and thus consists of the 27 books of the New Testament plus the 46 books of the Old Testament.

The Catholic Church was established by Jesus Christ before the New Testaments were written. The Church did not come from the Bible as some groups say. The New Testament was written to inform people about the Church and the teachings of Christ after the Apostles died. The Catholic Church has the authority to interpret the true meaning of scriptures.

Magisterium: The Pope with the Bishops are the custodians of the teachings of Faith and Morals of the Catholic Church.

Marks of the Church are One, Holy, Catholic and Apostolic. The Catholic Church is *One Belief* taught by Jesus Christ, with the successors of the Apostles, the Bishops, who must keep His teachings free from errors and misguided interpretations.

Holy: The Catholic Church is Holy because it was founded by Jesus Christ. We become holy by living our lives, obeying the Ten Commandments, by receiving the Sacraments worthily and by practicing the gifts and the fruits of the Holy Spirit.

Catholic: It refers to the universality of the Church, but also because she has the fullness of the means of salvation.

Apostolic: The apostolicity of the Church refers to her foundation upon the Apostles, to the handing on of leadership and authority and to the passing on of sacred doctrine in an unbroken succession from the Apostles.

It is the duty of all unbaptized persons to be baptized, receive the sacraments, study, and most important to live the Faith. It will bring you the graces to live it and give you peace of soul amidst the earthly life we live.

WHERE DOES EVIL COME FROM

God created the world and all that God created was good. Before God created man, He created the angels. The three most known are St. Michael, St. Gabriel, and St. Raphael. They are Archangels. The angels were tested by God. The angels who were unfaithful had to leave heaven to a place called Hell. Hell is a place where they were deprived of the vision of God and suffered dreadful tormenting. It is for Eternity! Think about it! The devils strive to harm us by getting us to sin and turn away from God's grace and love.

The good angels watch over us and help us to be good, praying for us and inspiring us to be faithful. We should ask the good angels to help us.

God created Adam and Eve with a soul, body and free will to live and be happy in paradise. Adam and Eve were given natural gifts. There wasn't any sickness or death and they had control of their senses. They were given supernatural gifts, understanding, and free will, and knowledge within reason. They were also given consciences which tell us what is right or wrong in the sight of God.

Adam and Eve were disobedient to God. They lost their natural gifts and their control of nature

was weakened. Now they were subject to suffering and death. We must control our senses and passions by receiving the Sacraments worthily.

Forget sinful, earthly things and desires, seek God and adorn your soul with the gifts and fruit of the Holy Spirit. Ask God for a strong faith, hope and charity.

	<u>VICE</u>		<u>VIRTUE</u>
To avoid	Pride	practice	Humility
To avoid	Avarice	practice	Liberality
To avoid	Lust	practice	Chastity
To avoid	Anger	practice	Meekness
To avoid	Gluttony	practice	Temperance
To avoid	Envy	practice	Brotherly love
To avoid	Sloth	practice	Diligence

*Refer to Page 32

Pride and Envy usually lead to sin. Let God control and direct your life, and trust in God's providence. He will give you all you ask of Him. We create our own problems when we turn away from the Catholic Church and God.

PRAY! PRAY! PRAYER is the key to God's heart.

TRUTHS ALL MUST SEEK TO KNOW

- 1) There is one God.
- 2) There is heaven and hell.
- 3) There are three persons in God
- 4) The second divine person became man for our salvation.

ASPECTS OF OUR CATHOLIC FAITH WHICH WE ARE TO KNOW

- 1) The Articles of the Apostles' Creed
- 2) The Doctrine of the Sacraments, especially Baptism, Penance and the Eucharist.
- 3) The Commandments of God and the Church and the duties of one's state of life.

EVANGELICAL COUNSELS

Poverty: The counsel of detachment from riches is optional for entrance into the Kingdom of heaven.

Chastity: Living a chaste life in accordance with God's law and your state of life.

Obedience: To obey in faith and to submit freely to the Church and her laws.

TEN COMMANDMENTS

“If you love me, keep my commandments.”

- 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) Thou 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.



SIX PRECEPTS OF THE CHURCH

- 1) The First Precept: You shall attend Mass on Sunday and Holy Days of Obligation.
- 2) The Second Precept: You shall confess your sins at least once a year.
- 3) The Third Precept: You shall receive communion at least during Easter time.
- 4) The Fourth Precept: You shall keep Holy the Holy Days of Obligation.
- 5) The Fifth Precept: You shall observe the prescribed days of fast and abstinence.
- 6) The Sixth Precept: Your duty to provide the material needs of the church according to your abilities.

SEVEN SACRAMENTS

“We can keep from committing sin by praying and by receiving the sacraments.”

Baptism	-	Regenerative grace
Confirmation	-	Strengthening grace
Eucharist	-	Nourishing grace
Penance	-	Healing grace
Anointing of the Sick	-	Comforting grace
Holy Orders	-	Consecrating grace
Matrimony	-	Grace to live chastely and fulfill the duties to each other and children.

SEVEN GIFTS OF THE HOLY SPIRIT

“They are supernatural virtues infused into the soul directly by God to make us more alert to the will of God.”

- | | |
|------------------|---------------------|
| 1) Wisdom | 5) Knowledge |
| 2) Understanding | 6) Piety |
| 3) Counsel | 7) Fear of the Lord |
| 4) Fortitude | |

They make the faithful docile in readily obeying Divine Inspiration.

TWELVE FRUITS OF THE HOLY SPIRIT

- | | |
|-------------|------------------|
| 1) Charity | 7) Generosity |
| 2) Joy | 8) Gentleness |
| 3) Peace | 9) Faithfulness |
| 4) Patience | 10) Modesty |
| 5) Kindness | 11) Self-Control |
| 6) Goodness | 12) Chastity |

These form in us the first fruits of eternal life.

CARDINAL VIRTUES

Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it.

Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor.

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of good.

Temperance is the moral virtue that moderates the attraction of pleasure and provides balance in the use of created goods. It ensures the mastery of the will over instinct and keeps desires within the limits of what is honorable.

THEOLOGICAL VIRTUES

“A virtue is a habit of lasting inclination to do good and avoid evil.”

Faith: Faith is the gift from God to what He has said and revealed to us, both by way of Divine Law as given in sacred scripture and what is taught by the Church to expound upon these truths.

Hope: Hope is the virtue by which we desire the kingdom of heaven and eternal life as our happiness by placing our trust in Christ's promises and relying on the grace of the Holy Spirit.

Charity: Charity is the virtue by which we love God above all things for His own sake and our neighbor as ourselves for the love of God.



SPIRITUAL WORKS OF MERCY

“They are aids in healing the soul, preserving it from spiritual disease, and helping to love our neighbor.” How can you love God who you do not see, if you do not love your neighbor who you see?

- 1) To admonish the sinner
- 2) To instruct the ignorant
- 3) To counsel the doubtful
- 4) To comfort the sorrowful
- 5) To bear wrongs patiently
- 6) To forgive all injuries
- 7) To pray for the living and the dead.

CORPORAL WORKS OF MERCY

- 1) To feed the hungry
- 2) To give drink to the thirsty
- 3) To clothe the naked
- 4) To visit the imprisoned
- 5) To shelter the homeless
- 6) To visit the sick
- 7) To bury the dead

All works are true works of mercy if done for the love of God.

BEATITUDES

Practicing the Beatitudes will bring happiness both on earth and in heaven.

- 1) Blessed are the poor in spirit, theirs is the kingdom of heaven.
- 2) Blessed are the meek, for they shall possess the earth.
- 3) Blessed are they who mourn, for they shall be comforted.
- 4) Blessed are they who hunger and thirst for justice, for they shall be satisfied.
- 5) Blessed are the merciful, for they shall obtain mercy.
- 6) Blessed are the clean of heart, for they shall see God.
- 7) Blessed are the peacemakers for they shall be called children of God.
- 8) Blessed are they who suffer persecution for justice sake, for theirs is the kingdom of God.

PRAYER

It is giving God His just dues for man was created by Him so we can be with Him in Heaven. In prayer, we adore Him, thank Him for all He has given us and ask for forgiveness for our faults and ask for spiritual and our personal needs.

There are three kinds of prayer:

Vocal Prayer: We say out loud or quietly to ourselves.

For example, The "Our Father"

Mental Prayer: In which we think about what we are saying.

For example: "The Rosary", "Stations of the Cross", etc.

Contemplative Prayer: In which we are thinking, loving God, submitting our will, intellect, soul and heart to Him.

Through prayer you come closer to God's love and peace of heart. Prayer is the key to God's heart.

PRAYERS EVERY CATHOLIC SHOULD KNOW

“We must pray not only with our lips but also with our heart. Prayer is the key to God's Heart.

Our Father

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

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

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

Act of Faith

O my God, I firmly believe all the sacred truths
which Thy Holy Catholic Church
believes and teaches.

Because Thou has revealed them,
Who can neither deceive nor be deceived.

Act of Hope

O my God, relying on Thy infinite goodness and
promises, I hope to obtain the pardon of my sins,
the assistance of Thy grace,
and life everlasting;
through the merits of Jesus Christ,
our Lord and Savior.

Act of Love

O my God! I love Thee above all things with my whole heart and soul, because Thou art all good, and worthy of all my love. I love my neighbor as myself, for the love of Thee,
I forgive all who have injured me,
and ask pardon of all whom
I have injured.

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 art 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. Amen



THE APOSTLE'S 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.

These are the Articles of our Faith. REMEMBER THEM.

CONFITEOR

I confess to almighty God and to you,
my brothers and sisters, that I have greatly sinned,
in my thoughts and in my words, in what I have done
and in what I have failed to do,

And, striking your breast, say:
through my fault, through my fault,
through my most grievous fault;

Then continue:
therefore 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.

At Mass, the absolution by the Priest follows:
May almighty God have mercy on us, and forgive
us our sins, and bring us to everlasting life.

BAPTISM

“Go therefore, and make disciples of all nations,
baptizing them in the name of the Father, and of the
Son, and of the Holy Spirit, teaching them to
observe all I have commanded you”

Baptism makes us children of God and heirs of
the heavenly kingdom and brings sanctifying grace
to our souls.

Parents should make sure that their children are
baptized.

CONFIRMATION

Confirmation is a Sacrament by which we
receive the graces to lead a good Catholic life. We
should call upon the Holy Spirit to help us in our
daily problems.

HOLY EUCHARIST

Jesus therefore said to them, “Amen, Amen, I say to you; unless you eat the flesh of the Son of Man and drink His blood, you shall not have life in you. He who eats My flesh and drinks My blood has life everlasting and I will raise him up on the last day.”

It is truly and substantially the body and blood, the soul and divinity of Jesus Christ under the appearance of bread and wine. It is the food of our souls and gives us the graces of eternal life. When we receive communion we should adore, love, and thank Him for all the graces He has given us. At this time we should make our requests to Him for our spiritual, physical and temporal needs.

To receive the Eucharist you must be free from mortal sin; fast one hour from food and all drinks except water, and medication. Elderly and infirm may receive the Eucharist even if they have consumed something within the previous hour. You should be respectful, be modestly dressed and show signs of devotion.

SIN

Sin is an offense against God's love through disobedience to His teachings as revealed in Sacred Scripture and through tradition. There are two kinds of sins, original sin and actual sins.

Original sin is the sin of Adam and Eve when in disobedience to God, by eating of the tree of Good and Evil. The sin was passed to the descendents of Adam and Eve. This original sin is taken away from a person when he/she is baptized. That is why children/adults should be baptized as soon as possible. All sins are taken away and original and actual sins are forgiven.

Actual sin can be mortal sin or venial.

Mortal sin

1. A grave matter, sinful thought, desire, word, action, sinful omission against the laws of God.
2. Committed with full knowledge.
3. Deliberate full consent of the will.

Grave matter is found in the commandments and the Church laws.

You will not enter heaven with mortal sin on your soul, because you do not have sanctifying grace which God gives you.

Venial sin is a less serious offence (sin) against God when some of the three conditions are lacking and are not performed or missing.

All mortal sins, where possible, must be confessed to a priest in the sacrament of penance. Confession is the cure for the spiritual sickness of sins committed after baptism. It helps us to get curative graces, to hate sins committed and to avoid future sins. Confession raises the soul from death to supernatural life making it pleasing to God.

A person may receive the sacraments even in a state of mortal sin provided: 1) confession prior to the sacrament in question was physically or morally impossible and 2) a perfect act of contrition is made.

It is not necessary to confess Venial sins because they do not deprive the soul of sanctifying grace. It is better to confess our venial sins because when we do so we have more assurance that they are forgiven and we receive special grace to help us to avoid them in the future.

If you sin, especially a mortal sin, say the Act of Contrition and go to Confession as soon as possible.

If you commit a venial sin say the Act of Contrition. If you confess these sins you receive special graces to help you avoid them in the future.

Never go to receive the Eucharist or receive the Sacraments if you have Mortal sin. If you do you

will commit a Sacrilege, (Accepting penance when in a state of Mortal sin).

A sacrilege is sin against things that are consecrated to God. For example, receiving communion while Mortal sin is on your soul; also treating sacred things with abuse. Knowingly concealing a Mortal sin in confession is a sacrilege because it is a grievous abuse of the Sacrament and the sins we confess at that time are not forgiven. A person must confess that he/she made a bad confession. They must mention the Sacrament they have received since that time and all other Mortal sins since the last good confession.

One should go to Confession often, not just one time a year. We all are sinners.

If you die in Mortal sins, you will not enter Heaven; likewise, if you commit a Sacrilege.

Be at peace by going to Confession regularly.



PENANCE/CONFESSION

Method of Making a Confession

- 1) Examine your conscience for your sins committed.
- 2) Be sorry for your sins.
- 3) Resolve not to sin any more.
- 4) Enter the confessional and say; “Bless me Father, for I have sinned.”
- 5) State if married, widowed or single, and the last time you were to confession; (one week, two months, one or more years, etc.).
- 6) Confess your sins truthfully. If you have a problem doing so, ask the priest to help you. He is kind and understanding.
- 7) End the confession by saying, “I am sorry for these and all the sins of my past life, especially for sins I have failed or improperly confessed (or you can repeat one of your past sins).
- 8) Priest will give you a penance for you to say.
- 9) While the priest gives you absolution, you should say the Act of Contrition so he can hear it.
- 10) Leaving the confessional, you should say your penance with sincerity and thank God for the graces He has given you.

COMMUNAL PENANCE

The Penitents assemble in the Church. They listen to a scripture reading and a Homily. The penitents are helped to make an examination of conscience, recite a penitential prayer and the Lord's Prayer. Penitents privately confess all their Mortal sins to a priest, and receive absolution and do penance. A common penance may be assigned by the priest. Penitents who have received general absolution without confessing their sins must individually confess all serious sins as soon as possible.



HELPS TO GROW IN HOLINESS

Do I consciously seek to imitate Christ in all my dealings with others?

Do I have a confessor who gives me spiritual direction?

Do I try to go to Confession at least once a month as part of the First Saturday Devotion?

Do I ask Our Lady to help me to examine my conscience and to make a honest Confession?

Do I seek to lead others to make frequent use of the Sacraments?

PENANCE/CONFESSION

Confession is the forgiveness and healing of actual or personal sins committed after Baptism. It is the medicine of the soul, restoring it to the graces of the Church. God gives you the graces through the hands of the Priest, the waters of eternal life.

{Courtesy of the Blue Army USA}*

EXAMINATION OF CONSCIENCE*

- 1) I am the Lord your God. You shall not have strange Gods before me.

Do I give God time every day in prayer?

Do I seek to love Him with my whole heart?

Have I been involved with superstitious practices or have I been involved with the occult?

Do I seek to surrender myself to God's Word as taught by the Church?

Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

- 2) You shall not take the name of the Lord your God in vain.

Have I used God's name in vain; lightly or carelessly?

Have I been angry with God?

Have I wished evil upon any other person?

Have I insulted a sacred person or abused a sacred object?

3) Remember to keep holy the Lord's Day.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I tried to observe Sunday as a Family Day and a day of rest?

Do I do needless work on Sundays?

4) Honor your Father and your Mother.

Do I honor and obey my parents?

Have I neglected my duties to my spouse and children?

Have I given my family a good religious example?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

5) You shall not kill.

Have I had an abortion or encouraged anyone to have an abortion?

Have I physically harmed anyone?

Have I abused alcohol or drugs?

Did I give scandal to anyone, thereby leading them into sin?

Have I been angry or resentful?

Have I harbored hatred in my heart?

Have I mutilated myself through any form of sterilization?

Have I encouraged or condoned sterilization?

6) You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity outside of marriage?

Have I used any method of contraception or artificial birth control?

Has each sexual act in my marriage been open to the transmission of new life?

Have I been guilty of masturbation?

Have I sought control of my thoughts?

Have I respected all members of the opposite sex, or have I thought of other people as objects?

Have I been guilty of any homosexual activity?

Do I seek to be chaste in my thoughts, words and actions?

Am I careful to dress modestly?

7) You shall not steal.

Have I stolen what is not mine?

Have I returned or made restitution to what I have stolen?

Do I waste time at work, school, or at home?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

Do I seek to share what I have with the poor?

8) You shall not bear false witness against your neighbor?

Have I lied?

Have I gossiped?

Have I spoken behind someone else's back?

Am I critical, negative, or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

9) You shall not desire your neighbor's wife.

Have I consented to impure thoughts?

Have I consented to impure reading, movies, conversation, or curiosity?

Do I seek to control my imagination?

Do I pray to banish impure thoughts and temptations?

10) You shall not desire your neighbor's goods.

Am I jealous of what other people have?

Do I envy other people's families or possessions?

Am I greedy or selfish?

Are material possessions the purpose of my life?

Do I trust that God will care for all of my material and spiritual needs.

SEVEN DEADLY SINS

Deadly Sins	Contrary Virtues
1) Pride: An exaggerated opinion of oneself.	<i>Humility</i>
2) Avarice: Immoderate desire for wealth and earthly goods greedy.	<i>Liberality</i>
3) Lust: A desire for impure, sinful pleasures, in word, thought and actions.	<i>Chastity</i>
4) Anger: A strong feeling of displeasure or hostility.	<i>Meekness</i>
5) Gluttony: Excess in eating or drinking.	<i>Temperance</i>
6) Envy: Resentment of another's goods or possessions	<i>Brotherly Love</i>
7) Sloth: Aversion to work or exertion; laziness	<i>Diligence</i>

WAYS OF BEING ACCOMPLICE TO ANOTHER'S SIN:

Counsel, consent, provocation, praise or flattery concealment, partaking, silence, defense of the ill done.

SINS CRYING TO HEAVEN FOR VENGEANCE:

Willful murder, sodomy, oppression of the poor, defrauding laborers of their wages.

EASTER DUTY

Catholics are required to confess their sins at least once a year and to receive Communion at Easter Time. It is customary to discharge this Duty of Annual Confession at the same time. The precept of annual confession binds only those in a state of Mortal sin. If you have only venial sins, you need not confess. All the faithful who have reached the age of discretion are bound faithfully to confess their sins at least once a year.

SINS AGAINST THE HOLY SPIRIT

The sins of presumption and despair are called sins against the Holy Spirit.

The sin of presumption, means that one assumes God will forgive, even without asking for forgiveness, or that one can be saved without God's help.

Once the sinner asks for forgiveness, the sin can be forgiven.

The sin of despair means that one is convinced that sins are so grave that God cannot forgive them; and they cannot be forgiven because the one who commits this sin refuses to ask for forgiveness.

Once the sinner asks for forgiveness the sin can be forgiven.

These two sins reject the offer of salvation given to us by the Holy Spirit.

FASTING AND ABSTINENCE

Fasting and abstinence is refraining from food or drink to some degree. Abstinence is refraining from eating meat. The Church identifies days and times of fasting and abstinence to prepare the faithful for certain special feast days.

While fasting, only one full meal is taken.

Two other smaller meals are usually eaten, but the two smaller meals do not exceed the amount of food taken at the full meal.

While fasting, food is not eaten between meals.

Abstinence means not eating any meat.

All Catholics over the age of fourteen are required to abstain on the abstinence days established by the Church.

On Ash Wednesday and Good Friday, we both fast and abstain. We do not eat any meat; we eat only one full meal and do not eat between meals on these days.

The Church still maintains Fridays as a day of abstinence from meat. The faithful are permitted to substitute an alternative penance if they so desire.

Catholics who are eighteen and not yet sixty years old are asked to observe the fast days established by the Church.

When a person's health would be seriously affected by fasting or abstaining, the law does not oblige.

Where doubt arises concerning fast or abstinence, a person may talk to a parish priest or confessor.

ANOINTING OF THE SICK

“And going forth they preached that men should repent and they cast out many devils and anointed with oil many sick people and healed them.”

It is a sacrament which, through the anointing with blessed oil by the priest; through his comforting prayers, gives health and strength to the soul and sometimes to the body when we are in danger of death from sickness, accident, or old age.

It is a false mercy not to inform the dying person of the fact that they may soon face God, their Just Judge. They should welcome the last rites. It will give them peace of soul.

MATRIMONY

“God created man in His image. In the image of God, male and female created He them. Then God blessed them and said to them; be fruitful and multiply. Fill the earth and subdue it.” “What therefore God has joined together, let no man put asunder.”

Matrimony is the sacrament by which a baptized man and a baptized woman bind themselves for life in a lawful marriage and receive the graces to discharge their duties. The chief duties are to provide, to feed, to clothe, to shelter, and educate their children in the Catholic faith and give the necessary knowledge to live in the Spirit of the Lord. Their example is very important to themselves, their children, and others around them. God will bless them and their children with peace of heart and soul if they live up to their obligations.

Always put God first in your marriage. Through love and submission to the will of God, He will keep your marriage in peace and happiness.

The marriage act should always be open to life. This is God's purpose. God brings life into the world through love and affection embraced by the husband and wife in the fullness in the Sacrament of Matrimony. No artificial means are to be used by the man, the woman, or both to prevent life from coming into their marriage act. Their union must

always be open to life. It is a serious sin to use any artificial means to close their marriage act to life.

There is only one way approved by the Catholic Church to limit their family size. It is natural family planning. It is by abstaining from the marital act during the most fruitful period of the woman's cycle. This is done only for serious reasons, for example sickness, etc., out of love for your spouse.

The couple should consult a priest or Natural Family Planning group for necessary information.

This method will give couples peace and happiness.



HOLY ORDERS

“As the Father has sent me, I also send you. When He said this He breathed upon them whose sins you shall forgive, they are forgiven them: and whose you shall retain, they are retained.”

Men who are called by God to the priesthood have power through their ordination to the priesthood to celebrate the Holy Sacrifice of the Mass and administer the Sacraments of the Church except Holy Orders. A bishop may celebrate all the Sacraments of the Church, including Holy Orders, even ordaining another Bishop with a mandate to do so from the Pope.

We should show reverence and honor to the priest because he is the representative of Christ Himself.

We should pray to God to bless the world with saintly vocations to the priesthood.

Men who are called to be deacons have power through their ordination to the diaconate to administer the Sacraments of Baptism and Marriage, and to assume certain aspects of governance in the Church.

Transitional deacons stay in such a state for a short period of time before priestly ordination. Permanent deacons remain in the diaconal state.



Jesus, I Trust in You!
Devotion To The Divine
Mercy

With permission of Marians
of the Immaculate Conception

For additional information on Divine Mercy call Marians of the Immaculate Conception at 1.800.462.7426

THE CHAPLET OF THE DIVINE MERCY

The Lord said to Sister Faustina (1905-1938): You will recite this chaplet on the beads of the rosary in the following manner:

First of all you will say one **OUR FATHER**, one **HAIL MARY**, and one **APOSTLES' CREED**. Then, on the **OUR FATHER BEADS** say these words:

"Eternal Father, I offer Thee the Body and Blood, Soul and Divinity of Thy Most Beloved Son and Our Lord and Saviour Jesus Christ, in atonement for our sins and the sins of the whole world."

On the **HAIL MARY BEADS** say the following words: **For the sake of His Sorrowful Passion have mercy on us and the whole world.**

In conclusion say **THREE TIMES** these words: **Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

THREE O'CLOCK IN THE AFTERNOON THE HOUR OF GREAT MERCY

At three o'clock implore My mercy especially for sinners; and, if only for a brief moment, steep yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. . . . In this hour I will refuse nothing to the soul that makes a request of Me in virtue of My Passion.

HOW TO SAY THE ROSARY

Make the sign of the Cross and say the Apostles' Creed.

Say the Our Father.

Say three Hail Marys.

Say the Glory be to the Father.

Announce the first mystery: then say the Our Father.

Say the Our Father.

Say ten Hail Marys.

Say the Glory be to the Father.

Repeat the above for the rest of the mysteries.

After the five decades are finished, say the Hail Holy Queen.

Say the Our Father, Hail Mary and the Glory be to the Father for the intention of the Holy Father.

Joyful Mysteries (Monday and Saturday)

1. Annunciation
2. Visitation
3. Nativity
4. Presentation
5. Finding Jesus in the Temple

Sorrowful Mysteries (Tuesday and Friday)

1. Agony in the Garden
2. Scourging in the pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. The Crucifixion

Glorious Mysteries (Wednesday and Sunday)

1. Resurrection
2. Ascension
3. Descent of the Holy Spirit
4. Assumption
5. Crowning of Mary

Luminous Mysteries (Thursday)

1. Baptism of Jesus in the Jordan
2. Wedding feast at Cana
3. Kingdom of God
4. Transfiguration of Jesus
5. Holy Eucharist

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, 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 worthy of the promises of Christ.



WHAT DO CATHOLICS BELIEVE?

When people ask you “What are the teachings and Truth of the Catholic Church?” you can answer them in this way:

You can simply say “The Apostles Creed” which contains the main truths as revealed in “The Life of Jesus Christ.”

Learn it by heart and renew this prayer daily and especially during trials, problems and doubts which trouble your soul. It will strengthen and help you at all times, especially in time of stress. It will also fill you with a strong Faith, Hope, and Charity.

How could you live the Faith if you do not know it? Come to the fullness of Faith, make the Faith alive in yourselves. Always be faithful and not afraid because God revealed it to the Catholic Church.

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.

These are the Articles of our Faith.
REMEMBER THEM!

BIBLE

The Bible is a written message from the living God to people everywhere. He inspired its authors to communicate His plan of redemption and salvation for people of all time.

St. Matthew wrote in 70 AD, for Jews.

St. Mark wrote in 70 AD, for the Gentiles.

St. Luke wrote in 70 AD, for the Greeks.

St. John wrote in 90-100 AD, for the church in general. Other inspired writers of the gospels:

Pope Danacus in 400 AD, unified the New Testament into 27 books. The Bible was translated from the Hebrew. The Old Testament contains 46 books.

We should make it a practice of reading The Gospels for spiritual insight of our souls.

Always remember that the Bible came out of the Church, the Church did not come out of the Bible. It was written so that the teaching of Christ would be available after the Apostles died.

**REMEMBER
THE FOUR LAST THINGS**

- 1) DEATH
- 2) JUDGMENT
- 3) HELL
- 4) HEAVEN



INFORMATION

(Optional)

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