

Spring 2020 Holy Martyrs Communion Review Booklet:



This is the Priest. The **Priest** receives the Sacrament of **Holy Orders**. Only the Priest can celebrate Mass. Our Priests at Holy Martyrs are Father Boji and Father Andrew.

This gold box is called the **Tabernacle**. The real Jesus lives here in the Holy Eucharist.

This gold stand has the Holy Gospel laying on top. The Holy Gospel is the Word of God.

This White Stone Table is the Holy Alter. The Alter is higher than the rest of the Church because Jesus's death is remembered, and Jesus comes down from Heaven to change the bread and wine into Jesus's Body and Blood. Jesus's brings his real self to us on the Alter and in the Sacrament of the **Eucharist**.

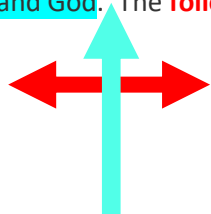
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The 10 Commandments:

You need to know the 10 Commandments to know what is a SIN and what is not. Otherwise, we are not prepared to confess in the Sacrament of Reconciliation.

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
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. (do not lie)
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods. (do not be jealous)

THE first **3 Commandments** are about you and God. The **following 7 Commandments** are about you and other people!
What does that make? A cross!



The 2 Types of Sin Are Mortal and Venial

Mortal Sin Separates Us from God, cutting us from Grace, and Kills Our Soul. Mortal Sins are how humans can go to Hell if they do not REPENT (Repent means to feel sorry for the sin and doing our best to STOP that sin right away). To be a mortal sin, three things must happen.

1. The Sin **Must** Be Mortal! (Murder, Stealing, etc.) Look at the 10 Commandments.
2. You have to KNOW the sin is Mortal Sin
3. You have to FREELY commit the Mortal Sin.

VERY BAD FOR OUR SOUL! WE MUST REPENT!



Venial Sin is a lesser sin that does NOT result in a complete separation from God. Because of this, it is all sins that are not mortal. We MUST still repent for these venial sins, because we love God and never want to separate ourselves from God even in the smallest way.

The Seven Sacraments

Please find below a review of the 7 Holy Sacraments. The Sacraments give us **Graces**. Graces help us to become closer to God, make the right decisions and live a good faithful life. Graces help us reach Heaven. There are endless Graces and Graces come from God. God gives us Graces in many ways: by the Holy Sacraments, when we ask for Graces, and when someone prays for us.

A simple review of **Baptism**, **Confirmation**, **Eucharist** (Holy Communion), **Reconciliation** (Confession), **Anointing of the Sick**, **Matrimony** (Marriage) and **Holy Orders**.

Sacraments of Initiation:

Baptism, Confirmation and Holy Eucharist help us to enter into the Church and be reminded of Jesus's Sacrifice.

Sacraments of Healing:

The Sacrament of Confession heals out SOUL from the sins we commit. It gives us Grace not to commit those sins anymore.

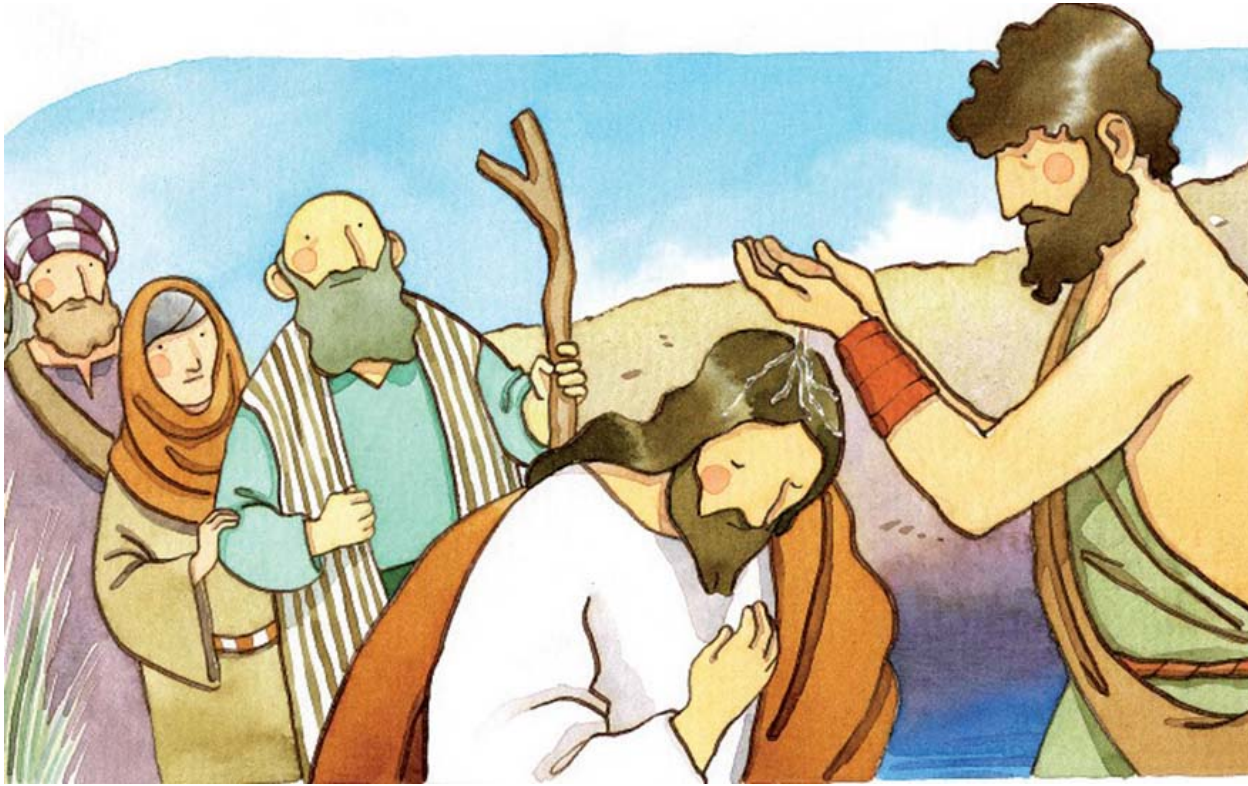
The sacrament of **Anointing of the Sick** helps our BODY and SOUL when we are ill, and/or near death. The Priest blesses us with holy OIL, like in Confirmation.

Sacraments of Service:

The Sacraments of Matrimony and Holy Orders give us Graces to live out our lives and do something good with the life God gave each of us.

Remember! Holy Orders is only for Men, because Jesus was a man and established the Sacrament as so.

1. Baptism:

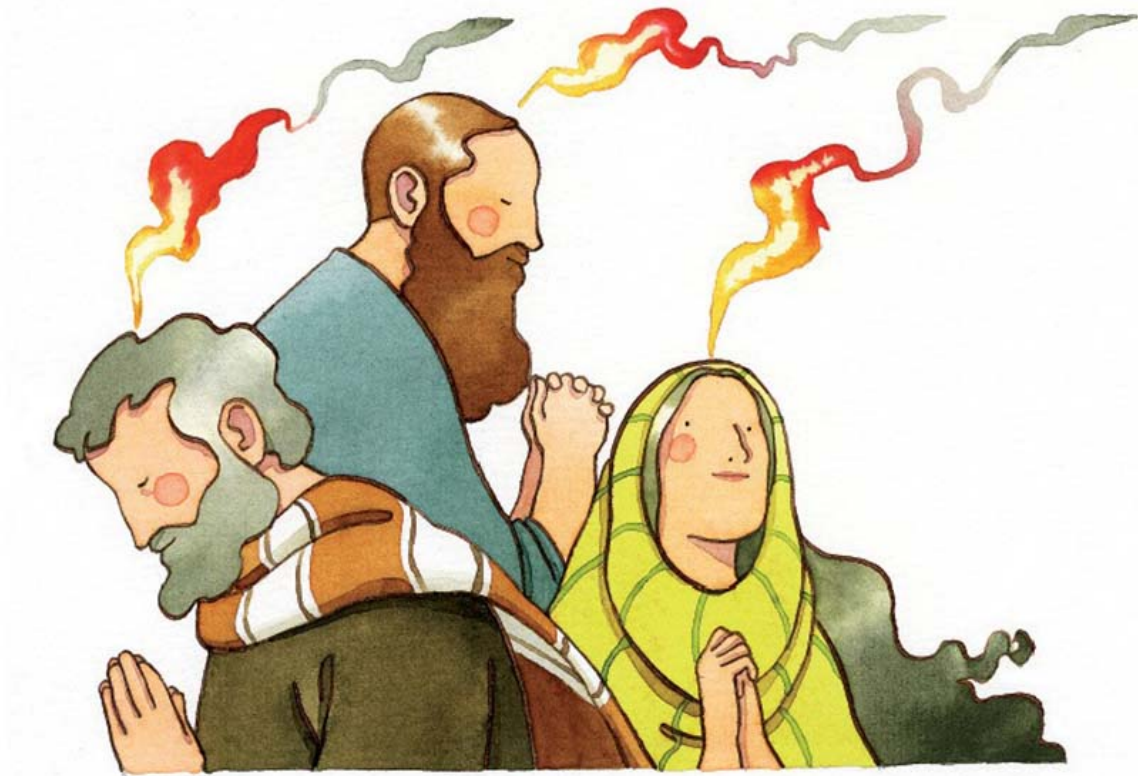


When we're born, we all have the first of all sins. It's called original sin and it was the one committed by our first parents, Adan and Eve. When baptized, we are washed of that sin and (in the case of non-infants baptized after the age of reason at ~7 years old) of all those committed before receiving it, we're made sons and daughters of God and we become a part of the Church.

God gets very happy when the priest, while pouring holy water on the baptized one, says ***“I now baptize you in the name of the Father and of the Son and of the Holy Ghost”***.

Jesus gave us the Sacrament of Baptism when he Himself was Baptized in the Jordan River by his cousin, John-son of Elizabeth.

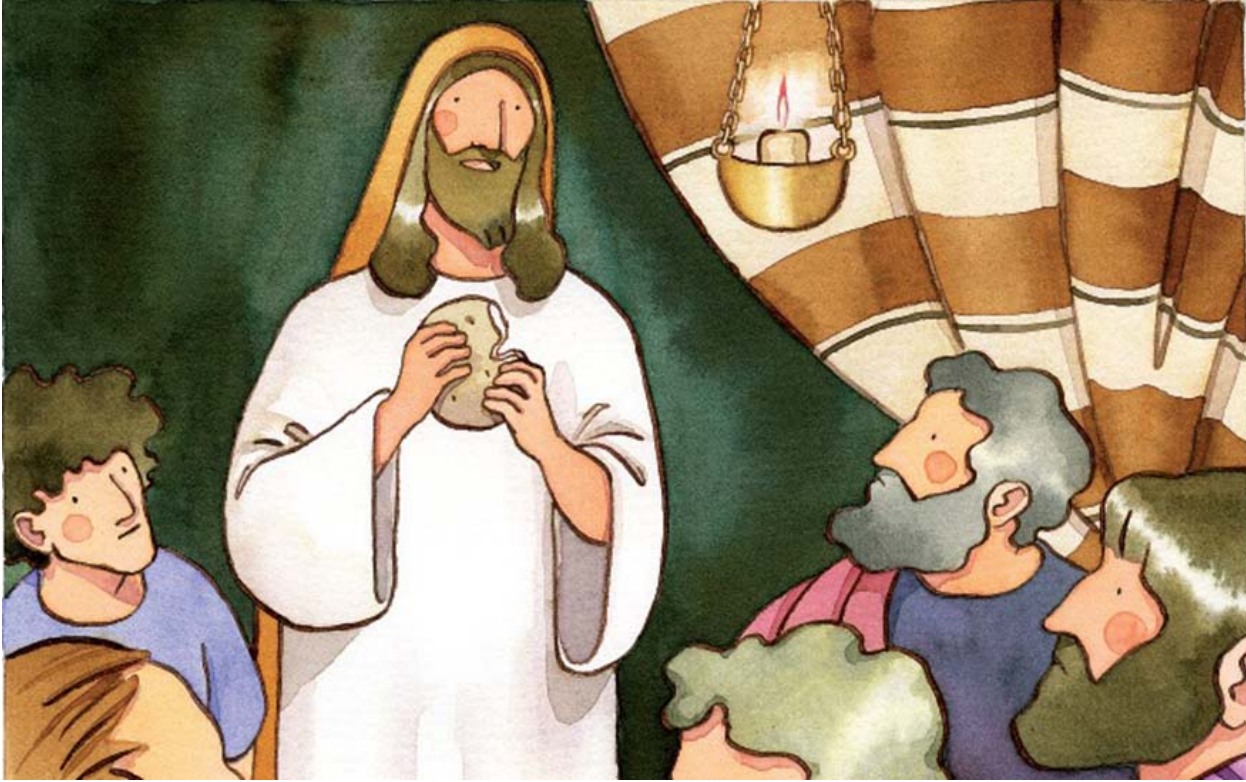
2. Confirmation



It's as simple as God (His Holy Spirit) increasing our faith so we have the certainty that He's with us until we arrive in Heaven, for which He also gives us hope. Finally, He strengthens our charity for us to love Him and others more deeply.

In this case, it has to be a bishop who imposes his hands over the *confirmandi* and anoints him or her with oil (the Holy Chrism), while he says ***"I sign thee with the Sign of the Cross, and I confirm thee with the Chrism of salvation, in the name of the Father and of the Son and of the Holy Spirit"***.

3. The Eucharist-HOLY COMMUNION



Every day, **Jesus turns bread and wine into His Body and Blood during the Holy Mass.** This happens at the moment called the Consecration. This way we can eat and receive Him in our soul.

Jesus instituted this Sacrament during the Last Supper with the twelve apostles. This has a plus: it forgives venial sins and fortifies us against committing mortal ones in the future. It's Jesus Himself who is within us.

4. Reconciliation-CONFESSION



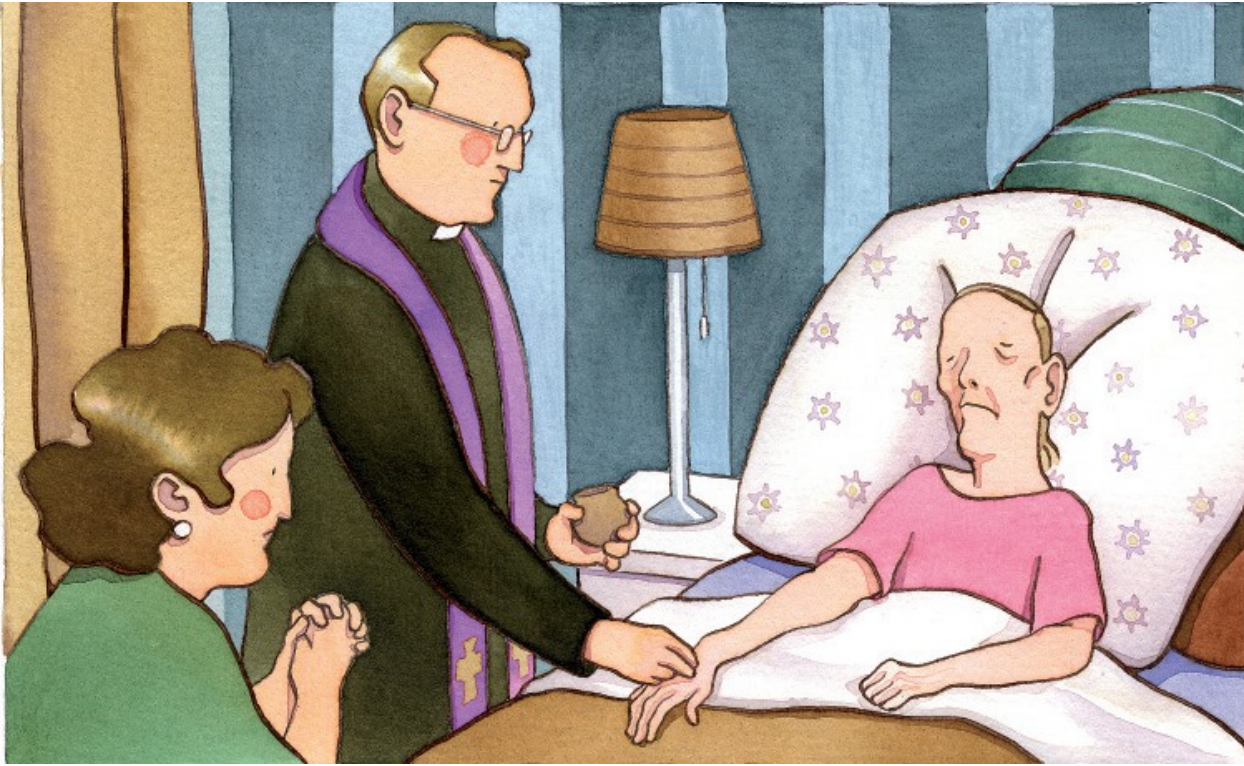
This Sacrament is a great gift from God! Through a priest who listens to our sins when we go and confess them in confidence with him, **God forgives every action and omission of ours that has offended Him.**

Then again, we have to be truly remorseful for the bad we've done and the good we've left undone. Besides, it gives us a tremendous peace and increases our strength to be good **Christians, good sons and daughters of God.**

Review:

- The Act of Contrition,
- the 10 Commandments,
- Mortal and Venial Sin.

5. Anointing of the Sick



God loves the sick. When someone is very sick or very old and could die soon, he needs God's help for that moment. Anointing is an aid which brings strength, peace and encouragement, in addition to forgiving all the sins of the sick person and preparing him or her for the time of death.

It's as if a union is created with the Passion suffered by Christ on Calvary. This way, the sick, with their pain and suffering, help Jesus to carry the Cross, and at the same time He helps them during the last moments of their lives.

6. Holy Orders-BECOMING A PRIEST



This one is only received by those who have the vocation to priesthood, who in turn become the very men who can administer all of these sacraments. It's a bishop who imposes his hands and prays over the new priest, consecrating him.

Holy Orders give a special effusion of the Holy Spirit and has a special characteristic: he who receives this sacrament will be a priest forever, his soul permanently marked and called apart by God.

Permanent deacons and Bishops also “receive Holy Orders,” distinct in rites and duties from those of the priest, although a consecrated bishop will himself already be an ordained priest, and most priests spend a year as a transitional deacon prior to their priestly ordinations.

7. Matrimony-MARRIAGE



This sacrament is the union between a man and a woman forever. When they marry within the Church, it is God who unites their bodies and souls. Those who get married shall not break their marriage bond: “What God has joined together let no one separate” (Mark 10:9).

The model that men and women have to follow is that of the Holy Family: Jesus, the Virgin Mary and Saint Joseph, as well as being a mirror of Christ’s nuptial bond to His bride, the Church.

Prayer Review

The 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.

The Hail Mary:

Hail Mary full of Grace, the Lord is with thee. Blessed are 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 to the Father:

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.

Guardian Angel Prayer:

Angel of God, my guardian dear, to whom God's love, commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

Act of Contrition:

O my God, I am heartily sorry for having offended You 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 you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life.

Prayer Before Meals:

Bless us O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen. or

Dear Jesus, we thank you for this food and ask you to bless it to our bodies, and our bodies to your service. Amen.