

# *My Catholic Faith*

**Grade 7** Religion Class Notes 2011/2012

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This book belongs to: \_\_\_\_\_

## Prayers

### **Agnus Dei**

**Agnus Dei, qui tollis peccata mundi, miserere nobis.** (repeat)

**Agnus Dei, qui tollis peccata mundi, dona nobis pacem.**

Lamb of God, who takes away the sins of the world, have mercy on us.

Lamb of God, who takes away the sins of the world, grant us peace.

### **Kyrie**

**Kyrie eleison.** Christe eleison. Kyrie eleison.

### **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 for 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 worshipped 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.

### **The Act of Contrition**

O my God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with the help of your grace, to do penance,  
to sin no more and to avoid temptations that lead me to sin

## The Rosary

We contemplate the life of Jesus with His mother.  
It is a Prayer of Holy Scripture. We meditate on the Mysteries.  
A Devotional Prayer to Mary. We are free to adapt it to our needs.  
Prayer of meditation. A Prayer of intercession.

### How to Pray the Rosary

**Opening:** The Sign of the Cross, The Apostle's Creed  
The Lord' Prayer, 3 Hail Mary's, Glory Be, Fatima Prayer

**Each Decade:** Select one of the four sets of five mysteries.  
Say one decade for each mystery.  
The Lord's Prayer, 10 Hail Mary's, Glory Be, Fatima Prayer

**Closing:** The Hail Holy Queen, The sign of the cross

### The Joyful Mysteries

The Annunciation  
The Visitation  
The Nativity  
Finding Jesus in the Temple  
The Presentation in the Temple

### The Luminous Mysteries (The Mysteries of Light)

The Baptism of Jesus in the River Jordan  
The Wedding Feast at Cana  
The Proclamation of the Kingdom and the call to conversion  
The Transfiguration  
The Last Supper and the Institution of the Eucharist

### Sorrowful Mysteries

The Agony in the Garden  
The Scourging at the Pillar  
Crowning with Thorns  
Jesus Carries the Cross  
The Crucifixion, Jesus dies on the cross

### The Glorious Mysteries

The Resurrection of Our Lord  
The Ascension of Our Lord  
The Descent of the Holy Spirit upon the apostles  
The Assumption of Mary into Heaven  
The Coronation of Mary Queen of Heaven

## Prayers

### **Come Holy Spirit**

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your spirit and they shall be created and you shall renew the face of the earth. O God, who didst instruct the hearts of your faithful by the light of the Holy Spirit, grant us in that same spirit to be truly wise, and ever to rejoice in His consolation. Through the same Christ, our Lord.

### **Anima Christi**

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me.  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me Suffer me not to be separated from Thee.  
From the malicious enemy defend me.  
In the hour of my death call me And bid me come unto Thee  
That I may praise Thee with Thy saints and with Thy angels  
Forever and ever. Amen.

### **Free-Style Prayer**

1. Sign of the Cross
2. Address God, the Father with some term of respect and praise.  
*"Father in Heaven" "Dear Lord" "Good and gracious God"*
3. Name one of God's attributes or give God adoration and praise.  
*"Creator of the universe" "You are all-loving"*  
*"We praise you" "all glory and praise be to you"*
4. Set our posture before God.  
*"we gather in your name" "your children stand before you"*  
*"humbly we come to you" "we stand in awe of your goodness"*
5. State your prayers of thanksgiving and/or petition.  
*"we ask you to bless..." "we give you thanks and praise for ..."*  
*"we ask you to heal ..." "we implore your mercy for our sins"*  
Repeat this step as many times as you wish.
6. Invoke the Name of Jesus and/or the Holy Spirit. End with Amen.  
*"We offer our prayer in the name of Jesus your Son. Amen."*  
*"In Christ's name we ask this. Amen."*  
*"Through Jesus Christ, Our Lord. Amen."*

## Psalms

### Psalm 8

Lord, how awesome is your name through all the earth.  
You have set your majesty above the heavens.  
I see your heavens, the work of your hands,  
the moon and stars that you set in place.

Out of the mouths of babes and infants  
you have drawn a defense against your foes.

What are humans that you are mindful of them,  
mere mortals that you care for them?  
Yet you have made them little less than a god,  
crowned them with glory and honor.

You have given them rule over the works of your hands  
All sheep and oxen, the beasts of the field,  
The birds of the air, the fish of the sea.  
Lord, how awesome is your name through all the earth.

### Psalm 100

Shout joyfully to the Lord, all you lands;  
Worship the Lord with cries of gladness;  
Come before him with joyful song.

Know that the Lord is God,  
Our maker to whom we belong,  
Whose people we are,  
God's well-tended flock.

Enter the temple gates with praise,  
Its courts with thanksgiving.  
Give thanks to God, bless his name;

Good indeed is the Lord,  
Whose love endures forever,  
Whose faithfulness lasts through every age.

## **Ave Maria**

Dios te salve, Maria.  
Llena eres de gracia.  
El Señor es contigo.

Bendita tu eres entre todas las mujeres;  
y bendito es el fruto de tu vientre, Jesús.

Santa María, Madre de Dios,  
ruega por nosotros pecadores,  
ahora y en la hora de nuestra muerte. Amén.

## **Psalm 51**

Have mercy on me, God, in your kindness;  
In your compassion blot out my offense.  
O wash me more and more from my guilt and cleanse me from my sin.

My offenses truly I know them; my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done.

Indeed you love truth in the heart,  
then in the secret of my heart teach me wisdom.  
O purify me then I shall be clean.  
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness  
that the bones you have crushed may revive.  
From my sins turn away your face and blot out all my guilt.

A pure heart create for me, God; put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your Holy Spirit.

Give me again the joy of your help;  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways,  
and sinners my return to you.

**Psalm 144**

Blessed be the Lord, my rock, who trains my hands for battle.  
My safe guard and my fortress, my stronghold, my deliverer,  
My shield, in whom I trust.

Lord, what are mortals that you notice them;  
Human beings, that you take thought of them?  
They are but a breath;  
Their days are like a passing shadow.

Lord, incline your heavens and come;  
Reach out your hand from on high;  
Deliver me from the many waters;  
Rescue me from the hands of foreign foes.  
Happy the people whose God is the Lord.

**Psalm 69**

Save me, God, for the waters have reached my neck.  
I have sunk into the mire of the deep,  
where there is no foothold.

I have gone down to the watery depths; the flood overwhelms me.  
Too many for my strength are my treacherous enemies.

God, in your great kindness answer me.  
Rescue me from the mire; do not let me sink.  
Rescue me from my enemies and from the watery depths.

Do not let the floodwaters overwhelm me,  
nor the deep swallow me.  
In my distress hasten to answer me.

Answer me, Lord, in your generous love;  
In your great mercy turn to me.

**Psalm 22**

My God, my God, why have you abandoned me?  
My God, I call by day, but you do not answer.  
All who see me mock me; they shake their heads and jeer,  
"You relied on the Lord, if he loves you, let him rescue you."

Many dogs surround me; a pack of evildoers closes in on me.  
They divide my garments among them, for my clothing they cast lots.

Like water my life drains away; all my bones grow soft.  
My heart has become like wax, it melts away within me.  
So wasted are my hands and feet that I can count all my bones.

The generation to come will be told of the Lord,  
to a people yet unborn the deliverance you have brought.

**Psalm 127**

Unless the Lord build the house,  
They labor in vain who build.  
Unless the Lord guard the city,  
In vain does the guard keep watch.

It is vain for you to rise early  
And put off your rest at night,  
To eat bread earned by hard toil,  
All this God gives to his beloved in sleep.

Children too are a gift from the Lord,  
The fruit of the womb, a reward.  
Like arrows in the hand of a warrior  
Are the children born in one's youth.

Blessed are they whose quivers are full.  
They will never be shamed  
Contending with foes at the gate.

## The Human Person

### Where did I come from?

"Then God Created man and woman, in His own image and likeness He created them, male and female he created them." Genesis 1

### The Ways we are in God's Image and Likeness

**We are Spirit** God is Spirit      **We can love** God is love.  
**Conscience** God's voice inside us that knows right and wrong  
**Creativity** God is the Creator  
**Relationships** God is a Trinity. We need human relationships.  
**Immortal Soul** I will exist forever as me.

**Why am I here?** To know, love and serve God, and be with God forever in heaven. *Lord, you made us for You, and our heart is restless until it rests in You.* (St. Augustine)

### What am I?

A Human Person is a **soul** which has various **capacities**.  
According to St Thomas Aquinas, the 4 powers of the human soul are:

**Intellect** We can take in ideas, think, formulate new ideas  
**Free Will** We are free to chose for ourselves between options  
**Emotions** We can express Love and other emotions  
**Body** We live and move in time and space

**Where am I going?** My soul will never die.

**Judgment:** I have free will, so I am responsible for my choices.  
**Reward / Punishment:** Heaven or Hell

### We are Transcendent Beings

We have the exterior life of the body, we have the interior life of the soul and we can experience the presence of God in our lives.

### The Transcendentals or Bridges to Eternity that are in us:

One end is in our ordinary life, the other is in eternity  
They touch both the Intellect and the Emotions  
They are full of awe and mystery  
They are things in us without limits  
In their ultimate form, these things point to God  
examples: **Love, Truth, Beauty, Life**

### Human Life is Sacred

We respect the dignity of every human life. We belong to God.  
God gives every person the right to use their own intellect, will, emotions and body to grow every closer to God in heaven.

1. Explain what a human person is in terms of being a soul which has various powers or capacities.
2. Why am I responsible for the choices I make.

## **Becoming Mature**

### **Created by God, and Maturing According to God's Plan**

**Soul** - ready for a deeper spiritual life and relation to God.

**Intellect** - growing in your ability to think rationally and abstractly.

**Free Will** - becoming ready to face bigger choices in life.

**Emotions** - a wider range of emotions; feeling emotions more deeply

**Body** - maturing from a boy into a man or from a girl into a woman.

### **Things That You May Experience At This Age**

**Becoming Familiar** with yourself and the gifts God has given you.

**Growing in Independence** from your parents; rely more on your own skills and decision-making; testing your ability to live in the world

**Growing in your Spirituality** aware of the **interior life** of the soul.

**Forming your values** and identifying what your life principles will be

### **Emotions You May Feel During This Time of Growth**

**Self-doubts** - what will I be? Will I be loved?

**Inadequacy** - Am I smart enough? Beautiful enough? ...

**Anxiety** - Will I be liked or popular? Feeling left out.

The feelings can be scary, but they are natural; most people feel them.

### **Healthy Ways to Respond**

**Pray** about it. God made you and God understands what is going on.

**Talk** to your parents about it. You are not alone.

### **Unhealthy Ways to Respond**

Self-destructive behaviors: Drinking, Drugs, Acting out sexually

Attention-seeking behavior: acting out

Self-isolating behaviors: Bullying, Unhealthy friendships

### **What Are Our Responsibilities To Ourselves?**

Know the values by which we will live our life.

Am I my brother's keeper or not?

Be aware of the point of view of others.

Be sensitive to the feelings of others.

Learn how to control our anger or impulses

Recognize the onset of these feelings in ourselves.

Learn how to interrupt the negative reaction before it happens.

Learn how to resolve problems with others in a constructive way.

Ask yourself, "How does this make me feel?"

"What do I need from you?"

"What do you need from me?"

1. Select 2 of the "powers of the human soul" and explain how a person can grow and mature in that particular aspect of their life.

## **The Problem of Bullying**

### **Aggressive behavior meant to harm or intimidate others.**

Attention-seeking behavior. Acting out in ways meant to get noticed.  
Defiant behavior toward adults or authority.

### **Typical Traits of the Bully**

Unable to control anger or impulse behavior.  
Poor at resolving problems with others constructively or peacefully.  
Could be a reaction to having been bullied or treated badly by others.  
May be a reaction to the fear of failure or feelings of inadequacy.  
False sense of courage, possibly covering up being a coward.

### **What is wrong with Bullying?**

Contrary to the God-given dignity of the human person.  
Violates the law of love given to us by Jesus.  
Sin against the 5th commandment. It will become worse over time.

### **Effects on the Victim of bullying**

Fear, anger, loss of self-confidence. Inability to work up to potential.  
Feelings of being isolated. May cause one to feel like hurting oneself.  
Questions: Why is this happening to me? Why does this person want to hurt me? Why does no one help me or protect me?

### **Consequences or effects on the person who Bullies**

False sense of power, control. Can escalate violent/aggressive acts.  
Loss of a sense of personal values, descent into baser animal instincts.  
Alienation from others, flight to gangs or those who live by violence.  
Pattern of isolation from people. May lead to self-hurting behavior.  
If left uncorrected, it can lead to a life of failed relationships.:  
    violence in the family and against the other sex later in life,  
    unfaithfulness to future spouse, betrayal of those who love you.

### **Our Responsibilities To Others**

Be in solidarity with the victim. I am my brother's / sister's keeper.  
Defend others against bullying when you can:  
    With words: call it what it is.  
    With attitude: don't admire the bully nor give the attention they seek.  
Be aware of the feeling of others; be a friend. Be a good listener.  
There are some secrets you must not keep.  
Pray for the victim, the aggressor and yourself.

### **Report to Someone in Authority**

If you hear anything that indicates one feels like hurting themselves.  
Reporting is not tattling, it is our moral responsibility.  
It can be difficult because of fear, but find a safe way to do it.  
It permits those who can help to intervene.

**Reporting is an act of charity to the victim and to the aggressor.**

**Who do you say I am? (Matthew 16:13-19)**

<b>Divine Revelation: God Reveals Himself to Us</b>	
<b>How We Know Things About God:</b>	
<b>The Bible</b>	The Word of God, inspired by the Holy Spirit written down by many human authors.
<b>Sacred Tradition</b>	The teaching of Jesus passed on by and the Church through the ages.
<b>Creation</b>	We know the Creator through his work.
<b>Humanity</b>	We are made in God's image and likeness.
<b>Jesus</b>	The most clear revelation of who God is.
<b>The Holy Trinity <i>Three Persons, One God</i></b>	
<b>Father</b>	God creates the world and us.
<b>Son</b>	God saves us.
<b>Holy Spirit</b>	God makes us holy, guides us and draws us near.
<b>Theology:</b> Faith seeking understanding For the one who chooses not to believe, no proof is sufficient. For the one who chooses to believe, no proof is necessary	
<b>God is a Mystery: so Near and yet so Far</b>	
<b>Eminent</b>	So high above us; God is out of reach. Psalm 33
<b>Immanent</b>	So near; God controls every detail of life. Psalm 63
Both ideas fall far short of the mystery of who God is.	
<b>Creator of Heaven and Earth</b>	In the beginning... Genesis 1
<b>Morality: What is Good,</b>	<i>Am I my brother's keeper?</i> Genesis 4
Jesus' answer: the law of love. <i>This is my command to you</i> John 15:17	
<b>God's Justice</b>	The Final Judgment Mathew 25:31-46
God gives us all the tools we need to go to heaven: God gives us the help of His grace. God gives us the Church and the Sacraments to help us be holy. God gives us a conscience so we know what is good and what is evil. But God gives us free will, and God respects our choices. We are adult children of a loving father.	
<b>God's Mercy</b>	triumphs over justice James 2:13
"Your brother was dead and now he is alive." Luke 15:11-32	
<b>I came to call the sinners</b>	Mark 2:15-17
<b>I will give you Rest</b>	Matthew 11:28
<b>The Way, the Truth and the Life</b>	In my Father's house. John 14:1-7
<b>I am the Vine, You are the Branches</b>	John 15:1-7
<b>I am the Resurrection and the Life</b>	John 11:17-25
<b>Ask and You Will Receive</b>	Matthew 7:7
1. Describe the 5 ways that God reveals Himself to us.	

## How do I know if God Exists?

### What do you mean by "God"?

Various Myths? The Great Spirit? Allah? Mother Nature? or...  
The God of the Bible, the Creator, revealed Himself in Jesus Christ.

### The First Way We Know God is by Faith

#### There are three Building Blocks of Faith

**Gift from The Holy Spirit** God reaches out and calls to us.

**Cooperation of the Intellect** We use human reason to think about it

**Assent of the Free Will** We choose to believe or not to believe.

Faith is a free will decision; nobody else can make it for you.

### Our Faith is Supported by Our Human Reason

Through the ages, philosophers have offered logical "proofs" of God's existence, called "ontological" arguments. Many of these philosophical arguments make the case for God's existence by saying that the world is here, it had to get here somehow, so God is whatever made it be here. Everything has to be caused by something. God is the first cause.

### Is There Absolute Proof?

No. Each person has to decide what is proof. For people who have faith, no proof is needed. For people who do not have faith, no proof will ever be enough. It is also impossible to prove there is no God. It is always a matter of belief, either we believe there is God or we don't.

### There is Abundant Evidence of God

The beauty of creation. The wonder of love. The goodness of people. The Apostles saw Jesus' miracles: heal the sick and the blind, calm the sea, multiply bread and rise from the dead. They died for Jesus. Even now miracles happen, if we are not blind to see.

### Try It - Decide to Live by Faith then See What Happens

Most people of faith start by listening to others, like parents or the Church. They live life as if they believe in Jesus Christ, following his teaching. Then over time they see what happens in their life. Usually they become so aware of the presence of God in their life, that their faith just gets stronger and stronger, without any need of other proof.

### The Proof is in the Living.

### God, Prove Yourself to ME! Luke 23:32-43

Is it up to God to prove Himself to us?

Or it is up to us to have faith in God? Who has to prove themselves?

### We Are Not Alone in Our Faith

We are a community of believers, called "The Church". We support one another, worship God as a family or believers, we pray together and experience the presence of God in our lives together.

1. What are the three building blocks of faith?

## How Do We Relate to God?

<b>The Theological Virtues</b>	
<b>Faith</b>	we believe in God.
<b>Hope</b>	we trust that God loves us.
<b>Love (or Charity)</b>	we love God and we love others.
<b>The Three Building Blocks of Faith</b>	
<b>Gift from The Holy Spirit</b>	God reaches out and calls to us.
<b>Cooperation of the Intellect</b>	We use human reason to consider it
<b>Assent of the Free Will</b>	We choose to believe or not to believe.
<b>Hope</b>	
We trust that God loves us and will provide for our needs. We rely on the saving power of Jesus. We live in joyful anticipation of heaven.	
<b>Love or Charity</b>	
Live for others, not only for our self. Love God with our whole heart, our whole mind and all our strength. Love others as we love our self.	
<b>Our Spiritual Life</b>	
<b>Prayer</b>	raising our heart and mind to God
<b>Sacrifice</b>	self-denial
<b>Living a Moral Life</b>	doing good and avoiding evil
<b>Prayer: Raising our heart and our mind to God</b>	
<b>Daily Prayer</b> Pray Always	<b>Read the Bible</b> the Word of God
<b>Sunday Mass</b> We gather to worship, to give thanks and praise to God	
We receive the <b>Sacraments: Reconciliation and Holy Eucharist</b>	
<p><b>Sacrifice</b> is giving up something we would like for God.          We learn self-discipline by doing without good things we could have.          We learn to say no to our self when it does not matter very much, so we are better able to say no to our self when it matters very much.          We offer our sacrifices to God: sadness, loneliness, personal loss.          We join our suffering to the sacrifice of Jesus on the cross.</p>	
<p><b>Living a Moral Life</b> is doing good and avoiding evil.          We obey the <b>commandments</b> and live according to the <b>beatitudes</b>.          We show our <b>love</b> for God and others. Doing good will move us closer to our ultimate relationship with God, and to Eternal Life in heaven.</p>	
<b>Grace and Sin</b>	
<b>Grace</b> is a gift from God. Grace is closeness to God. Grace heals us, Grace elevates us and perfects our Human Nature.	
<b>Sin</b> is turning away from God. Sin is a failure to love. Sin causes us to lose grace, that is, it hurts our closeness to God. Because we have free will, we are responsible for our choices.	
1. Describe the 3 theological virtues.	

## Grace and Sin

### Grace is a Gift from God

#### Two Kinds of Grace:

**Actual Grace** is help from God.

Grace heals us, elevates us and perfects our Human Nature

**Sanctifying Grace** is a state of holiness.

A state of closeness to God. It is being in right relationship with God

#### Living a Moral Life is Doing Good and Avoiding Evil.

We obey the **commandments** and live according to the **beatitudes**.

We show our **love** for God and others. Doing good will move us closer to our ultimate relationship with God, **Heaven**.

#### Sources of Temptation which can lead us into Sin

**The World**      The culture around us

**The Flesh**      Our own human weakness

**The Devil**      Satan and the fallen angels wish to ruin us

#### Sin is turning away from God

Sin is a failure to love. Sin usually contains some kind of a lie.

Sin is breaking the commandments or failing to live by the beatitudes.

Because we have a conscience we know right from wrong.

Because we have free will, we are responsible for our choices.

By sin we damage our state of grace, or possibly lose it altogether.

#### Original Sin

Our human nature is in a **fallen state** which we call **original sin**.

It means we do not want to sin, but sometimes we do.

All people sin sometimes (except Jesus and Mary).

We have a tendency to believe lies about ourselves.

Fortunately, God understands and will forgive us if we return to God.

#### God's Mercy and Forgiveness are Infinite      John 3:16

God so loved the world that He sent His Son so that we might have Life.

#### The Four Steps to Repentance

1. Take **Responsibility**      "I admit what I did wrong. No excuses"
2. Express **Contrition**      Being sorry and saying, "I am sorry."
3. Purpose of **Amendment**      With God's grace, "I will not do it again."
4. Make **Restitution**      "How can I repay or repair the damage?"

But what happens when I cannot repay or repair the damage because it is too great or it is not within my power? That's why Jesus died on the cross for us. He paid all the debts so that all sins can be forgiven.

1. Explain the 4 steps to repentance.

## Health and Sickness - Grace and Sin

This chart shows by analogy with physical health of the body, how spiritual health of the soul can be affected by the choices we make. The health of the soul and the health of the body are closely related to each other and each one can affect the other.

<b>Body &amp; Soul</b>	<b>The Body</b>	<b>The Soul</b>
We can be	healthy or sick.	in a state of Grace or sin
To promote	<b>Physical Health</b>	<b>Spiritual Health</b>
we need	<b>Nutrition</b> Food for the body balanced diet, healthy foods.	<b>Food for the soul</b> worship, prayer spiritual reading
<b>1.</b>	<b>Physical Exercise</b> walk, run, swim, work the muscles, the heart and lungs.	<b>Spiritual Exercise</b> acts of love, corporal works of mercy: feed the hungry...
<b>2.</b>	<b>Rest</b> Sufficient sleep for the body to recover and rebuild itself.	<b>Spiritual Rest</b> Quiet time with God: Meditation, contemplation, prayer
<b>3.</b>	<b>Rest</b> Sufficient sleep for the body to recover and rebuild itself.	<b>Spiritual Rest</b> Quiet time with God: Meditation, contemplation, prayer
to build up resistance to:	<b>Sickness, Infections and injuries</b>	<b>Temptation and Sin</b>
When we do those things,	We are more healthy and find it easier to continue doing healthy things.	We are more holy and it is easier to continue doing these holy things.
So...	<b>Health begets more health</b>	<b>Grace begets more grace</b>
if we don't do these things	We decrease our resistance to sickness.	We decrease our resistance to temptation and sin.
Once we become sick or fall into sin	harder to get good nutrition: we may not feel like eating, or body rejects food. No energy to get enough exercise. Hard to sleep.	Once in sin, harder to pray, less likely to treat others with love and we may not feel going to Sunday worship or receiving the Eucharist.
So ...	<b>sickness begets sickness</b> a sick person cannot do healthy things, and may get sick in other ways too.	<b>temptation and sin begets more temptation and sin.</b> once in the habit of sin, we may fall into other sins.
The cure is...	To resume doing healthy things so we gradually return to a state of health.	To repent, then with God's help we begin to do the things that will make us holy again.

## The Four Last Things

Death	Judgment	Heaven	Hell
<b>Death: What death is depends on what life is.</b>			
<p>We created by a loving God in His image. (Genesis 1)                      Human life is a share in God's eternal life. We are and immortal soul.</p> <p style="text-align: center;"><b>Death does not end us. It changes us.</b></p> <p>At death body and soul are separated, but not forever. Our soul and body will re-unite. "We believe in the resurrection of the body." On the last day we will rise to spend eternity whole, as body and soul.</p>			
<b>Judgment</b> (Matt 25:31-46)			
<p>"He will come again in glory to judge the living and the dead."                      We have free will, so we are responsible for our choices.                      "I set before you life and death, choose life." (Deut 30:19)                      We will face our individual judgment at the time of our death.                      It will be an accounting of our state of grace or sin.                      We will face Final Judgment when Jesus comes again.                      He will place the sheep on his right and the goats on his left.</p>			
<b>Heaven - Eternal Reward</b>			
<p style="text-align: center;">"Lord you made us for you                      and our heart is restless until it rests in you."                      God created us for Heaven, a state of being in perfect happiness.                      All our transcendent capacities are fulfilled.                      We will enjoy the beatific vision, perfect communion with God.                      fulfilled in love: with all the angels and saints                      fulfilled in truth: all questions will be answered                      unending life: life everlasting, no tears, no pain, no death</p> <p style="text-align: center;"><b>We chose heaven by our faith in Jesus Christ.</b></p>			
<b>Hell - Eternal Punishment</b>			
<p>No fulfillment of our needs or desires                      The absence of God                      Total absence of love - we are completely alone.                      Total absence of truth - we are totally in the dark.                      Total absence of life - eternal death, no hope of any relief, ever.</p> <p style="text-align: center;"><b>We can only go to hell by choosing to be there by our free will.</b></p>			
<b>Purgatory - Temporary Punishment</b>			
<p>A state of being. It is a preparation to see God.                      While in purgatory we enjoy the promise of heaven.                      It is a process of purification or punishment.                      A cleansing of the soul from the effects of sin.</p>			
<b>We are saved by God's grace alone.</b>			
1. What is meaning of the parable of the sheep and the goats?			

## Who Goes to Heaven (and who goes to hell)

### What is Heaven?

Eternal life, a reward for the souls of the just, those who die in a state of sanctifying grace, happy forever with God and all the other saints.

### What is Hell?

Eternal damnation for those who freely choose to persist in a state of mortal sin and reject God's mercy even at the moment of death. It is being separated from God, from whom all life flows.

### Can we say who goes to heaven or hell?

No, we generally do not know for certain. Jesus is the judge of each person, not us. We hope that all people go to heaven, but it is possible that some are damned. We do not know who, if anyone, is in hell.

### Can a person of another religion go to heaven?

Yes, we assume so. If a person does the will of God, as best he or she understands it through the teaching of their faith, through their conscience and through natural law, they can be saved. If any person is saved, they are saved by Jesus Christ and through the grace of His Catholic Church, even if they do not know or acknowledge that.

### Can an atheist go to heaven?

Atheism could be a serious sin which puts a soul in mortal danger. It is a free will choice to reject the very existence of God. So presumably the atheist would not wish to go to heaven, which is, after all, being with God. If we reject God, He respects our free will and does not force Himself on us. Even so, God's mercy is beyond our understanding. If an atheist does God's will, we would hope that they find salvation in a way that is between God and them.

### What is "Justification"?

We are justified, that is we become "the just" by cooperating with God's grace: by **faith in Jesus Christ** and by doing **good works**.

*A person is justified by works and not by faith alone.* James 2  
*It is not only the hearers of the law who are righteous before God, but the doers of the law who will be justified.* Rom 2:13

**Do we save ourselves?** No. Jesus is the savior of the world.

Jesus saved us by dying on the cross for us and rising from the dead.

The disciples said to Jesus, "**Then who can be saved?**"

Jesus looked at them and said, "With men it is impossible, but not with God; for all things are possible with God." Mark 10:26-27

### The Catholic Church

is the Church founded by Jesus through the apostles. Jesus gave us the church as a home for us to receive God's help (grace) in order for us to become holy and pleasing to God and to attain eternal life.

## Divine Revelation: Scripture and Tradition

### Holy Scripture: The Bible - The Inspired Word of God

Many books written by many human authors at many different times and places. The Church gave us the Bible by determining the canon, or list of books that are included in the Bible.

### Apostolic Tradition

The teaching of the Church passed down through the ages from the apostles to us. The teaching authority given to the Church by Jesus Christ is called the **Magisterium** of the Church.

### The Bible

#### The Old Testament

**The Pentateuch** The Torah, 5 books of Mosaic Law  
Genesis, Exodus, Leviticus, Numbers, Deuteronomy

**The Historical Books** - history of the Hebrew People  
Joshua, Judges, Ruth, Samuel, Kings, ...

**The Prophetic Books** - the call to conversion  
Isaiah, Jeremiah, Ezekiel, Daniel ...

**The Wisdom Books** - Prayers and spiritual advice  
Job, Psalms, Proverbs, Wisdom, Sirach...

#### The New Testament

**The Gospels** - the accounts of Jesus: Matthew, Mark, Luke, John

**The New Testament Letters** - pastoral care: Romans, Corinthians ...

**The Catholic Letters** - teaching by other disciples  
James, Peter, 1-3 John, Jude, Revelation

### How We Read the Bible: The Senses of Scripture

**Literal Sense** the meaning conveyed by the words and discovered by sound interpretation.

**Spiritual Sense** meaning intended by the unity of the whole Word of God, for the benefit of our salvation.

**Moral Sense** the way in which the words will instruct us to act rightly.

**Anagogical Sense** the eternal significance of the Word and the way it leads us to heaven.

### The Relationship between The Church and The Bible

The beginning of the Church, established by Jesus Christ, is found in the Bible.

The Church looks to the Bible for the truth revealed by God.

The Church gave us the Bible by deciding which books are in it.

The Church helps us interpret and understand its meaning.

1. Explain the difference between the literal sense and the spiritual sense of the Bible.

## The Church

<b>Names of the Church</b>		
People of God	Body of Christ	Temple of the Holy Spirit
<b>The Body of Christ</b>		
Christ is the head of the body. There are many gifts, the same spirit.		
<b>The People of God</b>		
<b>Lay people</b> All People are Called to Holiness		
<b>Clergy</b> bishop (episcopate) priest (presbyter) deacon (diaconate)		
<b>Religious Orders</b> sisters, brothers. Vows: poverty, chastity, obedience		
<b>The Images of the Church: How the Church Relates to the World</b>		
<b>Herald</b> the Church announces the good news of salvation to the world		
<b>Servant</b> The Church is here to serve the needs of the world.		
<b>One, Holy, Catholic, Apostolic - The Four Marks of the Church</b>		
<b>One - Jesus intended there to be one Church</b>		
Fracturing of Christianity: East from West ,		
Protestant split and ongoing sub-dividing of Protestant sects		
Ecumenism: Find common ground, Pray and Work together,		
Dialog with others while respecting the differences		
Other Faiths: Jewish faith Non-Christian faiths Islam		
<b>Holy - The Church is guided and protected by the Holy Spirit</b>		
The Church fulfills the promise of Christ to remain with us.		
The Church is the "sacrament" of Christ, His visible presence.		
It provides for the needs of people: sacraments, Holy Eucharist		
<b>Catholic - Christianity is for all people of all time</b>		
Every Person is welcome in the Catholic Church.		
All people, regardless of their religion are saved by the death and resurrection of Christ, and are served by the Catholic Church even if they are not part of the Church.		
<b>Apostolic - Jesus appointed the apostles to found the Church</b>		
The bishops of today are the successors of the apostles.		
Jesus appointed Peter head of the apostles.		
The pope is the successor of Peter, head of the bishops.		
Apostolic succession of Holy Orders: Ordination has been passed on in an unbroken line from the apostles to us.		
In baptism we are become an apostle: priest, prophet and king.		
<b>The Magisterium: The Teaching role of the Church</b>		
Assigned by Jesus and guided by the Holy Spirit		
1. Explain what we mean when we say the Church is a "herald and a servant."		

## **The Sacramental Principle**

### **Signs and Symbols in our every day life**

We use outward signs and symbols all the time.

They help us get in touch with inward realities.

Kiss: represents affection between two people

Wedding ring: represents commitment and faithfulness of the wedding covenant.

Birthday cake: represents and celebrates another year of life completed.

### **The Sacramental Principle**

#### **We use things that we can see and touch to get at the deeper reality we cannot see or touch.**

Signs and symbols that work at the physical level to help us connect at a spiritual level to God. It has to do with the whole human person (The whole Soul: intellect, will, emotions, body) We use things that can be seen and touched by the body, felt by our emotions and contemplated by our intellect in order to connect to what is happening in our soul.

### **Sacramentals - signs and symbols that we use for religious purposes**

**The Cross or Crucifix** - the universal symbol of Christianity

**The rosary** - a symbol of continuous prayer, a symbol of devotion to Mary the mother of Jesus

**Sacred art** - paintings, sculptures and architecture that tell our story

### **Jesus is the Sacrament of God**

Jesus is the visible image of the invisible God.

The incarnation - the Son of God becomes human.

If you want to know what God is like, listen to what Jesus says and watch what Jesus does.

### **The Church is the sacrament of Christ's presence**

*"I will be with you always, until the end."*

The Church is the visible presence of Christ, The Body of Christ.

The Church makes Christ present

In the Liturgy of the Mass and in the Eucharist.

When the Church is herald of the good news.

When the Church is the servant of the world.

### **Each person can be a sacrament of Christ**

To be a sacrament of Christ, we should see the face of Christ in every other person and we should be the face of Christ to others by showing them acts of love. *"Am I my brother's and sister's keeper?"*

The best way to bring people to Christ is to act as Christ did.

*"When you do these things for the least ones, you do them for me."*

1. What is the "sacramental principle"?

## The Seven Sacraments

**An outward sign, instituted by Christ to give grace.**

The word **Sacrament** means, "to be of the sacred."

A sacrament makes what is invisible visible. It is an outward sign that represents or connects us to something going on inside us.

**A Sacrament is a moment of grace or a moment with God.**

When God is present in our lives, new things happen.

The Seven Sacraments are visible signs of the invisible change which happens in us. Each one is a personal encounters with Jesus Christ.

<b>Outward Sign</b>	<b>Who Can Administer</b>	<b>Effects</b>
<b>Initiation</b>		
<b>Baptism</b> water on the head or emersion with the words "I baptize you ..."	Priest or deacon. In an emergency, anyone.	Born anew in Christ, freed from the stain of original sin
<b>Confirmation</b> Laying on of hands	Bishop or priest	The Holy Spirit
<b>Eucharist</b> Eating the body and blood of Christ	Consecrated by the priest. given by any confirmed person	Receive the true presence of Jesus Christ in our self.
<b>Healing</b>		
<b>Reconciliation</b> Priest says the words of absolution	Priest	Forgiveness of all sins that are on one's soul.
<b>Anointing of the Sick</b> Anointing with oil on the hands or body	Priest	A prayer for physical and spiritual healing for the sick or the dying
<b>Vocation</b>		
<b>Marriage</b> The exchange of the marriage vow	The couple confers it on each other through their vows	Permanently joins man and woman. The two become one.
<b>Holy Orders</b> Laying on of hands	Bishop	One becomes a deacon or a priest or a bishop.

1. Under what circumstances can a lay person baptize someone?

## Mary, Mother of God

"The offspring of a woman will have victory over the serpent." Gen 3

### We Honor Mary

Who said "Yes" to be the mother of the Savior.  
We do not worship Mary. We worship only God

### The Annunciation

The Angel Gabriel greeted Mary. *"Hail full of grace! The Lord is with you. Behold you will conceive in your womb and bear a son, and you shall name him Jesus."* But Mary said, *"How can this be since I am a virgin?"* And the Angel replied, *"The Holy Spirit will come upon you, and the Power of the Most High will overshadow you. Therefore, the child to be born will be called holy, the Son of God"*. Mary responded in faith and obedience, *"I am, the servant of the Lord, let it be done unto me according to your word"* (Luke 1:28-38)

### Three Doctrines About Mary

Mary Ever Virgin    The Immaculate Conception    The Assumption

### Mary Ever Virgin

Mary remained a Virgin throughout Jesus' conception and birth, and through her whole life. Her virginity was a symbol of how she chose to give herself totally over to the will of God. Her "yes" to the angel was the ultimate example of her faithfulness to God. Her virginity emphasizes God's role as the sole father of Jesus.

### The Immaculate Conception

means that Mary is without sin. God allowed Mary to be conceived without original sin and Mary never sinned. She always answered "yes" to God's will, even while watching her Son die on the cross.

### The Assumption

The **Assumption** of Mary into heaven means that at the end of her life Mary was raised body and soul into heaven. It is fitting that the one who gave birth to Jesus' physical body, and was herself without sin, should also be physically present with Him in heaven.

### Mother of God, Mother of the Church    John 19

As He hung on the cross, Christ gave His mother to us. He looked down upon His grieving mother and His beloved disciple, John, and said *"Woman, behold your son", "and son behold your mother"*.

### Prayer to Mary

Intercessor: Mary prays with us    Mediator: Mary points us towards Jesus

### Apparitions of Mary: Fatima, Lourdes, Guadalupe, etc.

Private revelations: We can believe in them if we wish. They do not add to Divine Revelation but reinforce messages such as "pray more."

1. Pick one of the 3 main doctrines about Mary and describe it.

## Heavenly Bread

<p>Throughout the Bible, the theme of "Bread from Heaven" gradually leads us to the sacrifice of Jesus then to the eternal banquet in Heaven. The Holy Mass is the way Jesus gave us to celebrate the story of salvation and to get a fore-taste of heaven.</p>	
<p><b>God Created Man and Woman</b></p>	<p>Genesis 2:8-17</p>
<p>The Garden of Eden provided everything we need: food, water, shelter</p>	
<p><b>Manna in the Dessert</b></p>	<p>Exodus 16</p>
<p>God feeds His people with bread and quail from heaven on their 40 year journey to the promised land.</p>	
<p><b>Wisdom's Supper</b></p>	<p>Proverbs 9:1-6</p>
<p>She has set her table, come and eat. Leave simpleness and live.</p>	
<p><b>The Incarnation: The Son of God becomes Man</b></p>	<p>Luke 2:1-7</p>
<p>Mary Laid Him in a Manger because Jesus is <b>heavenly food</b>.</p>	
<p><b>Lamb of God</b></p>	<p>John 1:19-34</p>
<p>John the Baptist points to Jesus and says, "Behold the Lamb of God who takes away the sins of the world." Jesus is the sacrificial lamb, which will be sacrificed to God and become food for His people.</p>	
<p><b>I am the Bread of Life</b></p>	<p>John 6</p>
<p>Jesus feeds the multitude with bread that never runs out.          Jesus reveals Who he is, that He is God, by walking on water.          Jesus says, "I am the bread of Life."          To have life we must eat this bread.</p>	
<p><b>The Last Supper is the Eternal Supper</b></p>	<p>Luke 22:14-23</p>
<p>Take this and eat it, all of you, this is my body which will be given up for you... This is my blood, the blood of the new covenant.</p>	
<p><b>Jesus Dies on the Cross for Us</b></p>	
<p>Jesus gives up his body and his blood for us. Then Jesus rises for us.</p>	
<p><b>The Lamb's Supper</b></p>	<p>Rev 7:9</p>
<p>A great multitude which no one could count.          The eternal celebration in heaven.</p>	
<p><b>The Holy Mass</b></p>	
<p>Take this and eat it, this is my body which will be given up for you.          We become present to:              the Last Supper    the foot of the cross    the resurrection.          We get a fore-taste of the celebration that never ends in Heaven.              where we will be in communion with God              and in communion with all the angels and saints.</p>	
<p>1. What is the bread of life?</p>	

## **The Liturgy of Holy Eucharist**

### **Liturgy is Our Communal Prayer**

We pray together, as the people of God  
We break bread as Jesus commanded: "Do this in memory of me."  
In the Liturgy, The Holy Spirit does the Work  
The Liturgy of the Holy Mass is a sign of our Unity  
The mass is similar anywhere we go in the world  
The Church is "Catholic", or Universal

### **Sunday Mass is the Rhythm of Catholic Life**

A Practicing Catholic Attends Holy Mass every Sunday  
And on six Holy Days throughout the year, and daily as possible.

### **In the Holy Mass Jesus Comes To Us**

in Word  
in Sacrament

### **Christ is Present in Four Ways**

#### **In The gathered congregation**

we are the body of Christ  
we are the people of God  
"Whenever two or more are gathered in my name" Mt 18:20

#### **In The Word of God as it is Proclaimed**

"In the beginning was the word... the Word was God." John 1  
Jesus is the living Word, Jesus is God speaking to us,

#### **In The Priest when saying the words of consecration**

the priest stands in *Persona Christi* when saying the words,  
"This is my Body."

#### **In The Eucharist**

Do this in memory of me. I am the bread of life.  
This is the primary way Christ is present.  
This is the **Sacrament of Holy Eucharist**

### **Participation**

Christ is fully present in the Eucharist  
We should be fully present at Mass.  
We participate by  
praying, singing, listening, avoiding distractions.

### **The Mass is a "Mission" or "Sending"**

We are sent out into the world to love and to serve.

1. In what two ways does Jesus come to us in the Holy Mass?

## What We Do When We Go To **C H U R C H**

<p><b>C Come Together</b>                  When two or more are gathered in my name, I am there with them.                  Jesus he invited all to the table, but not so they could stay the same                  as they before, so they would get up from the table changed.</p>	
<p><b>H Hear the Good News</b>                  The liturgy of the word. Jesus is the Living Word of God</p>	
<p><b>U Uplift our Lives to God</b>                  we offer the prayers of the faithful                  we offer our gifts, we offer our lives                  the priest takes our gifts to the altar and raises them up to the Father                  in doing so, the priest is an icon of Jesus, a representative of Jesus</p>	
<p><b>R Receive Jesus</b>                  Jesus gives himself back to us                  Jesus is truly present in the Eucharist                  He gives us a share in his eternal life - grace</p>	
<p><b>C Change our Hearts</b>                  the work of God in the liturgy is to change us - to sanctify us                  We are called to continuous transformation and conversion.                  We should live "as if" ...                      we will meet God today                      this is our last day                      something better is possible</p>	
<p><b>H Go Out and Help Heaven Happen</b>                  we participate in bringing about the Kingdom of God                  we bring people to God by living as Christ lived,                  and by treating people as Jesus treated people                  we go out and live the faith                  the liturgy was God's work, but we are sent out to do God's work</p>	
<p><b>C H U R C H</b></p>	
<p>Words</p>	<p>Actions</p>
<b>Come together</b>	arms waving inward
<b>Hear the good news</b>	hands cupped behind the ears
<b>Uplift our lives to God</b>	arms outstretched and raised upwards
<b>Receive Jesus</b>	right hand on top of left, palms open
<b>Change our hearts</b>	cross arms over the heart
<b>Help heaven happen.</b>	point towards the doors of the Church

## Creation of the World

<p>There are three main ideas on how the world came to be as it is.</p>		
<b>Creationism</b>	<b>Evolution</b>	<b>Intelligent Design</b>
<p><b>Creationism</b> - God just created the world all at once, as Genesis says.</p>		
<p>God could have created the world this way. Some Christians believe He did.</p>		
<p>Problems with Creationism:</p> <ol style="list-style-type: none"> <li>1. It seems like the world does evolve and change.</li> <li>2. Our study of science indicates the world is much older that you would think it is by reading the Bible account literally.</li> </ol>		
<p>As Catholics, we do not have to believe in Creationism. We believe Genesis teaches us that God did create the world, but not necessarily <u>how</u> God created the world, this way or some other way.</p>		
<p><b>Evolution</b> - The world happened all by itself without any creator.</p>		
<p>An atheist has to believe this because they do not believe there is any God or any creator. And since the world is here, they have no way to explain how the world got here except that it somehow just "happened" into existence, then evolved from there.</p>		
<p>Problems with Evolution</p> <ol style="list-style-type: none"> <li>1. It does not explain how the world went from nothing to something.</li> <li>2. It does not explain how life got started.</li> <li>3. It does not explain how humans got an immortal soul. (This is not a problem for people who do not think we have a spirit.)</li> <li>4. The odds against the world evolving as it has evolved are extremely unlikely unless the odds were "rigged" by someone in advance.</li> </ol>		
<p><b>Intelligent Design</b> - The Creator caused the world to come into existence, then planned for it to grow and evolve in a certain way.</p>		
<p>For the Catholic, this is the best theory we have seen so far. It fits the scientific view it seems to change. It is also compatible with our faith in God as the Creator of the world. God is the intelligent designer.</p>		
<p>Problems:       None. This idea makes the most sense to us.</p>		
<p><b>What Catholics Believe</b></p>		
<p>God Created the world. We do not know HOW, we just believe God did create the world. God was free to use any method God chooses to create the world. God could have created the world the way Genesis says it happened. God could have created the processes of evolution and natural selection to bring about creation as God wanted it to evolve. We study science to learn about God's creation and therefore learn more about God.</p>		

## What We Believe About Creation

God created the material world we see, matter, energy and time, and the spiritual world we do not see. God created the world from nothing. All of creation came from the mind of God. We do not know exactly how God created the world. We just believe God created it. God is free to create using any means or method pleasing to God.

God continues to create us anew and hold the world in existence in each moment.. If God did not do so, the world would cease to exist.

Human beings are a special part of creation because we have a soul. We are not just material, we are spirit, and we have a share in God's eternal life. Our Spirit is not part of the material world and science cannot account for it. It is a matter of faith that the soul and therefore the human person, are the result of a creative act of God.

The two creation stories in the book of Genesis give us the basic truth that God created the world. We do not necessarily read those accounts of creation literally. The Bible may or may not speak to exactly how God went about creating the world, just that God indeed did create it.

It is good to study the world in order to learn about creation. Science is a good thing which can help us understand the truth of God's creation. Faith, or what we believe, and reason, what we learn through our intellect, point to the same truth. Anything we learn from science cannot contradict what we believe by faith. As we study science, it seems the world has gradually changed and formed over time. So some of the processes that are part of the theory of evolution could be part of the way God made the world. God may have chosen to use evolutionary processes as a means of creating. In that sense, evolution could be accepted . It just can't account for: the change from nothing existing to something existing, from inanimate matter to life, nor the human soul.

The theory of intelligent design is a good way to tie together our beliefs in creation and the observed gradual formation of the world. It means that God had a plan, and cast the world into being in such a way that it would gradually become what God wishes. We would also believe that God remained interested in the world and the hand of God is constantly at work in the world.

## Catholic Morality: Doing Good and Avoiding Evil

<p><b>Important Things to Remember</b></p> <p><b>God loves us.</b> We do not have to earn God's love.</p> <p><b>We live a moral life as a response to God's love.</b></p> <p><b>We do not save ourselves.</b> Jesus earned salvation for us.</p> <p><b>God's mercy and forgiveness are infinite.</b> Whenever we repent.</p> <p><b>We do not judge or condemn people.</b> Love the sinner, hate the sin.</p>
<p><b>The Moral Law</b></p> <p>What God knows to be for the good of the human person.</p> <p>Each person can understand right and wrong.</p> <p><b>By Divine Revelation:</b> Scripture (Ten Commandments) and Tradition</p> <p><b>By the Teaching of Jesus</b> especially Jesus' Law of Love</p> <p><b>By the Magisterium of the Church:</b> the authority given by Jesus</p> <p><b>By Natural law:</b> The truth written in every human heart.</p>
<p><b>Conscience is Our Inner Voice</b> that helps us know right and wrong.</p> <p>We must <b>form</b> it by prayer and by hearing the teaching of the Church.</p> <p>We must <b>follow</b> it. We must always follow our conscience.</p>
<p><b>Free Will:</b> God respects our choices whether they are good for us or not. Because we have free will we are responsible for our choices.</p>
<p><b>The Moral Law is Absolute and Unchanging</b></p> <p><b>A Transcendent Truth:</b> It comes from God and is bigger than us.</p> <p>What is right or wrong does not change. It is the same for all people</p>
<p><b>Moral Relativism is a Denial of Moral Truth</b></p> <p>The <b>wrong</b> idea that what is good and evil is decided by each person.</p> <p>It is a way to quiet the conscience so as to rationalize immoral acts.</p>
<p><b>Original Sin</b></p> <p>Our weakness for sin, due to our fallen state of human nature.</p>
<p><b>Actual Sin</b></p> <p>a free will choice to do evil, it harms us and our relationship with God</p>
<p><b>Venial sin:</b> smaller offenses against the will of God</p>
<p><b>Mortal sin:</b> big offenses that kill our relationship with God.</p> <p>For a sin to be a "mortal sin" it must meet all three of these conditions:</p> <ol style="list-style-type: none"> <li>1. It must be a <b>serious matter</b></li> <li>2. One must have <b>full knowledge</b> of the evil that one is doing</li> <li>3. The act must be committed with <b>full consent of the free will.</b></li> </ol>
<p><b>Is it a Sin? We Must Consider 3 Things</b></p> <p><b>Object</b> - what the act is</p> <p><b>End</b> - the intent or purpose of the act</p> <p><b>Circumstance</b> - the conditions that surround the act</p>
<p>1. What are the three conditions of a mortal sin?</p>

## Our Moral Obligations Towards God

### The First Commandment

*I am the Lord your God, you shall not have strange Gods before me.*

God is God, so nothing else should be treated as God. We should worship God through prayer and sacrifice. That worship can be carried out by practicing the three theological virtues, **faith, hope** and **charity**. Offenses against these virtues are sins against the first commandment. Offenses against faith would be things like keeping **voluntary doubts** about God, or deliberate **rejection** of God's existence. Sins against hope would be **despair**, giving up on trust in God's forgiveness, or **presumption**, which can mean either that we believe we can save ourselves without God's help, or that we believe God will save us without any effort on our part. Offenses against charity would be **indifference** to God's love, or outright **hatred of God**.

**Atheism** - the denial of God.

**Agnosticism** - the claim that if there is a God we cannot know anything about Him and we don't care to know anyway.  
It is a way of saying God is irrelevant.

**Magic or sorcery** - calling on the power of the occult or the devil.

**Superstition** - dark or deviant use of religious feeling and practices.

**Idolatry** - worship of any material thing

**Tempting God** - putting His goodness and power to the test

**Sacrilege** - defiling the sacraments or any other holy things

**Simony** - selling spiritual things, using religion for monetary gain.

#### **Denying Someone's Religious Liberty**

People have a right to worship as they chose and we have an obligation to tell the world about the good news of Jesus Christ.

#### **Anything we put before God becomes a strange god:**

money, beauty, cars, sports, power, pleasure, Even if it is something that is good in it's proper context, if we give it higher priority than God, we are making a false god.

For example, we could spend more time and effort on getting a cool car than serving God. We could make playing or watching sports our god. Some Sunday mornings, we might, just for a little while, make sleep more important than God.

We must keep God first in worship and respect.

1. What does the first commandment mean by "strange god."

## Our Moral Obligations Towards God

<p><b>The Second Commandment</b>  <i>You shall not take the name of the Lord, your God in vain.</i></p>	
<p>The second commandment concerns what we say about God and how we say it.</p>	
<p>One way we show outward respect for God is through proper use of His Holy Name.</p>	
<p><b>God's Names</b></p>	
<p>The various names of our Lord, the three persons of the blessed trinity, Mary and all the saints are sacred. They should not be used as punctuation, expletives or slang.          The name of almighty God is not a cuss word. We must refer to God's names only in praise and respect -- never in any other way.</p>	
<p><b>Learning Good Habits in Our Speech</b></p>	
<p>If you have a bad habit of blurting out the name of God or the name of Jesus in anger or pain, I suggest you find some more appropriate words to use, then work to form a new habit by substituting those words: Maybe "blimey", "blast it", "shucks"... You get the idea.</p>	
<p><b>A sense of the sacred</b></p>	
<p>In secular culture nothing is sacred -- you can badmouth anyone or anything. Not so within the Catholic faith. We must have a <b>sense of the sacred</b> and it begins with the very Name of God.</p>	
<b>Abusing God's name</b>	using any of God's names as swear words
<b>Cursing</b>	using God's name to wish evil on someone
<b>Swearing</b>	using God's name needlessly for trivial matters
<b>Blasphemy</b>	the speaking ill of God, or misusing God's name to do evil.
<b>False Oaths</b>	swearing or calling upon God as witness to a non-truth.
<b>Perjury</b>	making a promise under oath with no intention of keeping it. Lying under oath.
<p><b>Disrespecting the name of any of God's children</b>          We do not call people "names" nor make fun of someone's name.</p>	

## Our Moral Obligations Towards God

<p><b>The Third Commandment</b>  <i>Remember to keep holy the Lord's Day.</i></p>
<p>In the creation story, God reserved one day a week for Himself. We keep the Lord's day by attending mass and by resting from our normal work. Like God the creator, we should also make it a day of rest.</p>
<p>Sunday is a good day for family activity, to pray, play and eat together. The Christian home is a microcosm of the Church. It is the foundational social unit of the body of Christ and of society.</p>
<p><b>Some Offenses Against the Third Commandment:</b></p>
<p>Failing to worship God on Sundays and Holy Days of Obligation          For a Catholic, this means mass either Saturday Night or Sunday</p>
<p>Treating Sunday as just another work day or another play day.</p>

## Our Moral Obligations To The Truth

<p><b>The Eighth Commandment</b>  <i>You shall not bear false witness against your neighbor.</i></p>
<p>If we love the truth we love Jesus. <i>"the way, the truth and the life."</i> (John 14:6) If we are to follow Jesus, we must seek and defend the <b>truth</b>. <b>Honesty</b> and <b>truthfulness</b> are the virtues by which we do that.</p>
<p><b>Some Offenses Against the Truth</b></p>
<p><b>Lying</b> saying something untrue when it matters or when we should tell the truth.</p>
<p><b>Perjury</b> giving public false witness against another.</p>
<p><b>Calumny</b> using untruthful remarks to hurt the reputation of another.</p>
<p><b>Detraction</b> hurting the reputation of another by disclosing another's faults to persons who have no right to know them.</p>
<p><b>Rash judgment</b> assuming the moral fault of another without sufficient proof.</p>
<p><b>Boasting</b> bragging or promoting oneself.</p>
<p><b>Violating privacy</b> of another person</p>
<p><b>Gossip</b> Regardless of whether what we say is true or false, we have no right to tear down the good name of another by talking about them behind their back. And when you consider how gossip can spread, you can see how hard it would be to repair the damage you do by it. Gossip is a serious offense.</p>
<p><b>Encouraging another to do evil</b>          We must not influence others to sin.</p>

## Our Moral Obligations To Family and Society

### The Fourth Commandment

*Honor your father and your mother.*

This commandment is all about our duties to our family, which begin with our obligation to honor our parents. As a child Jesus was obedient to Mary and Joseph. (Luke 2:51) As an adult, Jesus continued to respect the wishes of His mother. At the wedding feast of Cana, he honored her request to provide wine for the feast. (John 2) On the cross, one of His last acts was to provide for the care of Mary by asking the apostle John to take her as his mother. (John 19: 27)

Children owe parents gratitude, respect and obedience. They also owe material and moral support in old age and times of illness. Respect of parents also extends to brothers, sisters and other family members.

Parents have duties to each other and to their children. Parenting is not just making babies. It is moral and spiritual education of the children.

The fourth commandment is a law of God which makes society a better place. The family is the core social unit. When it is healthy, society is healthy. Civil and political authority are reflections of parental authority, which exists for the benefit of the child. Duties of citizenship are based somewhat on the fourth commandment. Just as our parents are representatives of God's authority, just and upright civil laws are reflections of the practical aspects of God's law.

Obedience to our parents is extended also to obedience to good and moral civil authority. For this reason it is our responsibility to see that our political units act in accordance with what is virtuous.

Our obligation to civil authority is conditional on it being good and moral. We are permitted to refuse obedience to civil authorities when their demands are contrary to our good conscience.  
God's law always takes precedence over human laws.

Children must obey their parents in all things except sin.  
Children should assist their parents in old age.  
Children should honor other family members, grandparents, siblings.  
Parents must take care of their children's material and spiritual needs.  
Parents must teach children, by word and example, to believe in God and teach them the gospel of Jesus Christ.  
Parents must respect the vocation by which God calls each child.

We must be faithful citizens, take part in the public discourse and in voting and influencing our laws. We must obey civil laws and authority (when it does not contradict God's law)  
We may need to disobey civil authority in order to follow God's law.

## The Morality of Using God's Material Gifts

**The 7th commandment** is about our actions  
*You shall not steal*

**The 10th commandment** is about our desires  
*You shall not covet your neighbors goods*

**God gave the material gifts of the earth to be shared and for the benefit of all people.**

God put plenty of what we need here,  
but some do not have their basic necessities met.  
All people have the right to own and use the things God put on earth.  
God intends all people to be able to benefit from our own work.  
People must not be denied access to work or be prevented from enjoying the fruits of their own labor.

thievery: shop-lifting, passing a bad check, sneaking into a movie

vandalism, damaging someone's property

evading taxes you legally owe

accepting a bribe or using the power of a civic office for personal gain

wasting the time and talents God gave us; wasting other people's time.

being lazy or cheating in school.

### Cheating in Business

tricking someone out of their possessions  
profiteering or taking unfair advantage of someone who is in a bind  
hiding a defect that would affect the value of a thing you are selling  
slavery in any form: sweat shops, child labor; denying your employee a fair wage, taking unfair advantage of immigrants  
bosses & unions must negotiate in good faith  
not doing the work for which you are paid or doing low quality work

### Be good stewards of God's Creation

The earth is a gift from God to be used for the **common good** of all people now living on earth and those who will come after us.  
We must take good care of the environment.  
We must not be cruel to animals

### The Tenth Commandment

*You Shall not Covet Your Neighbors Goods*

Being envious of another's possessions or jealous of their good fortune  
Wishing bad fortune on others. Gambling to gain unearned riches.

## The Morality of Human Life

### The Fifth Commandment

*You shall not kill.*

#### Respect for Human Life

Every person is created by God in the image and likeness of God. Human life is sacred. We respect the sacred dignity of every person. Each person has the **Right to Life** a right to live the life God gave him or her. God is the author and giver of life. We must not play "god" by thinking we can create and destroy human life as we please.

#### My Brother's Keeper, My Sister's Keeper?

Cain and Abel. Genesis 4:8-10  
We must even love our enemies. Matthew 5:21-24  
The law of love: Jesus commands us to love others as ourselves.

**Murder** - killing another person is a grave evil

**Anger** - Matthew 5:21      **Revenge, Vengeance** - Matthew 5:38-42

#### Violence

Jesus warned against violence - Mt 26:36-56  
Culture of Violence - music, video games, movies, heroes  
Glorification of violence in media, movies, music, internet  
Playing Violent Video Games is wrong  
Listening to Violent Music is wrong.  
Terrorism - using even the threat of violence to create fear is wrong  
Threats of violence are wrong (even unkind words can injure)  
Bullying is an offense against the 5th commandment.

#### Respect for your own health

We must respect the integrity of the body against altering or damaging the body in any negative way. Drug abuse, substance abuse, alcohol abuse. Smoking, though less serious is still wrong.

#### Respecting the health of others

We must not be careless with other people's life or health.

#### Suicide - Taking one's own life is gravely wrong.

Also, helping someone take their life, or encouraging someone to take their life is a grave moral evil, including "Physician-Assisted" suicide.

#### Compassion not Judgment

We must not assume that one who takes his life is excluded from salvation. There may be grave emotional/psychological distress that compromises the person's free will. And they may find salvation with God in a way we do not understand.

**The Morality of Human Life**  
**Abortion is a Grave Moral Evil. It is always wrong.**

<b>Abortion</b>
The taking of a human life by deliberately terminating a pregnancy by any method: Partial Birth Abortion, Chemical Abortion, Contraceptive Pills, Emergency Contraception, Morning After pill
<b>The Fetus is a Human Person From the Moment of Conception</b>
Killing that person is wrong because that person has the right to life their life, regardless of how they came into being.
<b>A Holy Alternative</b>
It is always a holy thing to give birth. If the mother is unable to care for the child, adoption is always a better option than abortion.
<b>Compassion not Judgment</b>
We must not assume the moral guilt of the woman who has an abortion. Her full knowledge and her ability to make a free will choice may be compromised by circumstances or by severe pressures on her. We must always treat her with love and compassion, so that if necessary she can find peace and healing with God.
<b>We are Pro-Choice in the Pro-life way</b>
Before conception we are pro-choice, that is we should chose not to have sexual relations. Once conception happens, matter how it happens we are pro-life. The newly created person has a right to life.
<b>Contraceptive Pills Are Wrong</b>
Using contraception interferes with God's plan for life by blocking the love relationship from the possibility of life. by denying the total and giving love between the spouses. The pill is designed to cause an abortion if conception does happen. You do not know if that has happened. By using contraceptive pills you may have killed a person. The pill is very bad for the health of the woman. It is known to cause cancer, stroke, sterility ... Contraceptive pills are bad for the environment in which we all live by polluting our water and food supply with large amounts of estrogen (female hormones).
<b>Reproductive Technology</b>
In vitro fertilization, artificial insemination and surrogate motherhood are immoral ways of manipulating human life. They interfere with God's plan for life. They deny the new person the right to be born of the love of a mother and father. They lead to a selective abortions of the "extra" embryos. When we think we have a better plan than God's plan we degrade our humanity and often cause more human misery.

## **The Morality of Human Life Is Violence Ever Justified?**

The only thing that rises to the value of human life is human life.

### **Legitimate Self-Defense**

In self-defense or defense of innocent life against an aggressor, violent means can be justified, but only as a last resort and only to the extent required to protect life. The primary intent must be to protect life.

This extends to those to whom we give the authority, like police or soldiers, who may need to use violence to protect innocent life.

It is honorable to be in the military if doing so in the defense of freedom and innocent life.

### **Death Penalty**

Society has the right to protect itself against a violent aggressor  
If the only means available to do so were the death penalty, it could be permitted. But, in our society we have other means to protect society (such as prison), so the death penalty should not be used.

### **Just War and Military Action**

Based on defense of the innocent against an aggressor.  
For a war to be justified, the following conditions must all be met:  
The damage inflicted by the aggressor must be known to be grave.  
Can only be used as a last resort, after peaceful means have been tried.  
It must be a just cause, not to gain power, territory or riches.  
We must reasonably expect more good than evil to result.  
The intended outcome must be to produce peace  
Even if it is a Just War, not all means are permitted. The War must be waged so that innocent people are protected as much as possible.

### **Science and Respect for Human Life**

Scientific issues: cloning, stem cell, experimentation, etc.  
Wrong to treat human embryos/reproductive cells as laboratory material with which we can do as we please, create or destroy.  
Cloning of Human Life or embryos in any manner is wrong.

### **Organ Transplants**

Organ transplants are permitted.  
To be an organ donor is an act of charity.  
One is not morally required to be a donor.  
Must be positive that the donor has died prior to taking vital organs.  
Brain dead and heart dead.  
It is never permitted to kill one person in order to help/save another.

## **The Morality of Human Life When a Patient is Near Death**

### **Active Euthanasia is Wrong**

Deliberately taking a human life that is diminished by age or sickness.  
It is wrong to take an action whose primary purpose is to end a life.

### **Passive Euthanasia May Not Be Wrong**

Simply accepting that we cannot prevent death indefinitely and passively allowing natural death to occur.

### **Extraordinary Means of Prolonging Life**

It is not morally necessary to use extraordinary means to prolong life when death is immanent anyway, particularly when a procedure is burdensome to the patient or disproportionate to its outcome.

The patient has the right to refuse surgery, machines or procedures that only temporarily postpone death.

### **Hydration and Nutrition**

Food and water, by mouth or intravenously, are not considered extraordinary means that can be withdrawn or refused as long as the patient is capable of benefiting from the water or food.

It is not moral to deliberately permit someone to die of dehydration when it could be prevented.

### **Palliative Care Can Be a Good Thing**

Procedures or drugs whose purpose is to relieve pain and make the patient more comfortable are good, even though they may also have a secondary effect of hastening death that is coming anyway.

The principle of double effect says that it is morally permissible to use such things as long as the intended effect is to relieve pain, even if the unintended effect of shortening life is anticipated.

We cannot do anything whose intended effect is to cause death.

### **The Patient Should Make the Decisions**

When possible the patient should decide what care should be provided.  
It can be done by providing an Advanced Directive in writing.

If the patient is unable to make the decision, the person responsible should do what they believe the patient would wish.

### **Compassion not Judgment**

These decisions can be very difficult, so we should not second-guess or criticize those who must make them.

**God's Plan for Love and Marriage**  
**Genesis 1:26-30 Genesis 2:18-24**

<p><b>The 6th commandment</b> is about our actions  <i>You shall not commit adultery.</i></p>
<p><b>The 9th commandment</b> is about our thoughts  <i>You shall not covert your neighbor's wife.</i></p>
<p><b>God created us as Male and Female</b>  Two wonderful gifts from God <b>Life and Love</b>  come together in us because God made us as sexual beings.  God planned for men and women to be attractive to each  other so they will marry and form families.</p>
<p><b>In God's Plan Sex is a Good and Holy Thing Within Marriage</b></p>
<p><b>There Are Two Good Purposes for Sex: Love and Life</b>  <b>Unitive:</b> To express <b>love</b> between the husband and the wife  <b>Procreative:</b> To share in bringing new <b>life</b> into this world</p>
<p><b>Our Culture Separates Sex From Love and from Marriage</b>  Sex without love and marriage does great damage to our self-respect:  the hook-up culture, casual sex, etc., are harmful to us.  Sex outside marriage does great damage to our future marriage.  It steals the gift of our body, which is ours to give to our husband or  wife, and lets someone else use that gift for their own selfish purposes.  Sex of any kind outside marriage is a grave Sin.</p>
<p><b>Offenses Against Sexual Purity</b>  Any kind of sexual touching or act meant to stimulate a sexual  response in us would be wrong outside marriage.</p>
<p>Lust, looking at pornography, looking at, speaking to or treating any  person in a sexual manner or in a manner that disrespects their body.</p>
<p>Dressing, speaking or acting in a sexual way.</p>
<p>Deliberately entertaining impure thoughts.</p>
<p>It is wrong to "use" another person for our own gratification.</p>
<p><b>Virtues That Relate to Sexual Purity</b></p>
<p><b>Modesty</b> respect for the body in the way  you dress, act or look at others.</p>
<p><b>Chastity</b> is saving our gift for marriage.  Reserving sex only for our future husband or wife.</p>
<p><b><i>I am saving myself for marriage.</i></b></p>
<p>Decide Now to Save Yourself for Marriage. You will be glad you did !</p>
<p>1. Describe the two virtues that relate to sexual purity.</p>

## God's Plan: What is Marriage?

### **In Creating Human Nature, God Created Marriage**

God is the author of marriage. It is not within our power to change it.

### **The Nature of Marriage - "What marriage is"**

It is a natural union between a man and a woman  
as determined by **Human Nature**.

It is based on the complementarity of man and woman.

Marriage is a bond of the mind, the body and the soul.

A permanent and exclusive union of one man and one woman.

It has been in place as such for all of human history .

### **God Created Sex for Marriage**

Within Marriage Sex is **Life-Giving** to the man and woman  
and life-giving to any children who are created.

Outside Marriage, Sex would be **Life-Killing**

It is a "taking" or a "using" rather than a giving.

### **Jesus Blessed Marriage and made it a Sacrament**

The natural human union becomes also a sacred covenant.

Marriage must be: exclusive, permanent and faithful.

### **Homosexuality**

We do not understand where this orientation comes from.

But we know some number of people experience same-sex attraction.

### **There is a distinction between Orientation and Action**

**Orientation:** if there is no **free will** choice there can be no sin.

If one does not chose it, there is no sin in being oriented this way.

**Action:** All unmarried people are called to live in **chastity**.

To engage in any sexual acts outside marriage is sinful.

Many kinds of human relationships and various kinds of friendship.

Marriage is a unique human relationship. Marriage between two  
people of the same sex is not possible. Even if the government were to  
pass a law saying so, we cannot change human nature. The meaning of  
marriage comes from human nature. To call any relationship between  
people of the same sex "marriage" simply re-defines the word  
"marriage" to mean something different from what it has meant from  
the beginning, and something different from the natural union between  
man and woman that was created into human nature by God.

### **Compassion not Judgment**

Every Person is made in God's image and likeness.

We Must Love All God's Children.

Unjust discrimination against anyone is wrong.

## Stewards of God's Creation

God saw that what He had created Good. Genesis 1:20-25  
The World is God's Garden. Genesis 2:8-9  
God put man and woman in the garden to work it. Genesis 2:15

### **We do not Own Creation, We are only Stewards**

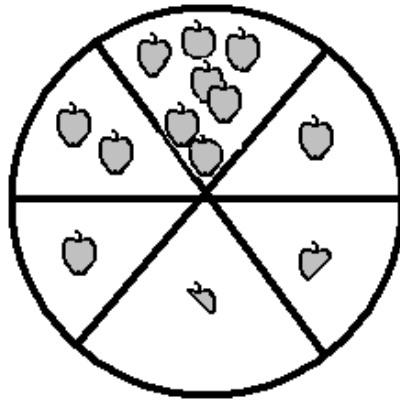
Everything in creation is a gift from God to be used it for our needs..  
**God gave** man and woman "dominion" over creation. Genesis 1:27:31  
It is a gift to all people, to be used for the common good.  
All people now living on earth  
Those people who will follow us in the future  
We respect the Creator by respecting His Creation.  
We have a moral obligation to be good stewards of the earth.  
It is ours to use, not ours to trash.

### **Example: World Food Distribution**

Population: about 6 billion  
Food Supply: call it 12 apples

Richest	1 billion	7 apples
Next	1 billion	2 apples
Middle	2 billion	2 apples, 1 each
Lower	1 billion	2/3 of an apple
Lowest	1 billion	1/3 of an apple

In which group are we? As Christians,  
what is our moral obligation?



### **Example: Polluting the Environment Boulder Creek, a fish story**

Fish upstream of city sewer discharge : 50-50 male/female  
Downstream of city sewer discharge: 90% female 5% male 5% mixed

EPA/Colorado U study found that Estrogen in the waste water from  
contraceptives was changing male fish into female fish.

Same results found in U.S., Switzerland, Canada, WA: rainbow trout

Widespread use of contraceptive pills is poisoning the environment  
and interfering with reproduction of species. We do not yet know if it  
is affecting human males in the way it is affecting male fish!

**God Loves You and Wants You to be Protected  
He believes in you and values you, your life and your body.**

<b>Sexual Abuse</b>							
When someone who is older or more powerful involves a child or an adolescent in any sexual activity: pornography, talking dirty, touching or even sexual intercourse it is called sexual abuse. 1 out of 4 girls and 1 out of 8 boys are sexually molested by age 18.							
<b>Most Adults Do Not Wish to Harm You. They want to help you.</b> But there are some adults who molest and abuse children. What the molester does is evil. It must be stopped so you are protected. <b>It is always the fault of the molester alone.</b> <b>It is never the fault of the victim. Never.</b>							
<b>Personal Boundaries are for Your Protection</b>							
Abusers begin by violating your boundaries. There are 3 kinds of boundaries.							
	<table border="0"> <tr> <td><b>Physical</b></td> <td><b>boundaries</b></td> </tr> <tr> <td><b>Emotional</b></td> <td><b>boundaries</b></td> </tr> <tr> <td><b>Behavioral</b></td> <td><b>boundaries</b></td> </tr> </table>	<b>Physical</b>	<b>boundaries</b>	<b>Emotional</b>	<b>boundaries</b>	<b>Behavioral</b>	<b>boundaries</b>
<b>Physical</b>	<b>boundaries</b>						
<b>Emotional</b>	<b>boundaries</b>						
<b>Behavioral</b>	<b>boundaries</b>						
<b>Physical Boundaries</b>	Who can touch you How much they can touch you Where they can touch you						
<b>Little by little an Abuser May Test Your Physical Boundaries</b>							
Getting you used to touching: a pat, a hug, wrestling, tickling, massages, more personal touching. Trying to get you to touch them.							
<b>Emotional Boundaries</b>	How close you feel to someone How much time you spend with someone What information you share						
An abuser will target someone who is feeling down or alone. They are looking for someone they can exploit.							
<b>Messing With Your Emotions</b>							
Going overboard with gifts. Trying to spend a lot of time with you. Calling you a "best friend" or "very special" or saying "I love you." Asking questions that are too personal. Comments about your body Making you feel guilty. Threatening you or others if you tell. Saying you are to blame and will get in trouble if you tell.							
<b>Behavioral Boundaries</b>	The rules you will follow. What you will do and what you will not do.						
<b>Getting you to do things you do not wish to do</b>							
Trying to get you alone. Offering beer, alcohol, marijuana, drugs. Trying to show you pornography. Telling you to lie to your parents.							

**Tell Someone. That is the best way to make it stop.**

So it will stop. So you can get help. So you can be healed. So the abuser cannot hurt you or someone else any more.
Some victims wait a long time to tell or may even never tell. <b>Why is it so hard to tell ?</b> The victim may feel guilty, dirty, disgusting or ashamed. He or she may not want anyone else to know what happened.
<b>But it is not your fault. Never.</b> Abuser may threaten you or someone else if you tell. You think you will get into trouble or that will not be believed because people think the abuser is a good person.
<b>Things You Can do if Someone is Violating Your Boundaries</b> Avoid the person. Leave when they are around. Pull away from them to show them you won't allow it. Give them a dirty look. Call your parent on your cell right now.
<b>Some Ways to Tell</b>
Jenny, I just have to tell someone what has been happening to me...
Dad, I know you think my coach is a great guy. But he isn't. He tries to get me alone and he tries to touch me all the time.
Mom, I want to quit piano. I still like the piano, but my piano teacher makes me feel very uncomfortable when he sits next to me.
Mom, someone has been violating my boundaries.
Miss Teacher, my mom's boyfriend told me not to tell, but he has been making me have sex with him.
Mom, coach Millie comes into the shower room when I am in there.
Father Joe, I have to tell you something very bad. My step dad has been coming into my bed for a long time.
Mom, you said I could tell you anything. Well I have something very hard to tell you. Remember my coach Mr. Snelt, well ...
<b>Things You Can say if Someone is Violating Your Boundaries</b>
My dad will not like it when he hears what you are trying to do.
It's nice of you to want to spend time with me, but I need to go now.
You might as well know ... I tell my parents everything.
Why are you doing that ? Stop it ! Leave me alone, please.
I don't like that. What do you think you are doing ? No!
This is wrong and I am going to tell on you. Please don't touch me.
I have to go now. My mom doesn't like it if I am even a minute late.
If you keep doing that I will call the police. Back off!
What do you think you are doing? Leave me alone.

## Good Manners: A Way to Show Respect for Others

### Public Manners

If you are the first to a door, hold it open for the people behind you.  
If someone holds a door for you say, "thank you" as you pass by.  
When walking, stay to the right. Step aside if people need more room.  
Be deferential to older people. Do not overtake someone in a wheel chair or walker or crutches from behind if you can help it.  
Be patient, step to the side. Do not glare or stare at people.  
Do not "check out" people to see if they are attractive.

### Personal Manners

Be neat, clean & well groomed. Use deodorant.  
Brush teeth. Use mouthwash for bad breath.  
When talking with someone, look at their eyes, not at their body.  
Show respect with the way you carry yourself and act.  
First impressions are important. The way you speak is very important.  
Say "please" and "thank you", "Yes, Please." "No Thank you."

### Introductions

Start by addressing the elder/more prominent person by name, then introduce the other person to them.  
Then repeat in reverse. "Grama, this is my friend Mary.  
Mary, this is my Gramma Teresa."  
Then, if it seems appropriate, tell something about the person.  
"Egbert is a friend from college."

### Table Manners

Sit up straight, don't lean on the table.  
Eat small bites. Chew with mouth closed.  
Eat rolls by breaking off a small piece at a time.  
To ask for something say: "Please pass the bread."  
or "Mom, could you pass the bread please?"  
Show respect and interest by listening attentively.  
Don't interrupt others or dominate the conversation.  
If you are a guest, clear your place; offer to help.  
Compliment and thank the cook for the meal.

### Telephone Manners

Answer politely. "Hello" or "Hello, Smith residence",  
"My mother is not here right now, may I take a message?"  
When calling say, "Hello, this is John. May I please speak to Mary?"  
When you know who you are talking to, address them by name.  
"Hello, Mrs. Smith, how are you?"

## Good Manners

### Writing Manners

Always use proper grammar, spelling and punctuation, in letters, notes, email, etc. Don't use slang writing, such as "H 2 C U 2." rather than the correct, "Hope to see you too."

If you get a gift, send a thank you note, name the gift, within a week.  
*Dear Gammy, Thank you for the \$25 for my graduation.*

On written invitations be sure to be specific about date, start and end time, place, etc. It can makes sense to include driving directions.

If you include an **RSVP** include phone number or email address and a deadline, as in RSVP to Egbert 676-5555 or [eggy@bert.com](mailto:eggy@bert.com) by June 5, 2025. If you get an invitation with and RSVP, be sure to respond within the time frame: yes or no. If you get an invitation: "Regrets Only," respond only if you are not planning to attend.

### Wedding Manners

Dress nicely for a wedding. It is often a formal event. It is more polite to send the gift in advance. But it is okay to bring it.

### Plan Ahead for the Church

For a Catholic, marriage must happen in the Church. As soon as you are engaged call your parish. You can't set your wedding date until you have the Church reserved, which is done as much as a year in advance. You will also have to attend marriage preparation classes.

### Invitations

It is customary to send out invitations 4 or 5 weeks prior to a wedding. If you wish to know who can attend, you can include RSVP on the invitation. It is polite to include a self-addressed, postage-paid post card on which they tell you who is coming. Wedding plans are often made many months in advance, so it is okay to send a card that says "Save the Date" for your wedding as soon as you know it so family or friends can make any necessary travel plans.

### Destination Weddings

Some couples wish to travel to an exotic location for the wedding. If you do, it is very presumptuous to invite people who would have to travel there and expect them to go. If you want to have a "destination" wedding, do not expect people to spend a lot of money to come.

### Who Pays?

It is traditional for the bride's family to pay for the wedding reception and the groom's to pay for the rehearsal dinner. These customs are totally flexible and depend upon the couple and the families. It is best to discuss this well in advance to make sure feelings are not hurt.

## Dating Manners

### When Asking

When asking someone for a date or to get together with friends: be polite, and be specific:

"Would you like to meet me at the movies Saturday afternoon?"

### When Asked

When asked, give a definite answer. If you have to give an indefinite answer, ask if you can get back to them with a definite answer by a stated time and ask if that is soon enough. Then follow through. If you must decline, do so politely and graciously, giving an honest reason.

### Be on time.

Do not keep people waiting. Do not be too early either.

Do not cancel at the last minute unless it is an emergency.

### If Someone Tries to Get Romantic and You Don't Want It

If someone has the wrong idea about your relationship, be very polite in correcting them. "Billy, I think of us as just a friends. I don't think of us as a couple or in a romantic way."

### Being Attentive

When out with someone, do not leave them alone without excusing yourself. It is disrespectful to "check out" other people when you are with someone. Control your eyes. (Actually, it is always disrespectful to check out people.) If you happen upon someone you know but your date does not know, introduce the person to your date.

### Chivalry

Men, Chivalry is usually appropriate unless you know the woman is bothered by it. Open doors, including the car door. Pull out and hold the chair while the person sits at the table.

### Who pays?

A tricky question. Traditionally the man paid. But it's not necessarily so now. Usually for young people, it is best to assume the costs are shared unless one person has offered in advance, as in, "I would like to treat you to a movie for your birthday." A good idea: when someone offers to go out together, suggest at that time that you both pay. Then it is clear up front.

### Getting Physical

Touching, kissing hugging... Always better to wait too long rather than too soon in a relationship. You could offend a person by assuming it is ok to touch, hold hands or kiss. Then you would just kill the relationship before it even gets started. Also, in our moral code and in our understanding of God's plan for man and woman, getting sexual in any way is very wrong.

## **The Parable of the Lost Son (Prodigal Son) Luke 15:11-32**

How does Jesus want us to think of God?

What attributes of God does it show us?

Does the father know that the son will probably make bad choices ?

Why does the father let the son go anyway?

What does the story tell us about bad choices?

What does the son do when he comes to his senses?

Which steps to repentance can you find in the parable?

What parallels are there to the sacrament of reconciliation?

When the son returns, does he get into trouble with the father?

How does the father treat the son when he returns?

Why does the father throw a party?

What parallels are there to Eucharist?

What does the other brother complain about?

What does he say his brother has been doing with his father's money?

Where does he get that idea?

What is his problem?

How does the father deal with the other brother's complaint?

## Lent: Fasting and Self-Sacrifice

**Jesus is tempted after fasting 40 days in the desert** Matt 4:1-11

1. turn stones into bread - don't try so hard, take the lazy way out
2. throw yourself off the temple - be careless; let God take care of you
3. worship me and the world will be yours - if you are willing to sin, you can have power and riches in this world.

**Temptation is an urge us to turn away from God and commit sin.**

The World Around Us

Our own weakness

The devil and the fallen angels

**Fasting is Giving up something we would like for God.**

It is suffering voluntarily.

**Why do we fast or do sacrifice?**

We learn self-discipline by doing without good things we could have.

We strengthen ourselves so we can resist temptation.

We learn to say "No" to ourselves when it does not matter very much, so we are able to say "No" to ourselves when it matters very much.

**How Fasting Helps Us Deal With Suffering in Our Life**

We offer the suffering in our life: sadness, loneliness, loss, to God.

We lay our sorrows at the foot of the cross  
and let Jesus help us bear them.

We join our sacrifice to that of Jesus and participate  
in the work of redemption.

**Lent: a time of Prayer, Fasting and Good Words**

Our 40 days in the desert to prepare for Holy Week and Easter

A time of repentance, especially through prayer and fasting.

**My Plan for Lent: Prayer**

**My Plan for Lent: Fasting**

**My Plan for Lent: Good Works**

## The Kingdom of God

<p><b>The Kingdom of God is an analogy for a spiritual reality.</b> The Kingdom of Heaven is God's Reign of Peace, Justice and Love.</p>
<p><b>The Prophets Looked for a Reign of Justice.</b> (CCC 672) <b>Is 11:1-9</b> <i>The Spirit of the Lord shall rest upon him, He shall judge with justice.</i></p>
<p><b>The Announcement of the Kingdom:</b> With Jesus, the Kingdom Comes Near, within our grasp. <b>Mk 1:14-15</b> <i>"The kingdom of God is at hand. Repent, and believe in the gospel."</i></p>
<p><b>The Church is the symbol of the kingdom of heaven on earth.</b> <b>Mt 16:15-19</b> <i>you are Peter, and on this rock I will build my church...and whatever you bind on earth shall be bound in heaven.</i> <b>Mt 28:16-20</b> <i>" Go and baptize... I am with you always, to the end."</i></p> <p><b>The Kingdom manifests itself in the Church</b> <b>Mk16:17,18,20</b> <i>They went forth and preached everywhere,</i></p>
<p><b>Jesus Taught About the Kingdom by Analogy, in Parables</b></p>
<p><b>A Seed that grows:</b> God multiplies our efforts towards the kingdom. <b>Mark 4:26-29</b> <i>"...as if a man should scatter seed upon the ground..."</i></p>
<p><b>The Mustard Seed:</b> The Kingdom is coming about gradually <b>Mark 4:30-32</b> <i>The kingdom of God is like a grain of mustard seed, ...</i></p>
<p><b>Like Yeast:</b> A little bit of grace goes a long way. <b>Matthew 13:33</b> <i>"The kingdom of heaven is like leaven ...</i></p>
<p><b>The Sower and the seed:</b> The generosity and abundance of the Word. <b>Mt 13:3-23</b> <i>some seeds fell along the path, and birds devoured them...</i></p>
<p><b>Net cast into the sea :</b> God wills all to go to heaven <b>Matthew 13:47-50</b> <i>"...like a net which was thrown into the sea..."</i></p>
<p><b>Marriage Feast:</b> The kingdom will be a place of celebration. <b>Matthew 22:1-14</b> <i>"t.. many are called, but few are chosen."</i></p>
<p><b>The Weeds among the Wheat:</b> The Question of Good and evil <b>Mt 13:24-30</b> <i>... Let both grow together until the harvest; I will tell the reapers, Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn."</i></p>
<p><b>Matthew 13:36-43</b> <i>"He who sows the good seed is the Son of man; the field is the world... the weeds are the sons of the evil one,..."</i></p>
<p><b>The Value of the Kingdom is like a treasure, or a pearl</b> <b>Matthew 13:44</b> <i>The kingdom ... is like treasure hidden in a field,</i> <b>Matthew 13:45</b> <i>... like a who finds one pearl of great value...</i></p>

## The Kingdom of God (continued)

**The Kingdom belongs to the child, the lowly, the poor in spirit**

**Luke 18:15-17** *receive the kingdom of God like a child.*

**Matt 18:1-4** *Whoever humbles himself like a child is the greatest*

**Matt 5:3** *Blessed are the poor in spirit, for theirs is the kingdom.*

**Luke 13:30** *The last will be first, and the first will be last.*

**Matt 19:23-26** *easier for a camel to go through the eye of a needle*

**Those Who Labor for the Kingdom and What about late-comers?**

**Matthew 20:1-16** *"the last will be first, and the first last."*

**A Kingdom of Justice:** Forgive us our trespasses as we forgive ...

**Mt 18:23-35** *have mercy on your neighbor., as I had mercy on you*

**Christ The King:** Kingdom is in contrast to kingdoms of this world.

Christ the King stands accused before an earthly king.

**John 18:33-38** *"You say that I am a king. For this I came into the*

*world, to bear witness to the truth".. Pilate said, "What is truth?"*

**Only way to eternal life is through Jesus** **John 14:6**

*"I am the way, the truth and the life. No one comes to the Father except through me."*

**False Christs** **Mt 24:3-13**

*Many will say, 'I am the Christ,' and lead many astray*

**The Kingdom Will Be Fulfilled at the End of Time.**

**The End Times:** Trials and tribulations, The anti-Christ (CCC 672)

**A New Heavens and a New Earth.**

**Rev 21:1-5** *Then I saw a new heaven and a new earth. He will wipe every tear from their eyes, and there shall be no more death or mourning... "Behold, I make all things new."*

**We Believe in The Resurrection of the Body**

**John 11:23-27** *Jesus said to her, "I am the resurrection and the life;*

**The Final Judgment:** Christ will come in glory to judge the living and the dead. **Mt 25:31-46** *Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food... I was sick and you visited me.*

**Stay Awake and Be Ready, You do not know the hour.**

**Mt 24:24-44** *"Be ready; for the Son of man is coming at an hour you do not expect."*

**2 Pet 3:11-14** *be eager to be found without spot or blemish before him.*

## The Parts of the Holy Mass

On a separate sheet, create an outline of the Holy Mass using the following items. First put the 7 headings which represent major parts of the Mass, in order. Leave three blank lines after each.

<b>Liturgy of the Word</b>
<b>Concluding Rite</b>
<b>The Introductory Rite</b>
<b>Communion Rite</b>
<b>Penitential Rite</b>
<b>Profession of Faith and Prayers of the Faithful</b>
<b>Liturgy of the Eucharist: The Eucharistic Prayer</b>

Then put each item below in order under the appropriate heading. There will be three of the items below under each of the above headings.

<b>Recessional Procession and Closing Song</b>
<b>The Creed</b>
<b>Lord have mercy. Christ have mercy. Lord have mercy</b>
<b>Elevation and Great Amen</b>
<b>Offertory:</b> Preparation of the gifts.
<b>Homily:</b> Priest or Deacon talks about the readings
<b>The Breaking of Bread:</b> Lamb of God... Lord, I am not worthy...
<b>Holy, Holy, Holy Lord</b>
<b>Opening Song</b>
<b>Our Father and Sign of Peace</b>
<b>Entrance Procession:</b> Priest and ministers enter.
<b>Blessing:</b> In the name of the Father and of the Son ... Amen.
<b>First Reading, Responsorial Psalm, Second Reading</b>
<b>Communion:</b> The Body of Christ. Amen. The Blood of Christ. Amen.
<b>I confess</b> to almighty God, and to you my brothers and sisters...
<b>Go in peace</b> to love and serve the Lord. Thanks be to God.
<b>Priest Greet the People:</b> In the Name of the Father...
<b>Gloria:</b> Glory to God in the Highest, and peace to His people on earth
<b>Intercessions</b> ... We pray to the Lord. <i>Lord hear our prayer.</i>
<b>Gospel:</b> a reading from Matthew, Mark, Luke or John
<b>The Consecration:</b> "This is my body..."

**Jesus and the Rich Young Man: Luke 18:18-27**

What was the initial question that the rich young man asked of Jesus?

How did Jesus answer that question?

Which commandments did Jesus refer to?

What did the man say after Jesus answered his question?

Then what other thing did Jesus say he must do?

What did the man do then? Why?

What did Jesus say about being rich and getting into heaven?

How did those present respond?

What was Jesus' final conclusion?

<b>Materialism: Being too attached to material things</b>
With the affluence we enjoy is that we can become too attached to things or give our possessions too great a priority in our lives.
By the standards of most people in the world, how would the typical American compare?
<b>Consumerism: always wanting more things</b> or always wanting the best of everything.
We should live simply, being satisfied with what we have and not seeking after more and more possessions, especially things that we do not really need.
<i>"How hard it will be for those who trust in riches to enter the kingdom of heaven."</i>