

# *My Catholic Faith*

## Grade 8

Religion Class Notes 2011/2012

Assumption Catholic School  
Deacon Larry Kheriaty

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

## 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.

### **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.

## 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.

**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.

**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 92**

It is good to give thanks to the Lord,  
To make music to your name, O most high.  
To proclaim your love in the morning  
And your truth in the watches of the night.

Your deeds, O Lord, have made me glad.  
For the work of your hands I shout with joy.  
O Lord, how great are your works,  
And how deep are your designs.

Though the wicked spring up like grass and all who do evil thrive,  
They are doomed to be eternally destroyed.  
But you O Lord are eternally on high.  
See how your enemies perish, all doers of evil are scattered.

To me you give the wild ox's strength,  
You anoint me with the purest oil.  
The just will flourish like the palm tree  
And grow like a Lebanon cedar, planted in the house of 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.

## 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:** Because I have free will, and because I know right from wrong, I am responsible for the choices I make.  
**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.

## **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?"

## 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.

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

**The Church:** We are a community of believers. Collectively we have much evidence of God's existence. We experience the presence of God in our lives. Some of us have seen Jesus and His works .

**Me Myself:** Faith involves a free will decision which nobody can make for you. You have the right to decide for yourself how you know or do not know if God exists.

### What do we mean by "EXISTS"?

Through the ages, philosophers have offered logical proofs of God's existence, called "ontological arguments." Many of these philosophical arguments argue 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 uncaused cause.

### What do you mean by "KNOW" ? Do you mean "Have Proof"

You decide what you consider proof.  
For people who have faith, no proof is really ever needed.  
For people who do not have faith, no proof will ever be enough.  
It is impossible to prove there is no God.  
We will KNOW only when we see God.

### We Know First by Faith - The Three Steps of Faith Are:

**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.

### 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 them.

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

We start by listening to others, like parents or the Church. Then we live as if we believe in Jesus Christ, following his teaching. Over time they see what happens in our life. We will become so aware of the presence of God in our life, that our 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 up to us to believe in God?

### Who has to prove who to whom?

## 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>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>	
<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.	
<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.	
<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.	

## Fortitude: Moral Courage

### The Four Cardinal Virtues: The Fundamentals of Morality

The habits that guide us in our thoughts, words and actions.

<b>Prudence</b>	using good judgment in our moral choices.	Wisdom.
<b>Justice</b>	honoring what is right in God's eyes.	Fairness.
<b>Temperance</b>	moderation of our appetites.	Self-control
<b>Fortitude</b>	strength of resolve to do right.	Courage

### Conscience: Our inner voice of right and wrong

We must **form** our conscience: by prayer and by listening to the teaching of the Church. We must **follow** our conscience.

### Free Will: We are Free to Chose

God respects our choices, even our bad ones.  
Because we have free will, we are responsible for our choices.

### Fortitude: The Courage to do What is Right

Fortitude is the courage to follow our convictions in every situation, even when no one is watching, even when no one else sees, and even when it may cost us something to do so.

**Problem 1:** Your basketball team is playing in a tournament. After the first night's game, your team is all staying in the basement of the home of one of the team members. After the adults are gone, he brings out a case of beer and offers one to everyone. You are last and by the time he gets to you, everyone else has accepted a can of beer and has opened it and has begun to drink. You know you should not drink, everyone is under-age, it is against the school athletic code and against team training rules. Everyone is watching to see what you do. You know if you tell, your team will be disqualified from the tournament.

What are your possible choices?  
What are the costs of taking the beer and drinking it?  
What are the costs of refusing it?  
What are the costs of reporting what went on at the party?  
What is the right thing to do and why?

**Problem 2:** Suzie is the most popular girl in the class. At recess she wants everyone to gather around and pay attention to her. She has been talking for weeks about her upcoming birthday party and how everyone she invites is going to Seattle for a concert by a popular group and staying over in a hotel. It sounds like so much fun you can hardly wait to go. You get an invitation and your mother says you can go. But you also learn that all the girls in the class are invited except one. Bertie is kind of quiet and shy. She does not seem so interested in

following Suzie around on the playground. You don't really know her very well, but you are impressed by her quiet self-confidence. When Suzie asks you if you will be coming to the party, you get up the courage to ask why Bertie is not invited. Suzie laughs and says, "O her? I am only inviting the girls I like and besides, my mom said I could only invite 6 people."

What are your possible choices?

What is the cost to you of each possible choice?

What might happen if you talk further to Suzie about it?

How will you feel if you just accept things the way they are?

What is the right thing to do and why?

**Problem 3:** Since 3rd grade, you and Annie have always been the best English students in your class. Now in 8th grade, your teacher tells the class about an essay contest sponsored by the local newspaper. Your assignment is to write an essay by next Friday. You are very busy and by the time Thursday evening comes, you don't have yours written. You go to the computer lab to work on it and you discover that Annie's essay is still on the screen. You hear that she got sick and had to be rushed to the hospital. You read her essay and it looks pretty good. You are in a bind so, in a moment of weakness, you copy much of it, fix it up a little bit and hand it in as yours. You would be happy to have the whole thing behind you, but you learn the next week that you won the contest. You feel guilty for cheating but you do not say anything about it. You get your name and picture in the newspaper. You are also invited to a three-day writing camp, where you win an award for a short story you wrote. It turns out that Annie misses several weeks of school due to her illness. As the end of the school year approaches, you apply for Honors English for next year in high school. On the strength of your English grades and your awards, you are accepted. Because she missed so much school, Annie has won no awards and even though she has her teacher's recommendation, she does not get into Honors English. You feel a little guilty about having copied her work, but you never say anything about it to anyone. You and Annie are both good students in high school, but you are lucky enough to have Honors English classes. Annie settled for regular English classes where she got straight "A's". In your senior year you both apply for a scholarship to the University of Washington. On the strength of your Honors English class, and your previous writing awards, you get a scholarship worth \$10,000. Again you get your name and picture in the paper. You parents are so proud and they are happy at the amount of money you have saved your family. You learn

that Annie did not get a scholarship and so she will not be able to afford the university. She will be going to community college instead. You wonder in your mind if Annie deserves the scholarship more than you. You still feel a little guilty about having used her work back in 8th grade, but what can you do about it now?

What are your possible choices?

What is the cost to you of each possible choice?

What might happen if you talk to Annie about it? ...to your parents? ... to your teacher?

How will you feel if you just accept things the way they are?

What is the right thing to do and why?

**Problem 4:** Your family does not have a lot of extra money to spend. You wanted an I-pod for Christmas but did not get one because it costs too much. So you sell your baseball mitt to a friend for \$20 and you earn another \$30 mowing lawn's. You find an I-pod for sale on E-Bay. The add says it is "like new". The picture of it looks good and the asking price is only \$60 -- less than half what a new one costs. You only have \$50 so you bid that much and you get it. You send a money order to the seller and the I-pod arrives in the mail the next week. The only problem is, it does not work right. It plays music for about 2 minutes, then it quits. You try to contact the seller by email but you get no response. You are heartbroken because you spent all the money you had for this I-pod and now you are out the money and the I-pod. You tell your friend about it and he says, "Hey, no problem. I'll sell it on E-bay for you and you can get your money back. I will post a picture of it, say that it works perfectly and it should easily bring \$60. I'll keep \$10 for my effort and you will get your \$50. Just give it to me and I will take care of everything. You won't have to do anything."

What are your possible choices?

What is the cost to you of each possible choice?

What is the right thing to do and why?

## Feasting and Fasting

<b>The Seasons of Nature</b>	
Reflect the natural cycles of our lives	
Spring	New life blossoms
Summer	Time of warmth and growth
Autumn	Leaves fall to the earth
Winter	Time of darkness and death
7-Day Week	Mostly ordinary work days marked off by days of rest
<b>The Seasons of the Church Year</b>	
Times of fasting and times of ordinary work prepare us for Feasting	
Advent	time of joyful anticipation
Christmas	feast of "God with Us"
Ordinary	time of everyday holiness
Lent	season of fasting
Easter	feast of rising to new life
<b>Natural Cycles of the Human Person</b>	
Biological:	the natural rhythms of the human body, breathing, pulse, sleep, eating...
Reproductive	for the female: times of fertility and times of hormonal rest
Emotional:	our feelings go through natural cycles of being up and being down
Relational:	our relationships and friendships can rise and fall
Spiritual:	our closeness to God can ebb and flow
<b>The Seasons of Our Lives: Growth</b>	
A journey of growth from birth to death	
Childhood:	a time of total dependency
Youth:	a time to learn about life
Single Life:	a time to seek God's plan
Old Age:	a time of rest and prayer
<b>The Seasons of Our Lives: Vocation</b>	
God calls us to holiness through self-giving and service to others	
Family life:	a time of responsibility
Religious life:	living totally for God
Single life:	discernment and service

## **False Messages from Our Culture**

### **FALSE: This life ought to be always happy**

We should avoid all pain and suffering.  
If we want something, we should have it.  
Life can be a continuous party.

### **FALSE: Human beings are "moldable and plastic"**

We can re-make human nature the way we want it to be.  
There are pills to guarantee no sadness.  
Pills to remove or take control of the female reproductive cycle,  
making her continuously "available" for the man  
Altering the female body in order to fit a male fantasy of perfection

### **FALSE: We can separate Sex from its good and natural purposes**

Sex without Love -- it does not cause happiness, but suffering  
Sex without being open to new life  
Reproductive "technology" is an attempt to change God's  
plan for creating new life.

### **These False Ideas Have Consequences**

They contain a denial of Human Nature, a denial of who we are.  
Denial of how human relationships work in God's plan.

Expectation of feasting only, not fasting  
Loss of appreciation for feasting  
Lack of self-discipline needed in life  
Disillusionment with life's hardships

Men get the wrong idea about women:  
Lack of respect for the female person  
Seeing women as "objects"  
Inattentive to the total needs of the female person

Selfishness rather than self-giving  
Reluctance to commit to marriage  
Gives men the wrong idea about how  
relations will be during marriage

Will lead to failed relationships, including failed marriage

## Fasting and Asceticism

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

**Asceticism** is Learning to do without things through Self-Discipline  
We can begin to learn it even early in life and self-sacrifice.  
By offering the suffering that happens in our life to Christ.  
It helps us persevere in the difficult times in our life and in marriage.  
It prepare us for the seasons of fasting and feasting in life.  
It provides the self-mastery, continence and respect needed for NFP.

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

To learn self-discipline and asceticism.  
To strengthen ourselves to resist temptation.  
We learn to say "No" to ourselves when it is easy  
so we can "No" to ourselves when it is very hard.

### **Lent: A Season of Fasting**

We Prepare for Holy Week and for Easter by 40 days in the desert with Jesus. We Fast, Pray and Repent.

### **How Fasting Helps Us Grow in Holiness**

When we join our suffering to the sacrifice of Jesus on the cross  
we participate in the work of redemption.  
Fasting/asceticism help us deal with suffering that will happen in life.  
Fasting/asceticism help us control our appetites in all areas of our life.  
Suffering teaches us to conform our life to Christ.  
Fasting helps us appreciate feasting all the more.

**Problem 1:** What would happen if we ate treats for every meal? For example, if we like potato chips, we have that for lunch every day; if we like cookies, we have cookies for lunch every day; and if we like ice cream, we have that for dinner every night.

How does that affect our health?  
How does that affect our self-discipline and asceticism?  
How does feasting on treats all the time affect our enjoyment of treats?

**Problem 2:** What would happen if we spend all of our time playing?  
We go from playing video games, to watching television, to playing games on the internet, and so on.

How does that affect our mind? Our body?  
How does that affect our self-discipline and asceticism?  
How does playing all the time affect how much we enjoy playing?

## 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.

## 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. <span style="float: right;">(Genesis 1)</span>            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> <span style="float: right;">(Matt 25:31-46)</span>			
<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>			

## 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.

## 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		

**Heavenly Bread + Paschal Mystery = Holy Mass**

<b>Heavenly Bread and the Mass</b>
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.
<b>God Created Man and Woman</b> Genesis 2:8-17
The Garden of Eden provided everything we need: food, water, shelter
<b>Manna in the Dessert</b> Exodus 16
God feeds His people with bread and quail from heaven on their 40 year journey to the promised land.
<b>Wisdom's Supper</b> Proverbs 9:1-6
She has set her table, come and eat. Leave simpleness and live.
<b>The Incarnation: The Son of God becomes Man</b> Luke 2:1-7
Mary Laid Him in a Manger because Jesus is <b>heavenly food</b> .
<b>Lamb of God</b> John 1:19-34
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.
<b>I am the Bread of Life</b> John 6
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.
<b>The Last Supper is the Eternal Supper</b> Luke 22:14-23
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.
<b>Jesus Dies on the Cross for Us</b>
Jesus gives up his body and his blood for us. Then Jesus rises for us.
<b>The Lamb's Supper</b> Rev 7:9
A great multitude which no one could count. The eternal celebration in heaven.
<b>The Holy Mass</b>
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.

## The Paschal Mystery and the Mass

<p><b>The Fall: Man blames Woman, Woman blames the Serpent</b> <i>The man said, "The woman gave me fruit from the tree, so I ate it." ... She replied, "The serpent tricked me into it, so I ate it."</i></p>
<p style="text-align: center;"><b>Cain and Abel</b> <span style="float: right;">Genesis 4</span></p> <p><b>The Offering from the Flock is the Preferred Sacrifice</b> <i>Cain brought an offering to the Lord from the fruit of the soil, while Abel, brought one of the best firstlings of his flock. The Lord looked with favor on Abel' offering, but not on Cain's offering</i></p>
<p style="text-align: center;"><b>Animal Sacrifice Becomes a Ritual</b> <span style="float: right;">Leviticus 1:2-4</span></p> <p><i>To find favor with the Lord, he shall... lay his hand on the head of the holocaust, so that it may be acceptable to make atonement for him.</i> Putting the hand on the head of the animal to "transfer" your guilt to the animal. The animal is the substitute sacrifice as a burnt offering.</p>
<p style="text-align: center;"><b>Abraham and Isaac: God Tests the Faith of Abraham</b></p> <p><i>God tested Abraham and said, "Abraham! Take your only son Isaac, whom you love, and offer him as a burnt offering."</i> <span style="float: right;">Genesis 22</span> Abraham is willing to sacrifice his son. God the Father later does sacrifice his Son. Isaac carries the wood for his sacrifice up the hill. Jesus carries the wood for his sacrifice up the hill. God provides a lamb to die in Isaac's place. Jesus is the lamb who dies in our place for our sins</p>
<p style="text-align: center;"><b>Jews Still Celebrate The Passover</b> <span style="float: right;">Exodus 12:27</span></p> <p style="text-align: center;"><b>It was the Exodus from Slavery in Egypt</b></p> <p><i>It is the Lord's Passover, for he passed over the houses of the people of Israel in Egypt, when he slew the Egyptians but spared our houses.</i> The people sacrifice a lamb and eat it. The blood marks the homes of the chosen people. The angel of death passes over them. They are freed from slavery in Egypt. Passover will be celebrated by the Jews.</p>
<p style="text-align: center;"><b>The Prophets</b></p> <p><i>Like a gentle lamb led to the slaughter.</i> <span style="float: right;">Jer 11</span> <i>He was afflicted, yet he opened not his mouth;</i> <i>like a lamb led to the slaughter.</i> <span style="float: right;">Is 53:7</span></p>
<p style="text-align: center;"><b>John the Baptist: Lamb of God</b> <span style="float: right;">John 1:19-34</span></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.</p>
<p style="text-align: center;"><b>The Cross:</b> Jesus, the Lamb, Sacrifices Himself</p>
<p style="text-align: center;"><b>The Paschal Sacrifice of the Mass</b></p> <p>We are present at the Last Supper, the Cross and the Resurrection.</p>

## 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 how 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>How Do We Know The Moral Law?</b></p> <p>What God knows to be for the good of the human person.</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></p> <p>God respects our choices whether they are good for us or not.</p> <p>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>Is our tendency to 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? 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>Does wanting something give a person the right to have it?</p>

## Two Ways of Thinking About the Same Truth Two Philosophical Views of Law

### **English Common Law** - An **External** Law, Based on **Rules**.

Civil laws in the West work this way. The law states the minimum standard which must be met by all citizens. Laws are normally stated in terms of what you "Shall not do." If one violates any law, one is immediately out of conformance with the mores of society.

There have to be many laws, which are accumulated by legislation and by precedent, to cover most any situation which may arise. The law is applied uniformly to all. Precedent matters, that is, each case is judged in the same way and all people are to be judged by the same standard.

### **Roman Law** - It is an **Internal** Law, Based on **Virtues**.

The laws of the Roman Empire worked this way. The law is a set of noble standards that a good person will strive to live up to.

Some people, the better people, will conform with the ideals. One who does so is to be honored. One who does not is to be dishonored.

There are very few specific laws; instead there are general virtues that are held in esteem. For example, a good citizen would be honest, trustworthy, brave, etc.

Situations are resolved on a case-by-case basis, judging the circumstances of each case on their own relative merit.

People in different classes are judged differently. For example, a nobleman would be expected to be more honest than a poor person.

### **The Moral Law is Taught to Us in Both Ways**

The "Old Law" is represented by The Ten Commandments taught by Moses, the law-giver.

The "New Law" is based on the Beatitudes and the Law of Love taught by Jesus. Jesus is the new Moses, or the new law-giver.

### **The Moral Law is Taught to Us in Both Ways**

**The Ten Commandments** are an example of a strict moral code, like English common law. For example, "Thou Shall not kill." To violate that commandment is to commit a sin.

It is clear when we have violated one of these laws. The rules are imposed externally. Typically we would teach children this way, telling them what they can or cannot do.

### **The Beatitudes**

On the other hand, the teachings of Jesus, like the law of love, and the beatitudes are virtue-based law. "Love your neighbor as yourself."

It is a more open-ended law, a standard which we reach towards but can never really exhaust completely.

We know we could always have loved more than we did. Virtues are an interior standard that calls us to an ever higher level of love.

### **The Old Law sets a minimum standard.**

#### **Jesus calls us to a higher standard.**

In the Old Testament the moral law is taught to us as an external law, more like the way we would teach children. This is what you must do and not do, even if you do not understand why.

In the New Testament, the same moral law is taught to us as a standard of perfection which we must strive to live. In the Sermon on the Mount Jesus takes various statues of the Old Law, which was more external, "You have heard it said, you shall not commit adultery," then teaches us to internalize the meaning of the law, "but I say to you do not look at a person with lust", etc.

## 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.

## 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.**

**Abortion**

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

**The Fetus is a Human Person From the Moment of Conception**

Killing that person is wrong because that person has the right to life their life, regardless of how they came into being.

**A Holy Alternative**

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.

**Compassion not Judgment**

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.

**We are Pro-Choice in the Pro-life way**

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.

**Contraceptive Pills Are Wrong**

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).

**Reproductive Technology**

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.

## Theology of the Body

What we can learn about God and about ourselves from our own body

<p><b>Complementarity:</b> cake and ice cream; cookies and milk; baseball and hot dogs; etc.; man and woman. Not all cake goes with all ice cream. Not every man completes every woman, but in general, that's how God made us. <b>The Meaning of Life</b> can be discovered in the complementarity of the male and female. We are made for communion with one another. And we are made for communion with God.</p>	
<p>God's Inner Secret is the Love within the Trinity, which is</p> <p><b>Free    Total    Faithful    Fruitful</b></p>	
<p><b>The love of Jesus for his people</b>                      John 10:18</p>	
1. <b>Free</b>	"No one takes my life from me, I lay it down on my own."                      John 10:18
2. <b>Total</b>	"He loved them to the last."                      John 13:1
3. <b>Faithful</b>	"I am with you always, till the end."                      Matthew 28:20
4. <b>Fruitful</b>	"I came that they may have life."                      John 10:10
<p><b>Love Between the Spouses is a sacrament (a visible sign)</b> of the Love of Jesus Christ for His People (for the Church).</p>	
<p><b>Eros Love, the passion between man and woman, is like fire.</b> In the right container (a fireplace) fire is good. Outside the right container it is destructive. Likewise Eros love (sexual love) inside the right container (marriage) is good. Outside marriage it is destructive.</p>	
<p><b>Eros and Agape</b> (two kinds of love)</p> <p>Eros Love, the Marital Love Between Husband and Wife should be</p> <p><b>Free    Total    Faithful    Fruitful</b></p> <p>It then points to the love of God, it reflects the agape love of Christ.</p>	
<p><b>The love between spouses must be free</b></p> <p>In order to give oneself, one cannot be controlled by another person, by substance abuse, by selfishness, by any kind of sin</p>	
<p><b>The love between spouses must be total</b></p> <p>the man and woman give themselves totally to each other. Each spouse must live for the benefit and for the eternal salvation of the other.</p>	
<p><b>The love between spouses must be faithful</b></p> <p>they love faithfully, forsaking all others. When does faithfulness to one's spouse begin?</p>	
<p><b>Love is Fruitful -- Love begets Life</b></p> <p>The love between spouses is life-giving to each other. The sexual love between spouses is life-giving to children. Marital love must be "open" to new life, to having children.</p>	



**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>  Decide Now to Save Yourself for Marriage. You will be glad you did !</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 because it cannot produce children. Even as the state passes 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 created 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.

## Some of the Practical Issues and Problems

### A Matter of Self Respect

**If you want others to respect you, you have to respect yourself.**

Your sexuality is a gift that belongs to you alone. It is yours to give to your future spouse. And your future spouse's gift is something you can expect to receive un-opened from them. No one else should be permitted to open that gift and use it for their own selfish purposes.

**Even if he says "I love you"** it is not enough unless you commit to each other in marriage.

**Statistics show that when girls have sex with boys**, it makes boys far less likely to marry. If you let your gift be opened and used by someone else, then afterwards, instead of feeling loved, you will instead feel used, disrespected, lied to and rejected. When they are gone your gift will be left in tatters.

**Second Virginity:** Never too late to wrap your gift back up and keep it safe until marriage.

### Sexually Transmitted Disease - STD

sex outside marriage is great health risk

9 million youth newly infected per year

HIV / AIDS - easily spread, no cure

HPV, Chlamydia, Syphilis, Gonorrhea, spread by sexual contact

can be very traumatic and painful, can cause infertility now and problems in pregnancy later

The only **Safe Sex** is between spouses who are exclusive and faithful to their marriage vow. In any other context, the term "safe sex" is a lie.

### Artificial Birth Control: Contraception

Is morally wrong for these reasons.

Outside of marriage it is really just helping one commit serious sin.

It diminishes sex in its two good purposes:

Blocks openness to creating **new life**.

Decreases its power to engender **love** through an act of mutual unreserved self-giving

It is bad for the **health** of the woman's body.

Risk of cancer, difficulty bearing children and other problems

It is bad for the environment (Remember the Boulder Creek fish?)

Statistically **increases** unwanted pregnancy.

## Practical Issues and Problems (continued)

**Pregnancy:** When sex happens, babies happen.  
Nature finds a way to get what it wants.

Don't be fooled: since the widespread acceptance of artificial contraception in all its various forms, the incidence of unwanted pregnancy has not gone down, **it has gone up -- way up.**

Women: if you engage in sexual activity, expect to become pregnant, because it will probably happen. And it is the woman who bears the burden.

If he really loves you, he will respect your wish to wait until marriage.

Men: it is very sinful to pressure a woman into sex outside marriage.

### **Natural Family Planning - NFP**

As it so often does, the Church recommends the natural way. God created human nature so that it provides way for a couple to regulate births. All natural. Totally safe. No bad side-effects.

NFP couples have a near-ZERO divorce rate.  
(It's about 50% for all other marriages.)

### **Until You Are Married Chastity (Abstinence) Works Perfectly**

No loss of self respect. No danger of disease.  
No sin. No pregnancy. Healthy relationships.

**God's plan always works best !**

**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>
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<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.

## Catholic Social Justice: Linking Faith and Action

### **The Duty of the One to the Many and the Many to the One**

The community has a moral obligation to each individual person, and each individual person has a moral obligation to the whole community.

#### **Human Dignity**

Every person, regardless of gender, race, age, religion, sexual orientation, economic status, productivity, intelligence, health or any other differentiating characteristic, is created in the image and likeness of God. Every person, at every age and every stage of life, is loved by God and is worthy of our respect and the protection of society.

#### **Association**

We are social beings by nature. We are in the image of God, a Trinity, a communion of love among persons. The human person can come to fullness only in relation to others. We organize first into family, then into circles of society. How we organize affects human dignity.

**Participation:** People have a right to work and to enjoy the goods of society and to contribute to the **common good**.

**Solidarity:** We are our brother's keeper & sister's keeper

Love of neighbor at every level: person-to-person, household, community and nation. We are all in it together.

#### **Preferential Protection for the Poor and the Vulnerable**

There is a tendency in society for a gap to widen between the rich and the poor and vulnerable. As Christians we must counteract this by giving preferential protection to the poor and vulnerable. To remedy injustice we must sometime be "more than fair" to the poor.

**Stewardship: We show respect for the Creator by taking care of His Creation** A gift from God for the **common good** of all people now living and those who will come later

**Subsidiarity** - What kind of governments should we create?

Oppressive governments are violations of justice. A higher level of government should not do things that can be done by a lower level. Things we do collectively should be done by the group closest to the problems that can handle it.

#### **Social Action: Changing the System**

By Political Action: By Being **Faithful Citizens**

By **Protesting** Injustice, such as **war** and **abortion**  
but always in a peaceful and non-violent manner

#### **Corporal Works of Mercy**

feed the hungry, clothe the naked, shelter the homeless, visit the sick and imprisoned, welcome the stranger.

## The History of The Catholic Church and Western Civilization

### 1. Christianity Begins with The Gospel Story

The Incarnation, The Life of Jesus Christ, His Death and Resurrection

### 2. The Early Church: From the Death of Christ to about 300AD

Began in Jerusalem. The Apostles branched out in all directions spreading the gospel. St Paul was the first to reach the Gentiles (non-Jews) Greeks and Romans. Rome persecuted the Church, many Martyrs died for their faith, including Peter and Paul in Rome.

### 3. The Early Middle Ages (to about 400AD)

#### Transition from Persecution to the Engine of Western Culture

Persecution ended in 313AD when Emperor Constantine signed the "Edict of Milan". The Church began to spread through Europe and Asia minor. The Councils of Nicaea, Constantinople and Ephesus established the Canon of Scripture (list of books in the Bible) the Nicene Creed and teaching about the Nature of Jesus.

### 4. The High Middle Ages (about 400 AD - 1400 AD) Europe and Western Civilization Developed

In the 400's St. Benedict founded 12 Benedictine monasteries.  
The Catholic Church would be the dominant influence  
in the emergence of Western Civilization

### 4. From the Renaissance to the Modern Day (1400 to present)

**Protestant Reformation:** The Church Split... and split... and split

Causes: **Corruption in the Church**, unworthy clergy

**The Black Death** killed one third of the entire population  
and half the clergy, causing a severe shortage of clergy.

**The Rise of Nationalism:** people were Germans first  
(or French, or English, or Dutch ...), then Christians

## The Renaissance and The Enlightenment

### The Renaissance

#### A Time of Great Cultural Advances in Art, Science, Religion and Humanism (Began in Florence, Italy in about 1400)

There was a broad cultural awareness and appreciation of the many achievements of man throughout the middle ages.

Most of those achievements had been accomplished by people of faith and by the Catholic Church in particular.

However, man became somewhat more self-aware and began to gradually shift the center of his attention from God to himself, perhaps forgetting that all good things come from God.

This way of thinking is sometimes called "humanism".

### The so-called "Enlightenment"

As man became more "full of himself" **humanism** morphed into **secular humanism**, the idea that man does not really need God.

It became fashionable to criticize the Catholic Church. Prejudice against the Catholic Church is still an acceptable form of prejudice even today.

This sometimes causes history to be taught in a way that downplays the positive contributions of the Church and exaggerates its errors.

For example, the Crusades or the Spanish Inquisition, which are still painted as "all bad" when in fact there were good things about them and the evil parts of those events were actually on a much smaller scale than people have been taught.

### Two Revolutions

**The American Revolution** threw off tyranny in favor of "All men are created equal and endowed by their Creator..." It promoted personal liberty, including freedom of religion.

**The French Revolution** threw off tyranny and rejected religion, killing or banishing all priests, and throwing off the Catholic Church in favor of a secular society.

**How the Catholic Church BUILT Western Civilization  
The Church Lead the Way From about 400-1400  
in the development of Western Culture**

<b>Art</b>	Painting, Sculpture, Architecture		
<b>Literature</b>	Literacy, Writing, Preservation of Ancient Texts		
<b>Agriculture</b>	Advancement of methods to grow and process food		
<b>Philosophy</b>	Theology, Religious Thinking, Morality, Charity, Economics		
<b>Law</b>	Human Rights	Natural Law	Civil Law International Law
<b>Science</b>	Astronomy Biology	Physics Geology	Chemistry
<b>Hospitals</b>	Care of the sick and dying		
<b>Universities</b>	Centers of learning, the advancement of knowledge and free thought		

**It all Started with St. Benedict,  
Founder of the Benedictine Order and The Father of Europe**

In the 6th century <b>St Benedict</b> established Monte Casino, the first of many Benedictine monasteries. A community of prayer and work.
<b>The Rule of St Benedict</b>
<b>The precursor of systems of civil laws in Medieval Europe.</b> A logical and practical set of laws to govern a community based on human rights and justice.
<b>Each Monastery Was a Self-contained Sustainable Community</b> Agriculture: techniques for growing olives, grapes, wheat, livestock. Converted swampland into useable agricultural land. Learned to harness water power to grind grain, make cloth. Created forges to refine metal and manufacture goods.
<b>The Beginning of Hospitals and Care of the Poor</b> By Benedict's rule, all Monasteries received all guests as Christ: They served as free inns and resting places for foreigners, pilgrims. They took care of the poor and the sick. They fed the hungry.
<b>Centers of Learning: The Beginnings of the University</b> The monks copied, translated and preserved the ancient writings. Otherwise many writings would have been lost to humanity forever. The served as local centers of learning for the people of the area, first teaching agriculture to the local population. Later teaching other skills for living as well as teaching the gospel of Jesus Christ.

## **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?

**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>

## **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 Works**

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**

### True or False?

These ideas are believed to be true by a lot of people. Are They?

1	Each person decides for himself or herself what is right and wrong. What is wrong for one person may be right for someone else. So no one can say what is right and wrong for anyone else.
2	Wanting something gives me the right to have it.
3	Any religion is just as good as any other. It does not matter what you believe as long as you try to be a "basically good" person.
4	As the population of the earth has increased there has been more poverty and starvation. So it is irresponsible to have children.
5	Freedom means you can do anything you want.
6	Since free will is a good thing, then any choice I make is a good.
7	If someone is poor, it is probably their own fault.