

# **Roman Catholicism: Sacraments, Prayers, Liturgical Calendar, The Holy See, The Trinity**

## **Section I: The Sacraments of the Roman Catholic Church**

**The Holy Sacraments:** Pages 4-6

## **Section II: Prayers and Creeds of the Roman Catholic Church**

**The Nicene Creed:** Pages 8-9

**The Apostles' Creed:** Page 10

**The Rosary:** Pages 11-14

**The Lord's Prayer:** Page 15

**The Confiteor:** Page 16

**The Hail Mary:** Page 17

**Prayer to Our Guardian Angel:** Page 18

**Bless Us, O Lord:** Page 19

**Glory Be To The Father:** Page 20

**The Sign of the Cross:** Page 21

**Hail Holy Queen:** Page 22

**The Memorare:** Page 23

**Act of Contrition:** Page 24

**Prayer to the Holy Spirit:** Page 25

**Morning Offering:** Page 26

**Evening Prayer:** Page 27

**Let Us Pray:** Page 28

**Come, Holy Spirit:** Page 29

**Act of Spiritual Communion:** Page 30

**Section III: The Liturgical Calendar**

**Holy Days of Obligation:** Pages 32-33

**Feast Days and Vigils:** Page 34

**Other Liturgical Days:** Page 34

**Section IV: Rome and The Holy See**

**The Papacy:** Page 36

**The Vatican:** Page 37

**The Holy See:** Page 38

**Section V: The Holy Trinity**

**The Father, the Son, and the Holy Spirit:** Page 40

# **Section I: The Sacraments of the Roman Catholic Church**

## **The Holy Sacraments**

### ***The Sacraments of Initiation:***

The three sacraments of initiation are baptism, confirmation and Eucharist. Each is meant to strengthen your faith and forge a deeper relationship with God. Baptism frees you from original sin, confirmation strengthens your faith and Eucharist allows you to taste the body and blood of eternal life and be reminded of Christ's love and sacrifice.

## **Baptism**

Baptism is the first sacrament where you become united with Christ and the Church - no other sacrament can be received without it. A priest performs this rite by immersing the baptismal candidate into water, therefore cleansing their original sin through water and the word. The candidate traditionally wears white garments, a candle is lit and they are anointed with sacred chrism. This is the first step in your relationship with God and Christ. Usually this takes place when the candidate is a baby, however, it's never too late and you're never too old to begin your journey with God. It's common to have a baptism celebration with friends and family afterwards and give the child baptism keepsakes that will help them grow in their faith.

## **Confirmation**

This is the sacrament that follows Baptism as part of the initiation process with God and the Church, where the candidate receives the gift of the Holy Spirit and continues their journey with Christ. During Confirmation, the candidate is anointed on the forehead with chrism by a bishop. Since baptism typically happens when the

candidate is a baby, confirmation is a great way for an older child to acknowledge that they still want to continue their journey with God and grow their relationship with Him. Celebrate your child's confirmation by giving them a Bible with meaningful verses highlighted or cross as a daily reminder of God's love.

## Eucharist

Eucharist means thanksgiving. This is when Christ's body and blood are offered and then received by the parishioner in the form of bread and wine. Christ during the Last Supper broke bread, ate it, gave it to his disciples and told them to eat it. Now the priest, through the words of consecration, blesses and administers the Holy Communion during every mass to remind followers that they are one with Christ. Food and drink nourishes our bodies -- Christ's blood and body nourishes us spiritually.

### ***The Sacraments of Healing***

The two sacraments of healing are penance and anointing the sick. Penance allows for spiritual healing and absolution for people who have distanced themselves from God through sin. Anointing the sick allows for both physical and spiritual healing. When one falls seriously ill, a minister anoints them and prays over them, calling on Christ to strengthen and heal.

## Penance

During the sacrament of Penance, one confesses their sins to God through a priest who forgives their sins by God's mercy, and orders them to live a more faithful life through absolution. Confession is essential to cultivating and fruitfully living out the word of God. We're not perfect people, even if we try to be. It feels so much



better to confess some of those things you have done wrong and receive forgiveness. This helps us have a stronger relationship with God.

## Anointing the Sick

This sacrament is only bestowed upon those who are seriously ill or suffering, which then unites the afflicted with Christ's passion. Anointing the forehead and hands of the person with chrism while a priest administers a special blessing is how this sacrament is received. This special blessing is one way to make the ill feel strengthened and more connected with God in both mind and body.

### ***The Sacraments of Service***

Through marriage and the holy orders, couples and the clergy promise to serve and build up the church community.

## Marriage

Marriage isn't just a union between man and wife. The devotion husband and wife have to each other, and to Christ, mirrors Christ's love and service to the church. Through marriage, a couple promises to help build each other up in faith, serve each other and the church and be faithful to each other until death.

## Holy Orders

This sacrament is for those who choose to become a priest, bishop or deacon. Through ordination, they are able to perform sacred duties and serve the church community. This is not a sacrament that everyone partakes in, rather it's one that people feel called to by God.

## **Section II: Prayers and Creeds of the Roman Catholic Church**

## **The Nicene Creed**

**About:** This is the Catholic Nicene Creed, as used in the Roman Catholic Church's liturgy. This creed is usually called just the "Nicene Creed." It is also called the Niceno-Constantinopolitan Creed, after its origin in the first two Church ecumenical Councils in 325 and 381. The Nicene Creed is accepted as authoritative by the Roman Catholic Church.

*I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate,*





*he suffered death and was buried,  
and rose again on the third day  
in accordance with 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.*

*I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.*

*I believe in one, holy, catholic and apostolic Church.*

*I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.*

## **The Apostles' Creed**

**About:** The Apostles' Creed is a statement of beliefs; it contains the main Christian teachings. The Apostles' Creed has been used in the church in Rome since the 3rd and 4th centuries. It reached its final form in southwestern France in the late 6th or early 7th century.

*I believe in God, the Father Almighty, Creator of Heaven and earth;*

*and in Jesus Christ, His only Son Our Lord,*

*Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.*

*He descended into Hell; the third day He rose again from the dead;*

*He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead.*

*I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.*

## **The Holy Rosary**

### **About:**

To pray the rosary is to recite specific prayers corresponding with particular beads on the string. A rosary is made up of a crucifix, one larger bead, three small beads, another larger bead, and then a medal. After the medal comes to a larger bead again, followed by a group of 10 smaller beads.

These mysteries represent the significant events in the life of Jesus Christ. The rosary is often used as a guide for other Catholic prayers. These prayers are related to challenges or celebrations in the life of one praying the rosary or on behalf of another for whom the prayers are said.

In 1208 the rosary was given to St. Dominic in an apparition by the Blessed Virgin Mary in the church of Prouille. This Marian apparition received the title of Our Lady of the Rosary. The earliest records of the practice of counting prayers among religions of Western culture can be traced to the 11th and 12th centuries. It is believed that people carried small stones or pebbles in their pockets with which to count prayers.

### **The Steps of Praying the Rosary:**

1. Make the Sign of the Cross and say the “Apostles’ Creed”
2. Say the “Our Father”
3. Say three “Hail Marys” for Faith, Hope, and Charity
4. Say the “Glory Be”



5. Announce the First Mystery and then say the “Our Father”
6. Say ten “Hail Marys” while meditating on the Mystery
7. Say the “Glory Be” (Optional: Say the “O My Jesus” prayer requested by Mary at Fatima)
8. Announce the Next Mystery; then say the “Our Father” and repeat these steps (6 through 8) as you continue through the remaining Mysteries.
9. Say the closing prayers: the “Hail Holy Queen” and “Final Prayer”
10. Make the “Sign of the Cross”

**Praying the Rosary:**

1. **Make the sign of the cross while holding The Crucifix**
2. **Pray Apostles Creed:** *I believe in God, the Father almighty, Creator of heaven and earth. and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.*

3. **Hold the First Bead and Single Bead and Pray Our Father:** *Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*
  
4. **Hold the Next Three Beads and Pray the Hail Mary:** *Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*
  
5. **Hold the Fourth Bead and Pray Glory Be:** *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*
  
6. **Meditate on the First Mystery (According to Week Day):** *Announce the first Mystery, and imagine the event. Go through whatever emotions it brings to mind.*
  
7. **Pray Our Father:** *Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

8. **Pray Hail Mary on the First Bead of the Decade (Tenth Bead) and on each following Bead:** *Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*
  
9. **Pray the Glory Be and Add in the Fatima Invocation if you want:** *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen. Optional: O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those most in need of thy mercy.*
  
10. **Reflect on the Second Mystery and then Pray the Our Father on the Next Single Bead:** *Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*
  
11. **Pray the Hail Mary on the Next Ten Beads, and Repeat this Sequence around the Rosary**
  
12. **At the end of the last decade (last ten beads) pray Hail Holy Queen:** *Hail, holy Queen, Mother of Mercy. Hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then most gracious advocate, your eyes of mercy toward us and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.*

**The Lord's Prayer**

*Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come,  
Thy will be done  
on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.  
Amen.*

**In Latin:**

*Pater noster, qui es in caelis, sanctificetur nomen tuum.  
Adveniat regnum tuum.  
Fiat voluntas tua, sicut in caelo et in terra.  
Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra  
sicut et nos dimittimus debitoribus nostris.  
Et ne nos inducas in tentationem, sed libera nos a malo.  
Amen.*

**The Confiteor (Prayer)**

**About:** The Confiteor (so named from its first word or incipit in Latin, meaning "I confess" or "I acknowledge") is one of the prayers that can be said during the Penitential Act at the beginning of Mass of the Roman Rite in the Catholic Church.

*I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, [All strike their breast] through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.*



**The Hail Mary**

Hail Mary,  
Full of Grace,  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners now,  
and at the hour of our death.  
Amen.

**In Latin:**

*Ave Maria, gratia plena,  
Dominus tecum, benedicta tu in mulieribus, et benedictus fructus ventris tui,  
Jesus.  
Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc et in hora mortis  
nostrae.*



*Amen.*

**Prayer of Our Guardian Angel**

*Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light, to guard, to rule and guide.*

**Bless Us, O Lord (Before Meals)**

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

**Glory Be to the Father**

*Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.*

**The Sign of the Cross:**

**About:** The sign of the cross is made using your right hand, you should touch your forehead at the mention of the Father; the lower middle of your chest at the mention of the Son; and the left shoulder on the word "Holy" and the right shoulder on the word "Spirit." Combine this gesture with a vocal prayer, "In the name of the Father, and of the Son, and of the Holy Spirit."

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

**Hail Holy Queen**

*Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.  
To you do we cry,  
poor banished children of Eve.  
To you do we send up our sighs,  
mourning and weeping in this valley of tears  
Turn then, most gracious advocate,  
your eyes of mercy toward us,  
and after this exile  
show unto us the blessed fruit of thy womb,  
Jesus.  
O clement, O loving,  
O sweet Virgin Mary.*

**The Memorare**

*Remember, O most gracious Virgin Mary,  
that never was it known  
that anyone who fled to thy protection,  
implored thy help,  
or sought thy intercession,  
was left unaided.*

*Inspired by this confidence  
I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come,  
before thee I stand,  
sinful and sorrowful.  
O Mother of the Word Incarnate,*



*despise not my petitions,  
but in thy mercy hear and answer me.  
Amen.*

**Act of Contrition**

*O my God, I am heartily sorry for having offended thee and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend thee, my God, who are all good and deserving of all my love.*

*I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life.*



**Prayer to the Holy Spirit**

*Breathe into me Holy Spirit, that all my thoughts may be holy.*

*Move in me, Holy Spirit, that my work, too, may be holy.*

*Attract my heart, Holy Spirit, that I may love only what is holy.*

*Strengthen me, Holy Spirit, that I may defend all that is holy.*

*Protect me, Holy Spirit, that I always may be holy.*

**Morning Offering**

**Lord Jesus Christ, in union with that divine intention wherewith on earth Thou didst offer to God Thy praises through Thy Most Sacred Heart, and dost now offer them in the Sacrament of the Eucharist everywhere on earth even to the end of time, I most gladly offer Thee throughout this entire day, all my thoughts and intentions, all my affections and desires, all my words and deeds, in imitation of the most sacred Heart of the blessed and ever Virgin Mary Immaculate. Amen.**

**Evening Prayer**

*O my God, at the end of this day I thank you most heartily for all the graces I have received from you. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against you. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear guardian angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners, and save them from hell. Have mercy on the suffering souls in purgatory.*

**Let Us Pray**

*O God. who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.*

**Come, Holy Spirit**

*Come, O 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.*

**Act of Spiritual Communion (Spoken During Television Mass)**

*My Jesus,*

*I believe that You are present in the Most Holy Sacrament.*

*I love You above all things,*

*and I desire to receive You into my soul.*

*Since I cannot at this moment receive You sacramentally,*

*come at least spiritually into my heart.*

*I embrace You as if You were already there*



*and unite myself wholly to You.*

*Never permit me to be separated from You.*

*Amen.*

## **Section III: The Liturgical Calendar**

### **Holy Days of Obligation**

**The Feast of Mary, the Mother of God:** The Solemnity of Mary, the Holy Mother of God is a feast day of the Blessed Virgin Mary under the aspect of her motherhood of Jesus Christ. It is a reminder of the role she played in the salvation of humankind. On this holy feast day, we take a moment as we start our new year to honor our Blessed Mother, who in her “yes” to God brought our Savior into the world to redeem us.

**Day:** January 1





**Ascension Thursday/Ascension Day/Holy Thursday:** Commemorates the bodily Ascension of Jesus into heaven on the 40th day after his Resurrection (Easter being reckoned as the first day). The Ascension looks forward to the coming of the Holy Spirit at Pentecost and beginning of the church.

**Day:** 40 days after Easter Sunday

**Assumption of Mary into heaven:** Commemorates when the Virgin Mary "having completed the course of her earthly life, was assumed body and soul into heavenly glory." The Virgin Mary was reunited with her soul, instead of going through the natural process of physical decay upon death.

**Day:** August 15

**All Saints' Day:** All Saints' Day, also known as All Hallows' Day, Halloween, the Feast of All Saints, or Solemnity of All Saints, is a Christian solemnity celebrated in honour of all the saints, known and unknown who have attained Heaven. All Catholics are expected and required to attend Mass on that day.

**Day:** November 1

**The Feast of the Immaculate Conception:** The Feast of the Immaculate Conception celebrates Mary's conception without sin. Even though this feast day occurs in the liturgical season of Advent, which prepares for the birth of Our Lord Jesus Christ, the Immaculate Conception refers to the conception of Mary in the womb of her mother, St. Anne.

**Day:** December 8

**Christmas, the Nativity of Our Lord:** The birth of the God's son, the Lord Jesus Christ, incarnate of the Virgin Mary.

**Day:** December 25

**Feast Days and Vigils:**

**Feast Days:** The Catholic Church assigns one date out of the year for each and every canonized saint — known as the saint's feast day. The saints are remembered on their individual feast days with special mention, prayers, and possibly a scripture reading.

**Vigils:** The eve of a festival or holy day as an occasion of religious observance. A vigil is, in origin, a religious service held during the night leading to a Sunday or other feast day.

**Other Liturgical Days:**

- Ash Wednesday
- Palm Sunday
- Shrove Tuesday
- Pentecost
- The Epiphany of the Lord
- The Feast of Saint Peter and Paul
- The Nativity of Saint John the Baptist
- Paschal Triduum
- Lent
- Advent
- Feast of Christ the King
- Feast of Corpus Christi

**Section IV: The Vatican and The Papacy**

## **The Papacy**

The Papacy is the office and jurisdiction of the bishop of Rome, the Pope, who presides over the Roman Catholic Church's central government, the largest of the three major branches of Christianity.



Saint Peter and Saint Paul founded the apostolic see of Rome in the 1st century. The Pope is the direct successor of St Peter, who was the leader of the apostles, and the first Pope of the Roman Catholic Church. As of 2021, there have been 260 popes.

Sovereignty is exercised by the pope upon his election as the head of the Roman Catholic Church. He has absolute executive, legislative, and judicial powers within the city. In 1984 a major reshuffle of offices in the Roman Curia resulted in the delegation of the routine administration of Vatican City to a pontifically appointed commission of five cardinals headed by the Secretariat of State.

Aside from his possession as the Bishop of Rome, the Head of the Roman Catholic Church, the Pope is also the head of the sovereign city-state, Vatican City. This means that the Pope meets with heads of state and maintains diplomatic relationships with more than 100 nations. He conducts liturgies, appoints new bishops, and travels. The Pope also writes epistles (formal communications), as well as other works of religious scholarship.

Around important holidays, such as Easter, the Pope delivers major liturgies in St. Peter's Cathedral or elsewhere in Rome. He also travels around the world, conducting masses for audiences that fill football stadiums.

### **The Vatican**



Vatican City, a city-state surrounded by Rome, Italy, is the headquarters of the Roman Catholic Church. The Vatican palace is the residence of the pope within the city walls. Vatican City is the world's smallest fully independent nation-state. Its medieval and Renaissance walls form its boundaries except on the southeast at St. Peter's Square (Piazza San Pietro). The inhabitants of Vatican City, the majority of whom are priests and nuns, also include several hundred laypersons engaged in secretarial, domestic, trade, and service occupations.

Vatican City has its own telephone system, post office, gardens, astronomical observatory, radio station, banking system, and pharmacy, as well as a contingent of Swiss Guards responsible for the personal safety of the pope since 1506. Almost all supplies—including food, water, electricity, and gas—must be imported. There is no income tax and no restriction on the import or export of funds.

The Vatican's history as the seat of the Catholic Church began with the construction of a basilica over St. Peter's grave in Rome in the 4th century A.D. by Emperor Constantine. Saint Peter's Basilica was rebuilt during the 16th century. Erected over the tomb of St. Peter the Apostle, it is the second largest religious building (after Yamoussoukro Basilica) in Christendom.

During the period from the 4th century to 1870, the Vatican gained control of territory around Rome and served as capital of the Papal States. In 1929 Vatican City's independent sovereignty was recognized by the Fascist Italian government in the Lateran Treaty.



## **The Holy See**

As of 2021, The Holy See is the last absolute monarchy in the world today. The Holy See's authority extends over Catholics throughout the world. Since 1929 it has resided in Vatican City, which was established as an independent state to enable the pope to exercise his universal authority.

The Holy See derives its income from the voluntary contributions of more than one billion Roman Catholics worldwide, as well as interest on investments and the sale of stamps, coins, and publications. Banking operations and expenditures have been reported publicly since the early 1980s.

## **Section V: The Holy Trinity**

### **The Father, the Son, and the Holy Spirit**



The Catholic Church believes in the Trinitarian Doctrine. This is the belief that is only one God who is both the Father, the Son, and the Holy Spirit. God is one in three. The father, Son, and the Holy Spirit are God and God is the Father, Son, and the Holy Spirit, all of which have single divine nature.

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