

SACRAMENTS

The seven sacraments are:

Baptism
Reconciliation
Communion
Confirmation
Matrimony
Holy Orders
Anointing of the Sick



• **There are three sacraments of INITIATION:**

Baptism
Communion
Confirmation



• **There are two sacraments of COMMITMENT:**

Matrimony
Holy Orders

• **There are two sacraments of HEALING:**

Reconciliation
Anointing of the Sick

Baptism: The sacrament in which a person becomes Christian and receives the gift of grace and life from the Holy Spirit.

Reconciliation: This sacrament involves sincere sorrow for violating one's friendship with God and the desire to be reconciled with God and the faith community.

Communion: This sacrament is the central act of worship in which the faithful receive the promise of eternal life and are transformed into a more loving and unified community.

Confirmation: This sacrament seals the vows of Baptism. It is a sacrament of spiritual growth that enables a person to stand before the world as a witness to the power of the Holy Spirit.

Matrimony: Celebrates the life-long and life-giving love between a man and woman.

Holy Orders: The sacrament in which Bishop's, priests and deacons are ordained to special service.

Anointing of the Sick: Sacrament of comfort, strength, healing and peace.

SOCIAL JUSTICE

These are some wonderful ways St. Mary's helps others!

Little Sisters of the Poor, Somerville (elderly poor)

Little Brothers of St. Francis, Roxbury (homeless)

Catholic Charities, Boston

(AIDS ministries, many programs)

Catholic Relief Services (CRS), Rice bowls during Lent. They support many causes like the earthquake victims in Haiti.

Mission of Deeds, Reading (furniture to needy)

Roibu Nayak, CCF Child, Jharkhand, India

Parrochia Virgen del Rosario, Huarmey, Peru

(St. Mary's Sister Parish)

Cor Unum Meal Center in Lawrence, MA



PRAYERS

Sign of the Cross

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



Hail Mary

Hail Mary, full of grace, the Lord is with you.
Blessed are you among women, and blessed is the
fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death.
Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy
name; thy kingdom come; they 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

Prayer of Sorrow

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 your help, to do penance,
to sin no more, and to avoid whatever leads me to
sin.

Glory Be to the Father

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

Apostles' Creed

We believe in God, the Father almighty,
creator of heaven and earth.

We believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

We believe in the Holy Spirit,

the holy Catholic Church,

the forgiveness of sins,

the resurrection of the body,

and life everlasting. Amen.

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 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 Scripture. 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 BIBLE

There are **73 books** in the Bible. The Bible has *two* main sections:

I. The Hebrew Scriptures (Old Testament)

1. **Pentateuch** (5 books)
2. **Wisdom** (7 Books)
3. **Historical** (16 Books)
4. **Prophetic** (18 Books) = **46 Books**

II. The Christian Scriptures (New Testament)

1. **Gospels- Matthew, Mark, Luke and John**
2. **Acts of the Apostles** (1 Book)
3. **Letters** (21 Books)
4. **Revelation** (1 Book) = **27 Books**



OUR THEME

“Bringing Joy to the World”: This is our theme for the Religious Education Year. This theme helps remind us to make our world a joyful place!

PEOPLE OF THE BIBLE

From the Hebrew Scriptures (Old Testament).....

Adam and Eve: God’s first couple who lived in the Garden of Eden.

Moses: Led his people out of Egypt. Brought the Ten Commandments to his people from God.

Noah: God’s faithful servant. He followed God’s instruction to build an ark before the 40 days of rain.

Abraham and Sarah: Our parents in faith. They left their homeland and God blessed them with many descendants.

David: The great King of Israel. As a young boy he defeated the giant Goliath.

From the Christian Scriptures (New Testament).....

Mary and Joseph: Jesus’ earthly parents.

Peter: One of Jesus’ Apostles, “the rock” whom Jesus built his Church upon. The first Pope. Also called Simon.

Paul: At first a persecutor of Christians. Later he became one of the greatest disciples bringing God’s word to all different lands.

John the Baptist: Ate wild locust and honey and helped lead the way for Jesus by baptizing many people.

Mary Magdalene: A great follower of Jesus. She was the first to realize that Jesus’ tomb was empty and that he had risen!



THE LITURGICAL YEAR

During the year, these are the Seasons we celebrate:

Ordinary Time - The time of the year when we are not in one of the special seasons.

Advent - about 4 weeks long, leading to Christmas

Christmas Season - about 3 weeks long starting after Christmas, ending with “Baptism of the Lord”

Lent - 40 days, Ash Wednesday to Easter Sunday

Easter Triduum - Holy Thursday, Good Friday, Holy Saturday

Easter Season - 50 days long starting after Easter

A few other days of note:

Ash Wednesday - Our traditional start to Lent; The day we receive ashes at our Church.

The Epiphany of the Lord - Sunday closest to January 6th. We celebrate the arrival of the Wisemen to Jesus.

Pentecost -50 days after Easter, we celebrate the birth of our Church; the day the Holy Spirit came into our lives

The Holy Days of Obligation (In addition to Sunday, these are days we are obligated to go to Mass)

Christmas - December 25

Solemnity of Mary the Mother of God - January 1

Ascension of Our Lord - forty days after Easter

Assumption of the Blessed Virgin Mary -August 15

All Saints’ Day - November 1

Immaculate Conception of the Blessed Virgin Mary - December 8

LISTS

The Rosary

The Joyful Mysteries

1. The annunciation
2. The visitation
3. The birth of Jesus
4. The presentation in the Temple
5. Mary and Joseph find Jesus in the Temple



The Sorrowful Mysteries

1. The agony in the garden
2. The scourging of Jesus
3. The crowning with thorns
4. Jesus carries his cross
5. Jesus died on the cross

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Holy Spirit is sent upon the apostles
4. The assumption of Mary
5. Mary is crowned queen of heaven and earth.

The Luminous Mysteries

1. The Baptism of the Lord
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

The Beatitudes

Happy are the poor in spirit. The kingdom of heaven is theirs.

Happy are the sorrowing. They will be comforted.

Happy are the gentle. They will receive all that God has promised.

Happy are those who hunger and thirst for justice. They will be satisfied.

Happy are those who show mercy to others. They will receive mercy.

Happy are the single-hearted. They will see God.

Happy are the peacemakers. They will be called children of God.

Happy are those who are treated unfairly for doing what is right. The reign of God is theirs.

Seven Capital Sins

1. Pride
2. Avarice (Greed)
3. Envy
4. Wrath
5. Lust
6. Gluttony
7. Sloth (Acedia)

The Gifts of the Holy Spirit

1. **Wisdom** helps us to know how God wants us to live.
2. **Understanding** helps us to be aware of all that God has taught us through Jesus, the Bible, and the Church.
3. **Knowledge** helps us to know that God is more important than anything else in life.
4. **Right Judgment** helps us make good decisions.
5. **Courage** helps us to be strong when faced with problems.
6. **Reverence** helps us to love God as our Father and to show our love in prayer.
7. **Wonder and Awe** help us to be filled with wonder and thanks for all that God creates.

The Ten Commandments

1. I am the Lord your God. You shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



The Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Visit those in prison.
5. Shelter the homeless.
6. Visit the sick.
7. Bury the dead.

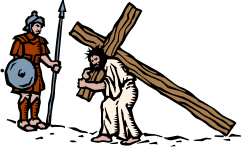
LISTS Continued

The Spiritual Works of Mercy

1. Help sinners.
2. Teach the ignorant.
3. Give advice to the doubtful.
4. Comfort those who suffer.
5. Be patient with others.
6. Forgive injuries.
7. Pray for the living and the dead

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus accepts the cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is buried in the tomb.
15. Jesus rises from the dead.



The Precepts of the Church

1. Assist at Mass on Sundays and holy days of obligation. Do no unnecessary physical work on those days.
2. Fast and abstain on the days appointed.
3. Confess serious sins at least once a year.
4. Receive Holy Communion during the Easter season.
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage.
7. Join in the missionary spirit of the Church

The Twelve Apostles

1. Simon (Peter)
2. Andrew
3. James
4. John
5. Philip
6. Bartholomew
7. Thomas
8. Matthew
9. James
10. Thaddaeus
11. Simon the Zealot
12. Judas (who betrayed Christ)



THE MASS

The Mass is divided into **2 main parts**:

I. The Liturgy of the Word (These are the parts we participate in during the Liturgy of the Word)

1. First Reading
2. Responsorial Psalm
3. Second Reading
4. Alleluia
5. Gospel
6. Homily
7. Profession of Faith
8. Prayers of the Faithful

II. The Liturgy of the Eucharist. (These are the parts we participate in during the Liturgy of the Eucharist):

1. Preparation of the Altar and Gifts
2. Prayer over the Gifts
3. Eucharistic Prayer
4. Lord's Prayer
5. Doxology
6. Sign of Peace
7. Breaking of Bread
8. Communion
9. Communion Song
10. Period of Silence
11. Prayer after Communion



Liturgy: is an ancient Roman word which means "work of the people".

Eucharist: is an ancient Greek word which means "thanksgiving"

DEFINITIONS

Abba- A word meaning “Father”. The name Jesus used for God.

Bible - The collection of sacred writing inspired by God; part of this collection includes the four Gospels which recount the teachings of Jesus.

Church - The people of God who are baptized in Jesus Christ and guided by the Holy Spirit.

Grace - The gift of God’s life within us that fills us with his love.

Heaven - One’s life in God after death. It is a state of supreme happiness in which one enjoys God face to face.

Jesus’ Law of Love - “Love one another as I have loved you.”



Incarnation - The act of True God becoming truly human in the person of Jesus Christ.

Messiah- The Anointed One who God promised to send to his people. Jesus Christ.

Pope - Visible head of the Catholic Church, and successor to St. Peter.

Sacrament - Seven special celebrations of God’s love for us and Jesus’ presence in our lives.

Saints - People of extraordinary holiness who have joined God in Heaven. They are often asked to intercede in prayer for people on earth.

The Greatest Commandment - “Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; love your neighbor as you love yourself.”

Trinity - One God in three divine persons: Father, Son, and Holy Spirit.

CHURCH HISTORY

1. **33^{AD}** Pentecost, 50 days after Easter, the Holy Spirit transforms a group of disciples and the Catholic Church is born.
2. **381^{AD}** The Council of Constantinople accepts the Nicene Creed as official statement of our beliefs.
3. **1054^{AD}** The Great Schism. Eastern Christians reject the rule of the pope, resulting in, to this day, two large churches: The Roman Catholic Church and the Eastern Orthodox Church.
4. **1225 -1274^{AD}** These are the years of the life of St. Thomas Aquinas who wrote one of the most important books about our faith - “The Summa Theologica”. We often call this period of time the Age of SCHOLARS.
5. **1545-1563^{AD}** The Council of Trent. In response to the Protestant Reformation, the council clarifies and defends major teachings of the Church, including the true presence of Jesus in the Eucharist.
6. **1869-1870^{AD}** The First Vatican Council. The council defined “Papal Infallibility” as the pope and bishops in union with the Church’s supreme authority in doctrine and morality.
7. **1962-1965^{AD}** The Second Vatican Council. Pope John XXIII, calls the bishops together to renew the Church with the aid of the Holy Spirit, breathing new energy into our lives as disciples.
6. **1965^{AD}** Sal Caraviello is born January 18th, 1965. Hooray!

SAINTS AND HOLY PEOPLE



Saint Francis of Assisi (October 4)

As a young man in Italy in the twelfth century, St Francis walked away from a life of wealth and comfort to be among the poor people and to live in harmony with nature. His gentle nature drew many people to him as he preached about the love of Jesus. He is the patron saint of animals and the environment.

Saint Catherine of Siena (April 29)

As a teenager, Saint Catherine joined the Dominicans as a lay member. She volunteered in hospitals, caring for people with leprosy, cancer and bubonic plague. At one time, the pope was living in France, and she wrote to him, urging him to return to Rome. She brought members of two quarreling groups within the Church together to try to settle their differences. Catherine worked hard to bring peace to the Church.

Saint Katherine Drexel (March 3)

Saint Katherine was a wealthy Philadelphia-born woman who spent her fortune on others, founding schools for Native Americans and African Americans. She reached out to many forgotten peoples and made them feel welcome in the Church. Katherine was the founder of the Sisters of the Blessed Sacrament on behalf of Indians and Colored People (as they were known then). She was recently canonized by Pope John Paul II.

Saint Ignatius of Loyola (July 31)

Ignatius was born into a noble family in northern Spain. He was educated in the royal court and became a soldier. While recuperating from a battle wound, Ignatius read a book about the saints that changed his life. Once recovered, Ignatius spent much time praying, reflecting on his life, and making pilgrimages. While studying theology, he gathered together a group of men. They took vows of poverty, chastity, and obedience and were ordained in 1537. Later Ignatius drew up a rule of life for the group, now known as the Society of Jesus, or the Jesuits.

Saint Jerome (September 30)

Saint Jerome devoted much of his life to study of the Bible. He translated the books of the Old Testament directly from the original Hebrew into Latin, a language the people of his time could understand. He opened the family story of faith to all Christians. Jerome's Latin translation, called the Vulgate, became the standard translation for the Catholic Church for centuries.

Pope John XXIII

This twentieth-century pope has not been officially canonized. He was loved by people all over the world for the way in which he led and served the Church. Pope John XXIII gathered the world's bishops for the Second Vatican Council. This great meeting helped the Church bring Jesus' good news to the modern world.

Saint Thomas More (June 22)

Saint Thomas More was a married lawyer who became Chancellor of England under Henry VIII. Later when the king wanted to divorce Catherine of Aragon and marry Anne Boleyn, Thomas sided with the Church. He was beheaded for his refusal to sign the Act of Supremacy, which recognized the king as head of the Church in England.

Saint Martin de Porres (November 3)

Saint Martin was born in Peru, the son of a Spanish noble and a free black woman. Because of his mixed background, he suffered great injustices. Martin learned about medicine and helped poor people who were sick. As a Dominican lay brother, he founded numerous hospitals throughout Peru and continued to serve and care for people from all walks of life. Saint Martin is the patron saint of interracial justice.

St Philip Neri (May 26)

St. Philip Neri is our CCD saint for the year! He is the Patron Saint of Joy! During his lifetime in Italy in the 1500s he brought joy to others lives. Lot's of times he did this by playing fun jokes on others!

Joan of Arc (May 30)

Born in 1412 in France, she is the patroness of France and soldiers. As a seventeen year old girl she led great military victories to save the country of France. At the age of nineteen she was executed as a heretic.

Saint Elizabeth Ann Seton (January 4)

Elizabeth Seton, a widow with five children, found comfort in the Catholic Church and in turn gave the Church her great energy and strength. She became a teacher and founded the Sisters of Charity to teach Catholics who were poor.

Saint Edith Stein (August 9)

Edith Stein was a Jewish philosopher and teacher. She became Catholic and entered a Carmelite convent. Her writings testify to the presence of God's saving love in the Jewish and Christian traditions. When the Nazis occupied the Netherlands during World War II, they began persecuting the Jews there. Because she was of Jewish origin, Stein was arrested and sent to a death camp at Auschwitz, where she was executed.

Saint Therese of Lisieux (October 1)

Therese, a Carmelite nun, entered the convent at the age of 15. She believed that love "is the vocation that includes all others." Therese spent nine and a half years in the convent before her death from tuberculosis at the age of 24. She wrote that even the simplest actions are holy if done with great love.

Patron Saints: Patron Saints are chosen as special protectors and guardians over areas of our lives - such as jobs, illnesses, countries and, believe it or not, stuff like HEADACHES! Many were chosen as patrons because they had a special gift in that area. Here are a few. ENJOY!

Did you know, the special saint for.....

Animals - St. Francis of Assisi

Altar Servers - St. John Berchmans

Air Travelers - St. Joseph Cupertino

Actors - St. Genesius

Girls - St. Agnes and St. Maria Goretti

Boys - St. Domenic Savio

Joy - St. Philip Neri

PS. Try praying with a special saint to intercede in one of these special areas.

Scholars - St. Brigid of Ireland

Waiters or Waitresses - St. Martha

Headaches - St. Teresa of Avila

Television - St. Clare

Music - St. Cecilia

Hopeless Cases - St. Jude



The Welcoming Team!

Pope Benedict XVI (16th): Our Current Pope

Cardinal Sean Patrick O'Malley: The Archbishop of Boston, our diocese

Fr. Richard Messina: Our Pastor, the Pastor of St. Mary's Church

Fr. Richard Beaulieu: Our Parochial Vicar, one of our Priests

Fr. Rich McGowan: Our visiting Priest from BC

Fr. Dave Meskell: Nursing Home Outreach

Jane O'Keefe: St. Mary's Music Director

Colleen Marek: Our (CCD) Office Administrative Assistant

Pat Richard: The Rectory Office Administrative Assistant

Elaine O'Reilly: Principal of St. Mary's Parochial School

Sal Caraviello: The Pope of Winchester

1876: The year St. Mary's was established as a Church in Winchester

