22. What is the Creed?  Be prepared to recite the Nicene Creed.

The Creed is the prayer by which we profess the fullness of our faith. The Nicene Creed is as follows:

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.

23. What is the Most Holy Trinity?

The Most Holy Trinity is the central mystery of the Catholic faith and life. There is One God in Three Divine Persons: Father, Son & Holy Spirit.

Each Divine Person possesses a unique character (Father as Creator; Son as Redeemer and Mediator; Spirit as Sanctifier and Advocate) while remaining the Undivided One True God. The Trinity is an eternal exchange of reciprocal, total, self-giving love. Father, Son and Spirit have existed together for all time. The Father loves the Son and the Son returns the Father’s perfect love by offering himself in complete obedience to the Father’s will. The Son reveals the Father as Creator, Origin and Source of all that is. The love that emerges from Father and Son is the Holy Spirit.

24. Who Is Jesus Christ?

Jesus Christ is the Second Person of the Most Holy Trinity, the Eternal Son of the Father. God the Father fully reveals Himself to us in Jesus. Jesus is the Word of God made flesh come to reconcile human kind to God, show us God’s love and lead us in the right way to live according to the will of God. Jesus possesses both a Divine and human nature that coexist in His person. He is True God and true man. We learn to live according to God’s Will by following the teaching of Jesus and imitating His example of compassion, reconciliation and healing. Through His Passion, Death, Resurrection and Ascension, Jesus redeems us from sin and restores us to our original state of Divine Friendship.

25. • Be an Altar Server and/or Minister of Hospitality at Mass on the weekend (10 hrs. max)

• Invite people in school who you know usually eat alone to come and sit with you and listen.

• Organize an effort to put together care packages with special treats to send to orphanages here or overseas.

• Knit, crochet, or sew baby blankets for your local pregnancy help center, or scarves, hats, and gloves for your local homeless shelter, senior citizen center or cancer treatment center.

• Have a “donations only” lemonade stand and use the proceeds to help a local charity.

• Pick up leftovers at a local grocery store, bakery, or restaurant and deliver them to a food bank or homeless shelter (You may need to ask your parents for help with this). 

• Keep a list of local food banks and soup kitchens on hand to pass out to those you encounter around your town who could use such services.

• Volunteer at a food bank or soup kitchen, or sponsor a food drive in your neighborhood.

• Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.

• Organize a clothing drive and donate the items.

• Work a drink station at a local charity race.

• Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.

• Pick up leftovers at a local grocery store, bakery, or restaurant and deliver them to a food bank or homeless shelter (You may need to ask your parents for help with this). 

• Keep a list of local food banks and soup kitchens on hand to pass out to those you encounter around your town who could use such services.

• Volunteer at a food bank or soup kitchen, or sponsor a food drive in your neighborhood.

• Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.

26. The Corporal & Spiritual Works of Mercy

Mercy is the virtue of showing compassion for, and, if possible, relieving the suffering of another person. Mercy is God’s love in action in the world.

Jesus, the face of God’s Mercy, teaches us in the Gospel of Saint Matthew how to show mercy when He says, “I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me…As you did this to one of the least of my brothers and sisters, you did it to me.” (Mt 25:35-36, 40) Every time we show mercy to other people in need, we represent Jesus Christ to them and directly share His love.

Here are the Corporal Works of Mercy, and some practical suggestions for putting them into action! Use these ideas or come up with one of your own.

Feed the Hungry

• Make sandwiches and pass them out to the homeless, e.g. with Lunchbreak.

• Pick up leftovers at a local grocery store, bakery, or restaurant and deliver them to a food bank or homeless shelter (You may need to ask your parents for help with this).

• Keep a list of local food banks and soup kitchens on hand to pass out to those you encounter around your town who could use such services.

• Volunteer at a food bank or soup kitchen, or sponsor a food drive in your neighborhood.

• Prepare and take a meal to someone in your community who is seriously ill or welcoming home a newborn.

Give Drink to the Thirsty

• Have a “donations only” lemonade stand and use the proceeds to an organization like Catholic Relief Services that works to improve water supplies in poor countries.

• Organize a drive to collect and donate baby formula to a local pregnancy help center.

• Work a drink station at a local charity race.

Clothe the Naked

• Organize a clothing drive and donate the items.

• Knit, crochet, or sew baby blankets for your local pregnancy help center, or scarves, hats, and gloves for your local homeless shelter, senior citizen center or cancer treatment center.

• Make fun quilts to donate to a local children’s hospital or pediatric cancer ward.

Shelter the Homeless, Show Hospitality

• Keep a list of local homeless shelters on hand to pass out to those you meet on the street.

• Organize an effort to put together care packages with special treats to send to orphanages here or overseas.

• Invite people in school who you know usually eat alone to come and sit with you and your friends.

• Be an Altar Server and/or Minister of Hospitality at Mass on the weekend (10 hrs. max)
Candidates who organize prayer groups must have a parent sign their Service Hour Log.

Some suggestions for service activities based on the Spiritual Works of Mercy are:
• Help a widow or widower in need with yard work or errands. Ask them to tell stories about how they met their spouse, their courtship, wedding day, marriage, children, etc.
• Spend time with or do something special for a friend or classmate who has experienced a death in the family.
• Go to local cemeteries to clean graves, leave flowers on them, or place flags on the graves of veterans.

The Spiritual Works of Mercy are also a part of the rich heritage of the Church and its mission of justice and charity. Too often we think of charity as something else “to do.” Prayer is also a work of mercy when performed as an act of intercession for others. It is just as important that we be people of prayer.

The Spiritual Works of Mercy are: instruct the uninformed; advise those who have doubts about their faith; warn and correct wrong-doers; pray for people who hurt you and don’t respond in kind; forgive others for their acts of wrongdoing; give comfort to people who are hurting or sad; pray for the living and the dead.

Some suggestions for service activities based on the Spiritual Works of Mercy are:
• Go to the Sacrament of Reconciliation once a month, invite a different friend or family member to go with you each month, and offer your penance for the souls in Purgatory.
• Organize a group of friends or join family in praying the Rosary or Novena each week to relieve the suffering of souls in Purgatory.
• Organize a group of friends or join family in praying the Rosary or Novena each week for someone in your school who is ill, for persecuted Christians, for victims of violence, war or natural disasters.
• Be a student aide for Religious Education programs at Saint Leo’s.
• Organize an anti-bullying or discrimination awareness campaign in your school.
• Pray a Rosary or Novena each week for vocations to the priesthood or consecrated life.

Visit the Sick
• Volunteer at a hospital, nursing home or a seriously ill member of your parish.
• Organize a group of friends to make/send cards to people you know are in the hospital.
• Make a list of the homebound in your community who would like to receive the Eucharist and give to the Parish Center for follow up.
• Once a week, get a list of the homebound and ill members of the Parish and organize a group of your friends to say prayers for them.

Visit the Imprisoned
• Collect and donate bibles and/or spiritual reading materials to a prison.

Bury the Dead
• Go to local cemeteries to clean graves, leave flowers on them, or place flags on the graves of veterans.

The Corporal & Spiritual Works of Mercy

1. What is faith?
   Faith is a free gift from God that enables us to believe in Him and accept all that He reveals to us about Himself.

2. What do we call God’s relationship over time with the human race?
   God’s relationship over time with the human race is called Salvation History.

3. What is the Kerygma?
   The Kerygma (kher-iɡ-mah) is the basic proclamation of the Gospel that God created us out of love so that we can love.

   God sent His Son Jesus to be born and live among us and announce His Kingdom. Jesus suffered, died, rose from the dead and ascended to redeem us. He remains with us through the loving and merciful presence of His Holy Spirit and the Sacraments. We await His coming again at the end of the present age.

4. What makes up the Sacred Deposit of Faith?
   The Sacred Deposit of Faith is made up of both Sacred Scripture (God’s revelation and communication of Himself) and Sacred Tradition (the living transmission of memory, instruction and practice that has passed to us unaltered from the Apostles).

5. What are the Precepts of the Church?
   The Precepts of the Church are:
   i. Attend Mass on Sunday and Holy Days of Obligation
   ii. Confess sins at least once each year
   iii. Receive our Blessed Lord in Holy Communion at least once each year during the Easter Season
   iv. Keep holy the Holy Days of Obligation
   v. Observe the prescribed days of fast and abstinence.

6. What are the four marks (essential characteristics) of the Catholic Church?
   The Catholic Church is one, holy, catholic and apostolic.

7. What are the four forms of prayer?
   The four forms of prayer are Adoration, Contrition, Thanksgiving and Supplication (ACTS).

8. What are the four parts of the Mass and what is contained in each?
   The four parts of the Mass are:
   i. Introductory Rite (Procession, Blessing, Penitential Rite, Gloria, Opening Prayer [Collect])
   ii. Liturgy of the Word (First Reading, Responsorial Psalm, Second Reading, Gospel, Homily, Creed, General Intercessions)
   iii. Liturgy of the Eucharist (Offering, Eucharistic Prayer, Lord's Prayer, Communion Rite)
   iv. Concluding Rite (Final Blessing, Sending Forth, Ending Procession)

9. What does it mean for a priest to act “in persona Christi”?
   By the grace of his ordination, a priest acts “in the person of Christ”.

   Priests “put on Christ” in a special way: showing His love and glory to the world and ministering in His place.