

Review Sheet – Pillars and Precepts

The 7 Sacraments

Baptism - A person is cleansed of Original Sin and they become a member of God's family in the Church

Confirmation - A person is sealed with the gifts of the Holy Spirit to strengthen their commitment to Christ and the Church

Eucharist - A person receives the Body and Blood of Jesus Christ as spiritual food

Penance - A person confesses their sins to a priest in order to have them forgiven

Anointing of the Sick - A person is anointed with holy oil to cleanse them from sin and prepare them for death

Holy Orders - A man is ordained to serve the Church as a Bishop, Priest, or Deacon

Marriage - A man and a woman pledge to live a life of mutual love and commitment to each other

The 10 Commandments

1. I am the Lord your God. You shall not have other gods besides 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 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 anything that belongs to your neighbor.

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The Precepts of the Church

1. Attend Mass on Sundays and on Holy Days of Obligation.

* NOTE: Here are the Holy Days of Obligation in our Diocese:

- a. Mary, Mother of God – January 1st
- b. Assumption – August 15th
- c. All Saints Day – November 1st
- d. Immaculate Conception – December 8th
- e. Christmas – December 25th

2. Confess your sins at least once a year.

* NOTE: Going to Confession either monthly or seasonally is strongly encouraged.

3. Receive the Sacrament of the Eucharist at least during the Easter Season.

* NOTE: Provided you are in a State of Grace, you should be receiving Holy Communion every Sunday and Holy Day.

4. Observe the days of Fasting and Abstinence established by the Church.

*NOTE: During the Season of Lent, you are required to fast on Ash Wednesday and Good Friday. You are required to abstain from eating meat on Ash Wednesday and every Friday during Lent, including Good Friday.

5. Help to provide for the material needs of the Church.

*NOTE: If you cannot always give monetarily, you should volunteer your time to help the Church and those whom the Church serves.