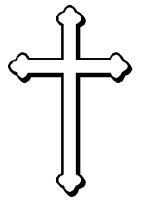


Our Lady Comforter of the Afflicted Parish
920R Trapelo Road
Waltham, MA 02452
781-894-3481
parish@olca.org



What One Must Know and Do to Live the Gospel

The Sign of the Cross

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

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.

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed
art thou amongst 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

The 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.

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

Grace before Meals

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

The 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.

The Great Commandment

To love God with all your heart, with all your soul and all your strength and love your neighbor as yourself.

Corporal Works of Mercy

- Feeding the hungry.
- Giving drink to the thirsty.
- Sheltering the homeless.
- Clothing the naked.
- Visiting the sick.
- Visiting the imprisoned.
- Burying the dead.

Spiritual Works of Mercy

- Admonish/witness to the sinner.
- Teach the faith to others.
- Counsel the doubtful.
- Comfort the sorrowful.
- Bear wrongs patiently.
- Forgive all injuries.
- To bury & pray for the dead.

After Life/Judgment

Heaven, Purgatory, Hell

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 Sabbath 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.

Seven Sacraments

Baptism, Penance, Eucharist, Confirmation, Matrimony,
Holy Orders, Anointing of the Sick

Seven Deadly Sins

Pride, Envy, Gluttony, Lust, Anger, Greed, Sloth

Seven Gifts of the Holy Spirit

Wisdom, Understanding, Counsel, Fortitude,
Knowledge, Piety and Reverence

The Six Commandments of the Church

1. Attend Mass every Sunday (this includes Saturday vigil) and Holydays. **Holy Days of Obligation: January 1, Mary, Mother of God; Ascension Thursday, 40 days after Easter; August 15, Assumption of Mary into Heaven; November 1, All Saints; December 8, Immaculate Conception of Mary; December 25, Christmas**
2. Fast and abstain on the days appointed.
3. Sacrament of Penance at least once a year (Confession).
4. Receive Holy Communion at least during Easter time.
5. Contribute to the support of the parish.
6. Obey the marriage laws of the Church.

Some Prayers for Mass

Greeting

Priest: The Lord be with you

People: And with your spirit

Confiteor

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, 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.

Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit in the glory of God the Father. Amen.

Sanctus

Holy, Holy, Holy Lord God of Hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Agnus Dei (Lamb of God)

Lamb of God, you take away the sins of the world, have mercy on us
Lamb of God, you take away the sins of the world, have mercy on us
Lamb of God, you take away the sins of the world, grant us peace

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

People: Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

www.usccb.org for more Catholic Information

www.olca.org – Our Lady's Parish

www.rcab.org – Archdiocese of Boston

www.vatican.va – Holy See/Vatican