

Being Catholic: Beliefs, Practices, and Attitudes



Beliefs

We are created for union with God.

Original Sin deprived us of holiness and justice.

God established covenants as a sign of fidelity.

God sent Jesus as savior for the human race.

Jesus was both fully God and fully human.

Jesus was brought back to life in the Resurrection and offers salvation.

The Holy Spirit is one with the Father and the Son.

The Catholic Church is One, Holy, Catholic, and Apostolic.

God's revealed truth is found in Sacred Tradition and Sacred Scripture.

All people are destined for eternal life after death.



Practices

The celebration of Seven Sacraments forms the basis of Catholic worship. Eucharistic celebrations, especially the Mass, are at the heart of the Church's life.

We keep the Sabbath holy.

We follow the Liturgical Year.

We are faithful to the Ten Commandments and the Beatitudes.

We defend the dignity of the human person.

We live out our Catholic social teachings.

We honor the Blessed Mother and the Communion of Saints.

We celebrate the Sacrament of Penance and Reconciliation.

We practice discernment.



Attitudes

God is present to, in, and through creation.

Creation is sacred and a potential source of God's grace.

We place trust in the essential goodness of the human person.

We are flawed by the effect of Original Sin.

We appreciate both faith and reason, religion and science.

We emphasize community life and communal worship.

We respect the diversity of cultures in the world.

We are committed to proclaiming Jesus' message to all people.

We embrace a wide variety of spiritualities and prayer forms.

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