Unit 1 Web-Based Resources and Videos

Chapter 1

Liturgy Is the Work of the People

* <https://www.smp.org/resourcecenter/resource/8201/>

An article that explores the liturgy as the “Work of the People.”

The Meaning of the Liturgy

* <https://www.youtube.com/watch?v=6g-zSAgnxxkh>

A short video about the meaning of the word *liturgy.*

Sacred Tradition

* <https://www.youtube.com/watch?v=kpdy4QJZ-GU>

A short video about Sacred Tradition.

Who Says the Mass is Boring?

* <https://www.youtube.com/watch?v=Z4oJvPeH6Vk>

A short video to respond to those who say the Mass is boring.

The Deposit of Faith

* <https://www.catholicfaithandreason.org/the-deposit-of-faith-and-the-holy-spirit-of-god.html>

A short article about Tradition and Scripture together forming the Deposit of Faith.

Transubstantiation

* <https://www.youtube.com/watch?v=jB9_ZeKdkRw>

3 Minute Theology video about Transubstantiation.

The Liturgical Year

* <https://www.youtube.com/watch?v=tS8d71oHOX0>

A video about the Catholic liturgical seasons and how they help us throughout life.

Chapter 2

The Sacraments as Symbolic Causes of Grace

* <https://www.smp.org/resourcecenter/resource/8210/>

An article exploring the sacraments as symbolic causes of grace.

Sacramental Signs

* <https://www.youtube.com/watch?v=u7C-tSP3icM>

A short video explaining the Catholic Church teaching that a sacrament is an outward sign, instituted by Christ, to give grace.

Sanctifying Grace

* <https://www.youtube.com/watch?v=e1Lg_av0NhE>

A reflection on the meaning of sanctifying grace.

Actual Grace

* <https://www.youtube.com/watch?v=v3w7W72alJY>

A reflection on the meaning of actual grace.

Gregorian Chant

* <https://www.youtube.com/watch?v=HVFTBKWnz8o&feature=related>

A short sample of Gregorian chant that can be used during the Liturgy of the Hours.

Liturgy of the Hours

* <https://www.usccb.org/prayer-and-worship/liturgy-of-the-hours>

This site provides information on the history, practice, and prayers of the Liturgy of the Hours.

Common Catholic Prayer

* <https://www.catholic.com/tract/common-catholic-prayers>

This page of the Catholic Answers website provides the text for many of the common Catholic prayers.

What Is a Sacramental?

* <https://www.youtube.com/watch?v=4SMESmQ8Ukg>

A short video about the biblical significance of Catholic sacramentals.