

# 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=iB9\\_ZeKdkRw](https://www.youtube.com/watch?v=iB9_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](https://www.youtube.com/watch?v=e1Lg_av0NhE)

A reflection on the meaning of sanctifying grace.

### **Actual Grace**

- <https://www.youtube.com/watch?v=v3w7W72aIJY>

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.

