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Unit 1 Vocabulary

Terms for Mastery

**actual graces** God’s interventions and support for us in the everyday moments of our lives. Actual graces are important for conversion and for continuing growth in holiness.

***anamnesis*** The Greek word for memory. In the Eucharist, this refers to the making present of the Paschal Mystery, Christ’s work of salvation. The *anamnesis* refers also to a particular section of the Eucharistic Prayer after the words of institution in which the Church remembers Christ’s saving deeds—his Passion, death, Resurrection, and glorious return.

**Eastern Catholic Churches** The twenty-one Churches of the East, with their own liturgical and administrative traditions, which reflect the culture of Eastern Europe and the Middle East. Eastern Catholics are in union with the Universal Catholic Church and her head, the Bishop of Rome.

**Liturgical Year** The Church’s annual cycle of feasts and seasons that celebrates the events   
and mysteries of Christ’s birth, life, death, Resurrection, and Ascension, and forms the context for the Church’s worship.

**liturgy** The Church’s official, public, communal prayer. It is God’s work, in which the People of God participate. The Church’s most important liturgy is the Eucharist, or the Mass.

**Liturgy of the Hours** Also known as the Divine Office, the official, public, daily prayer of the Catholic Church. The Divine Office provides standard prayers, Scripture readings, and reflections at regular hours throughout the day.

**redemption, redemptive** From the Latin *redemptio,* meaning “a buying back,” referring,   
in the Old Testament, to Yahweh’s deliverance   
of Israel and, in the New Testament, to Christ’s deliverance of all Christians from the forces of sin. As the agent of redemption, Jesus is called the Redeemer.

**ritual** The established form of the words and actions for a ceremony that is repeated often.   
The actions often have a symbolic meaning.

**sacrament** An efficacious and visible sign of God’s grace, instituted by Christ and entrusted   
to the Church, by which divine life is dispensed   
to us. The Seven Sacraments are Baptism,   
the Eucharist, Confirmation, Penance and Reconciliation, Anointing of the Sick, Matrimony, and Holy Orders.

**sacramental economy** The communication or dispensation of the fruits of Christ’s Paschal Mystery in the celebration of the Church’s sacramental liturgy.

**sanctifying grace** The grace that heals our human nature wounded by sin and restores us   
to friendship with God by giving us a share in the divine life of the Trinity. It is a supernatural gift of God, infused into our souls by the Holy Spirit, that continues the work of making us holy.

**symbol** An object or action that points to another reality and leads us to look beyond our senses to consider a deeper mystery.

**Trinity** Often referred to as the Blessed Trinity, the central Christian mystery and dogma that there is one God in three Persons: Father, Son, and Holy Spirit.

Term Introduced for Later Mastery

**ordained** (ministries) Refers to ministries that require ordination, such as presiding at the Eucharist, hearing confessions, administering Confirmation, and so on. Ordained ministers   
may also perform other ministries that can be performed by laypeople, such as distributing Communion, reading the Scriptures at the liturgy, and teaching theology.

Terms Previously Mastered or for General Knowledge

**Magisterium** The Church’s living teaching office, which consists of all the bishops, in communion with the Pope, the Bishop of Rome. Their task is   
to interpret and preserve the truths revealed in both Sacred Scripture and Sacred Tradition.

**Paschal Mystery** The work of salvation accomplished by Jesus Christ mainly through his Passion, death, Resurrection, and Ascension.

**prayer** Lifting up of one’s mind and heart to God or the requesting of good things from him. The six basic forms of prayer are blessing, adoration, praise, petition, thanksgiving, and intercession. In prayer, we communicate with God in a relationship of love.

**Tradition** The process of passing on the Gospel message. Tradition, which began with the oral communication of the Gospel by the Apostles,   
was written down in Sacred Scripture, is handed down and lived out in the life of the Church, and is interpreted by the Magisterium under the guidance of the Holy Spirit. Both Sacred Tradition and Sacred Scripture have their common source in the Revelation of Jesus Christ and must be equally honored.