

Catholic^{THE} Faith Handbook
FOR YOUTH

THE Catholic Faith Handbook FOR YOUTH

Brian Singer-Towns
with
Janet Claussen
Clare vanBrandwijk
and other contributors

Saint Mary's Press
Winona, Minnesota
www.smp.org



Genuine recycled paper with 10% post-consumer waste.
Printed with soy-based ink. 50534

The Ad Hoc Committee to Oversee the Use of the Catechism, United States Conference of Catholic Bishops, has found this catechetical text, copyright 2003, to be in conformity with the *Catechism of the Catholic Church*.

Nihil Obstat: Rev. William M. Becker, STD
Censor Librorum
August 1, 2003

Imprimatur: † Most Rev. Bernard J. Harrington, DD
Bishop of Winona
August 1, 2003

The nihil obstat and imprimatur are official declarations that a book or pamphlet is free of doctrinal or moral error. No implication is contained therein that those who have granted the nihil obstat or imprimatur agree with the contents, opinions, or statements expressed.

Janet Claussen, Brian Singer-Towns, and Clare vanBrandwijk were the principal authors. Nora Bradbury-Haehl, Ellen Cavanaugh, Maura Hagarty, Barbara Murray, Betty Singer-Towns, and Fred Thelen authored the supplemental articles. Eileen Daily, Laurie Delgatto, Marilyn Kielbasa, Lorraine Kilmartin, and Thomas Zanzig were the principal consultants and reviewers.

The publishing team for this book included Brian Singer-Towns, general editor; Mary Koehler, permissions editor; Laurie Berg-Shaner, copy editor; James H. Gurley, production editor; settingPace, LLC, Cincinnati, typesetter; Andy Palmer, designer; Alan S. Hanson, pre-press specialist; Genevieve Nagel, image researcher; Margaret Hentz, indexer; manufacturing coordinated by the production services department of Saint Mary's Press.

The acknowledgments continue on page 445.

Copyright © 2004 by Saint Mary's Press, Christian Brothers Publications, 702 Terrace Heights, Winona, MN 55987-1318, www.smp.org. All rights reserved. No part of this handbook may be reproduced by any means without the written permission of the publisher.

Printed in the United States of America

Printing: 9 8 7 6 5 4 3 2 1

Year: 2012 11 10 09 08 07 06 05 04

ISBN 0-88489-759-1, paper
ISBN 0-88489-767-2, hardcover

Library of Congress Cataloging-in-Publication Data

Singer-Towns, Brian.

The Catholic faith handbook for youth / by Brian Singer-Towns, Janet Claussen, Clare vanBrandwijk, and contributing authors.

p. cm.

Summary: Introduces teens to Catholic beliefs, art, culture, and history as expressed in the Catechism of the Catholic Church, discussing Church teachings on social issues of today and providing ideas for putting faith into action.

ISBN 0-88489-759-1 (pbk.)

1. Catechisms, English. 2. Catholic Church—Catechisms—English. 3. Christian education—Textbooks for youth—Catholic. [1. Catholic Church—Catechisms. 2. Catechisms. 3. Christian life.] I. Claussen, Janet. II. VanBrandwijk, Clare. III. Title.

BX1961 .S56 2003

268'.82—dc21

2002156174



Contents

Introduction	7
1. Being Catholic: The “CliffsNotes” View	13
2. Knowing God: Reason and Revelation	20
Part A: The Creed	
3. Faith	32
4. God Our Father	40
5. The Human Person	48
6. Jesus Christ: True God and True Man	56
7. Jesus’ Message and Mission	64
8. Jesus’ Death	74
9. Jesus’ Resurrection	83
10. The Holy Spirit	92
11. The Mission of the Catholic Church	100
12. The Organization of the Catholic Church	111
13. The Last Things	123

Part B: Liturgy and Sacraments

14. Introduction to the Liturgy	134
15. Introduction to the Sacraments	145
16. Baptism	154
17. Confirmation	164
18. The Eucharist	172
19. Sacraments of Healing	183
20. Sacraments at the Service of Communion	193

Part C: Christian Morality

21. Introduction to Christian Morality	206
22. Social Justice	216
23. Sources of Moral Truth	226
24. Honoring God	236
25. Honoring Family	245
26. Respecting Life	253
27. Respecting Sexuality	265
28. Respecting Material Goods	276
29. Respecting Truth	285
30. The Moral Life	294

Part D: Christian Prayer

31. Introduction to Prayer	304
32. The Forms of Prayer	314
33. Personal Prayer	323
34. Praying with the Scriptures	332
35. Praying Together	342
36. The Lord's Prayer: God's Glory	352
37. The Lord's Prayer: Human Need	361

Catholic Quick Facts

Catholic Beliefs and Practices	372
Catholic Prayers and Devotions	380
Patron Saints and Their Causes	388
Catholic Terms and Definitions	399

Timeline	428
Index	432
Acknowledgments	445
Endnotes Cited in Quotations from the <i>Catechism of the Catholic Church</i> and Other Documents of the U.S. Catholic Bishops	456



Introduction

“My Dear Young Friends”

Pope John Paul II begins many of his talks to youth with these words. It is also a fitting welcome to this handbook about Catholic beliefs and practices. It may seem presumptuous to address you as a friend when we haven't personally met. But it is symbolic of a truth that the Holy Father (another name for the Pope) is constantly living out, the belief that we are all one family. Every member of the human race is a member of that family, united by the one God who created us all, which is why we should be able to call one another friends, despite differences in nationality or religious beliefs.

Within the human family is another large family, the family of those who are members of the Catholic Church. This handbook is a guide to that family, an overview of the important teachings and beliefs of the Catholic Church. You may be a member of that family, and as a baptized Catholic, you are using this handbook as a textbook or reference book in a religion class. Or you may be using this handbook as part of a program preparing you to become a member of the Catholic family. Or perhaps you are reading this handbook simply because you are curious about what Catholics believe and do.

This handbook has been created for all these purposes. Its uniqueness is that it was created especially for teens and young adults. It is not a child's book. You will not find any cartoon characters or cute talking vegetables—which have their place, but not here! We have created it to respect your curiosity and provide you with honest, to-the-point answers. Every word and image has been carefully chosen to show you something about Catholic beliefs, art, culture, and history.



Pope John Paul II is an enthusiastic supporter of young people.

We who created this handbook care deeply about young people, and about the Catholic Church, so we dare to call you our dear young friends. We hope and pray that you enjoy using this handbook as much as we enjoyed creating it.

This Handbook and the *Catechism of the Catholic Church*

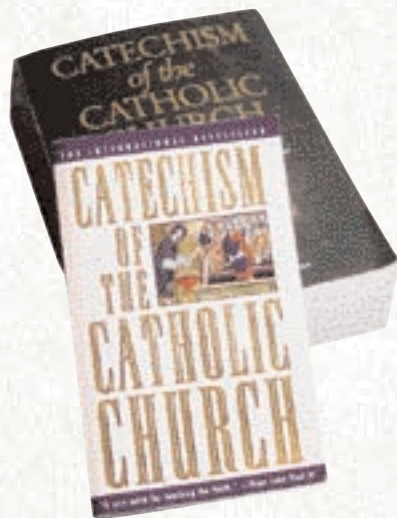
You may have heard of a book called the *Catechism of the Catholic Church* (referred to from here on as the *Catechism* or *CCC*). Perhaps you have seen a copy at home or at school. It is a book of the most important teachings of the Catholic Church. The Pope himself approved the *Catechism*. Bishops, priests, youth ministers, teachers, and other adult Catholics use it as a reference book for authentic Catholic teaching. This handbook reflects the *Catechism* in its content and structure.

For example, the *Catechism* is divided into four major sections. Each section reflects an important aspect of Catholic teaching. This book follows the same structure. After a couple of introductory chapters, you will find the following sections:

- **Part A.** This section is an overview of what Catholics believe about God, Jesus Christ, the Holy Spirit, and the Church. It is based on the Apostles' Creed.
- **Part B.** This section is an overview of how Catholics worship God and encounter Jesus Christ through the seven sacraments of the Church.

- **Part C.** This section is about Catholic moral decision-making, sin, and conscience. The Ten Commandments are used as the basis for exploring and understanding what the Church teaches about specific moral issues.
- **Part D.** This section is about the Church’s teaching on prayer. It talks about types of prayer, ways of praying, and what we pray for when we pray the Lord’s Prayer.

In a way this book is like a *Catechism* for teens. It contains the essential teachings of the *Catechism of the Catholic Church* but is presented using language and examples that will be easier for you to understand. Each chapter also contains additional short articles to help you further understand and live these teachings. The boxes on this page will explain the purpose of the five types of articles you will find in most chapters.



The *Catechism of the Catholic Church* is the authoritative source for Catholic beliefs. This handbook reflects its content and structure.

Did You Know?

The chapters do not explain everything there is to know about the Catholic faith. They cover the essentials, the basics. The Did You Know? articles give additional information that a well-informed Catholic should be aware of. They provide you with the answers to questions like, “Why are the priest’s vestments (special clothing worn during Mass) different colors at different times of the year?” or “How many Catholics are there in the world?” If you familiarize yourself with the Did You Know? articles, you can amaze your family and friends with your knowledge of Catholic trivia!

LIVE it!

The Live It articles contain ideas and advice for putting your faith into action. A faith that isn't lived out isn't true faith. The Letter of James says:

What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead. (2:14–17)

In the Live It articles, you will find advice on setting up a prayer time, suggestions for keeping control of your tongue, ideas on how to respond when someone questions your faith, and a description of how to go to confession. You will find that the Live It articles contain lots of solid, practical advice.

Looking Back←

The Catholic Church has a long and rich history, and most of us are familiar with only a little piece of it. The Looking Back articles will help you understand and appreciate more of our history. They describe historical events, present the teaching of saints and Church leaders, and explain why certain Church councils were called. Through the Looking Back articles, you will gain a better appreciation of the wisdom of two thousand years of Church history.

Saintly Profiles

The Catholic Church has an important tradition of honoring women and men whose holy life is an inspiration to others. These are the official saints of the Catholic Church, and there are hundreds of them. The Saintly Profile articles give you

short biographies of thirty-seven of these saints. These saints were chosen to represent the wide variety of people that have become official saints in the Catholic Church. Most of them are famous names that you will hear if you hang around involved Catholics for very long. We hope their stories will inspire you to learn more about these great people and to explore your own call to holiness. The date of each saint's feast day is also given, which is the day the Church designates for remembering and celebrating the saint's life.

Pray!

Prayer is a rich part of the Catholic tradition. As a young person, you may not yet have experienced all the ways in which Catholics pray. These articles will expose you to lots of different ways to expand your prayer life. They will teach you the Jesus prayer, how to create your own blessing prayer, and how to say traditional prayers like the rosary. Many of the articles explain different aspects of the liturgy, the public worship of the Church. They include quotes from the prayers used in the Mass and the sacraments so you can reflect on the meaning of these prayers more deeply.

Catholic Quick Facts

In addition to the material in the chapters, you will find a treasury of easy-to-access information at the end of the book. We call this information Catholic Quick Facts, and in it you will find the following sections:

- lists of Catholic beliefs and practices
- a collection of traditional Catholic prayers and devotions
- timeline with important dates and events from the history of the Catholic Church
- a list of patron saints and their causes
- a glossary of Catholic terms and their definitions

Turn to Catholic Quick Facts when you want to find a prayer for a special need, find a list with the gifts of the Holy Spirit, or look up the meaning of a word you are not familiar with. You may find it interesting just to browse through these lists from time to time.

How to Use This Handbook

You can make use of this handbook in many ways. You may be using it as a textbook for your parish religious education program or Confirmation preparation program. But this handbook isn't meant to be used just as a textbook. It's a guide you can use in many different ways.

For example, you and your Confirmation sponsor or mentor could read it together. When you meet, use the reflection questions at the end of each chapter to discuss how you feel about what you have learned and read. A parent might be interested in doing this with you as a way to brush up on his or her Catholic faith.

Maybe you want to use this book just for private reading, and go through it in your own time. The chapters are short, so it won't take you long to read through one. If you do read the handbook this way, we suggest that you keep a Bible close at hand. The handbook contains many references to Bible stories and passages that you will want to look up.

Or maybe you just want to keep this book handy as a reference when you have a question about the Catholic faith. The index in the back will help you quickly find a specific teaching or topic. The handbook was designed to make it quick and easy for you to find the information you need. Take it with you on retreats and conferences so that if questions come up, you have a resource handy with answers you can trust.

The people at Saint Mary's Press believe in you. We want you to experience the deep peace, joy, and love that come through faith in Jesus Christ and membership in his Church. We hope this handbook will help you to better understand what faith in Jesus and membership in the Church truly mean. With Saint Paul we pray, "that the one who began a good work among you will bring it to completion by the day of Jesus Christ" (Philippians 1:6). God bless you!



1 Being Catholic

The “CliffsNotes” View

Being Catholic means many different things to people. For some people it means a whole culture or way of being in the world. It means Friday fish fries, Advent wreaths and crucifixes, having priests and sisters as friends, and saying rosaries, among many other things. For these folks, being Catholic is a wonderful way of experiencing God in the world and following Jesus Christ. We hope you know some Catholics like this.

On the other hand, many people’s only understanding of Catholicism comes from what they see and hear in the popular media. They see the priest or bishop involved in a scandal, the Catholic social activist, and the nuns from *Sister Act*. The media also present us with the travels of Pope John Paul II and the heroic service of Mother Teresa and her sisters. The popular image of Catholicism formed by the media is filled with stereotypes and misinformation, and is an inadequate source for truly understanding what Catholics are all about.

This book will help you understand what motivates the devoted Catholic, and how to figure out what is true and what isn’t true in what you see and hear in the popular media. This chapter begins with some basic facts about Catholics and a brief overview about what we believe as Catholics. But don’t settle for this “CliffsNotes” view of Catholicism. Let it whet your appetite for exploring the rest of the book!

Why Are All These People Catholic?

It is estimated that there are just over one billion Catholics living in the world. That is about 17 percent of the world’s population. There are more Catholics than there are people in any other Christian denomination. There are also more Catholics than there are Jews, Hindus, or Buddhists—only Muslims have more members. Catholics and Catholic Churches can be found almost anywhere in the world.

So what do these numbers mean? Let’s be honest. On the one hand, they do not necessarily mean anything at all. A religion isn’t necessarily good or true simply because lots of people belong. The truth of Catholicism cannot be determined by how many people are Catholic.

On the other hand, the great number of Catholics in the world testifies to Catholicism’s universal appeal and to the power that the Catholic faith has in people’s lives. Since the Catholic Church’s humble beginnings following the death and Resurrection of Jesus Christ, it has truly become a worldwide religion. People of every nationality and cultural background embrace it. Surely such a religious tradition must have something compelling to offer.

If you ask a dozen different Catholics what is compelling about their faith, you will probably get a dozen different answers. This

is one of the wonderful things about the Catholic faith! Its rich tradition provides something for all people, no matter what their particular personality or spiritual need may be. The Catholic Church includes people who desire quiet, meditative prayer as well as those who enjoy communal prayer filled with sound and action. The Catholic Church embraces people who desire a clear and unchanging set of beliefs, as well as those who want to explore how those beliefs are applied to different cultures and a changing world. The Catholic Church is made

Did You Know?

How Many Catholics Are There?

Catholics in North America

Canada: 12.6 million Catholics (44 percent of the population)

Mexico: 125.8 million Catholics (90 percent of the population)

United States: 63.7 million Catholics (23 percent of the population)

Catholics in the World

Africa: 124.2 million (15.5 percent of the population)

North America: 219.1 million (46 percent of the population)

South America: 293 million (87.3 percent of the population)

Asia: 107 million (2.9 percent of the population)

Europe: 281.7 million (41.3 percent of the population)

Oceania: 8 million (27.5 percent of the population)

(Source: 2002 *Catholic Almanac*)

up of people who provide direct service to those in need as well as people who want to change structures in society to create a more just world.

But if you listen carefully, you will hear some common threads when Catholics talk about what is important to them about the Catholic faith. They often will talk about the beliefs of the Catholic faith that are rooted in the revelation of the Scriptures and Tradition (more on that in the next chapter). They also talk about the practices of the Catholic faith, the ways in which Catholics pray and make moral decisions. And they talk about the worldview of Catholicism, that is, the attitudes that Catholics display as they live out their faith in the world. Let’s look briefly at these three areas: beliefs, practices, and attitudes.

Some Core Catholic Beliefs

The following list is meant to give you a quick glimpse of the core beliefs of Catholic Christians. These statements may leave you with many questions. In fact, we hope they raise questions for you, which is why you will find them explained in greater depth in later chapters.

- God created human beings to be in perfect union with God and one another. However, the sin of our first parents—called original sin—deprived the human race of our original holiness and justice.
- Throughout human history God worked to restore the relationship of love and trust that was lost through original sin. He did this by entering into covenants—special relationships based on mutual promises—with Noah, Abraham and Sarah, and the people of Israel. But the people often broke their covenant promises.

The logo features the word "LIVE" in a large, bold, sans-serif font. Below it, the word "it!" is written in a smaller, lowercase, sans-serif font. The "i" in "it!" has a dot that is a small circle, and the "t" has a vertical line that ends in a small circle, resembling a stylized exclamation point.

Young People’s Testimony

My first thought is that I am Catholic because I was raised Catholic. But that is not the only reason I am Catholic. Being Catholic is also feeling like I am part of God’s family when I am in my church. It is also important to me that the Catholic faith is the only faith that believes that Christ is in the Eucharist and that the bread and wine are really the body and blood of Jesus Christ. These are the greatest reasons that I am a Catholic.

(Tara, age 17)

Catholicism means knowing you’re never alone and never being left alone. It means knowing that someone is always there, even in spirit. Sometimes at night I like to lie in bed and wonder, “What place do I have in the Lord’s plan?” Without my faith and love in our religion, I would be lost. Catholicism is more than the light in the dark; it’s the light of the world. It’s impossible to conceal because it’s in the hearts of millions. We are all a part of Catholicism’s great mysteries because we are its home—every one of us living and working and praying together.

(Laura, age 15)

- Ultimately God sent his only begotten son, Jesus Christ, as savior for the human race. Christ was both fully God and fully man. He became the perfect sacrifice for the forgiveness of sins and the restoration of the relationship of love and trust between God and humankind.
 - Following his death Jesus was brought back to life in the Resurrection! Christ overcame death and opened heaven’s gates for all the just.
 - The Holy Spirit has been at work in the world from the beginning of creation to the present day. The Holy Spirit is one with the Father and the Son, and is also called the Advocate (Paraclete) and the Spirit of Truth.
- God has revealed himself to be Trinity, that is, the mystery of one God in three divine persons: Father, Son, and Holy Spirit. This mystery cannot be arrived at by reason but was revealed by Jesus Christ.
- Christ established the Catholic Church on the foundation of the Apostles. Christ and the Holy Spirit revealed the fullness of religious truth to the Apostles. The fullness of God’s revealed truth is called Sacred Tradition, and is entrusted to the Apostles’ successors, the bishops of the Church.
- The Bible, or the Sacred Scriptures, is another source of God’s revealed truth for Catholics. The Bible is closely connected to Sacred Tradition. The Holy Spirit inspired the authors of the Bible to write what God wants us to know for our salvation.
- All people are destined for eternal life after death. The baptized who have put their faith in Jesus Christ as their savior will find their eternal reward in heaven. Those who have rejected Christ will find their eternal punishment in hell.

In this painting Mary and the Apostles are receiving the Holy Spirit at Pentecost. Do you think the artist conveyed the importance of Mary? How?

Some Core Catholic Practices

Catholic practices are closely related to Catholic beliefs. Some important Catholic practices in worship and morality could also have been listed as beliefs in the previous section. As in the belief section, the practices listed here are not complete and

should raise some questions that will be answered in later chapters.

- Catholics celebrate seven sacraments that form the basis of their worship, or communal prayer, together. The seven sacraments were instituted by Christ and entrusted to the Church to make the love of God real and present in the world.
- The sacrament of the Eucharist is the heart of the Church’s life. We believe that in the sacrament we literally receive the body and blood of Christ in the appearance of bread and wine.
- Sunday, or the “Lord’s Day,” is the principal day for the celebration of the Eucharist. Catholics keep the day holy by attending Mass and resting from work, in honor of Christ’s Resurrection.
- Catholics follow a special calendar with all the feasts and holy days of the liturgical year. The special seasons of Advent and Lent prepare us to understand God’s great love, which we celebrate at Christmas and Easter.
- Catholics place a strong emphasis on living morally because we believe we are called to new life in the Holy Spirit. The moral code for this new life is based on the Ten Commandments and the Beatitudes.
- Catholics defend the dignity of human life, and Catholic morality is often described as pro-life. Catholics are opposed to anything that threatens the sanctity of human life, including abortion, euthanasia, capital punishment, and human cloning.
- Serving people in need and working to transform society are essential elements of Catholic life. We believe that the Church is called to be a sign of God’s perfect Kingdom yet to come, by working for justice and human rights in this life.

Saintly Profiles

Mary, the First Disciple

Catholics have a special devotion to Mary, the mother of Jesus Christ. We do not worship her or pray to her as God, as some people mistakenly believe. But we do honor her as the mother of God, and at times we ask her to approach Jesus with a special need or concern. She is the only person besides Jesus who was born without original sin, and at her death we believe she was taken up directly to heaven.

But Catholics wouldn’t believe any of these things about Mary if we did not first believe that she was the first follower, the first disciple, of Jesus. Her yes to the angel Gabriel in the Gospel of Luke (1:26–38) made it possible for Jesus to come into the world. In the Gospel of John, Mary is the first person to believe that Jesus can work miracles, at the wedding feast of Cana (2:1–11). At the cross Jesus tells the beloved disciple, “Here is your mother” (John 19:27), which the Church teaches has the symbolic meaning that Mary is the mother of all believers. And Mary was present at Pentecost (Acts 1:14), receiving the gift of the Holy Spirit, and without a doubt she was very active in spreading the Gospel message about her son.

What an amazing woman! What trust she had in God, what heartache she suffered on account of her son, and what faith she had in Jesus and his message. Mary is a model for all who wish to follow Jesus more closely. She is our loving and patient mother, and we do well to honor her and ask for her prayers on our behalf—she will never turn a deaf ear to our requests.



21 Introduction to Christian Morality

Have you ever thought about how many decisions you make in the course of a day? Getting out of bed, deciding what to wear, hanging out with your friends, doing your homework, and chatting with your family all involve decisions. Fortunately most of our decisions are habits that come easily and don't require much thought. If we had to scrutinize every decision we make in the course of a day, we wouldn't get much done! Every decision we make has a right or a wrong value, even if we rarely think of it that way.

Go back for a moment to your decision to get up this morning. Waking up may not have been your conscious choice, but the decision you made to stay awake and start your day has a right or a wrong implication. What if you refused to get up and get going? How would that have been a right or a wrong decision?

When we venture into the territory of deciding between right and wrong, we are talking about **morality**, “the goodness

Words to Look For

- *morality*
- *Beatitudes*
- *free will*
- *conscience*
- *mortal sin*
- *venial sins*
- *vices*
- *virtues*

or evil of human acts” (CCC, page 888). Morality can be a sensitive subject. Who decides what is moral: the Church? the government? the family? individuals? Some people would say that morality is just a matter of personal opinion.

Living in a society with freedom of speech and freedom of religion means that many voices are clamoring for our attention, suggesting different moral attitudes and actions. Undoubtedly people, culture, and the events in our life shape our morality. But God’s gift of free will means that we have the ability to make conscious choices. So our question is, “How do we live the right way?” which for Catholics means, “How does God want me to live?”

Fortunately we have the Scriptures and Tradition to help answer that question. Although these sources of God’s Revelation do not provide easy or precise answers to every situation, they include principles, guidelines, and rules that come from thousands of years of human experience. The Catholic Church has been a strong moral voice throughout history, and becoming familiar with what the Church teaches about morality can help us to “do the right thing.” In this chapter we will look at some foundational principles for making good moral decisions.

Living as a Beatitude Person

The foundation of morality, of doing the right thing, is found in the first chapter of Genesis: We are made in the image of God, “God created humankind in his image, / in the image of God he created them; / male and female he created them” (1:27). From the moment you were conceived, you were made in God’s image, meaning that you—and every other person on earth—are first and

LIVE
it!

Do the Right Thing

- Q.** One of my teammates told me that the brand of basketball shoes our team is required to wear is made at a factory run by people who underpay and mistreat the workers. I want to respond to this injustice. But I also want to play on the team, which means wearing the shoes. Am I morally wrong to do so?
- A.** Let’s evaluate this situation by looking at the three sources of morality: (1) the action you want to do, (2) your intention, and (3) your circumstances. Let’s look at the action—is it fundamentally right or wrong? It is hard to see how using something that was created in a system that mistreats people can be a good thing, so the action must be judged to be wrong. So, although you have a good intention—being on the team—the choice is still wrong. The final question revolves around your circumstances. Is any force taking away your freedom to make this decision? You are probably under some strong peer pressure, but it is hoped that you have the will to resist.

It would seem that your only moral choice is to refuse to wear the shoes. Explain your moral position to your coach, and maybe she will make an exception. Maybe the whole team will join your protest. This is the way the world becomes a better place, starting with one person refusing to cooperate with sin.

foremost essentially good. When we choose wisely, we are acting in accordance with our true nature. This is why doing the right thing ultimately makes us happy.



Jesus taught about morality by using parables, such as the parable about the good Samaritan (Luke 10:25–37), illustrated here by Vincent Van Gogh. What is Jesus teaching us about who our neighbor is through the story of the good Samaritan?

Happiness is not determined by what we normally see in magazines, on television, or in the movies. Our source of happiness is not material success, fame, or unending hours of leisure and pleasure. Rather, what God intends for us is complete joy and a sense of well-being. Our ultimate destiny is to be eternally happy with God in heaven.

Jesus gives us a glimpse of this destiny in the **Beatitudes** (Matthew 5:3–12 and Luke 6:20–26). *Beatitude* means “perfect happiness or blessedness.” Jesus describes Beatitude people with statements like, “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” These statements are at the heart of Jesus’ message (CCC, number 1716). They help us to understand what being a Christian is all about, so that one day we will share God’s eternal life (CCC, number 1717).

Being made in God’s image does not make us perfect; God gave us a soul, intellect, and **free will** to make our own choices. Although God wants each of us to be part of the Kingdom that Jesus spoke about, free will means that we have the freedom to accept or reject God’s will. Adam and Eve exercised this freedom in the second Creation story, found in chapter 3 of Genesis. They chose to go against God’s plan for them to live in harmony with all that God had created. They experienced the same choice that all humans have had to face: whether or not to do good and avoid evil.

Adam and Eve’s decision to eat the forbidden fruit affected you, everyone who came before you, and those who will come after you. Their decision left us with a tendency to do the wrong thing, despite the promptings of our conscience. This inclination to choose evil and make moral mistakes is called original sin. (For a thorough explanation of original sin, see chapter 5, The Human Person.)

This is the dilemma each person faces. God created us in his image with a natural desire to follow the moral law, to do

good and avoid evil. At the same time, because of original sin, we are inclined toward sin, or choosing to do the wrong thing. The ability to use reason to distinguish between right and wrong is the work of our conscience. Our **conscience** is the interior voice that helps us to know right from wrong and then to act on that knowledge. We will talk more about the role of conscience in chapter 23, Sources of Moral Truth.

Moral development never stops, no matter how old we get, until we reach our final glorious destiny with God in heaven. The Scriptures and Church Tradition are our roadmap on this lifelong journey. The Beatitudes give us Jesus' vision for how to build a moral life. Being poor in spirit, merciful, and pure of heart describe the kind of person that Jesus was, and the kind of person we are called to be.

The world tells us that it's not cool to be meek (gentle and humble) or to stand up for what we know to be just and true or to act as peacemakers. But no matter what the world says, Jesus emphasizes the importance of these attitudes. He calls them blessed because they help us find the true happiness that God created us to enjoy.

Human Freedom and Moral Choice

Did you ever stand in front of the refrigerator with the door wide open, staring at its contents? You know you want something, but you don't really know what. You try a slice of left-over pizza. That doesn't quite do it, so you go for a bowl of the triple-fudge-ripple ice cream with marshmallow fluff. After eating that you're full, but still not quite satisfied. You want—and need—something more.

The same is true of our need for God. It is easy when living in the wealthiest nation in the world to try to satisfy our yearning for God with worldly values, like having lots of things, keeping ourselves constantly busy, or finding a boyfriend or girlfriend. If Adam and Eve had a tough time resisting their forbidden fruit, imagine how much more

Looking Back

Words of Wisdom from John Paul II

To be truly free does not at all mean doing everything that pleases me, or doing what I want to do. . . . To be truly free means to use one's own freedom for what is a true good.
(Pope John Paul II, *Dilecti Amici*)

Pray It

Examination of Conscience

Use the following questions to evaluate how you are doing with your moral decision making.

1. Is my heart set on God, so that I love him above all things? Or am I more concerned about the things of this world?
2. Do I have a genuine love for other people, whether or not I like them?
3. Have I contributed to the well-being of my family by patience and genuine love?
4. Do I share my possessions with those who are less fortunate?
5. Does my life reflect the mission I received in Baptism, that is, to be a disciple of Jesus?
6. Am I concerned for the good and prosperity of the human community, or do I care for only myself?
7. Have I been truthful and fair, or have I injured others by lying and cheating?
8. Have I done physical or emotional violence to others?
9. Have I kept myself chaste and pure, especially by avoiding pornography and all sexual activity before marriage?
10. If I have been injured, have I been ready to forgive, or do I harbor the desire for revenge?
11. In my life choices, am I led by the hope of eternal life?
12. Have I tried to grow spiritually by regular attendance at Mass, through prayer, meditating on the Scriptures, receiving the sacraments, and living simply?
13. How have I used my time, my health, and the gifts God has given me? Have I fallen into the trap of alcohol or other drug use?

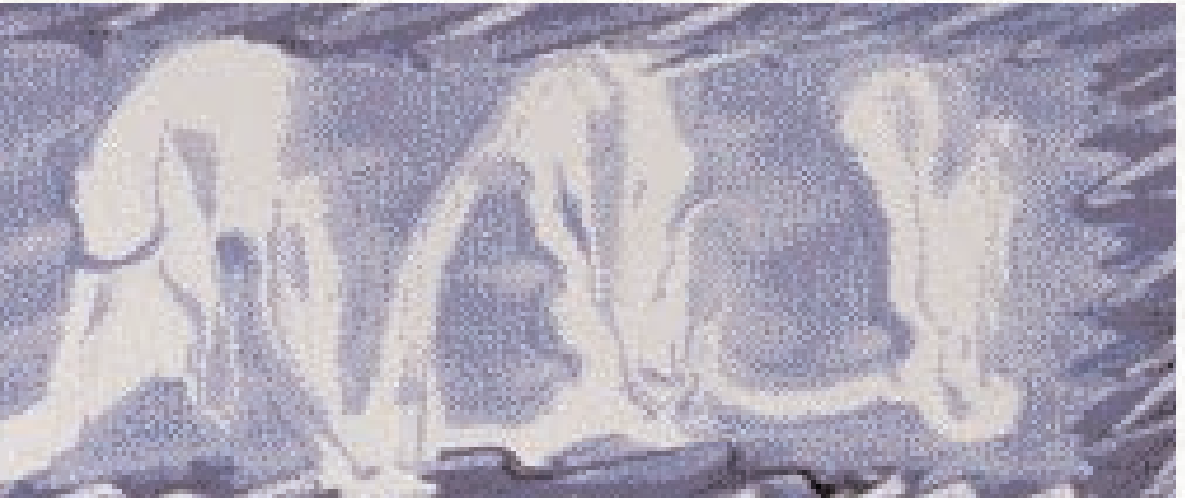
(Adapted from *The Rites of the Catholic Church*, volume 1, pages 625–628)

challenged we are by thousands of messages that tell us true happiness can be found in the kind of car we drive, or the fashions or gadgets we “gotta have.” The restless pursuit of popularity, pleasure, or prestige gets in the way of the authentic happiness that God promises.

But that’s where our free will comes in. We can consciously choose the truly good life. Unlike animals whose instinct drives their actions, we can think about the moral aspects of our behavior both before and after we act. Of course, this gift of human freedom has a flip side. We are also responsible for the choices we make. Freedom and responsibility go hand in hand. Getting a driver’s license gives you a greater degree of freedom to get places on your own, but it also means increased responsibility for your own safety as well as for the safety of others. Safe driving requires knowledge of traffic rules, but it also requires using your reasoning skills to recognize and avoid dangers that may not be covered in the drivers’ handbook.

Moral freedom and responsibility are similar to the process of learning to drive. At first it is your parents and other adults who drive your moral decisions, teaching you right from wrong, getting you to the point where you can make those decisions on your own. As they let go and let you practice making your own choices, they expect that you will be able to respond to situations in the right way. As you become capable of assuming freedom and the accompanying responsibility, you accept the credit or the blame for the choices you make. If you choose a sinful course of action, you must also accept the blame. You must admit that you knowingly and deliberately did something wrong.

Although we are responsible for our actions, some factors may lessen the blame



Catholic Quick Facts is a mini-encyclopedia of information on Catholicism. In these pages you will find the following sections:

- Catholic Beliefs and Practices 372
- Catholic Prayers and Devotions 380
- Patron Saints and Their Causes 388
- Catholic Terms and Definitions 399

Catholic Quick Facts



Catholic Beliefs and Practices

In using this collection of major Catholic beliefs and practices, be aware of two things:

- Many of the items that are only listed here are more fully defined in the glossary of Catholic terms and definitions. For example, here we list the seven Catholic sacraments; in the glossary of terms, we define each one.
- Behind many of these items, you will see a number in parentheses. That number refers to a paragraph in the *Catechism of the Catholic Church*. The referenced paragraph is often just the beginning of a complete discussion of the item that we can only briefly name here. If you would like more information on any of these beliefs and practices, look to the *Catechism* as a primary reference.

Two Great Commandments

- You shall love the Lord your God with all your heart, with all your soul, and all your mind, and with all your strength.
- You shall love your neighbor as yourself.

(*Matthew 22:37–40, Mark 12:29–31, Luke 10:27*)



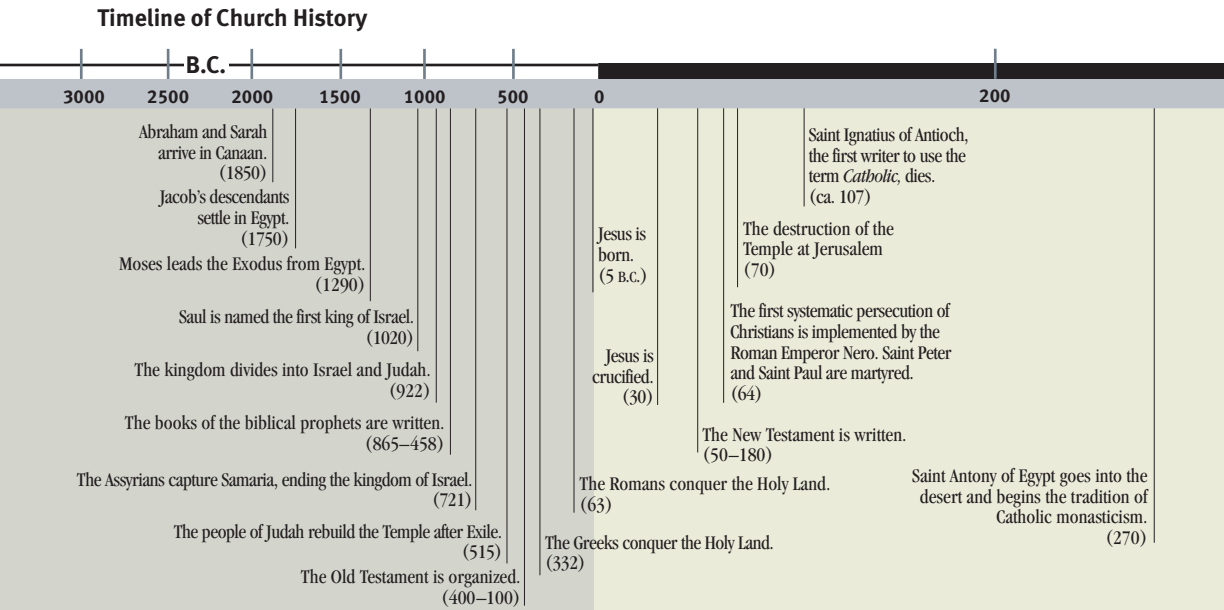
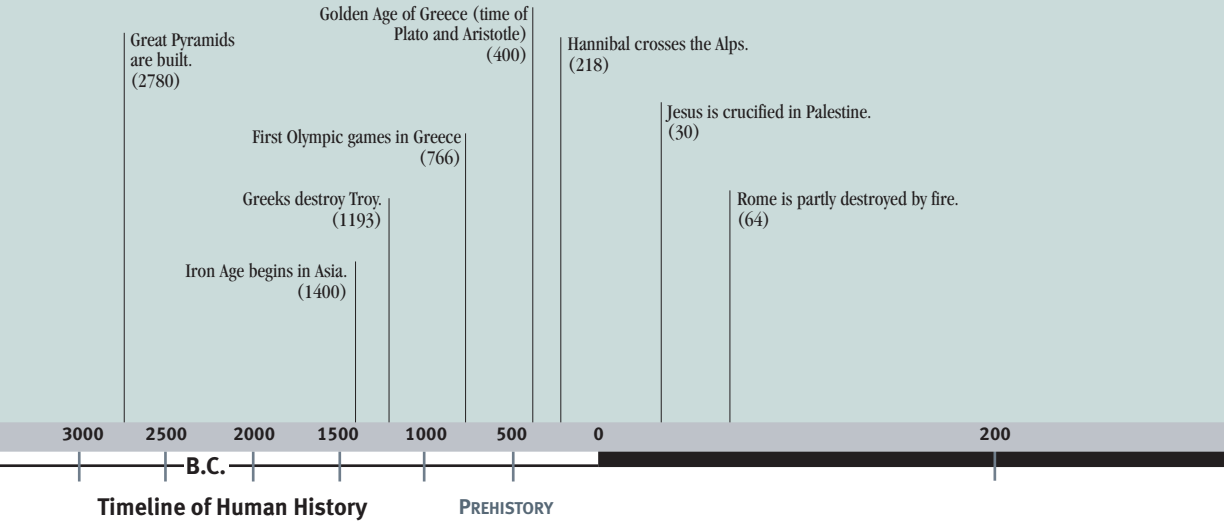
Patron Saints and Their Causes

- abortion, protection against*, Catherine of Sweden [March 24]
accountants, Matthew [September 21]
actors, Genesius [August 25]
addiction, drug, Maximilian Maria Kolbe [August 14]
advertisers, Bernardino of Siena [May 20]
alcoholics, John of God [March 8], Matthew [September 21],
Monica [August 27]
altar servers, John Berchmans [November 26]
anesthetists, René Goupil [October 19]
animals, Francis of Assisi [October 4], Nicholas of Tolentino
[September 10]
animals, domestic, Anthony of Egypt [January 17]
apprentices, young, John Bosco [January 31]
archaeologists, Damasus I [December 11]
archers, Sebastian [January 20]
architects, Barbara [December 4], Thomas the Apostle [July 3]
art, Catherine of Bologna [May 9]
arthritis, James the Great [July 25]
artillerymen, Barbara [December 4]
artists, Catherine of Bologna [May 9], Fra Angelico (Blessed
John of Fiesole) [February 18], Luke [October 18]
astronomers, Dominic [August 8]
athletes, Sebastian [January 20]



Catholic Terms and Definitions

- abortion.** The deliberate termination of a pregnancy by killing the unborn child. The Roman Catholic Church considers such direct abortion a grave contradiction of the moral law and a crime against human life.
- absolution.** An essential part of the sacrament of Penance and Reconciliation in which the priest pardons the sins of the person confessing, in the name of God and the Church.
- abstinence.** The avoidance of a particular kind of food as an act of penance or spiritual discipline; in Catholicism, the avoidance of meat on certain days.
- act of contrition.** A prayer of sorrow for one's sins, a promise to make things right, and a commitment to avoid those things that lead to sin. Such a prayer can be said anytime, but is always part of the sacrament of Penance and Reconciliation.
- adoration.** The prayerful acknowledgment that God is God and Creator of all that is.
- adultery.** Sexual activity between two persons, at least one of whom is married to another. Prohibited by the sixth commandment.
- Advent.** The four-week liturgical season during which Christians prepare themselves for the celebration of Christmas.

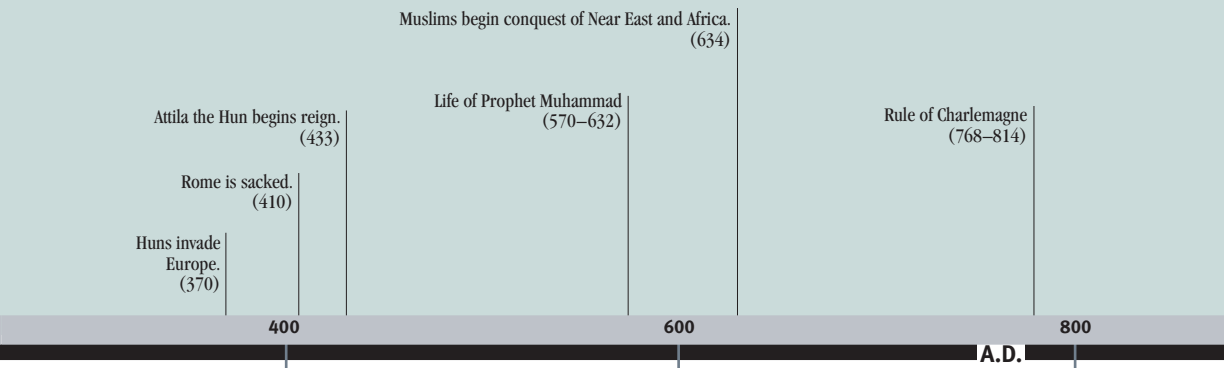


BEFORE THE BIRTH OF JESUS CHRIST (B.C.)

LIFE OF JESUS CHRIST AND THE EARLY CHURCH

Important Church Figures

- Saint Peter
- Saint Paul
- Saint Ignatius
- Saint Antony



Timeline of Human History



Timeline of Biblical History

Constantine issues the Edict of Toleration for Catholics, ending the Roman persecution of Catholics. (313)

THE CHURCH EXPANDS

Important Church Figures

- Saint Constantine
- Saint Augustine
- Saint Jerome
- Saint Patrick
- Saint Benedict
- Saint Gregory the Great
- Saint Boniface



Acknowledgments

(continued from copyright page)

All scriptural quotations in this book are from the New Revised Standard Version of the Bible, Catholic Edition. Copyright © 1993 and 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. All rights reserved.

All excerpts marked *CCC*, the Apostles' Creed on page 31, and the excerpts from the Nicene Creed are quoted or adapted from the English translation of the *Catechism of the Catholic Church* for use in the United States of America. Copyright © 1994 by the United States Conference of Catholic Bishops (USCCB)—Libreria Editrice Vaticana.

The information in the Sainly Profiles sections of each chapter and the Patron Saints and Their Causes appendix is adapted and quoted from *Lives of the Saints: From Mary and St. Francis of Assisi to John XXIII and Mother Teresa*, by Richard P. McBrien (San Francisco: HarperSanFrancisco, 2001). Copyright © 2001 by Richard P. McBrien. Reprinted with permission from HarperCollins Publishers, Inc.

The statistics about the number of Catholics in the world in the sidebar on page 14 are taken from the *2002 Catholic Almanac*, from *Our Sunday Visitor*, edited by Matthew Burnson (Huntington, IN: Our Sunday Visitor Publishing Division, 2001), pages 340 and 450–474.

The information on page 14 about the number of adherents to the Catholic religion as compared to other religions is from the Religious Tolerance.org Web site, *www.religioustolerance.org/worldrel.htm*, accessed July 19, 2002.

The testimonials on page 15 are used with permission of the authors, Tara Okapalaeke-Wood and Laura Marie Gerson.

The excerpts on pages 18, 36, 110, and 141 are from *Dogmatic Constitution on the Church*, number 2, *Declaration on the Relationship of the Church to Non-Christian Religions*, number 2, *Dogmatic Constitution on the Church*, number 8, and *The Constitution on the Sacred Liturgy*, number 14, found in *The Documents of Vatican II*, Walter M. Abbott, general editor; Very Rev. Msgr. Joseph Gallagher, translation editor (New York: America Press, 1966), pages 15–16, 662, 24, and 144, respectively. Copyright © 1966 by the America Press. All rights reserved. Used with permission.

The “Act of Faith” on page 19 and the beliefs and practices on pages 372–379 of the Catholic Quick Facts appendix are taken from *Handing On the Faith: A Unified Content Reference for Teaching the Catholic Faith* (Birmingham, AL: Diocese of Birmingham in Alabama, 1999), pages 112–120. Copyright © 1999 by the Diocese of Birmingham in Alabama. Used with permission.

The quotes by Saint Augustine on pages 21 and 51 are taken from *The Holy Longing: The Search for a Christian Spirituality*, by Ronald Rolheiser (New York: Doubleday, 1999), page 5. Copyright © 1999 by Ronald Rolheiser.

The excerpt by Thomas Merton on page 37 is from *Thoughts in Solitude*, by Thomas Merton (New York: Farrar, Straus and Cudahy, 1958), page 83. Copyright © 1956, 1958 by the Abbey of Our Lady of Gethsemani.

The prayer on page 41, the words from the veneration of the cross on page 82, the words from the Easter proclamation on page 91, the prayer on page 124, and Eucharistic prayer 3 on page 345 are from *The Sacramentary*, English translation prepared by the International Commission on English

in the Liturgy (ICEL) (New York: Catholic Book Publishing Co., 1987), pages 346, 156, 182–184, 734, and 552, respectively. Illustrations and arrangement copyright © 1985–1974 by Catholic Book Publishing Co., New York. All rights reserved. Used with permission.

Saint Thomas Aquinas's five proofs for God on page 44 are paraphrased from his *Summa Theologica*, the text of which is from www.newadvent.org/summa/100203.htm, accessed August 5, 2002.

The quote by Julian of Norwich on page 47 is taken from her book *Revelations of Divine Love*, found at elvis.rowan.edu/~kilroy/JEK/05/08.html, accessed August 5, 2002.

The prayer by Tom Moore on page 52 is from *Dreams Alive: Prayers by Teenagers*, edited by Carl Koch (Winona, MN: Saint Mary's Press, 1991), page 24. Copyright © 1991 by Saint Mary's Press. All rights reserved.

The excerpts from the funeral rites on page 53, the excerpts from the Confirmation Mass on page 170, and the prayer on page 191 are from *The Rites of the Catholic Church*, volume one, prepared by the International Commission on English in the Liturgy, a Joint Commission of Catholic Bishops' Conferences (New York: Pueblo Publishing Co., 1990), pages 1037 and 1040, 490, and 784, respectively. Copyright © 1976, 1990 by Pueblo Publishing Co., Inc. All rights reserved. Used with permission.

The prayer by J. Barrie Shepherd on page 65 is from *Diary of Daily Prayer*, by J. Barrie Shepherd (Minneapolis: Augsburg Publishing House, 1975). Copyright © 1975 by Augsburg Publishing House.

The quotes by John Wooden and by Carrie Mach on pages 67 and 320 are from Carrie Mach's writings, quoted in *Church Women: Probing History with Girls*, by Laurie Delgatto with Marilyn Kielbasa (Winona, MN: Saint Mary's Press, 2002), pages 121 and 124. Copyright © 2002 by Saint Mary's Press. Used with permission of Ricky and Ann Mach.

The excerpt about the miracle at Ribera del Fresno on page 71 is based on a story in *Making Saints: How the Catholic Church Determines Who Becomes a Saint, Who Doesn't, and Why*, by Kenneth L. Woodward (New York: Simon and Schuster, 1990), pages 209–210. Copyright © 1990 by Kenneth L. Woodward.

The quote from Saint Francis of Assisi on page 73 is from *straylight.dhs.org/art*, accessed September 20, 2002.

The story “One Solitary Life,” on page 77, attributed to James Allen Francis, is from *www.geocities.com/onesolitarylife_isjesus/Lord-and-Savior.html*, accessed September 6, 2002.

The excerpt by Julian of Norwich on page 79 is from her book *Julian of Norwich: Showings*, long text, chapter 5, as quoted in *Spirituality and Theology: Christian Living and the Doctrine of God*, by Philip Sheldrake (Maryknoll, NY: Orbis Books, 1998), page 109. Copyright © 1998 by Philip Sheldrake.

Lisa Boyer’s story on page 85 is used with permission.

The excerpts from Saint Augustine on page 90 and Leo the Great on page 127 are from *The Liturgy of the Hours: According to the Roman Rite*, volume 2, English translation prepared by the International Commission on English in the Liturgy (New York: Catholic Book Publishing Co., 1976), pages 635–637 and 661. Illustrations and arrangement copyright © 1975 by the Catholic Book Publishing Co.

The excerpt on page 94 from *Grace for the New Springtime*, a statement from the U.S. Conference of Catholic Bishops, is from *www.garg.com/cccl/articles/nonattributed/US_Bishops_001.html*, accessed May 21, 2002.

The quote from Kateri Tekakwitha on page 97 is from *Saint of the Day: Lives, Lessons and Feasts*, edited by Leonard Foley, and Pat McCloskey (Cincinnati: St. Anthony Messenger Press, 2001), page 154. Copyright © 2001 by St. Anthony Messenger Press.

“Prayer to the Holy Spirit” on page 99 and the prayers, devotions, and illustration on pages 380–387 of the Catholic Quick Facts appendix are taken directly or adapted from *Handbook for Today’s Catholic*, a Redemptorist Pastoral Publication (Liguori, MO: Liguori Publications, 1994). Copyright © 1994 by Liguori Publications. Used with permission of Liguori Publications, Liguori, MO 63057-9999. No other reproduction of this material is permitted.

The excerpt from Pope John Paul II’s 1996 World Youth Day message on page 103 is taken from *Renewing the Vision: A Framework for Catholic Youth Ministry*, by the United States Conference of Catholic Bishops’ Department of Education (Washington: USCCB, 1997), page 49. Copyright © 1997 by the USCCB.

The prayer on page 116 is from the World Council of Churches Web site, www.wcc-coe.org/wcc/what/faith/wop2002.html, accessed June 27, 2002. Used with permission.

The excerpts from Valeen Schnurr and Cassie Bernall on page 129 are from *She Said Yes: The Unlikely Martyrdom of Cassie Bernall*, by Misty Bernall (New York: Pocket Books, a division of Simon and Schuster, 1999), page ix. Copyright © 1999 by Misty Bernall.

The excerpt from Saint Ignatius on page 131 is from *The Liturgy of the Hours: According to the Roman Rite*, volume 4, English translation prepared by the International Commission on English in the Liturgy (New York: Catholic Book Publishing Co., 1976), pages 1490–1491. Illustrations and arrangement copyright © 1975 by the Catholic Book Publishing Co.

“Saint Patrick’s Breastplate,” paraphrased by Cecil Frances Alexander, on page 153 is from www.ccel.org/pl/patrick/confession/confession.html, accessed July 18, 2002.

The excerpt by Helen Keller on pages 154–155 is from *The Story of My Life*, by Helen Keller (New York: Grosset and Dunlap, 1905) n.p.

The blessing prayer on page 159 is from *Rite of Christian Initiation of Adults*, study edition, prepared by the International Commission on English in the Liturgy and Bishops’ Committee on the Liturgy (Chicago: Liturgy Training Publications, 1988), page 134. Copyright © 1988 by the Archdiocese of Chicago. All rights reserved. Used with permission of ICEL.

The quote by Saint Teresa of Ávila on page 173 is taken from *The Catholic Family Prayer Book*, edited by Jacquelyn Lindsay (Huntington, IN: Our Sunday Visitor Publishing Division, 2001). Copyright © 2001 by Our Sunday Visitor Publishing Division. This quote was found at the Our Sunday Visitor Web site, www.osvpublishing.com/whatthechurchteaches/prayingforpeace/prayerssaints.asp, accessed July 26, 2002.

The quote by Oscar Romero on page 173 is from *A Martyr’s Message of Hope: Six Homilies by Archbishop Oscar Romero* (Kansas City: Celebration Books, 1981), page 166, as quoted in *A Eucharist Sourcebook*, compiled by J. Robert Baker and Barbara Budde (Chicago: Liturgy Training Publications, 1999), page 53. Copyright © 1999 by the Archdiocese of Chicago.

Acknowledgments

The quote by Saint Augustine on page 173 is from www.artsci.villanova.edu/dsteelman/augustine/days/0610.html, accessed July 26, 2002.

The excerpt from the U.S. Catholic bishops on page 175 is from *Built of Living Stones: Art, Architecture, and Worship*, numbers 16 and 17, at www.usccb.org/liturgy/livingstones.htm#preface, accessed October 18, 2002. Copyright © 2000 by USCCB, Inc., Washington, DC. All rights reserved. Used with permission.

The excerpts from the liturgy of the Eucharist on page 180 are from *Peoples Mass Book*, edited by Nicholas T. Freund, Betty Zins Reiber, and Jeanne H. Schmidt (Schiller Park, IL: World Library Publications, 1984), page 264. Copyright © 1984 by World Library Publications.

The English translation of the prayer on page 185, “Prayer of the Penitent,” from *The Rite of Penance*; and the divine praises on page 319 are from *Catholic Household Blessings and Prayers*, pages 250 and 334–335. Copyright © 1974 by the ICEL. All rights reserved. Used with permission.

The excerpt from Pope John Paul II’s *Dilecti Amici* on page 209 is reprinted by permission of *L’Osservatore Romano*.

The examination of conscience questions on page 210 are adapted from *The Rites of the Catholic Church*, volume one, prepared by the International Commission on English in the Liturgy, a Joint Commission of Catholic Bishops’ Conferences (Collegeville, MN: Liturgical Press, a Pueblo Book, 1990), pages 625–628. Copyright © 1976, 1990 by Pueblo Publishing Co. All rights reserved. Used with permission.

The prayer by Theresa Vonderwell on page 215 is from *More Dreams Alive: Prayers by Teenagers*, edited by Carl Koch (Winona, MN: Saint Mary’s Press, 1995), page 28. Copyright © 1995 by Saint Mary’s Press.

The excerpt by Dorothy Day on page 219 is from *Dorothy Day Selected Writings: By Little and By Little*, edited by Robert Ellsberg (Maryknoll, NY: Orbis Books, 1992), page 98. Copyright © 1983, 1992 by Robert Ellsberg and Tamar Hennessey.

The excerpts from Pope John Paul II on page 229 are from the encyclical *Veritatis Splendor*, numbers 25 and 117, at www.vatican.va/holy_father/john_paul_ii/encyclicals/documents/hf_jp-ii_enc_06081993_veritatis-splendor_en.html, accessed July 24, 2002.

The list of the precepts of the Church on pages 230–231 is from www.spirituality.org/issue04/page08.html, accessed October 28, 2002. Copyright © 1995 by Clemons Productions and the Diocese of Bridgeport.

The excerpt by Saint Augustine on page 239 is from *The Works of Saint Augustine: A Translation for the Twenty-First Century*, part 1, volume 11, “Teaching Christianity: *De Doctrina Christiana*,” edited by John E. Rotelle, translated by Edmund Hill (Hyde Park, NY: New City Press, 1996), page 115. Copyright © 1996 by the Augustinian Heritage Institute.

The excerpts from the *Angelus* for December 30, 2001, and November 11, 2001, on pages 247 and 362 are from www.vatican.va/holy_father/john_paul_ii/angelus/2001/documents/hf_jp-ii_ang_20011230_en.html, accessed July 18, 2002, and www.vatican.va/holy_father/john_paul_ii/angelus/2001/documents/hf_jp-ii_ang_20011111_en.html, accessed September 6, 2002.

The information about the School of the Americas protest on page 249 is from www.soaw.org/new, accessed August 5, 2002.

The information about the Quattrocchi family on page 251 is from the National Catholic Reporter Web site, www.natcath.com/NCR_Online/archives/122801/122801a.htm, accessed July 14, 2002.

The prayer by Lindsey Krebs on page 252 is from *More Dreams Alive: Prayers by Teenagers*, edited by Carl Koch (Winona, MN: Saint Mary’s Press, 1995), pages 44–45. Copyright © 1995 by Saint Mary’s Press. All rights reserved.

The quote from the pastoral letter *The Harvest of Justice Is Sown in Peace*, November 17, 1993, on page 257 is from, and the criteria for a just war on pages 257–258 is adapted from material at www.usccb.org/sdwp/harvest.htm, accessed September 4, 2002.

The excerpt by Cardinal Joseph Bernardin on page 261 is from *A Moral Vision for America*, by Joseph Cardinal Bernardin, edited by John P. Langan, SJ (Washington: Georgetown University Press, 1998), page 157. Copyright © 1998 by Georgetown University Press.

The excerpt by Pope John Paul II on page 267 is from the papal encyclical *Role of the Christian Family*, 1981, number 12, at www.vatican.va/holy_father/john_paul_ii/apost_exhortations/documents/hf_jp-ii_exh_19811122_familiaris-consortio_en.html, accessed October 28, 2002.

The excerpt from the Vatican Council II document *Gaudium et Spes*, number 48, on page 267 is from *Vatican Council II: The Conciliar and Postconciliar Documents*, volume 1, new revised edition, Austin Flannery, general editor (Northport, NY: Costello Publishing Co., 1996), page 950.

The prayer on page 271 is from the National Federation for Catholic Youth Ministry (NFCYM) True Love Waits program Web site, www.nfcym.org/2001/programs/tlw_prayers.html, accessed July 19, 2002. Copyright © 2001 by the NFCYM. Used with permission.

The statistics about teens' sexual behavior on page 272 are from the article "Youths' Essays Urge Peers to Delay Sex," by Helena Oliviero, in the *Atlanta Journal-Constitution*, July 15, 2002.

Robert Fulghum's simple insights for living on page 276 are paraphrased from his book *All I Really Needed to Know I Learned in Kindergarten: Uncommon Thoughts on Common Things* (New York: Ivy Books, 1988). Copyright © 1986, 1988 by Robert L. Fulghum.

The statistics about hunger on pages 278–279 are from the Bread for the World Web site, www.bread.org/hungerbasics/index.html, accessed July 17, 2002.

The statistic about slavery on page 282 is from the Anti-slavery: today's fight for tomorrow's freedom Web site at www.antislavery.org/archive/press/pressRelease2002-UNmeeting.htm, accessed July 18, 2002. Used with permission.

The statistics about advertising on page 283 are from *Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising*, by Jean Kilbourne (New York: Free Press, 1999), page 58. Copyright © 1999 by Jean Kilbourne.

The excerpt from Madaleva Wolf on page 284 is from *Simpson's Contemporary Quotations*, page 191, as quoted in *Remarkable Women, Remarkable Wisdom: A Daybook of Reflections*, by Sr. Mary Francis Gangloff (Cincinnati: St. Anthony Messenger Press, 2001), page 306. Copyright © 2001 by Sr. Mary Francis Gangloff.

The excerpts from the U.S. Catholic bishops on page 284 are from *Economic Justice for All: Pastoral Letter on Catholic Social Teaching and the U.S. Economy*, by the United States Conference of Catholic Bishops (USCCB) (Washington, DC: USCCB, 1986), numbers 49, 50, 87, and 90, respectively. Copyright © 1986 by the USCCB.

The excerpt from Pope Paul VI's World Day for Peace message on page 284 was found at www.vatican.va/holy_father/paul_vi/messages/peace/documents/hf_p-vi_mes_19711208_v-world-day-for-peace_en.html, accessed October 28, 2002.

The quote from the U.S. Catholic bishops on page 287 is from their Web site www.usccb.org/comm./renewingeng.htm, accessed July 23, 2002. The suggestions to youth regarding the media are adapted from the information found on their Web site www.usccb.org/comm/pledge.htm, accessed July 24, 2002.

The quote by Sir Walter Scott on page 288 is from www.brainyquote.com/quotes/quotes/slq118003.html, accessed July 19, 2002.

The quote from Saint Dominic on page 289 is from www.op-stjoseph.org/dominic/index.htm, accessed July 24, 2002.

The excerpt from the Code of Canon Law, number 983, paragraph 1, and the information about Saint John Nepomucene on page 292 are from *The Compass* Web site, www.thecompassnews.org/compass/2002-03-15/02cn0315f1.htm, accessed July 24, 2002.

The quote by James A. Garfield on page 292 is from www.brainyquote.com/quotes/quotes/j/q140609.html, accessed September 5, 2002.

The excerpt by Pope John Paul II on the occasion of World Youth Day VIII on page 296 is from www.vatican.va/holy_father/john_paul_ii/messages/youth/documents/hf_jp-ii_mes_15081992_viii-world-youth-day_en.html, accessed July 26, 2002.

Acknowledgments

The excerpt from Saint Thérèse of Lisieux on page 315 is from her book *Story of a Soul*, translated by Fr. John Clarke (Washington: ICS Publications, 1976), page 165. Copyright © 1976 by the Washington Province of Discalced Carmelites.

The excerpt from *The Interior Castle*, by Teresa of Ávila, on page 329 is quoted in *A Treasury of Catholic Reading*, edited by John Chapin (New York: Farrar, Straus and Co., 1957), at www.cin.org/7thmans.html, accessed July 24, 2002.

The quote from Cardinal Hans Urs von Balthasar on page 332 is from his book *Prayer*, at the *U.S. Catholic* Web site, www.uscatholic.org/1997/02/cov9702.htm, accessed September 11, 2002.

The excerpt from the Rule of Benedict, chapter 53, on page 341 is from www.osb.org/rb/text/rbeaad1.html, accessed July 24, 2002.

The article “Why Sunday Mass Is Important to Me” on page 343 is used with permission of the author, Kari Heltemes.

The quote by Clare of Assisi on page 349 is from *The Sun and Moon Over Assisi: A Personal Encounter with Francis and Clare*, by Gerard Thomas Straub (Cincinnati: St. Anthony Messenger Press, 2000), page 396. Copyright © 2000 by Gerard Thomas Straub.

The information about the seven traditional hours of the liturgy on page 351 is based on *The Complete Idiot's Guide to Understanding Catholicism*, by Bob O’Gorman, PhD, and Mary Faulkner, MA (Indianapolis: Alpha Books, 2000), pages 193–194. Copyright © 2000 by Bob O’Gorman and Mary Faulkner.

The first quote by Mother Teresa on page 355 is from *Mother Teresa: In My Own Words*, compiled by José Luis González-Balado (New York: Gramercy Books, 1996), page xiii. Copyright © 1996 by José Luis González-Balado.

The second quote by Mother Teresa on page 355 is from *A Simple Path*, compiled by Lucinda Vardey (New York: Ballantine Books, 1995), page 8. Copyright © 1995 by Mother Teresa.

The excerpt from the paraphrase of the Lord’s Prayer by Saint Francis of Assisi on page 358 is from www.cwo.com/-pentrack/catholic/francis1.html, accessed July 5, 2002. The

more modern paraphrase of Saint Francis's prayer is taken from *Gathered at Table in Prayer and Song*, by Edward F. Gabriele (Winona, MN: Saint Mary's Press, 2000), page 25. All rights reserved.

The statistics about hunger on page 363 are from the Bread for the World Web site, www.bread.org/hungerbasics/international.html, accessed July 22, 2002.

The excerpt from the prayer of exorcism on page 369 is from the English translation of *The Rite of Baptism for Children*, prepared by the International Commission on English in the Liturgy (New York: Catholic Book Publishing Co., 1969), page 34. Copyright © 1985–1974 by Catholic Book Publishing Co., New York. Used with permission.

To view copyright terms and conditions for Internet materials cited here, log on to the home pages for the referenced Web sites.

During this book's preparation, all citations, facts, figures, names, addresses, telephone numbers, Internet URLs, and other information cited within were verified for accuracy. The authors and Saint Mary's Press staff have made every attempt to reference current and valid sources, but we cannot guarantee the content of any source, and we are not responsible for any changes that may have occurred since our verification. If you find an error in, or have a question or concern about, any of the information or sources listed within, please contact Saint Mary's Press.

Endnotes Cited in Quotations from *Dei Verbum*, number 25

Chapter 34

1. Second Council of Orange, Canon 7: Denzinger 180 (377);
First Vatican Council, loc. cit.: Denzinger 1791 (3010).[5]

Photo and Art Credits

Chapter and part opening page images are from PhotoDisc.

AFP/CORBIS: page 364

Haitian painting by Gabriel Alix, courtesy of Galerie
Macondo, Pittsburgh, PA, www.artshaitian.com: page 49

AP/Wide World Photos: pages 8, 112, 221, 256, 354

Archives Charmet/Private Collection/Bridgeman Art Library:
page 70, 129

Archivo Iconografico, S.A./CORBIS: pages 268, 340

Rudolfo Arellano, Solentiname, Nicaragua, courtesy of
Hermann Schulz and Father Ernesto Cardenal: page 68

© 2003 Artists Rights Society (ARS), New York/ADAGP,
Paris. Photo courtesy of Archives Charmet/Private
Collection/Bridgeman Art Library: page 298

The Barnes Foundation, Merion Station, PA/CORBIS:
page 279

Dave Bartruff/CORBIS: page 160

“Wise Men from the East,” by Agha Behzad, courtesy of Stony
Point Center, Stony Point, NY: page 60

Bettmann/CORBIS: pages 106, 166, 222, 243, 262

Birmingham Museums and Art Gallery/Bridgeman Art
Library: page 16

St. Edith Stein © Lu Bro/Bridge Building Images/
www.BridgeBuilding.com: page 212

Burstein Collection/CORBIS: pages 88, 126

Catholic News Service: page 250

Macduff Everton/CORBIS: page 325

Giraudon/Art Resource, NY: page 282

Hamburg Kunsthalle, Hamburg, Germany/Bridgeman Art
Library: page 35

- With many thanks to Bishop Bernard Harrington and his staff:
page 338
- Hessisches Landesmuseum, Darmstadt, Germany/Bridgeman
Art Library: page 368
- Painting by Jeanne Hollington: page 272
- The Jewish Museum of New York/Art Resource, NY: pages 22,
229
- Lauros/Giraudon/Private Collection/Bridgemen Art Library:
page 287
- Lisette Le Bon/SuperStock: page 202
- Danny Lehman/CORBIS: page 337
- Julian of Norwich © 1995 Robert Lentz/Bridge Building
Images/*www.BridgeBuilding.com*: page 46
- Erich Lessing/Art Resource, NY: pages 77, 214
- Araldo de Luca/CORBIS: page 321
- LWA-Dann Tardif/CORBIS: page 266
- Ben Mangor/SuperStock: cover
- Francis G. Mayer/CORBIS: page 230
- Musée des Beaux-Arts, Orleans, France/Giraudon/Bridgeman
Art Library: page 240
- Musée du Louvre, Paris/SuperStock: page 54
- Museo di San Marco dell'Angelico, Florence, Italy/Bridgeman
Art Library: pages 26, 288
- The Pierpont Morgan Library/Art Resource, NY: page 24
- Plaisted, Gene, The Crosiers: pages 80, 93, 96, 152, 188, 195
- Private Collection/Bridgeman Art Library: page 79
- Réunion des Musées Nationaux/Art Resource, NY: pages 84,
308, 366
- Reuters NewMedia Inc./CORBIS: page 260
- Photo by Br. Emile Rousset, printed by Limet, Paris: page 198
- Saint Mary's Press: page 9
- Santa Maria del Popolo, Rome, Italy/A.K.G.,
Berlin/SuperStock: page 316
- Chuck Savage/CORBIS: page 277
- Scala/Art Resource, NY: pages 86, 130, 174, 184, 237, 312,
328, 348, 356
- Courtesy of the Sisters of the Blessed Sacrament, Bensalem,
PA: page 176
- Sistine Chapel, Vatican/Canali Photobank Milan/SuperStock:
page 43

Courtesy of Smith College Museum of Art, Northampton,
MA. Gift of Mr. and Ms. Anthony L. Michel (Sarah
Prescott, class of 1930): page 58

Sonia Halliday Photographs: pages 28, 38, 72, 108, 120, 156,
163

Sonia Halliday Photographs and Laura Lushington: pages 66,
101, 142

SuperStock: pages 200, 208, 217, 248, 254

Prat Thierry/CORBIS SYGMA: page 346

W. P. Wittman Limited: pages 103, 118, 119, 136, 137, 148,
158, 169, 178, 180, 190, 305, 307, 334, 344