

CATHOLIC ORGANISATION FOR SOCIAL AND RELIGIOUS ADVANCEMENT (COSRA)

INITIATION MODULES FOR NEW MEMBERS



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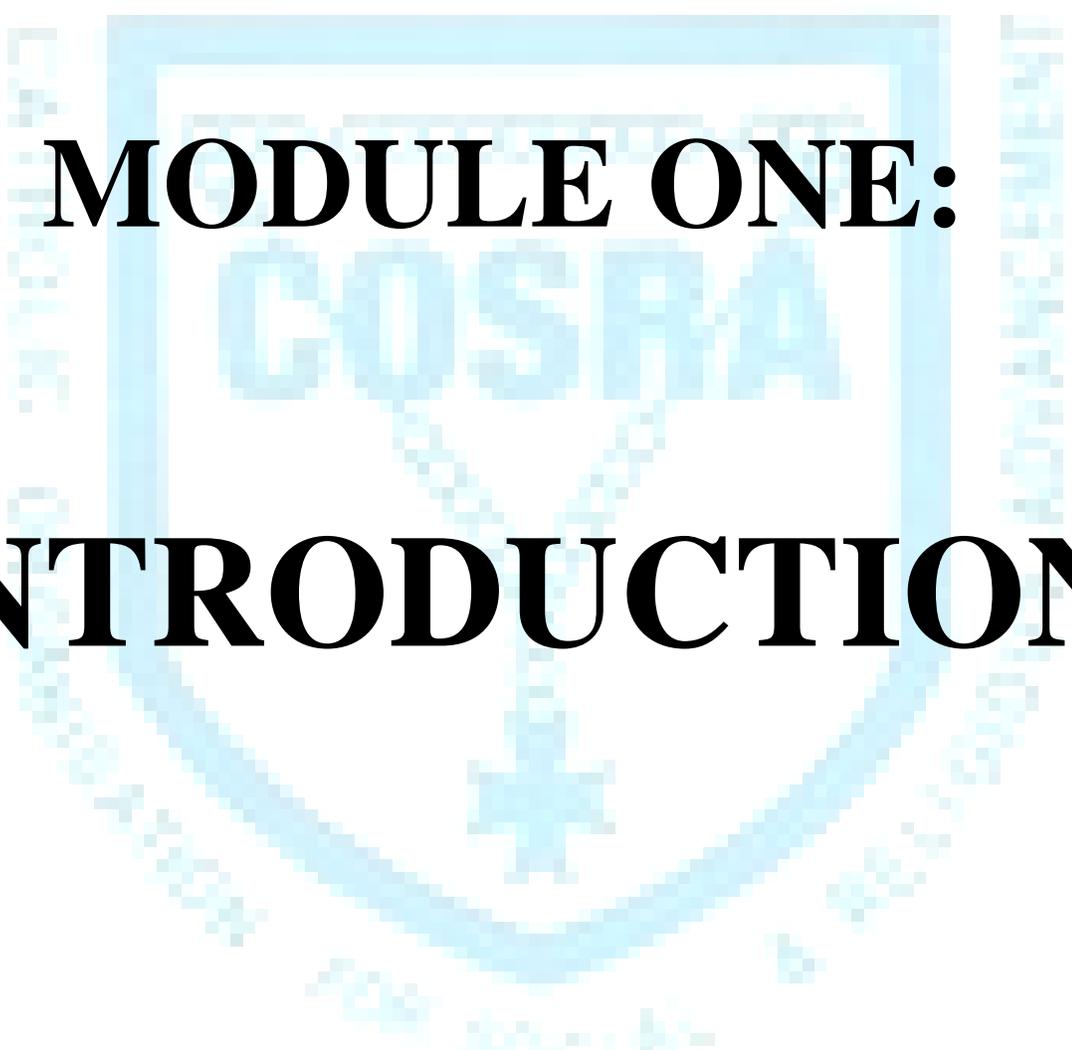
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A large, light blue watermark of the COSRA logo is centered on the page. The logo features a shield with a cross, a banner across the middle, and a circular border containing text. The text 'COSRA' is visible on the banner.

MODULE ONE: INTRODUCTION

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The Catholic Organization for Social and Religious Advancement, COSRA, has formally been in existence since 1970. It is one group which traces its roots of establishment to Ghana and therefore has a good appreciation of needs of the Ghanaian.

COSRA has the vehicle that educates, informs and transforms the passive Catholic youth into an active Catholic who does not neglect his or her primary objectives of living his or her life in Christ. The COSRA member is thus a shining light wherever he or she finds him/herself having been schooled adequately in the teaching of Christ as presented by the authority of the One, Holy, Catholic and Apostolic Church, while not shirking his or her social, civic, economic and political responsibilities.

The group fills a very important gap in the growth process of the church. The group appeals to all who cannot identify with existing youth groups and at the same time find adult groups somewhat intimidating. The group therefore has as members the unemployed, apprentices, drivers, civil servants, dressmakers, traders, fitting mechanics, caterers, secretaries, security men /women, teachers, electricians, blacksmiths, pharmacists, lawyers, administrators, accountants, businessmen, doctors, engineers, the religious etc all interacting at the same level and within the same frequency.

COSRA therefore combines the dynamism of youth and maturity of adulthood in its fold. Members are 18 years and above (no upper limit).

There is a pleasant openness in this organization which is ready to work in concert with like-minded organizations for the attainment of local, district, regional, national and universal peace stability in the spirit of sacrifice and mutual respect.

HISTORY

COSRA as an organization was formed in September 1969 at the Holy Spirit Cathedral, Accra and nurtured into formal existence as a recognized youth group in January, 31st 1970. The Virgin Mary is the patron saint of COSRA.

AIMS AND OBJECTIVES

As with all human institutions, the church is also associated with growth. With time, the old order much change yielding to the new. It is this growth, this periodic transformation or revolution in the church that COSRA identifies itself with and lends support to.

Each member is therefore encouraged to grow with the group. Being among the founding members or joining the group before someone else does should not give you any special privileges especially if you do not continually participating in all activities.

The aims and objectives of COSRA are in five fold:

- To bring the youth of the church together.
- To promote social and religious activities among members and in the church.
- To encourage the spirit of voluntary service to the church both among members and the youth of the church.
- To inculcate in members the habit of obedience, discipline, self respect and humility towards the attainment of true manhood.

- To stimulate and direct in every way possible members’ ambition along the Christian way of life.

MOTTO:

The motto of COSRA is: “Service to God and Man”

SLOGAN

The slogan of COSRA is: “Revolution!! Action in Christ!”

UNIFORM

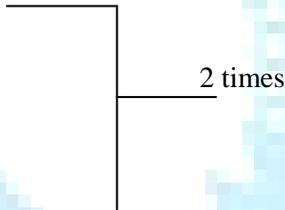
The colours of the uniform are light blue for the top and blue – black skirt of trousers. COSRA also uses white polo lacoste with COSRA crest in front and Blessed Virgin Mary’s likeness and “Service to God and Man” inscribed at the back. The crest is a rosary embossed on a “COSRA” background.

COSRA ANTHEM

Members of Great COSRA arise,
And bring together the youth of the church,
To partake in the parish work,
And to promote love and peace.

Members of Great COSRA arise,
To inculcate the act of obedience
And self respect in the Catholic youth.

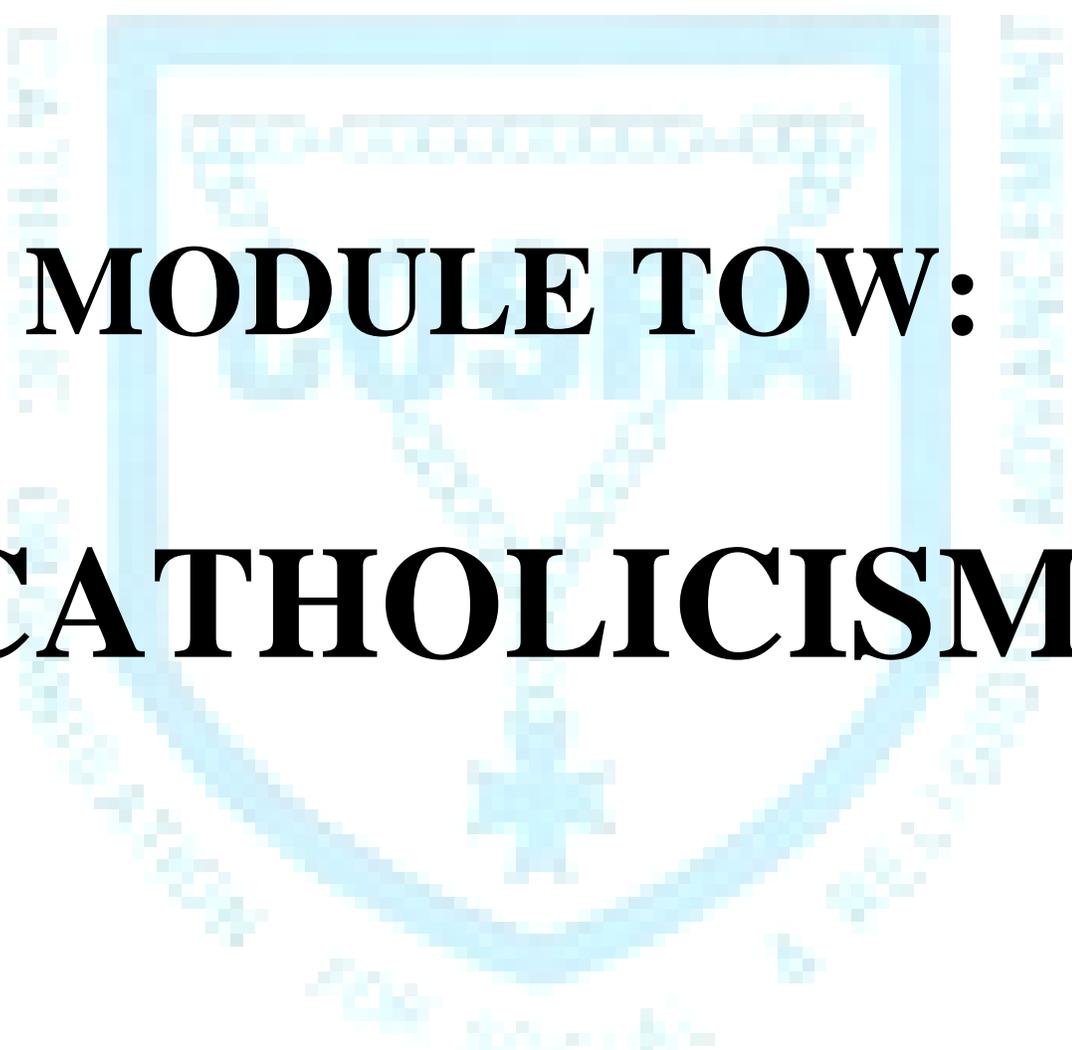
Service to God and Mankind
That is the motto of Great COSRA
REVOLUTION! ACTION IN CHRIST!
That is the slogan of Great COSRA
Service to God and Mankind
That is the motto of Great COSRA
Which is a guide in our daily work.



COSRA means Catholic Organization, for
Social and Religious Advancement

We direct the youth of the Catholic Church
Along the Christian way of life
We educate them to be good Catholics

JOIN COSRA NOW, for it serves all your needs
JOIN COSRA NOW, for it serves all your needs.



MODULE TWO: CATHOLICISM

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CATECHISM

Catechism is the term given to the church's effort to make disciples, to help men and women believe that Jesus is the son of God so that believing they might have life in his name. It is to educate and instruct them in this life, thus building up the body of Christ. It is from the word catechism that catechesis is derived. Catechesis basically means teaching. Catechesis is for the following purpose.

- Initially proclaiming the gospel to arouse faith
- Examination of the reasons for our belief
- Celebration of the sacraments
- Acceptance into the Christian community
- Missionary witness.

It is for the above purposes that catechism was instituted in the early church. However, the initial teaching of catechism in the early church did not really go down well with the people for life. This was because it was a question and answer type and its sole purpose was for receiving of the sacraments. Many therefore left the church later on because they did not understand their faith.

Today, the teaching of catechism has moved from this question and answer type and its sole aim is to make good Christians for life. It is for this reason that the target groups for catechism have been categorized into children, the young and adults and the introduction of the RICA (Right of Christian Initiation of Adults). This is to ensure that what one studies during catechism is able to renew and help one to understand the catholic doctrine, the faith, not just for the reception of the sacraments or for the purpose of self defense, but to make one a true and full Christian who would grow to know, love and serve God for the rest of his or her life. This is done through putting emphasis on how to pray, read the word of God, appreciate it and through it live a good and committed Christian life.

SACRAMENTS

There are seven (7) sacraments in the church, namely: Baptism, Confirmation, Holy Eucharist, Penance and Reconciliation, the Anointing of the Sick, Holy Orders and Matrimony.

The first three of the seven (Baptism, Eucharist, Confirmation) are called the sacraments of initiation. The next two (Penance and Reconciliation and the Anointing of the Sick) are called the sacraments of healing. The last two (Holy Orders and Matrimony) are the sacraments at the service of communion and the mission of the faithful.

A. SACRAMENTS OF INITIATION

A.1 BAPTISM

It is birth into the new life of Christ. In accordance with the Lord's will, it is necessary for salvation. It means to immerse in water, which symbolizes the catechumen's (one to be baptized) burial into Christ's death from which He rises up by resurrection with him as a new creation. It makes us members of the church. (Ref. 2 Corth. 5:17, Gal. 6:15 and Rom. 6:3)

Forms and gestures during baptism.

- The sign of the cross traced on the forehead of the catechumen marks or signifies the imprint of Christ and the grace of the redemption Christ won for us by his cross.
- The proclamation of the word of God enlightens the candidates and the assembly with revealed truth.
- Exorcisms are pronounced over the candidate. This is done through the use of oil of catechumens. This is done because baptism is to liberate us from the original sin and from the devil into Christ Jesus. The baptismal water is consecrated by calling on the power of the Holy Spirit. (Ref. John 3:5)
- The anointing with sacred chrism. In this way the newly baptized who has become a Christian is incorporated into Christ who is anointed priest, prophet, and king.
- The white garment symbolizes that the person baptizes has put on Christ. (Ref. 3:27).
- The candle light from the Easter candle signifies the Christ has enlightened the baptized.

All the above done with proper intention makes one a child of God and makes him or her ready for Holy Communion provided he or she has gotten to the stage of reasoning (presumably 9 years).

Infant Baptism

Born with fallen human status and tainted by original sin, children also have need of the new birth in baptism to be freed the power of darkness and brought into the realm of the freedom of the children of God to which all men are called.

Some analogies

Just as parents are concerned about immunizing their children, sending them to day care, giving them drugs in times of ill health without their consent, so parent could on behalf of their children. (Ref. Acts 2:28, 10:48, 16:31-33, Matt. 8:7-13)

A.2 THE HOLY EUCHARIST

The Eucharist is the heart and summit of the church's life. This sacrament is expressed in different ways or names:

- Eucharist; for it is an act of thanksgiving.
- The Lord's Supper because of its link with the last supper the Lord had with disciples before his passion.
- The breaking of bread because of its link with the Jewish feast where the master of the table blessed the bread and distributed.
- Holy Communion because it unites us to Christ.

Each person should desire to receive the Holy Communion at mass and to adore Christ in the Blessed Sacrament.

A.3 CONFIRMATION

The sacrament of confirmation is that which perfects baptismal grace. It is the sacrament which gives the Holy Spirit in order that we might be fully and firmly rooted in Christ and to strengthen our bond with the church. (Ref. 2 Corth. 2:15, 1:21-22, Eph. 1:13, 4:30).

Every baptized person not yet confirmed can and should receive this sacrament. The person should however be in a state of grace.

B. SACRAMENTS OF HEALING

B.1 PENANCE AND RECONCILIATION

This is one of the two sacraments of healing and has other names as follows:

- Conversion because it makes present Jesus' call to conversion, the first step in returning to the father. (Ref. Mk. 1:15; Luke. 15:18).
- Confession, since the disclosure of confession of sins to a priest is an essential element of this sacrament.
- Forgiveness, since by the priest's sacramental absolution God grants the penitent pardon and peace.
- Reconciliation because it brings us back to god and reconciles us to him.

The minister of this sacrament is the priest. (Ref. 2 Corth. 5:20; Matt. 18:18; 28:16-20; Jn. 20:22-23)

B.2 ANOINTING OF THE SICK

Through this anointing and the prayer of the priest, the whole church commends those who are ill to the suffering and glorified Lord, that he may raise them up and save them. (Ref. James 5:14-15; Mk. 6:13)

C. SACRAMENT OF THE SERVICE OF COMMUNION AND MISSION OF THE FAITHFUL

C.1 HOLY ORDERS

The ordination of bishops, priests and deacons is for the holy orders. A person does not confer on himself this sacrament but is by the grace of God. (Ref. Heb. 5:6; 7:11; Ps. 110:4).

It is called "order" because one is called into a body after election. The bishop is the extraordinary minister for holy orders. Through consecration, anointing and laying on of hands one receives the sacrament of Holy Orders. Only a baptized man validly receives sacred ordination to holy orders.

C.2 HOLY MATRIMONY

This sacrament is also called marriage. It signifies the union of Christ and the church. It gives the spouses the grace to love each other with the love with which Christ loved his church. Marriage bond has been established by God himself in such a way that marriage concluded and consummated between baptized persons can never be dissolved.

The ministers of this sacrament are the couple for they exchange the vows. The priest is only a witness.

In the life of every catholic, one can only receive 6 of the seven sacraments. This is because one cannot receive Matrimony and Holy Orders at the same time.

SACRAMENTAL

It must be noted that sacramental are not the same as sacraments. Sacramental are sacred signs which bear resemblance of the sacraments. They signify effects, particularly of a spiritual nature, which are obtained through the intercession of the church. Sacramental always include a prayer often accompanied by a specific sign, such as the laying on of hands, sign of the cross, holy water, rosary, sacred pictures, statues etc.



MODULE THREE:



GOOD LEADERSHIP & GOOD MEMBERSHIP

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LEADERSHIP

This can be defined as the process by which an individual influences the behavior of others without the use of force, threat or violence.

LEADER

A Leader is therefore one who can create an exciting and passionate vision of the future success and can tune others thinking and actions towards that shared vision and most importantly can manage his/her own behavior in line with the vision to be achieved.

WHO IS A SUCCESSFUL LEADER?

A successful leader has a majority of the following:

- One who is able to inspire a shared vision
- One who enables others to act
- One who challenges the status quo
- One who models the way
- One who encourages the heart of others
- One who has charisma.

Every leader should generally be concerned with three things:

- Achieving the task
- Building the team
- Developing the individual

A leader should be flexible in his/her approach to the task of leading. His/her style of leadership should be varied to suit the special situation or circumstance. In other words, those being led may require either a high or low direction, or high or low support depending on the circumstance.

A true leader has the following responsibilities:

- Set goals
- Plan actions in relation to agreed goals usually in conjunction with members of the group.
- Communicate and clarify goals and all relevant information.
- Maintain a constant two way dialogue with those being led.
- Provide and receive constructive feedbacks.
- Encourage groups and individuals to take on clearly defined roles and responsibilities in the group.
- Develop, coach and be a cheerleader.
- Reward and praise.
- Prevent negative conflicts.
- Manage conflict and resolve outstanding issues.
- Search incessantly for solutions and resources.
- Make it easy for others to take up his/her mantle.
- Delegate effectively.
- Evaluate performance and takes corrective actions.

True leaders always have a dream they are determined to carry out and more importantly they are people of action.

Remember the accomplishments do not come from those who dream great dreams, or even those who have the potential to carry them out. Results follow action – action that often inspires others to act.

It is advisable for a leader to concern him/her with achieving results through people. A leader must constantly answer the questions; “what must I do to lead the people for whom I am responsible”?

EFFECTIVE LISTENING

This is one of the most important characteristics of a good leader. The emphasis here is on **EFFECTIVE**.

Some of the properties of effective listening are:

- **Listening with Empathy:** Effective listeners try to put themselves in the other person’s place. This helps them see what motivates others to hold their views. Ask yourself whether you listen with empathy. Note that empathy does not mean that you necessarily agree with the other person, but only understand why the other person believes as he/she does. Empathy makes listeners more capable of better communication with others.
- **Listening with Patience:** Effective listeners allow others ample time to present their thoughts without interrupting or challenging them. Only by hearing others out, can they know how and what point they differ or agree.
- **Listening with the Correct Attitude:** Effective listeners know how to listen by mentally preparing them for the process. They do not over react to the situation. They pay close attention to the speakers’ message, and they do not perform distracting tasks while others speak. Effective listeners make an effort not to become argumentative or hostile to ideas they dislike.

So you see it’s quite easy to become an effective listener and this is good for your leadership quality?

EFFECTIVE TALKING

This is another important characteristic of good leaders. Everyone speaks, but not everyone speaks effectively. People are not born with the ability to speak effectively. This is encouraging because it means we all can learn to talk effectively. The simplest test to know when you are talking effectively is the willingness and ability of listeners to understand, accept and carry out what you say.

Below are some practical suggestions to improve your skill in talking on one-on-one basis or with a small group.

- Exactly what do you want to accomplish by communicating?
- How you will introduce the subject and what do you plan to say?
- Tailor your approach to your listener. Whom are you talking to? How does that person think and feel? Does the listener have preconceived attitude toward the subject? What is this person’s attitude towards you?
- Look at your listener. Get attention and hold it.
- Talk about one thing at a time, rather than jumping from one topic to another.
- When you come to a major point, say it more than once, using different words.
- Do not talk down to people. Never assume they do not know.
- Do not quibble over words and avoid expressions that attack.
- Pace yourself. When people ask questions, they may want to digest and think over what you have said. When a listener looks confused or is not following you, slow down, restate, or ask for reactions.
- Do not try to win argument. Argument usually ends up with each contestant more firmly convinced than ever that he/she is right.

GOOD MEMBERSHIP

How do you see yourself as a good group member?

To be a good group member, you have to once in a while evaluate your performance with the aim of changing for the better.

Below are some points upon which you can evaluate yourself: tick the appropriate answers and resolve to abide by the results.

COMMUNICATION SKILLS

	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Amount of talking in group			
Being brief and concise			
Drawing others out			
Listening alertly			
Thinking before I talk			
Keeping my remarks on the topic			

PROBLEM SOLVING SKILLS

	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Stating problems or goals			
Asking for ideas, opinions			
Giving ideas			
Evaluating ideas critically			
Summarizing discussion			
Clarifying issues			

MORALE BUILDING SKILLS

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	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Showing interest			
Helping people reach agreement			
Reducing tension			
Upholding rights of individuals in the face of group pressure			
Expressing appreciation			

ABILITY TO FACE AND ACCEPT EMOTIONAL SITUATION

	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Being able to face conflict, anger			
Being able to face closeness, affection			
Being able to face disappointment			
Being able to stand silence			
Being able to stand tension			

SOCIAL RELATIONSHIP

	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Competing top out-do others			
Acting dominant towards others			
Trusting others			
Being helpful			
Being protective			
Calling attention to one's			

self			
Being able to stand up for myself			

GENERAL ASSESSMENT

	DOING ALL RIGHT	NEED TO DO IT MORE	NEED TO DO IT LESS
Understanding why I do what I do (insight)			
Encourage comments on my own behavior (feedback)			
Accepting help willingly			
Making my mind up firmly			
Criticizing myself			
Waiting patiently			
Going by myself to read or think			

TIME MANAGEMENT

Although all people have different talents, skills and personalities, each has exactly the same amount of time. Time, unlike water, timber, and money, cannot be saved for emergencies or accumulated.

Time cannot be turned on or off, nor be replaced.

Yet in spite of its preciousness and vast potential, people waste nothing quite so thoughtlessly as time.

If we do not want to do something, we can find a thousand reasons for not doing it; it may be too far or too hot or too wet or too dry. But if we want something, nothing will stop us – obstacles are brushed aside as if they are nothing.

Time has to be managed properly

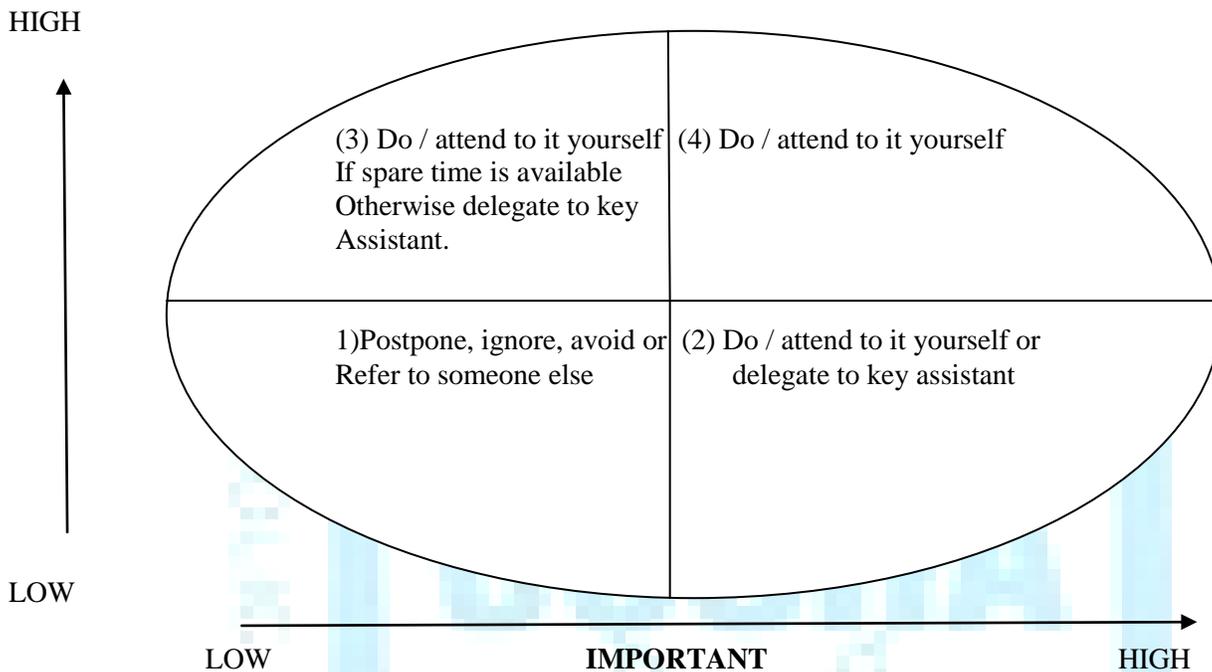
The first step in good time management means setting priorities. Doing this requires an awareness of the things that have to be done. Serious minded people prepare a list of things they must do and prioritize those items. They decide the items to do first and those that can wait. Next, they consider how to achieve them.

Setting priorities requires a balance between:

- Urgency
- Importance
- Relationship to other tasks

- Time required to finish
- Human relationships.

Setting priorities is the most important skill in time management. The grid below can help you learn this skill:



The grid shows how you can handle different types of tasks, assignments, meetings and commitments, depending on the relative urgency and importance.

1. Low urgency / Low importance: these can be postponed, ignored. Avoided completely, or referred to someone else.
2. Low urgency / High importance: these can be handled or delegated to a key assistant or staff member so that you can start solving more urgent problems.
3. High urgency / Low importance: you should probably handle these items if there is time available, otherwise you can delegate them to a key assistant or a key staff member.
4. High urgency / High importance: you should handle these matters yourself.

The most difficult quadrant or group of items to deal with are those in quadrant (2); the high importance/low urgency area. Most people do not assign tasks in this area a high priority and unfortunately, the not particularly urgent tasks of today because the crisis tomorrow. An example; you have to do marketing today to prepare food tomorrow, but because you have work that must be done, you do not do the marketing. The next day the markets are closed and there is hunger in the house!! So it is better that work on items in quadrant (2) as soon as possible, through delegation if necessary.

MODULE FOUR:

**PRAYERS TO
HOLY MARY,
OUR PATRON
SAINT.**



MODULE FOUR: PRAYERS TO HOLY MARY, OUR PATRON SAINT.

PRAYERS OF THE ROSARY

The sign of the cross – in the name of the father, and of the son, and of the Holy Spirit. Amen.

APOSTLES CREED

I believe in God the father Almighty, creator of heaven and earth; and in Jesus Christ, His only son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell, the third day He arose again from the dead, He ascended in heaven and sitteth at the right hand of God the father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the Forgiveness of sins; the Resurrection of the body and Life everlasting. Amen.

OUR FATHER

Our Father, w art in heaven; hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen. (Matthew 6:9).

HAIL MARY

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

GLORY BE TO THE FATHER

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be be, world without end. Amen.

THE ROSARY PRAYERS OF OUR LADY.

We believe in God..., Glory be to the father..., Our Father..., Hail Mary... (Three times)

The Joyful Mysteries – (Monday & Saturday)

- **THE ANNUNCIATION:** [And when the angel had come to her, he said, “Hail, full of grace, the Lord is with you. Blessed art thou among women” Luke 1:28]. Reflect on the Mystery while you saying these prayers.

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE VISITATION:** [And Elizabeth was filled with the Holy Spirit, and cried out with a loud voice, saying; “Blessed are thou among women and blessed is the fruit of your womb” Luke 1:41-42].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE NATIVITY:** [And she gave birth to her first child, a son. She wrapped him in a swaddling clothes and laid him in a manger, because there was no room for them in the village inn. Luke 2:7].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE PRESENTATION OF THE CHILD JESUS IN THE TEMPLE:** [And when the days of her purification fulfilled according to the Law of Moses, they took him up to Jerusalem to present him to the Lord. Luke 2:22-23]

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE FINDING OF JESUS IN THE TEMPLE:** [And it came to pass after three days, that they found him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. Luke 2:46]

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

The Sorrowful Mysteries – (Tuesday & Friday)

- **THE AGONY IN THE GARDEN:** [And his sweat became as drops of blood running down upon the ground. And rising from prayer he came to his disciples, and found them sleeping for sorrow. Luke 22:44-45]

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE SCOURGING AT THE PILAR:** [Pilate, then, took Jesus and had him scourged. John 19:1]

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE CROWNING WITH THORNS:** [And they stripped him and put on him a scarlet cloak, and plaiting a crown of thorns, they put it on his head, and a reed into his right hand. Matthew 27:28-29]

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE CARRYING OF THE CROSS:** [And bearing the cross for himself, he went forth to the place called the skull, in Hebrew, Golgotha. John 19:17].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE CRUCIFIXION:** [And Jesus cried out with loud voice and said, ‘Father, into your hands I commend my spirit’. And having said that, he expired. Luke 23:46].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

The Glorious Mysteries – (Wednesday & Sunday)

- **THE RESURRECTION:** [He has risen, he is not here. Behold the place where they laid him. Mark 16:6].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE ASCENSION:** [So then the Lord, after he had spoken to them, was taken up into heaven and sits at the right hand of God. Mark 16:19].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE DESCENT OF THE HOLY SPIRIT:** [And they were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak. Acts 2:4].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE ASSUMPTION:** [And a great sign appeared in heaven: a woman clothed with the sun and the moon was under her feet and upon her body a crown of twelve stars. Apocalypse (Rev.) 12:1].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE CROWNING OF OUR LADY IN HEAVEN:** [Thou art the glory of Jerusalem..the hour of our people..the hand of the Lord hath strengthened thee, and therefore thou shalt be blessed forever. Judith 15:10-11].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

The Mysteries of Light – (Thursday)

- **THE BAPTISM OF JESUS IN THE JORDAN:** [This is my beloved son, with whom I am well pleased Matthew 3:13,16-17].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **JESUS CHANGES WATER INTO WINE AT CANA:** [They had no wine..The headwaiter tasted the water that had become wine. Jesus did this beginning of his signs in Cana of Galilee and so revealed his glory and his disciples began to believe him. John 2:1, 9,11].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **JESUS PROCLAIMS THE KINGDOM OF GOD:** [This is the time of fulfillment. The Kingdom of God is at hand. Repent and believe in the gospel. Mark 1:14-15].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **THE TRANSFIGURATION OF JESUS:** [Then from the cloud came a voice that said, this is my chosen son, listen to him. Luke 9:1-2,3,5].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

- **JESUS INSTITUTES THE EUCHARIST:** [While they were eating, he took bread, said the blessing, broke it and gave it to them and said, take it, this is my body. Then he took a cup, gave it to them and they all drank from it. He said to them, this is my blood of covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the wine until the day when I drink it new in the Kingdom of God. Mark 14:22-25].

Our Father..., Hail Mary... (Ten times), Glory be to the Father....

PRAYERS TO MARY

- Lord Jesus Christ, our mediator with the father, who has been pleased to appoint the most blessed Virgin, thy mother to be our mother also and our mediatrix with thee, mercifully grant that whosoever comes to thee seeking thy favor may rejoice to receive all of them through her. Amen.
- We fly to your patronage, O Holy Mother of God; despise not our prayers in our necessities but ever deliver us from danger, O glorious and blessed Virgin.
- Mother of mercy, I place in the of your holy hands my going out, my coming in, my sleeping, my waking the sight of my eye, the touch of my hands, the speech from my lips, the hearing of my ears, so that in everything I may be pleasing to your own beloved son. Amen.

HAIL HOLY QUEEN

Hail Holy Queen, mother of mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs mourning and weeping in this vale of tears. Turn then most gracious Advocate your eyes of mercy toward us and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ.

MEMORARE

Remember, O most loving Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with confidence, I fly unto you O Virgin of Virgins, my mother. To you I come, before you I stand, sinful and sorrowful. O mother of the word incarnate, despise not my petition but in you mercy hear and answer me. Amen.

THE ANGELUS

The angel of the Lord declared unto Mary, and she conceived by the Holy Spirit.

Hail Mary.....

Behold the handmaid of the Lord. Be it done unto me according to your word.

Hail Mary.....

And the word was made flesh. And dwelt among us.

Hail Mary.....

Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray- pour forth we beseech you O Lord, your grace into our hearts, that we to whom the incarnation of Christ your son was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection through the same Christ our Lord. Amen.

CONFESSION

Prayer to the Holy Spirit

O Holy Spirit, come into my soul that I may discover the sins I ought to confess and grant me the grace to declare them fully and with a contrite heart.

Prayer before Confession

O most powerful mother of Jesus, through the sacred wounds inflicted upon the body of your divine son and through the sufferings which he endured for me, delivers me from all evil. Sin, alas has done many grievous injuries to my soul to my mind, my memory, my imagination, my will. Through the ministry of the priest, wash me in the blood of Jesus, so that I may be purer and more worthy of being united with your immaculate heart and that thus I may be more faithful in the service of your son. Amen.

Examination of Conscience

In relation to God;

Have I read books or papers contrary to the faith?
Have I said my morning and night prayers?
Did I say my penance?
Received a sacrament unworthily?
Taken a false oath or broken a lawful oath?
Did I use the Holy name in vain?
Have I missed Mass without sufficient reason or come late after the offertory?
Did I do unnecessary servile work on Sunday of Holidays of obligations?
Neglected my Easter duty?
Observed the fast and abstinence of the church?

In relation to Neighbor

Do I pay my lawful debts, steal or give away my employer's goods, neglect my work or appointed duty?
Do I pay a fair wage or impose unjust terms?
Have I charged exorbitant prices, bought stolen goods, retained goods found?
Injured another's property, my neighbor's good name?
Have I told lies or revealed another's secrets?
Have I judged others rashly and refused to forgive offences?
Have I endangered the lives of others by driving under the influence?

In relation to oneself

Have I given way to ill temper or revenge in anyway?
Did I see that my children got proper religious instruction, and attended Catholic schools?
Have I contested to impure action alone or with others or caused scandals?
Have I taken drink in excess?

CONFESSION OF SINS

It is better to say the Confiteor before going into the confessional.

The Confiteor

I confess to almighty God and to you my brothers and sisters, that I have sinned through my own faults, in my thoughts and in my words, in what I have done and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary, ever virgin, all the angels and saints and you, my brothers and sisters to pray for me to the Lord our God.

Begin your confession by asking for the priest's blessing:

Bless me, father, for I have sinned.

Make the sign of the cross while priest blesses you in these words:

“The Lord be in your heart, and your lips that you may rightly confess your sins. In the name of the father, and of the son, and of the Holy Spirit”. Amen.

Then you accuse yourself as follows:

Since my last confession.....ago, when I received absolution and said my penance, I accuse myself of

While the priest gives absolution, recite the Act of Contrition.

Act of Contrition

O my God, I am heartily sorry for having offended you and I detest my sins most sincerely because they are displeasing to you my God, whom I should have never ceased to adore and love. I now firmly purpose by the assistance of your grace never more to offend you and to avoid for the future to the utmost of my power all the dangerous occasions which might expose me to sin.

Say your penance and then make your thanksgiving.

Thanksgiving prayer after Confession

O almighty and most merciful God, who, according to the multitude of your tender mercies, has been pleased once more to receive me after so many times having gone astray from you and to admit me to this sacrament of forgiveness. I give you thanks with all the powers of my soul for this and all other mercies, grace, and blessings bestowed on me. Let nothing in life or death ever separates me from you. I renounce with my whole soul all the sins of my past life. I renew my promises made in baptism, and from this moment I give myself to your love and service. Grant that for time to come I may hate sin more than death itself and avoid all sinful occasions. This I resolve to do by the aid of your divine grace, without which I can do nothing.

Prayer after Confession.

O Holy Virgin Mary, my mother, my soul was committed to your care by Jesus; do then, I beseech you, obtain that I may receive from this holy sacrament all the fruit which with His will it should produce in my soul and O my blessed mother, obtain for me from your divine son, that perfect love which will keep me united to Him in time and in eternity. Amen.

