

The Ten Commandments

1. I am the Lord your God; you shall not have other strange gods before me.
2. You shall not take God's name in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

The Precepts of the Catholic Church

1. You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

St. Bernard's



St. Bernard, Pray for Us

Blessings from St. Bernard's Catholic Church

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The Mysteries of the Rosary

Joyful Mysteries

- 1.) The Annunciation of Mary.
- 2.) The Visitation of Mary.
- 3.) The Nativity of Our Lord.
- 4.) The Presentation of the Lord.
- 5.) The Finding in the Temple.

Luminous Mysteries

- 1.) The Baptism of the Lord.
- 2.) The Wedding Feast at Cana.
- 3.) The Preaching of the Kingdom of God.
- 4.) The Transfiguration of the Lord.
- 5.) The Institution of the Eucharist.

Sorrowful Mysteries

- 1.) The Agony in the Garden.
- 2.) The Scourging at the Pillar.
- 3.) The Crowning with Thorns.
- 4.) The Carrying of the Cross,
- 5.) The Crucifixion.

Glorious Mysteries

- 1.) The Resurrection of Our Lord.
- 2.) The Ascension of Our Lord.
- 3.) The Descent of the Holy Spirit.
- 4.) The Assumption of the Blessed Virgin.
- 5.) The Coronation of the Blessed Virgin.

The Angelus

The Angel of the Lord declared unto Mary, and she conceived of 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 as we have known the incarnation of Christ, your Son by the message of an angel, so by His passion and cross we may be brought to the glory of His Resurrection. Through the same Christ, our Lord. Amen



The Seven Sacraments

Baptism - Eucharist - Confirmation -
Penance - Holy Orders - Matrimony -
Anointing of the Sick

Corporal Works of Mercy

Feed the hungry. Give drink to the thirsty.
Clothe the naked. Visit the imprisoned.
Shelter the homeless. Visit the sick. Bury
the dead.

Spiritual Works of Mercy

Convert the sinner. Instruct the ignorant.
Counsel the doubtful. Comfort the sorrow-
ful. Bear wrongs patiently. Forgive all inju-
ries. Pray for the living & the dead.

The Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen



Morning Prayer

O Jesus, through the Immaculate Heart of
Mary, I offer you my prayers, works, joys,
and sufferings of this day in union with the
Holy Sacrifice of the Mass throughout the
world. Amen.

The Memorare

Remember, O most gracious Virgin Mary
that never was it known that any one who
fled to thy protections, implored thy help, or
sought thy intercession was left unaided.
Inspired with this confidence I fly unto thee,
O Virgin of Virgins, my Mother, to thee I
come, before thee I stand sinful and sorrow-
ful. O Mother of the Word Incarnate! Despise
not my petitions, but, in thy mercy, hear and
answer me. Amen.

Guardian Angel

Angel of God, my guardian dear, to whom
God's love entrusts me here. Ever this day
be at my side to light, to guard, to rule and
guide. Amen.

Prayer Before Meals

Bless us, O Lord, and these your gifts,
which we are about to receive from your
bounty, through Christ, our Lord. Amen

Our Father

Our Father, who 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 tres-
passes as we forgive those who trespass
against us. And lead us not into temptation,
but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with
thee. Blessed are you among women, and
blessed is 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, a world without end.
Amen.

Act of Contrition

My God, I am sorry for all my sins with all
my heart. In choosing to do wrong and failing
to do good, I have sinned against you whom I
should love above all things. With your help,
I will do penance, sin no more, and to avoid
those things which lead me to sin. Jesus
Christ suffered and died for us. In his name,
dear Father, forgive me. Amen.

The Apostles Creed

I believe in God, the Father almighty, creator
of heaven and earth. I believe in Jesus Christ,
his only Son, our Lord. He was conceived by
the power of the Holy Spirit and born of the
Virgin Mary. He suffered under Pontius Pi-
late, was crucified, died, and was buried. He
descended to the dead. On the third day he
rose again. He ascended into Heaven, and is
seated at the right hand of the Father. He will
come again to judge the living and the dead,
and his Kingdom will have no end. I believe
in the Holy Spirit, the Holy Catholic Church,
the communion of saints, the forgiveness of
sins, the resurrection of the body, and the life
everlasting. Amen.

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of your
faithful and kindle in them the fire of your
love. Send forth your spirit, O Lord, and re-
new the face of the Earth. Amen.

Gifts of the Spirit

Wisdom, Understanding, Counsel,
Strength, Knowledge, Piety,
& Fear of the Lord

Fruits of the Spirit

Love, Joy, Peace, Patience, Kindness,
Generosity, Gentleness, Faithfulness
& Self-Control