



The 7 Sacraments

Baptism
Confirmation
Eucharist
Reconciliation (Penance, Confession)
Matrimony
Holy Orders
Anointing of the Sick (Extreme Unction)

The 3 Eminent Good Works

Prayer
Fasting
Almsgiving

The 7 Gifts of the Holy Spirit

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

The 12 Fruits of the Holy Spirit

Charity
Joy
Peace
Patience
Benignity
Goodness
Longanimity
Mildness
Faith
Modesty
Continency
Chastity

The 3 Theological Virtues

Faith
Hope
Love

The 4 Cardinal Virtues

Prudence
Justice
Fortitude
Temperance

The 7 Capital Sins & Contrary Virtues

Pride-unrestrained appreciation of our own worth-**Humility**
Greed-immoderate desire for earthly goods-**Liberality**
Lust-hankering for impure pleasures-**Chastity**
Anger-inordinate desire for revenge-**Meekness**
Gluttony-unrestrained use of food and drink-**Temperance**
Envy-sorrow over another's good fortune-**Brotherly Love**
Sloth-Laxity in keeping the Faith and the practice of virtue-**Diligence**

The 6 Precepts of the Church (The Duties of a Catholic)

- To go to Mass and refrain from servile work on Sundays and holy days
- To go to Confession at least once a year (traditionally done during Lent)
- To receive the Eucharist at least once a year, during the Easter Season (known as the "Easter Duty")
- To observe the days of fasting and abstinence
- To help to provide for the needs of the Church according to one's abilities and station in life
- To obey the marriage laws of the Church

The 6 Holy Days of Obligation

The Solemnity of Mary, Mother of God (1/1)
The Ascension (Thurs. of 6th wk of Easter)
The Solemnity of the Assumption of the Blessed Virgin Mary (8/15)
The Solemnity of All Saints (11/1)
The Solemnity of the Immaculate Conception (12/8)
The Solemnity of the Nativity of Our Lord, Jesus Christ (12/25)