

This declaration of Faith can be signed by those who work as Catechists, who are obliged to teach the Catholic Faith in its integrity and without equivocation. It may also be signed by Catechumens who apply for reception into the Church.

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I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages, God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, Catholic and apostolic Church.

The Church's sacramental system centres on the Holy Eucharist, since the Holy Eucharist brings us
[a] the **Real Presence**; the very Person of Jesus Christ (Jn.6:52-69);
[b] the re-presentation on the altar of Christ's **Self-sacrificing death on the cross** (1 Cor.11v26), and
[c] the **Banquet of heaven**, which we then participate while on earth by receiving Holy Communion (Rev.19v9).
Since the Holy Eucharist is God, all the other Sacraments draw their power from the Eucharist, and all the good things we enjoy flow to us from the Eucharist.

The **Crusades** (the recapture of Christian lands) went astray in the Children's Crusade, the sack of Constantinople and individual atrocities; the **Inquisition** arose to curtail the **excesses of the civil Inquisition** in Spain, and worked by imposing penances and imprisonment rather than torture. **Immorality of Popes and abuses by the clergy** are failures of individuals and do not equate with the Church itself (just as the acts of Dr Shipman/Nurse Allit do not equate with the NHS itself).

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

I believe there is and can be only one origin of the Universe; a living, creating origin from whom all life springs, that this **living origin** is a person; the **mind behind the Mathematical constants** that underpin the universe; a Person who, for want of a better word, Catholics simply call 'God'. [Catholics are **pro-life because** God is life; because humanity is made in His image and are called to share His eternal life. Catholics are **pro-science because** God is the mathematical mind behind the universe, and science reveals truths about the universe He created.]

I believe God has revealed/named Himself 'He Who Is': "I am Who am" ('Y-hw-h'). This **God is one Divine Being in three Persons, each of whom is equally and fully God**, and though God is beyond gender as we know it, He has revealed Himself as God the Father, God the Son, and God the Holy Spirit. These are not three Gods, but one God in three Persons; not one God with three ways of being -such as a man who is husband, father and employer- rather, God is one single **Essence** distinct in His **Personhood**.

The Second Person (God the Son) came to earth as Jesus Christ, taking human nature from the womb of the Blessed Virgin Mary. He is thus **one Person (Yahw-h)** with **two natures** (the nature of God and the nature of man.).He came to earth as Christ because mankind, tempted by the **person of the devil** -the first and foremost of the fallen angels- **turned away from God who is life, happiness and peace, gaining only the opposites: sorrow suffering and death**. These now invade our world and distress our lives. **Christ -who claimed to be the Lord God of Life and proved it by rising from the dead- paid this price of our sin too, but in infinite proportion as God. By suffering and dying with us, then rising again to destroy death and restore eternal life, He gives a share in His eternal to all who will follow Him**. The **historical reality of Jesus Christ** is attested to not only by inserting the name of the governing official, Pontius Pilate, into the Creed, but by the writers of the New Testament and the Jewish and Roman historians of the time.

The **Holy Spirit** is the third Person in Y-hw-h. He came down at **Pentecost** and filled the Church with the power to enable it to act and live in God. It is His Presence in our soul which we call '**sanctifying**' (**saving**) **grace**. I believe the **Bible** is the word of God, written by the hand of men who were inspired by the Holy Ghost to commit much of the Tradition to paper, though they retained their personal style and emphasis as true human authors.

I believe the Catholic Church was **built by Christ our God upon Peter** as key-holder to heaven and the supreme authority on earth; that the other Apostles worked with but under Peter's authority, and that **as the authority of Peter has been passed to the Pope, so the authority of the Apostles has passed to the Bishops** and in measure, to the priests. I believe that because the Apostles were sent -guided by the Holy Spirit and empowered by Him to teach all nations in Christ's name- that **the Church, in order to protect the Truth God has delivered to her, is by God's power infallible in those Dogmatic and moral pronouncements she declares to be binding by her Extraordinary Magisterium, or has constantly taught in her Ordinary Magisterium**.

I believe that, as *detrimental to human happiness and fulfilment, any oppression by denial of suitable shelter, education, work, wages, health care etc, also theft, deceit and violence, are sinful*. I further believe that **acts of contraception, abortion, I.V.F., euthanasia, embryonic experimentation, civil re-marriage after divorce and homosexual acts are intrinsically opposed to the dignity of human life, and thus to God's sovereignty as life's sole source & authority; that these acts are contrary to the stability of society, and gravely jeopardise the salvation of one's soul**.

I believe that the Church's sacraments: Baptism (Jn.3v5; Rom.6v1-4) Confirmation (Acts 19v1-7; 8v14-17) Holy Eucharist (Jn 6v53-63), Confession Jn.20v21-23), Marriage (Mk.10v1-12; Eph. 5v21-33); Ordination (Lk.22v19; 1 Pet.5v1-4) and Anointing of the sick (Mk. 6v12-13; Jas.5v14-15) are Christ's mandated ways of providing us with the grace necessary to live well and enter into salvation. I believe the Church herself is **One and Catholic (universal)** because she has taught **One** doctrine in **all** places at **all** times; **Holy** because her animating life is the Holy Spirit (though her members can be sinful as individuals, **as history shows**); and **Apostolic**, because her authority comes to her by direct and unbroken succession of pastors back to the Apostles and Christ.

I believe that **any & all sins genuinely repented are forgiven** in Baptism, Confession, and Anointing of the Sick, and that on the last day **we shall all rise again** in the same -yet glorified- mortal body we had on earth, so as to live for all eternity in heaven or hell. **The forgiveness of sin and eternal life with God through Christ, is the very essence of the Gospel and the core of the Catholic Faith**.

I believe and profess all the above as the foundational outline of the Holy Catholic Faith and I intend, to the best of my ability, to live according to that teaching by the help of prayer, reception of the sacraments and charity to others, that I may attain eternal life and bring souls with me by my faith and joy in Christ.

SignedCatechist/Potential Convert (delete as applicable) Dated.....

Core, but brief, Elucidations

There is and can only be one origin of the Universe, because nothing can have two beginnings (e.g., even though there is a fusion of sperm and ovum a child begins at one moment: fertilisation). The origin/beginning of the universe must be **a living origin** since the universe it created contains life. Further, this living origin must possess **personhood** because it has put personhood into man. Finally, the Origin must be a thinking **mind**, since it is the source of the Mathematical constants that underpin the universe. It is for want of a better word that Catholics call the Living, Thinking Origin of the universe 'God'. Jesus Christ claimed to be God, the Lord and origin of life, and **proved it by rising from the dead**. Thus our trust in Christ is absolute.

We believe that **Christ founded the Catholic Church upon Peter** as key-holder to heaven and supreme authority on earth; that the other Apostles worked with yet under Peter's authority, and that **as the authority of Peter has been passed to the Pope, so the authority of the Apostles has passed to the Bishops** and in measure, to the presbyters who share in the Bishop's ministerial priesthood.

- *Peter was originally named Simon, but given the name 'Peter' (Petros in Greek, kephas in Aramaic) or 'Rock' because it is upon him that Christ focuses the unity of His Church: Peter (Rock) will strengthen the faith of the brethren (Lk.22v31-34) and hold the keys to heaven (Matt.16v18). These are offices not conferred on any other Apostle, but since the Apostolic offices are to continue till the end of the world (Matt.29v18-20), the office of Peter too continues to the end of the world. The Pope is thus the principle of Catholic unity. Private interpretation of Doctrine and Scripture is innately divisive, making each person their own 'pope'.*

I believe that because the Apostles were sent and guided by the Holy Spirit, and empowered by Him to teach all nations in Christ's name. As such, **the Catholic Church is, in order to protect the Truth God has delivered to her, infallible in those Dogmatic and moral pronouncements she has declared to be binding by her Extraordinary Magisterium (or constantly taught in her Ordinary Magisterium).**

We believe that as the enemy of the devil (Gen.3v15 ;Rev.12v6) and as mother of the Incarnate God (Lk.1v43), Our Lady has a unique place in salvation history, for which reason she was conceived full of grace (Lk.1v28). As our Mother (Jn.19v26-27), she functions as our intercessor with her Son (Jn.2v2-5). We believe too that the saints are a great crowd of witnesses (Heb.11v22-12v2) who intercede for us. We can honour them but not worship them (1.Cor.12v25-27; Rev.22v9).

We believe that **denial of human rights** (such as freedom of religion and of conscience; basic shelter, education, work, wages, health care etc) **also attacks upon a person by violence, or on their property** (by theft) **as well as a willing abuse of substances**, are all sinful and constitute a grave danger to the eternal salvation of the perpetrator.

- *Mankind images God in that human beings can know (reason) and act freely (by free will and not simply by animal instinct). As such, men must be accorded all that is fitting with their dignity as images of God: oppression of one's neighbour (by denial of freedom or basic necessities, as well by violence or theft of property) is sinful: what we do to others, we do to Christ (Matt.25v40).*

We further believe that human life is a **reflection of the life of God** and **has a call to participate in the life of God**. Consequently, **sexual acts which preclude the transmission of life** (such as contraception and homosexual acts) are wrong. **Abortion, I.V.F., euthanasia and embryonic experimentation are also wrong** because they wilfully take human life, which is contrary to the sovereignty of God and to the dignity of man. Finally, **civil re-marriage after divorce is wrong** because it is intrinsically opposed the stability of society. Engaging in any of the above, being acts contrary to the nature of God as Lord of life, gravely jeopardises the salvation of one's soul.

- *Treating human life as a commodity by saying I will only have this many children (i.e, the use of contraception); or 'I will have a boy with dark hair and green eyes please' (embryonic manipulation) and 'I will have a child' (use of IVF, which assumes we have a right to a child when in fact we cannot have a right to a person) are all a usurping of the role of God as Author and Lord of Life, and therefore a breaking of the very first Commandment: 'you shall have no gods before Me'.*

We believe that **the Church's sacramental system** provides us with the grace necessary to live well and enter into salvation.

- *The fact that we have an immortal soul from the first moment of our existence in our mother's womb does not mean that our eternity will necessarily be in heaven. We will certainly live forever, but there are two destinations in eternity: heaven and hell, and we must choose to live the life of heaven in our brief time earth in order to inherit heaven in eternity. We choose the life of heaven by uniting ourselves to God in faith; by hearing His call in the Scriptures and responding to Him by the reception of the Sacraments (by which He imparts to us a share in His own life –called 'grace') and by living a life of assistance to others.*

Baptism unites us to God and makes us new creatures in Him (Jn.3v5; Rom.6v1-4)

Confirmation follows Baptism (Acts 19v3-6; 8v14-17) to fill us with the Spirit of Pentecost and commission us 'Soldiers of the Faith'

Holy Eucharist: The Sacrifice of the Mass is the unrepeatable (Heb.10v10-14) Sacrifice of Calvary which Christ eternally pleads in Heaven (Heb.7v20-27) with His own Blood (Heb.9v12, 25-28); the very Sacrifice of Calvary made present on our altars (1.Cor.11v23-30) by the Risen Lord, who stands (risen) in Heaven as the Lamb slain in sacrifice (Rev.5v6). The Blessed Sacrament is the real flesh and blood of Christ (Jn.6v51-58); His very Person (Jn.6v57; 6v63). As such it is the source, goal and very centre of the Christian life.



Marriage is a symbol of Christ's indissoluble, stable union with the Church as His Bride (Eph. 5v21-33; Rev.19v9 & 21v2) and as such is itself indissoluble and geared towards stability (Mk.10v1-12).

Holy Orders is the setting apart of men to be shepherds in the name and person of Christ (1 Pet.5v1-4); it is a call from God (Jn.15v16) validated by the Church (Tit.1v5-9).

Confession is the means by which the grace of forgiveness won for us on Calvary (as made present in the Mass) is made available to us. Mass and Confession therefore go together, like two sides of one coin: Confession applies to us the grace of forgiveness that we may be worthy to celebrate the act by which that forgiveness is won: Calvary.

Anointing of the Sick –continues Christ's ministry of healing bodies (Mark 6v7-12) and forgiving of souls (Mk.2v1-12; Jas.5v14-16). The healing of the soul by forgiveness of sins before entrance into eternity is vital, so as death becomes immanent the Anointing of the Sick functions as the Extreme Unction.

Prayers every Catholic should know

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 trespasses, as we forgive those who trespass against us,
and lead us not into temptation, but deliver us from evil.

Hail Mary, Full of Grace, The Lord is with thee.

Blessed art thou among women, and blessed is the fruit
of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.

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, world without end. Amen.

I believe in one God, the Father almighty, maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
Through him all things were made.

For us men and for our salvation He came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the life of the world to come.
Amen.

Morning Offering for the start of the day

O Jesus, through the Immaculate Heart of Mary,

I offer You my thoughts, words, actions, joys and sufferings, trials and anxieties, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass; in reparation for my sins; for your glory and for the good of souls, living and dead, especially those for whom I have promised to pray and am bound to pray in charity.

Guardian Angel Prayer

O Angel of God, my guardian dear, To whom God's love commits me here,
Ever this day/night be at my side, To light and guard, to rule and guide.

Act of Contrition for the end of the Day after an Examination of Conscience

Lord, be merciful to me, a sinner, and I will go and sin no more. Amen

Or

O my god, I am very sorry that I have sinned against Thee, because by my sins I have
offended Thine infinite goodness and lost the glory of heaven.

I firmly resolve. by the help of Thy grace, never to offend Thee again, and to amend my life. Amen

A General Intercession

O Lord, bless Your chosen Pope, Your Church & Your Missions; bless too Your people of our parishes and our schools:
grant us unity through charity and truth, and Governments seeking Your justice & peace.

Unite families in cooperation and love; heal those that are wounded, guide the young in courage and truth; and affirm all who are faithful.

Convert unbelievers to Your Sacred Heart, and call back home all who have lapsed.

Give comfort and healing to the sick;

protection to unborn children and the seriously ill;

peace and strength to those who are in sorrow; comfort to those who are bereaved,
and eternal rest to those who have died: may they be with You today in paradise.

We ask this in and through our Lord Jesus Christ, Your Only Son. Amen.