

## Nicene Creed

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.



*The Holy Trinity,  
stained glass.*

## 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;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God  
the Father almighty;  
from there he will 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.

## Celebrating the Mass

### The Introductory Rites

The Entrance  
Greeting of the Altar and  
of the People Gathered  
The Penitential Act  
The Gloria  
The Collect

### The Liturgy of the Word

The First Reading from  
the Bible (Usually from  
the Old Testament)  
The Responsorial Psalm  
The Second Reading from  
the Bible (Usually from  
New Testament Letters)  
Acclamation  
The Gospel  
The Homily  
The Profession of Faith  
The Prayer of the Faithful



### The Liturgy of the Eucharist

The Preparation of the Gifts  
The Prayer over the Offerings  
The Eucharistic Prayer  
The Communion Rite  
The Lord's Prayer  
The Rite of Peace  
The Fraction, or the  
Breaking of Bread  
Communion  
The Prayer After Communion

### The Concluding Rites

Greeting  
Blessing  
Dismissal of the People

## Celebrating Reconciliation

### Individual Rite of Reconciliation

Greeting  
Scripture Reading  
Confession of Sins  
Act of Contrition  
Absolution  
Closing Prayer

### Communal Rite of Reconciliation

Greeting  
Scripture Reading  
Homily  
Examination of Conscience with Litany of  
Contrition and the Lord's Prayer  
Individual Confession and Absolution  
Closing Prayer

### Act of Contrition

My God,  
I am sorry for 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.  
I firmly intend, with your help,  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.