

# Catholicism FOR **DUMMIES®**

## Learn to:

- Explore the foundations of the Catholic faith
- Make sense of the sacraments and symbols
- Understand issues modern Catholics face

**Rev. John Trigilio, Jr., PhD, ThD**

**Rev. Kenneth Brighenti, PhD**

Authors of *Saints For Dummies*  
and *Catholic Mass For Dummies*



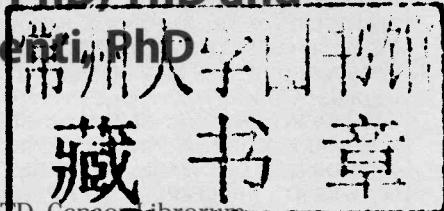
# *Catholicism*

FOR

# DUMMIES®

2ND EDITION

by Rev. John Trigilio, Jr., PhD, ThD and  
Rev. Kenneth Brighenti, PhD



Nihil Obstat: Rev. Msgr. James Cafone, STD, Consec. Liboraria  
Imprimatur: Most Rev. John J. Myers, DD, JCD, Archbishop of Newark  
August 30, 2011 — Newark, New Jersey

*The Nihil Obstat and Imprimatur are official declarations that a book or pamphlet is free of doctrinal or moral error. No implication is contained therein that those who granted the Nihil Obstat and the Imprimatur agree with the contents, opinions, or statements expressed.*



WILEY

John Wiley & Sons, Inc.

## Catholicism For Dummies®, 2nd Edition

Published by

**John Wiley & Sons, Inc.**  
111 River St.  
Hoboken, NJ 07030-5774  
[www.wiley.com](http://www.wiley.com)

Copyright © 2012 by John Wiley & Sons, Inc., Hoboken, New Jersey

The Catholic Edition of the Revised Standard Version of the Bible, copyright 1965, 1966 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Excerpts from the English translation of the Catechism of the Catholic Church for use in the United States of America Copyright 1964, United States Catholic Conference, Inc. – Libreria Editrice Vaticana. Used with Permission.

Published by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

**Trademarks:** Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

**LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY:** THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR EVERY SITUATION. THIS WORK IS SOLD WITH THE UNDERSTANDING THAT THE PUBLISHER IS NOT ENGAGED IN RENDERING LEGAL, ACCOUNTING, OR OTHER PROFESSIONAL SERVICES. IF PROFESSIONAL ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL PERSON SHOULD BE SOUGHT. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley publishes in a variety of print and electronic formats and by print-on-demand. Some material included with standard print versions of this book may not be included in e-books or in print-on-demand. If this book refers to media such as a CD or DVD that is not included in the version you purchased, you may download this material at <http://booksupport.wiley.com>. For more information about Wiley products, visit [www.wiley.com](http://www.wiley.com).

Library of Congress Control Number: 2011939647

ISBN 978-1-118-07778-8 (pbk); ISBN 978-1-118-17042-7 (ebk); ISBN 978-1-118-17043-4 (ebk);  
ISBN 978-1-118-17044-1 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3



## About the Authors

**Rev. John Trigilio, Jr., PhD, ThD**, serves as pastor of Our Lady of Good Counsel (Marysville, Pennsylvania) and St. Bernadette (Duncannon, Pennsylvania). He is President of the Confraternity of Catholic Clergy. Father Trigilio co-hosts with Fr. Brighenti several weekly programs on the Eternal Word Television Network (EWTN): *Web of Faith*, *Council of Faith*, *Crash Course in Catholicism*, *Crash Course on Pope John Paul II*, and *Crash Course on the Saints*. He is a member of the Fellowship of Catholic Scholars and was ordained a priest for the Diocese of Harrisburg (Pennsylvania) in 1988. Father Trigilio can also be found on *Catholic Answers Radio*. He preaches retreats, gives parish missions, and speaks at Catholic conferences across the U.S. and Canada. His personal website is [www.trigilio.com](http://www.trigilio.com).

**Rev. Kenneth Brighenti, PhD**, is Vice Rector for Pastoral Formation and Assistant Professor at Mount St. Mary Seminary and University (Emmitsburg, Maryland). He is a member of the Board of Directors for the Confraternity of Catholic Clergy. Father Brighenti also served as a U.S. Naval Reserve Chaplain for ten years and in 1988 was ordained a priest for the Diocese of Metuchen (New Jersey), where he served as pastor of St. Ann's Parish (Raritan, New Jersey) for more than eight years. Fr. Brighenti has coauthored the following books with Fr. Trigilio: *Women in the Bible For Dummies*, *John Paul II For Dummies*, *Saints For Dummies*, *Catholic Mass For Dummies*, *Everything Bible*, and *Catholic Answer Book: 300 of the Most Frequently Asked Questions*.

# Dedication

This book is dedicated to Our Lady, Queen of the Clergy, and Saint Joseph, Patron of the Universal Church.

To Blessed Pope John Paul II, of happy memory, who inspired us to work on this project by his life and pontificate.

To His Holiness Pope Benedict XVI, the Bishop of Rome, Vicar of Christ, Supreme Head of the Catholic Church, and the Servant of the Servants of God.

To His Eminence, Raymond Cardinal Burke, Prefect of the Apostolic Signatura; Most Rev. Kevin Rhoades, Bishop of Fort Wayne-South Bend, Indiana; Most Rev. David O'Connell, CM, Bishop of Trenton, New Jersey; Rev. Msgr. Roger Roensch, Director of the Bishops' Office for U.S. Visitors to the Vatican; and Rev. Msgr. Walter Rossi, Rector of the Basilica of the National Shrine of the Immaculate Conception, Washington, DC.

And to Reverend Mother Angelica, PCPA, founder of EWTN, who despite her many sufferings (both physical and by persecution) has never stopped loving, hoping, and serving the Lord Jesus in His Holy Catholic Church by spreading the Word and teaching and defending the faith through electronic modern media and telecommunications.

We also dedicate this book to our loving parents, who gave us life and love and shared their Catholic faith:

Percy and Norma Brightenti

John and Elizabeth Trigilio

Finally, in loving memory of the following faithful departed:

John Trigilio, Sr. (1927–1998), father

Joseph P. Trigilio (1964–1997), brother

Michael S. Trigilio (1966–1992), brother

Mary Jo Trigilio (1960), sister

Rev. Fr. Stefan Katarzynski, cousin

## *Authors' Acknowledgments*

Father Brightenti and Father Trigilio are indebted to the following for their assistance, encouragement, opinions, guidance, advice, and input throughout this project:

Rev. Msgr. James Cafone (Seton Hall University); Rev. Msgr. Steven P. Rohlfs, S.T.D. (Rector, Mt. St. Mary Seminary); Rev. Fr. Robert J. Levis, PhD; Rev. Fred Miller; Rev. Fr. Thomas Nicastro, Jr.; Rev. Fr. Dennis G. Dalessandro; Louis and Sandy Falconeri & family; Doctors Keith and Christina Burkhardt & family; Thomas & Bridgette McKenna; Michael Drake; Dr. Elizabeth Frauenhoffer; and a special note of thanks and gratitude to the parishioners at Our Lady of Good Counsel (Marysville, Pennsylvania) and Saint Bernadette (Duncannon, Pennsylvania), and the faculty, staff, and students of Mt. Saint Mary Seminary (Emmitsburg, Maryland), and the priests and deacons of the Confraternity of Catholic Clergy.

We are also grateful to the Poor Clare Nuns of Perpetual Adoration (Hanceville, Alabama), the Religious Teachers Filippini (New Jersey), the Discalced Carmelite Nuns (Erie, Pennsylvania), and the Dominican Nuns of the Perpetual Rosary (Lancaster, Pennsylvania) for their prayers and support throughout our seminary formation and sacred priesthood.

## Publisher's Acknowledgments

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

Some of the people who helped bring this book to market include the following:

### ***Acquisitions, Editorial, and Vertical Websites***

**Project Editor:** Heike Baird

*(Previous Edition: Tim Gallan)*

**Acquisitions Editor:** Tracy Boggier

**Copy Editor:** Christine Pingleton

*(Previous Edition: Esmeralda St. Clair)*

**Assistant Editor:** David Lutton

**Editorial Program Coordinator:** Joe Niesen

**Technical Editor:** Rev. Eric Augenstein

**Senior Editorial Manager:** Jennifer Ehrlich

**Editorial Assistants:** Rachelle S. Amick,  
Alexa Koschier

**Art Coordinator:** Alicia B. South

**Cover Photos:** © iStockphoto.com / kryczka

**Cartoons:** Rich Tennant

*(www.the5thwave.com)*

### ***Composition Services***

**Project Coordinator:** Sheree Montgomery

**Layout and Graphics:** Claudia Bell,  
Joyce Haughey, Corrie Socolovitch

**Proofreaders:** Rebecca Denoncour, Toni Settle

**Indexer:** Dakota Indexing

**Special Help:** Joan Friedman,  
Maureen Sweeney

---

### **Publishing and Editorial for Consumer Dummies**

**Kathleen Nebenhaus**, Vice President and Executive Publisher

**Kristin Ferguson-Wagstaffe**, Product Development Director

**Ensley Eikenburg**, Associate Publisher, Travel

**Kelly Regan**, Editorial Director, Travel

### **Publishing for Technology Dummies**

**Andy Cummings**, Vice President and Publisher

### **Composition Services**

**Debbie Stailey**, Director of Composition Services

# Contents at a Glance

---

## *Introduction* ..... 1

## ***Part I: What Do Catholics Believe?*** ..... 7

Chapter 1: What It Means to Be Catholic .....	9
Chapter 2: Having Faith in God's Revealed Word .....	21
Chapter 3: In the Beginning: Catholic Teachings on Creation and Original Sin.....	37
Chapter 4: Believing in Jesus.....	47
Chapter 5: Defining "The Church" and What Membership Means .....	65
Chapter 6: Who's Who in the Catholic Church .....	73

## ***Part II: Celebrating the Mysteries of Faith*** ..... 95

Chapter 7: Body and Soul: Worshipping Catholic Style.....	97
Chapter 8: Entering the Church: Baptism, Communion, and Confirmation .....	107
Chapter 9: The Sacraments of Service and Healing.....	125
Chapter 10: Celebrating the Catholic Mass .....	145

## ***Part III: Living a Saintly Life*** ..... 173

Chapter 11: Obeying the Rules: Catholic Law .....	175
Chapter 12: Loving and Honoring: The Ten Commandments.....	187
Chapter 13: Being Good When Sinning Is So Easy .....	203
Chapter 14: Standing Firm: The Church's Stance on Some Sticky Issues.....	219

## ***Part IV: Praying and Using Devotions*** ..... 245

Chapter 15: Growing in the Faith .....	247
Chapter 16: Showing Your Love for God.....	261
Chapter 17: Expressing Affection for Mary .....	275
Chapter 18: Honoring the Catholic Saints .....	291
Chapter 19: Practicing Catholic Traditions .....	311

## ***Part V: The Part of Tens*** ..... 329

Chapter 20: Ten Famous Catholics .....	331
Chapter 21: Ten (Plus One) Popular Catholic Saints .....	341
Chapter 22: Ten Popular Catholic Places .....	351

<b>Part VI: Appendixes .....</b>	<b>361</b>
Appendix A: A Brief History of Catholicism .....	363
Appendix B: Popular Catholic Prayers.....	391
<b>Index .....</b>	<b>399</b>

# Table of Contents

---

<b>Introduction .....</b>	<b>1</b>
About This Book .....	1
Conventions Used in This Book.....	2
Foolish Assumptions.....	3
How This Book Is Organized .....	3
Part I: What Do Catholics Believe? .....	4
Part II: Celebrating the Mysteries of Faith .....	4
Part III: Living a Saintly Life .....	4
Part IV: Praying and Using Devotions .....	5
Part V: The Part of Tens .....	5
Part VI: Appendixes .....	5
Icons Used in This Book .....	5
Where to Go from Here.....	6
 <b>Part 1: What Do Catholics Believe? .....</b>	 <b>7</b>
 <b>Chapter 1: What It Means to Be Catholic.....</b>	 <b>9</b>
What Exactly Is Catholicism Anyway? .....	9
Knowing What the Catholic Church Teaches .....	11
Grasping the basic beliefs.....	11
Respecting the role of the Church and its leaders .....	13
Worshipping as a Catholic: The Holy Mass.....	15
Bringing body and soul into the mix .....	16
Participating inside and out .....	16
Behaving Like a Catholic .....	17
Following the general ground rules.....	17
Avoiding sin .....	18
Heeding the Church's stance on tough issues .....	19
Praying as a Catholic: Showing Your Devotion .....	19
Praying and using devotions .....	19
Realizing the importance of Mary and the saints .....	20
Following traditions.....	20
 <b>Chapter 2: Having Faith in God's Revealed Word .....</b>	 <b>21</b>
How Do You Know If You Have Faith? .....	21
Having Faith in Revelation.....	22
Faith in the written word: The Bible.....	23
Faith in the spoken word: Sacred Tradition.....	27

Backing Up Your Faith with Reason: Summa Theologica.....	33
Through motion .....	34
Through causality.....	35
Through necessity .....	35
Through gradation.....	35
Through governance .....	36
<b>Chapter 3: In the Beginning: Catholic Teachings on Creation and Original Sin .....</b>	<b>37</b>
Making Something out of Nothing .....	38
Breathing Life into the World: Creationism or Evolution? .....	38
Angels and Devils: Following God or Lucifer .....	40
Infused knowledge, eternal decisions .....	40
The angels' test and the devil's choice.....	40
Witnessing the Original Sin .....	41
Tempting our first parents .....	41
Losing gifts.....	42
Wounding our nature .....	43
Being redeemed by God's grace .....	43
Facing the four last things .....	44
Anticipating What's to Come: Moving toward the End of Creation .....	44
The Second Coming.....	45
Resurrection of the dead .....	46
General judgment.....	46
The end of the world .....	46
<b>Chapter 4: Believing in Jesus .....</b>	<b>47</b>
Understanding Jesus, the God-Man.....	47
The human nature of Jesus .....	48
The divine nature of Jesus.....	51
The Savior of our sins; the Redeemer of the world .....	52
The obedient Son of God .....	53
The Gospel Truth: Examining Four Written Records of Jesus.....	54
Catholic beliefs about the Gospel.....	54
How the Gospels came to be.....	55
Comparing Gospels.....	56
Dealing with Heresy and Some Other \$10 Words.....	60
Gnosticism and Docetism .....	61
Arianism .....	62
Nestorianism .....	63
Monophysitism .....	63
<b>Chapter 5: Defining "The Church" and What Membership Means . . .</b>	<b>65</b>
Establishing a Foundation: Built on Rock.....	65
Seeing the Church as the Body of Christ and Communion of Saints .....	66
Understanding the Four Marks of the Church .....	67

Fulfilling Its Mission.....	69
The priestly office: Sanctifying through the sacraments .....	70
The prophetic office: Teaching through the Magisterium .....	70
The kingly office: Shepherding and governing through the hierarchy .....	71
Membership Has Its Benefits .....	72
<b>Chapter 6: Who's Who in the Catholic Church . . . . .</b>	<b>73</b>
Getting to Know the Pope.....	74
How the pope gets his job .....	74
Is he really infallible?.....	77
Now that's job security .....	82
Where the pope hangs his hat .....	83
Who's Next in the Ecclesiastical Scheme of Things.....	84
Cardinals .....	84
Bishops and archbishops .....	86
The vicar general .....	88
The parish priest.....	89
Deacons.....	92
Monks and nuns, brothers and sisters.....	92
<b>Part II: Celebrating the Mysteries of Faith .....</b>	<b>95</b>
<b>Chapter 7: Body and Soul: Worshipping Catholic Style . . . . .</b>	<b>97</b>
Getting Your Body and Soul into the Act .....	97
Understanding Some Symbols and Gestures .....	98
The sign of the cross .....	98
The genuflection .....	99
The crucifix.....	99
Holy water.....	99
Sensing God .....	101
Through sight.....	101
Through touch .....	103
Through smell .....	104
Through sound.....	105
Through taste.....	106
<b>Chapter 8: Entering the Church: Baptism, Communion, and Confirmation.....</b>	<b>107</b>
Come On In — The Water's Fine.....	107
Becoming Christ's kith and kin .....	108
Washing away original sin .....	109
Baptizing with water.....	110
Receiving the sacrament of Baptism in other ways .....	115

The Holy Eucharist .....	118
Understanding the consecrated host .....	118
Discovering who can receive Holy Communion .....	119
Partaking of First Holy Communion .....	121
Coming of Age: Confirmation .....	121
<b>Chapter 9: The Sacraments of Service and Healing .....</b>	<b>125</b>
The Sacraments of Service and Community .....	125
Marriage — Catholic style .....	126
Holy Orders .....	132
The Sacraments of Mercy and Healing .....	135
Penance .....	135
Anointing of the Sick .....	142
<b>Chapter 10: Celebrating the Catholic Mass .....</b>	<b>145</b>
What Exactly Is the Mass? .....	145
Honoring the Sabbath publicly .....	147
Participating fully .....	147
Uniting past, present, and future .....	148
The Two Parts of the Mass .....	148
Beginning the Mass .....	149
Acknowledging sin (Penitential Act) .....	150
Gloria .....	151
Opening Prayer (Collect) .....	152
The Liturgy of the Word .....	152
The Liturgy of the Eucharist .....	157
Vatican II and the Celebration of Mass .....	165
Allowing worship in vernacular languages .....	166
Other changes resulting from Vatican II .....	166
Checking out the Roman Missal, Third Edition .....	167
Understanding the Latin roots .....	167
Seeing why change was necessary .....	168
Knowing what it means for you in the pew .....	168
Adjusting the Mass for the Occasion .....	169
Weekday and Sunday .....	169
Holy days of obligation .....	169
Simple and solemn celebrations .....	170
Spiritual Seasons of the Year .....	171
Christ Our Light: The first half of the liturgical year .....	171
Christ Our Life: The second half of the liturgical year .....	172
<b>Part III: Living a Saintly Life .....</b>	<b>173</b>
<b>Chapter 11: Obeying the Rules: Catholic Law .....</b>	<b>175</b>
Following the Eternal Law of God .....	175
The divine positive law .....	176
The natural moral law .....	177
The human positive law .....	179

Playing by the Church's Rules .....	183
Attending Mass on all Sundays and holy days of obligation.....	183
Receiving the Holy Eucharist during Easter season.....	184
Confessing your sins at least once a year.....	184
Fasting and abstaining on appointed days.....	185
Contributing to the support of the Church .....	185
Observing Church marriage laws .....	186
Supporting Missionary Work of the Church.....	186
<b>Chapter 12: Loving and Honoring: The Ten Commandments .....</b>	<b>187</b>
Demonstrating Love for God.....	188
I: Honor God .....	188
II: Honor God's name.....	190
III: Honor God's day .....	191
Loving Your Neighbor .....	193
IV: Honor your parents.....	193
V: Honor human life.....	194
VI and IX: Honor human sexuality .....	196
VII and X: Honor the property of others .....	199
VIII: Honor the truth .....	199
Coming Out Even Steven .....	201
<b>Chapter 13: Being Good When Sinning Is So Easy.....</b>	<b>203</b>
Cultivating Good Habits.....	204
Prudence: Knowing what, when, and how.....	204
Justice: Treating others fairly .....	206
Temperance: Moderating pleasure.....	208
Fortitude: Doing what's right come hell or high water .....	209
The Seven Deadly Sins .....	210
Pride goeth before the fall .....	212
Envyng what others have or enjoy .....	213
Lusting after fruit that's forbidden .....	214
Anger to the point of seeking revenge .....	215
Gluttony: Too much food or firewater .....	216
Greed: The desire for more and more.....	217
Sloth: Lazy as a lotus-eater .....	217
<b>Chapter 14: Standing Firm: The Church's Stance on Some Sticky Issues.....</b>	<b>219</b>
Celibacy and the Male Priesthood .....	220
Flying solo for life.....	220
No-woman's-land.....	226
Matters of Life and Death .....	228
Abortion .....	228
Euthanasia .....	231
The death penalty.....	233
The Just War Doctrine.....	234

Planning Your Family Naturally .....	237
The moral argument against artificial contraception .....	238
The natural alternative to contraception .....	239
What if you can't conceive naturally? .....	241
Defending Traditional Family Life .....	242
<b>Part IV: Praying and Using Devotions .....</b>	<b>245</b>
<b>Chapter 15: Growing in the Faith .....</b>	<b>247</b>
Having a Personal Relationship with God through Prayer .....	247
Practicing the four types of prayer .....	248
Getting to know spontaneous and formal prayer .....	249
Praying in Private and in a Community .....	251
Taking personal time with God: Private prayer .....	251
Joining others for communal prayer .....	253
Saying the Lord's Prayer .....	254
Taking It to the Next Level: The Stages of Spiritual Growth .....	256
Purgative: Practicing self-denial and sacrifice .....	256
Illuminative: Distinguishing good from evil .....	258
Unitive: Connecting with God .....	259
<b>Chapter 16: Showing Your Love for God .....</b>	<b>261</b>
Going Beyond Your Basic Duty .....	261
Knowing when and where to pray devotions .....	262
Separating devotions from Mass .....	262
Running the Gamut of Devotions .....	263
Praying novenas to the saints .....	263
Loving litanies .....	264
Looking at statues and icons .....	265
Making pilgrimages .....	266
Going on a retreat .....	267
Wearing sacred gear .....	267
Praying the Rosary .....	268
Saying the Divine Mercy Chaplet .....	272
The Way of the Cross .....	273
<b>Chapter 17: Expressing Affection for Mary .....</b>	<b>275</b>
No, Catholics Don't Worship Mary .....	275
What Catholics Believe about Mary .....	278
She's the Mother of God .....	278
She's the Mother of the Church .....	279
She's the Mother of the Mystical Body of Christ .....	280
She was conceived through Immaculate Conception .....	280
She went to heaven, body and soul .....	283
Her never-ending virginity .....	284

Up Close and Personal with Mary .....	285
May crowning .....	285
First Saturdays .....	286
Marian shrines and apparitions .....	287
<b>Chapter 18: Honoring the Catholic Saints .....</b>	<b>291</b>
Having a Place in the Hearts of Catholics.....	291
Honoring God's Good Friends.....	293
It's All about Intercession.....	294
Recognizing a Saint.....	296
Looking at the process to becoming a saint.....	297
Going through the investigations for sainthood.....	298
Experiencing the beatification and canonization Mass .....	302
A Saint for Every Day of the Year .....	303
Discovering the Communion of Saints.....	304
Saints in heaven .....	305
Believers on earth.....	306
Souls in purgatory.....	307
<b>Chapter 19: Practicing Catholic Traditions .....</b>	<b>311</b>
Adoring the Blessed Sacrament.....	311
Participating in Benediction .....	312
Adoring at church during Perpetual Adoration or the 40-hour devotion.....	313
Representing Life's Journey: Other Religious Processions.....	316
Meatless Fridays.....	317
The tradition of abstaining .....	318
Substituting Corporal and Spiritual Works of Mercy for abstinence .....	319
Using Sacramentals .....	319
Signifying death with ashes .....	320
Commemorating with blessed palms .....	321
Receiving the blessing of throats.....	321
Exorcising demons .....	321
Tolling bells .....	322
Celebrating Year-Round.....	323
Feast of the Epiphany .....	325
Feast of Candlemas .....	326
St. Patrick's Day .....	326
St. Joseph's Day .....	326
Marian Feasts in May.....	327
Feast of St. Anthony of Padua .....	327
Feast of St. Thérèse of Lisieux.....	327
Feast of Our Lady of Guadalupe.....	328

*Part V: The Part of Tens..... 329***Chapter 20: Ten Famous Catholics .....** .331

Blessed Mother Teresa of Calcutta (1910–1997) .....	331
Blessed Pope John Paul II (1920–2005) .....	333
Archbishop Fulton J. Sheen (1895–1979) .....	335
Mother Angelica (1923) .....	336
John F. Kennedy (1917–1963) .....	337
Alfred E. Smith (1873–1944) .....	338
Father Edward Flanagan (1886–1948) .....	338
John Ronald Reuel Tolkien (1892–1973) .....	339
Gilbert Keith Chesterton (1874–1936) .....	339
Christopher Columbus (1451–1506) .....	339

**Chapter 21: Ten (Plus One) Popular Catholic Saints .....** .341

St. Peter (Died around A.D. 64) .....	341
St. Jude (Died during the first century A.D.) .....	342
St. Benedict (480–circa 543) .....	343
St. Dominic de Guzman (1170–1221) .....	344
St. Francis of Assisi (1181–1226) .....	344
St. Anthony of Padua (1195–1231) .....	345
St. Thomas Aquinas (1225–1274) .....	346
St. Ignatius of Loyola (1491–1556) .....	347
St. Bernadette Soubirous (1844–1879) .....	348
St. Thérèse of Lisieux (1873–1897) .....	349
St. Pio of Pietrelcina (1887–1968) .....	350

**Chapter 22: Ten Popular Catholic Places .....** .351

Rome .....	351
The Basilica de Guadalupe .....	353
San Giovanni Rotondo, Italy .....	354
The Basilica of Czestochowa, Poland .....	354
The Basilica of Lourdes, France .....	355
Fatima, Portugal .....	356
The Cathedral of Notre Dame .....	357
The National Shrine of the Immaculate Conception .....	358
The Minor Basilica of Saint Anne de Beaupré .....	359
The Shrine of the Most Blessed Sacrament .....	359

*Part VI: Appendixes..... 361***Appendix A: A Brief History of Catholicism .....** .363

Ancient Times (A.D. 33–741) .....	363
Non-Christian Rome (A.D. 33–312) .....	363
Christian Rome (A.D. 313–475) .....	365