

glossary

A

adoration the act of giving reverence to God in body, mind, and soul. Recognizing and worshiping God in the Blessed Sacrament is often called adoration. [adoración]

Anointing of the Sick one of the seven sacraments. In this sacrament a sick person has holy oil applied and receives the strength, peace, and courage to overcome the difficulties associated with illness. Through this sacrament Jesus brings the recipient spiritual healing and forgiveness of sins. If it is God's will, healing of the body is given as well. [Unción de los Enfermos]

apostolic the Mark of the Church that indicates that Jesus continues to lead the Church through the pope and the bishops. The pope and the bishops are the successors of the Apostles. [apostólica]

Assumption Mary's being taken, body and soul, into Heaven. Mary had a special relationship with her Son, Jesus, from the very beginning when she conceived him. Because of this relationship, she enjoys a special participation in Jesus' Resurrection and has been taken into Heaven where she now lives with him. We celebrate this event in the Feast of the Assumption on August 15. [Asunción]

B

Baptism the first of the seven sacraments. Baptism frees us from Original Sin and is necessary for Salvation. Baptism gives us new life in Jesus Christ through the Holy Spirit. The celebrant baptizes the person with water in the name of the Father, the Son, and the Holy Spirit. [Bautismo]

baptismal promises the promises made by a person about to be baptized, or by the parents or godparents on behalf of an infant or a child unable to make promises on his or her own. The baptismal promises renounce Satan and commit the person to living a faithful Christian life. [promesas bautismales]

Beatitudes the teachings of Jesus in the Sermon on the Mount in Matthew's Gospel. The Beatitudes are eight ways of living the Christian life. They are the fulfillment of the commandments given to Moses. These teachings present the way to true happiness. [Bienaventuranzas]

Body of Christ In the Sacrament of the Eucharist, all the risen Lord Jesus Christ—body, blood, soul, and divinity—is present in the form of bread and wine. If a person receives only one element of the sacrament, that is, only the Body or only the Blood, that person still receives Jesus completely—body, blood, soul, and divinity. [Cuerpo de Cristo]

C

canonized the state of a person who has been declared a saint by the Church. A canonized person has been found to have lived a holy and virtuous Christian life and has had two miracles attributed to his or her intercession. [canonizado]

Cardinal Virtues the four virtues that help a person live in relationship with God and with others: prudence, justice, fortitude, and temperance. [virtudes cardinales]

catholic one of the four Marks of the Church. The Church is catholic because Jesus is fully present in it, because it proclaims the fullness of faith, and because Jesus has given the Church to the whole world. The Church is universal. [católica]

centering prayer a popular form of contemplation that opens our heart to God's grace. Centering prayer uses a word or phrase to focus our mind and heart. [oración centrante]

common good the sum total of the social conditions that allow people, individually and as a group, to reach their full potential. It requires peace, security, respecting everyone's rights, and meeting everyone's spiritual and worldly needs. People have a responsibility to contribute to the good of the entire society. It is one of the basic principles at the center of Catholic Social Teaching. [bien común]

confession the act of telling our sins to a priest in the Sacrament of Penance and Reconciliation. The sacrament itself is sometimes referred to as confession. [confesión]

Confirmation the sacrament that completes the grace we receive in Baptism. It seals, or confirms, this grace through the seven Gifts of the Holy Spirit that we receive as part of Confirmation. This sacrament also makes us better able to participate in the worship and apostolic life of the Church. [Confirmación]

conscience the inner voice that helps each of us judge the morality of our own actions. It guides us to follow God's law by doing good and avoiding evil. [conciencia]

contemplation the act of prayerfully and continuously focusing on God. Many religious communities and spiritualities in the Church are devoted to contemplation. [contemplación]

contrition the sorrow we feel when we know that we have sinned, followed by the decision not to sin again. Contrition is the most important act of the penitent preparing to celebrate the Sacrament of Penance and Reconciliation. [contrición]

Corporal Works of Mercy kind acts by which we help our neighbors with their everyday material needs. Corporal Works of Mercy include feeding the hungry, giving drink to the thirsty, finding a home for the homeless, clothing the naked, visiting the sick and those in prison, burying the dead, and giving alms to the poor. [obras de misericordia corporales]

Creed a brief summary of what people believe. The word *creed* comes from the Latin *credo*, "I believe." The Nicene Creed and the Apostles' Creed are the most important summaries of Christian beliefs. [Credo]

D

daily examen a prayerful meditation developed by Ignatius of Loyola that helps us see God at work in our daily lives. In the daily examen, we pray for light, give thanks, review the day, look at what we have done wrong, and make resolutions for the day to come. [examen diario]

E

Eucharist the sacrament in which we give thanks to God for the Body and Blood of Christ, which we receive in the form of bread and wine. The risen Jesus Christ has Real Presence in the Eucharist. This means his body, blood, soul, and divinity are wholly and entirely present. We call the Real Presence of the risen Jesus Christ in the Eucharist transubstantiation. [Eucaristia]

F

faith a gift of God that helps us believe in him. We profess our faith in the Creed, celebrate it in the sacraments, live by it through our good conduct of loving God and our neighbor, and express it in prayer. It is a personal adherence of the whole person to God, who has revealed himself to us through words and actions throughout history. [fe]

Father the first Person of the Trinity as revealed to us by Jesus, his only begotten Son [Padre]

Fathers of the Church the leaders of the Church in the first centuries after the time of the Apostles. The Fathers were important early thinkers and writers who continue to influence and inspire the Church. [Padres de la Iglesia]

free will the ability to choose to do good because we are made in the image of God. Our free will is what makes us truly human. Our exercise of free will to do good increases our freedom. Using free will to choose sin makes us slaves to sin. [libre voluntad]

G

godparents witnesses to Baptism who assume the responsibility for helping the baptized person along the road of Christian life [padrinos]

H

Holy Orders the sacrament through which the mission given by Jesus to his Apostles continues in the Church. The sacrament has three degrees: deacon, priest, and bishop. Through the laying on of hands in the Sacrament of Holy Orders, men receive a permanent sacramental mark that calls them to minister to the Church. [Orden, sacramento de]

Holy Spirit the third Person of the Trinity, who is sent to us as our helper and, through Baptism and Confirmation, fills us with God's life. Together with the Father and the Son, the Holy Spirit brings the divine plan of Salvation to completion. [Espíritu Santo]

I

imaginative prayer a prayer that uses the Gospels or other Scripture readings to focus our thoughts on God and his will for our lives. In imaginative prayer, we can put ourselves in the situation from the passage to help make God present to us. [oración imaginativa]

Immaculate Conception the Church teaching that Mary was free from Original Sin from the first moment of her conception. She was preserved through the merits of her Son, Jesus, the Savior of the human race. It was declared a dogma of the Catholic Church by Pope Pius IX in 1854 and is celebrated on December 8. [Inmaculada Concepción]

incense a sweet-smelling substance that is burned during the liturgy. Just as Jews burned incense to honor God in the Temple, the Church uses incense to honor him during worship. Incense ascends to God, reminding us of how our prayers rise up to Heaven. [incienso]

intercede to pray on someone else's behalf, usually to fulfill some need. We can ask others to intercede for us, whether they are alive on earth or in Heaven with God. [interceder]

intercession a prayer that asks for the fulfillment of another's needs. We can ask for the intercession of those in Heaven, such as Mary and the saints, or those still with us here on earth. [intercesión]

L

laity those who have been made members of Christ in Baptism and who participate in the priestly, prophetic, and kingly functions of Christ in his mission to the whole world. The laity is distinct from the clergy, whose members are set apart as ministers to serve the Church. [laicos]

Law of Love, the the commandments of God that are a guide to loving God and other people. The Law of Love sets us free to live in the right way in accordance with the will of God. [Ley del Amor, la]

liturgical year the celebration throughout the year of the mysteries of the Lord's birth, life, Death, Resurrection, and Ascension. The cycle of the liturgical year constitutes the basic rhythm of the Christian's life of prayer. [año litúrgico]

liturgy the public prayer of the Church that celebrates the wonderful things God has done for us in Jesus Christ, our high priest, and the way in which he continues the work of our Salvation. The original meaning of *liturgy* was "a public work or service done for the people." [liturgia]

M

Marks of the Church the main characteristics that distinguish the Church. The four Marks are the foundation of how we recognize the Catholic Church. The Church is *one, holy, catholic, and apostolic*. [atributos de la Iglesia]

Matrimony a solemn agreement between a woman and a man to be partners for life, for their own good and for bringing up children. Marriage is a sacrament when the agreement is properly made between baptized Christians. [Matrimonio]

meditation a form of prayer using silence and listening that seeks through imagination, emotion, and desire to understand how to adhere and respond to what God is asking. By concentrating on a word or an image, we move beyond thoughts, empty the mind of contents that get in the way of our experience of God, and rest in simple awareness of God. [meditación]

mercy the gift to be able to respond to those in need with care and compassion. In always being ready to forgive our sins, God's mercy is a reality for us. The gift of mercy is a grace given to us by Jesus Christ. [misericordia]

mortal sin a serious decision to turn away from God by doing something that we know is wrong. For a sin to be mortal, it must be a very serious offense, the person must know how serious it is, and the person must freely choose to do it anyway. [pecado mortal]

O

Ordinary Time the periods of the Church calendar between the end of the Christmas season and Ash Wednesday and between the end of the Easter season and the beginning of Advent. Our growth as disciples in our commitment to Jesus is one focus of Ordinary Time. [Tiempo Ordinario]

Original Sin the consequence of the disobedience of the first human beings. They disobeyed God and chose to follow their own will rather than God's will. As a result, human beings lost the original blessing God had intended and became subject to sin and death. In Baptism we are restored to life with God through Jesus Christ, although we still experience the effects of Original Sin. [pecado original]

P

Paschal Mystery the work of Salvation accomplished by Jesus Christ through his Passion, Death, Resurrection, and Ascension. The Paschal Mystery is celebrated in the liturgy of the Church, and we experience its saving effects in the sacraments. In every liturgy of the Church, God the Father is blessed and adored as the source of all blessings we have received through his Son in order to make us his children through the Holy Spirit. [Misterio Pascual]

penance physical and spiritual acts that express our turning away from sin with a desire to change our lives and more closely live the way God wants us to live. We express our penance externally by praying, fasting, and helping those who are poor. Penance is also the name of the action that the priest asks us to take or the prayers that he asks us to pray after he absolves us in the Sacrament of Penance and Reconciliation. [penitencia]

Penance and Reconciliation the sacrament in which we celebrate God's forgiveness of sin and our reconciliation with God and the Church. Penance includes sorrow for the sins we have committed, confession of sins, absolution by the priest, and doing the penance that shows our willingness to amend our ways and atone for our sins. [Penitencia y Reconciliación]

penitent a person who is sorry for his or her sins. A person who receives the Sacrament of Penance and Reconciliation is known as a penitent. [penitente]

Penitential Rite a formal ceremonial act that asks God's forgiveness for sin. Penitential Rites can be found in many liturgies, especially the Rite of Anointing of the Sick and in the Mass. [Acto penitencial]

Pentecost the 50th day after Jesus was raised from the dead. On this day the Holy Spirit was sent from Heaven, and the Church was born. It is also a Jewish feast, called *Shavuot* in Hebrew, that celebrated the giving of the Ten Commandments on Mount Sinai 50 days after the Exodus. [Pentecostés]

People of God another name for the Church. In the same way that the people of Israel were God's people through the Covenant he made with them, the Church is a priestly, prophetic, and royal people through the new and eternal Covenant with Jesus Christ. [pueblo de Dios]

petition a request to God, asking him to fulfill a need. When we share in God's saving love, we understand that every need is one that we can ask God to help us with through petition. [petición]

pope the Bishop of Rome, successor of Saint Peter, and leader of the Roman Catholic Church. Because he has the authority to act in the name of Christ, the pope is called the Vicar of Christ. The pope and all the bishops together make up the living, teaching office of the Church, the Magisterium. [papa]

R

Real Presence the way in which the risen Jesus Christ is present in the Eucharist under the form of bread and wine. Jesus Christ's presence is called real because in the Eucharist his Body and Blood, soul and divinity, are wholly and entirely present. This is called transubstantiation. [presencia real]

Resurrection the bodily raising of Jesus Christ from the dead on the third day after his Death on the cross. The Resurrection is the crowning truth of our faith. [Resurrección]

Revelation God's communication of himself to us through the words and deeds he has used throughout history to show us the mystery of his plan for our Salvation. This Revelation reaches its completion in his sending of his Son, Jesus Christ. [Revelación]

Rite of Christian Initiation of Adults (RCIA) the formal process by which adults become members of the Church. RCIA includes different types of spiritual formation that lead to Baptism, Confirmation, and receiving Holy Communion for the first time at the Easter Vigil. [Ritual de la Iniciación Cristiana de Adultos (RICA)]

S

sacramental an object, a prayer, or a blessing given by the Church to help us grow in our spiritual life [sacramental]

sacraments the seven official rites through which God's life enters our lives in the liturgy through the work of the Holy Spirit. Christ's work in the liturgy is sacramental because his mystery is made present there by the power of the Holy Spirit. Jesus gave us three sacraments that bring us into the Church: Baptism, Confirmation, and the Eucharist. He gave us two sacraments that bring us healing: Penance and Reconciliation and Anointing of the Sick. He also gave us two sacraments that help members serve the community: Matrimony and Holy Orders. [sacramentos]

Sacraments of Initiation the sacraments that are the foundation of our Christian life. We are born anew in Baptism, strengthened by Confirmation, and receive in the Eucharist the food of eternal life. By means of these sacraments, we receive an increasing measure of the divine life and advance toward the perfection of charity. [sacramentos de la Iniciación]

Salvation the gift, which God alone can give, of forgiveness of sin and the restoration of friendship with him [Salvación]

Scripture the holy writings of Jews and Christians collected in the Old and New Testaments of the Bible [Sagradas Escrituras]

Sign of the Cross the gesture we make that signifies our belief in God the Father, the Son, and the Holy Spirit. It is a sign of blessing and a confession of faith, identifying us as followers of Jesus Christ. [Señal de la Cruz]

sin a deliberate thought, word, deed, or failure to act that offends God and hurts our relationships with other people. Some sin is mortal and needs to be confessed in the Sacrament of Penance and Reconciliation. Other sin is venial, or less serious. [pecado]

sins of commission a sin that is sinful because of something we do, such as stealing or lying [pecados de obra]

sins of omission a sin that is sinful because of something we fail to do when we have the responsibility to do so. We commit sins of omission when we stand by and do nothing when someone is being hurt, when we neglect our work, or when we fail to obey our parents or others in lawful authority. [pecados de omisión]

solidarity the attitude of strength and unity that leads to the sharing of spiritual and material goods. Solidarity unites rich and poor, weak and strong, to foster a society in which all give what they can and receive what they need. The idea of solidarity is based on the common origin of all humanity. [solidaridad]

Son the title revealed by Jesus that indicates his unique relationship to God the Father. The revelation of Jesus' divine sonship is the main dramatic development of the story of Jesus of Nazareth as it unfolds in the Gospels. [Hijo]

Spiritual Works of Mercy the kind acts through which we help our neighbors meet their needs that are more than material. The Spiritual Works of Mercy include instructing, admonishing, counseling, comforting, forgiving, bearing wrongs patiently, and praying for others. [obras de misericordia espirituales]

spontaneous prayer the act of reflecting in our own words on our relationship with God or on his action in our lives. Spontaneous prayers can be of thanksgiving, petition, contrition, or meditation. [oraciones espontáneas]

subsidiarity the principle that the best institutions for responding to a particular social task are those closest to it. It is the responsibility of the closest political or private institution to assist those in need. Only when issues cannot be resolved at the local level should they be resolved at a higher level. [subsidiaridad]

T

Ten Commandments the ten rules given by God to Moses on Mount Sinai that sum up God's law and show us what is required to love God and our neighbor. By following the Ten Commandments, the Hebrews accepted their Covenant with God. [Diez Mandamientos]

theologians experts in the study of God and his Revelation to the world [teólogos]

Theological Virtues the three virtues of faith, hope, and charity that are gifts from God and not acquired by human effort. The virtue of faith helps us believe in him, the virtue of hope helps us desire eternal life and the Kingdom of God, and the virtue of charity helps us love God and our neighbor as we should. [virtudes teologales]

Tradition the beliefs and practices of the Church that are passed down from one generation to the next under the guidance of the Holy Spirit. What Christ entrusted to the Apostles was handed on to others both orally and in writing. Tradition and Scripture together make up the single deposit of faith, which remains present and active in the Church. [Tradición]

traditional prayers the prayers the Church has passed down through the centuries that enable people to pray in unison. The Psalms and the Rosary are examples of traditional prayers. [*oraciones tradicionales*]

Trinity, Holy the mystery of the existence of God in the three Persons—the Father, the Son, and the Holy Spirit. Each Person is God, whole and entire. Each is distinct only in the relationship of each to the others. We follow Jesus, God the Son, because God the Father calls us and God the Holy Spirit moves us. [*Trinidad, Santísima*]

V

venial sin a choice we make that weakens our relationship with God or with other people. Venial sin wounds and lessens the divine life in us. If we make no effort to do better, venial sin can lead to more serious sin. Through our participation in the Eucharist, venial sin is forgiven when we are repentant, strengthening our relationship with God and with others. [*pecado venial*]

vestments special symbolic garments used by bishops, priests, and deacons during the liturgy. The colors and designs of vestments remind us of the mysteries and truths of our faith. [*vestiduras*]

viaticum the Eucharist that a sick or dying person receives. It is spiritual food for the last journey we make as Christians, the journey through death to eternal life. [*viático*]

virtues a firm attitude or way of acting that enables us to do good. [*virtudes*]

vocal prayer a prayer that uses words to talk to God. Vocal prayer is the most common and natural form of talking to God. [*oración vocal*]