



Serving the People of God

Minimum Adult Requirements for Catholics

Nutrition Facts	
Serving Size: 1 year (364.25 days)	
Amount per serving	
Sunday Mass (1/wk)	52%
Holy Day Mass (7/yr)	8%
Yearly Confession (1/yr)	5%
Eucharist during Easter (1/yr)	5%
Fasting Days (2/yr)	2%
Abstinence Days (8/yr)	8%
Parish Support	
Parish	5%
DMF	1%
Charity	4%
Personal Prayer	10%
Meal Blessings	
Rosary or Devotions	
Scripture Reading	
100%	

St. Peter's Catholic Church
1209 Swink Avenue
Rocky Ford, CO 81067

Why do we do all this???

In short, these are the minimum practices needed to keep your spiritual life alive, active and vibrant. They do not make up the total of what it means to be Catholic—they cannot touch it. But these practices teach us about what it means to be Catholic in an increasingly secular and godless society.

For example, the Sunday obligation is aimed at helping us to remember who we are and whose we are by making a commitment to be obedient to God's Commandments. It is required weekly so that we will, rest, reflect and focus on the meaning of our life in God, on how we need God for sustenance, and how we need to be with Him to have a complete life.

Fasting and abstinence are there to help us to gain self control in an increasingly hedonistic and narcissistic society in which we focus on our needs instead of the needs of others, in which we focus on the power of the rational mind to overcome urges and hungers that can become tyrannical, and in which we can relate to the lives of those poorer than us who have to spend 80% of their time looking for the next meal.

The requirements regarding the sacraments are there to remind us that our citizenship is in Heaven, and not in this world, and that we need to prepare for it by overcoming sin, and spending time with God.

With all of these reminders about the facts of our eternal lives, our mortal lives and our frailty and sinfulness before God, Holy Mother Church hopes to deepen your life in Christ, and in His Church for the Glory of . God the Father, Jesus His Son, and the Holy Spirit.

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1209 Swink Avenue
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Phone: 719-254-3565

Fax: 719-254-3921

E-mail: sprockfordpastor@centurytel.net

The Five Precepts of the Church

- You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
- You shall confess your sins at least once a year. •You shall receive the sacrament of the Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence established by the Church. •You shall help to provide for the needs of the Church.

These precepts are given to remind us of our Catholicism, our need for God's forgiveness because of our own sinfulness. We need more discipline in our lives and we need more self control in the hedonistic and narcissistic society in which we find ourselves. We also need to know how we are different than the animal class, because we have a rational mind that can discipline our tyrannical urges and hungers.

Most Catholics Are Illiterate About The Requirements of Their Faith

There are many opinions out there about the Catholic Church. What do Catholics believe, and what must they believe at minimum. Many Catholics themselves are ignorant as to what the minimum practice of the faith is. To be counted as a practicing Catholic, there are 5 precepts that we must all do.

Beyond that there are dogmas (essential teachings) that must be definitively held by all Catholics. To name a few, we must believe in

- the resurrection of Christ and our share in that resurrection at the end of time,
- the Apostolic Authority of the Church to forgive sins, and to teach, and the Apostolic Succession,
- the Seven Sacraments as the expressed will of Christ,
- the Divine Inspiration of Sacred Scripture
- the Infallibility of the Pope in matters of faith and morals,
- the truth of the Real Presence in the Eucharist,
- the Eternal Virginity of Mary,
- Mary's sinless conception,
- the assumption of Mary into Heaven.

What Practices Make Up The Minimum?

1. Attend Mass Weekly and Holy Days

First, all Catholics must attend Mass on Sundays and all Holy Days of Obligation, and must refrain from servile labor on the Lord's Day (Sunday). Every Sunday is a "little Easter" and as such is a

day to be set aside for remembrance and commemoration of the Resurrection of Jesus. Because the Lord's Day has its roots in the Jewish Sabbath, it is our day of rest on which we may not work for another. It is a time of refreshment, relaxation and strengthening relationships in the family and with friends. There are also Holy Days on which All Catholics are obligated to attend Mass, hence the title, Holy Days of Obligation. Many of these days have been migrated to Sundays but some fall during the week. They are:

- Feast of the Immaculate Conception (December 8),
- Christmas Day (December 25th),
- Feast of Mary the Mother of God (January 1), Easter Sunday (varies),
- Feast of the Ascension (Now on a Sunday),
- Feast of the Assumption (August 15th),
- Feast of All Saints (November 1st).

2. Live the Sacramental Life: Confession of Sins

All Catholics are required to confess their sins at least once a year. Although most people can not remember their daily small or venial sins, they can usually remember their serious or mortal sins. Pope Benedict advocates for a more frequent celebration of the sacrament of Reconciliation (Confession).

3. Live the Sacramental Life: Eucharist

The next precept used to be called "The Easter Duty", that is, the reception of Eucharist (Holy Communion) during the period from Easter Sunday to Pentecost. It is required of all Catholics to do this every year. It is kind of hard to do this if you don't go to Sunday Mass, though.

4. Fasting and Abstinence

All Catholics must fast on certain days of the year, and they must refrain (abstain) from eating meat on certain days. Ash Wednesday and Good Friday are the days of fasting. Ash Wednesday is the first day of Lent, that penitential season in which we concentrate on removing sin

from our lives and seeking to be more holy and pleasing to God. Thus Lent has a penitential character to it because we are sorry for offending God. Good Friday is the day that our Lord died for us, and so penance because it was our sins that put Jesus on the Cross. Every Friday in Lent is also a day of abstinence as is Ash Wednesday. On these days we refrain from all meat except fish and other sea-food. This abstaining helps remind us that we need to be attentive to our spiritual life as we attend to our physical feeding of ourselves. We need to be careful what we let into our lives, especially if it will come between us and God.

5. Support the Parish

The last precept is one that many people, Catholic and protestant, would rather not remember. All Catholics are bound to support their local parish in its ministry with gifts of time, talent and treasure. Some call this tithing, others call it the offertory. Regardless of what its name is, the principle is the same: we must give to the work of God from the gain of our lives, both in kind and in money, so that the mission of the parish can continue. In Church Law, which is derived from the Bible, the local parish has a right to your tithes— whether you like the priest or not. Any monies you wish to give above the tithe commanded in the Bible can go to charity and to other religious works.



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