

FIRST HOLY COMMUNION
CATECHISM
of the
Polish National Catholic Church



Note: This is Scanned image of the official First Holy Communion Catechism – page numbers are those of the original document.

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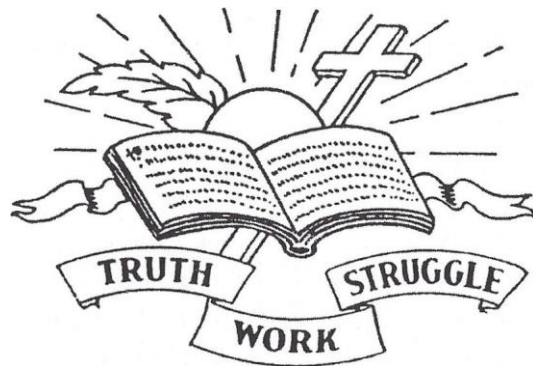
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The Symbol of the Polish National Catholic Church



Truth Work Struggle

The symbol of the Polish National Catholic Church summarizes in its outward form the substance of Christianity.

THE BOOK - represents the revealed Word of God.

THE SUN — is the sign of religious freedom and fervor.

THE CROSS — is the mark of suffering and consecration for others.

THE PALM — is the symbol of well-earned peace.

We incorporate these Christian principles in our lives by “Truth, Work and Struggle.”

DAILY PRAYERS

In the Name of the ☩ Father, and of the Son, and of the Holy Spirit. Amen.

THE LORD'S PRAYER

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. Amen.

THE HAIL MARY

Hail Mary, full of grace, the Lord is with thee; blessed are 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 our death. Amen.

THE DOXOLOGY

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.

THE APOSTLES' CREED

I believe in God, the Father Almighty, Creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified; died and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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 the life everlasting. Amen.



THE TEN COMMANDMENTS OF GOD

1. You shall have no other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep the Sabbath day (Lord's Day) holy.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet (desire) your neighbor's wife.
10. You shall not covet (desire) your neighbor's goods.

* see Exodus 20:1-17; Deuteronomy 5:1-22

THE SEVEN SACRAMENTS

1. Baptism and Confirmation
2. The Word of God
3. Penance
4. Holy Eucharist
5. Holy Unction (Anointing)
6. Holy Orders
7. Matrimony

THE SIX TRUTHS OF FAITH

1. There is only one God, Who made, keeps and takes care of all things.
2. God judges us and rewards the good and punishes the wicked.
3. There is but one God in three Divine Persons: the Father, the Son and the Holy Spirit; or the Holy Trinity.
4. Jesus Christ, the Second Person of the Holy Trinity, became man and died on the cross for our salvation.
5. We need God's grace to be saved.
6. Our souls are immortal and will never die.

THE TWO COMMANDMENTS OF LOVE *

1. You shall love the Lord, your God, with all your heart, and with all your soul and with all your mind.
2. You shall love your neighbor as yourself.

* see Matthew 22:34-40; Mark 12:28-34; Luke 10:25-28

THE FIVE COMMANDMENTS OF THE CHURCH

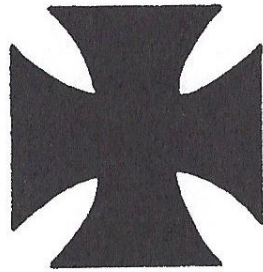
1. Participate in Holy Mass and hear the Word of God on Sundays and Holy Days of Obligation.
2. Fast and abstain on the days the Church tells us to do so.
3. Go to confession and receive Holy Communion at least once a year.
4. Do not celebrate Matrimony at certain times of the Church year.
5. Contribute to the support of the Church.

THE THREE DIVINE VIRTUES

Faith - Hope - Charity (love)

THE THREE GOOD WORKS

Prayer - Fasting - Almsgiving (helping the needy)



THE CORPORAL WORKS OF MERCY

To feed the hungry

To give drink to the thirsty

To clothe the naked

(people who are poor)

To harbor the needy

(help the needy and homeless)

To visit the sick

To minister to captives and prisoners

(help people in jail straighten out their lives)

To bury the dead

THE SPIRITUAL WORKS OF MERCY

To instruct the ignorant

(help people to learn and understand)

To correct offenders

(correct those who do wrong)

To counsel the doubtful

To comfort the sorrowful

To suffer injuries with patience

(be patient when things go wrong)

To forgive offenses and wrongs

To pray for the living and the dead

THE SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

1. Pride	Humility
2. Covetousness (greed)	Generosity
3. Lust	Chastity (purity)
4. Anger	Charity (love)
5. Gluttony (eat to excess)	Temperance (self- control)
6. Envy (jealousy)	Brotherly Love
7. Sloth (laziness)	Diligence (hard working)

GRACE BEFORE MEALS

Bless us, O Lord, and these Your gifts which we are about to receive from Your bounty. Through Christ our Lord. Amen.

GRACE AFTER MEALS

We give You thanks, O Almighty God, for all Your mercies, Who lives and reigns forever. Amen.

PRAYER FOR THE DECEASED

Eternal rest grant unto them, O Lord. And let perpetual light shine upon them. May they rest in peace. Amen.

FIRST LESSON – RELIGION

1. **Q – What is catechism?**

A – Catechism is a study of religion using questions and answers.

2. **Q – What is faith?**

A - Faith is a Divine virtue given to us by God and by it we firmly believe in the things which God has made known to us.

3. **Q – Is faith necessary for salvation?**

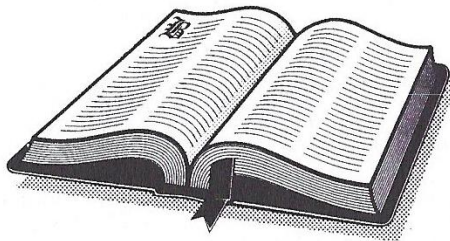
A – Yes, faith is absolutely necessary for salvation.

4. **Q – Where do we find truths of faith?**

A – We find truths of faith in the Holy Scripture (Bible), Sacred Tradition and the teachings of the Church.

5. **Q – What is the Holy Scripture?**

A – The Holy Scripture is a collection of books written by just and holy people who have been inspired by the Holy Spirit.



- 6. Q – How is the Holy Scripture divided?**
A – The Holy Scripture is divided into two parts: The Old Testament and the New Testament.
- 7. Q – When was the Old Testament written?**
A – The Old Testament was written before the time of Christ.
- 8. Q - When was the New Testament written?**
A – The New Testament was written in the second half of the first century after the death and resurrection of Jesus.
- 9. Q – What is Sacred Tradition?**
A - Sacred Tradition is the teaching and practices of the Apostles and their successors in the Holy Catholic Church handed down through the ages.
- 10. Q - What is religion?**
A – Religion is a person’s relationship to God.
Religion is the way we show our love, respect and obedience to God.
Religion is God’s life in us and how we live the way God wants us to live.
- 11. Q – What helps us to better understand our religion?**
A – Having faith helps us to understand our religion better.

SECOND LESSON – GOD AND CREATION

12. Q – Who is God?

A – God is the most perfect Being, Who created everything.



13. Q – Where is God?

A – God is everywhere.

14. Q – Does God know all things?

A – Yes, God knows everything, even our most secret thoughts.

15. Q – Has God always existed?

A – Yes, God has always existed; He has no beginning and will have no end. God is eternal.

16. Q – Is God perfectly holy and mighty and merciful?

A – Yes, God is perfectly holy and mighty (powerful) and merciful (loving and forgiving).

17. Q – What did Jesus teach us about God?

A – Jesus taught us that God is our Heavenly Father.

- 18. Q – Why can't we see God?**
A – We can't see God because He is a spirit and has no body.
- 19. Q – Are there any other spirits?**
A – Yes, there are other spirits, such as the angels and our souls.
- 20. Q – What is a human being?**
A – A human being is a creature made up of two things: a mortal body and an immortal soul. That means the body dies but the soul never dies.
- 21. Q – Why did God make you?**
A – God made me to show His love so that I may know Him, love Him and serve Him.
- 22. Q – What is a soul?**
A – A soul is a spirit created by God that has understanding and a free will.
- 23. Q – Does a person's soul die?**
A – No, a person's soul does not die, it lives on forever. It is immortal.
- 24. Q – What are angels?**
A – Angels are spirits that God created; they have understanding and free will. Some angels are God's messengers.

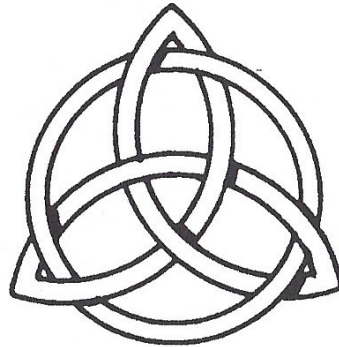
THIRD LESSON – THE HOLY TRINITY

25. Q – What is the Holy Trinity?

A – The Holy Trinity is one God in three Divine Persons: God the Father, God the Son and God the Holy Spirit.

26. Q – Are the three Divine Persons always together?

A – Yes, the three Divine Persons are always together because they are one God.



27. Q – Are all three Divine Persons equal?

A – Yes, all three Divine Persons - the Father, the Son and the Holy Spirit - are equal.

28. Q – Can you make the sign of the Cross?

A – Yes. In the name of the ☩ Father, and of the Son and of the Holy Spirit. Amen.

FOURTH LESSON – JESUS CHRIST

29. Q – Who is Jesus Christ?

A – Jesus Christ is the Son of God, Who became man and died on the cross for our salvation.

30. Q – How did God the Son bring the life of God to us?

A – God the Son brought the life of God to us by taking our human nature – by being born like us and living among us.

31. Q – How did God the Son take our human nature?

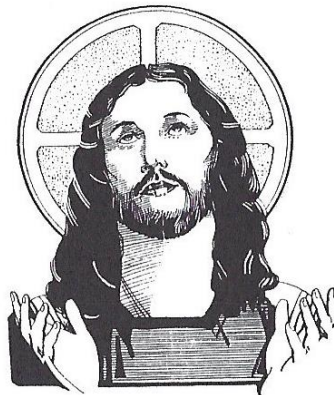
A – God the Son took our human nature by being born of the Blessed Virgin Mary.

32. Q – What does Jesus mean?

A – Jesus means “Savior.”

33. Q – What does Christ mean?

A – Christ means the “Anointed,” one dedicated to God.



34. Q – Where was our Lord born?

A – Our Lord was born in Bethlehem.

35. Q – Where did our Lord Jesus grow up?

A – Jesus grew up in Nazareth.

36. Q – Who was the guardian of our Lord Jesus Christ here on earth?

A – St. Joseph was the guardian of Jesus here on earth.

- 37. Q – What happened when Jesus was 30 years old?**
A – At age 30 Jesus was baptized by St. John the Baptist, fasted for 40 days, chose the 12 Apostles and began teaching the Jewish people.
- 38. Q – How long did Jesus continue teaching the Jewish people?**
A – Jesus continued teaching the Jewish people for three years.
- 39. Q – Did the Jewish people accept what Christ taught?**
A – No, most of them did not accept what Christ taught. Some of them accused Him before the Jewish high court and before Pilate as one who stirs up the people and causes problems.
- 40. Q – What did Pilate do?**
A – Pilate sentenced Jesus Christ to death.
- 41. Q - How did our Lord Jesus Christ die?**
A – Jesus Christ died on the cross by crucifixion.
- 42. Q – On what day did our Lord die?**
A – Jesus died on Good Friday.

43. **Q - For whom did Jesus Christ suffer and die?**
A – Our Lord Jesus Christ suffered and died for all people.
44. **Q – On what day did our Lord rise from the dead?**
A – Jesus arose from the dead on Easter Day.

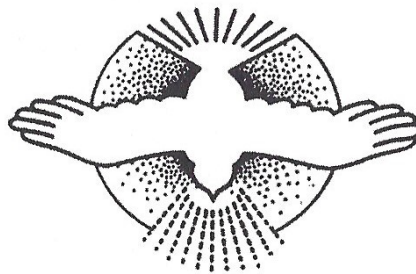


45. **Q – Where did our Lord go after He arose from the dead?**
A – After His resurrection Jesus remained on earth for 40 days.

46. **Q – Did anyone see our Lord after He arose?**
A – Yes, His Apostles and many others saw Him.
47. **Q – After 40 days where did our Lord go?**
A – After 40 days Jesus went to heaven.
48. **Q – On what day did our Lord go into heaven?**
A – Jesus went into heaven on Ascension Day.
49. **Q - What happened on Pentecost 10 days after the Ascension (50 days after Easter)?**
A – On Pentecost our Lord sent the Holy Spirit to live in His Church and be with us.

FIFTH LESSON – THE HOLY SPIRIT

50. **Q – Who is the Holy Spirit?**
A – The Holy Spirit is the third person of the Holy Trinity.
51. **Q – What does the Holy Spirit do for the Church?**
A – The Holy Spirit lives in the Church to teach, lead and sanctify (make holy) its members.



52. Q – What does the Holy Spirit give us?

A – The Holy Spirit gives us:

1. wisdom
2. understanding
3. knowledge
4. counsel (advice)
5. strength
6. godliness (piety)
7. fear of the Lord

53. Q – By what other name do we know the Holy Spirit?

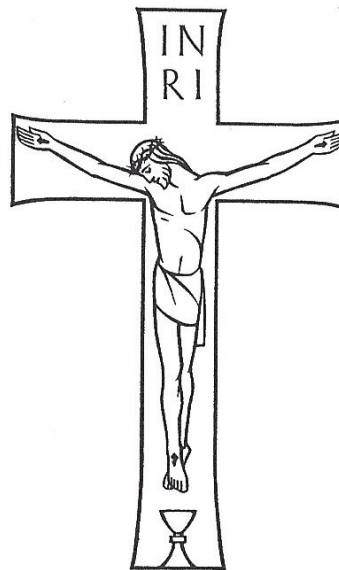
A – We know the Holy Spirit also as the Holy Ghost.

SIXTH LESSON - GRACE

54. Q – What is grace?

A – Grace is God’s help.

It is a gift God gives us through all that Jesus Christ did for our salvation.



55. Q - How many kinds of grace are there?

A – There are two kinds: sanctifying grace and actual grace.

56. Q - What is sanctifying grace?

A – Sanctifying grace is help from God that makes the soul holy and pleasing to God.

57. Q – When did we first receive sanctifying grace?

A – We received sanctifying grace when we were baptized.

58. Q – What is actual grace?

A – Actual grace is when God helps us to understand things and to do what is good.

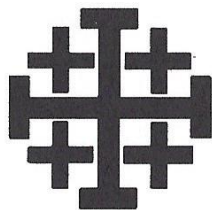
59. Q - How may we receive grace?

A – We may receive grace or help from God when we pray, receive the sacraments and live the way God wants us to live.

SEVENTH LESSON – THE SACRAMENTS

60. Q – What is a Sacrament?

A – A Sacrament is a visible sign of God's invisible grace instituted by Christ for our sanctification and salvation.



61. Q – How many sacraments are there?

A – There are seven sacraments:

1. Baptism and Confirmation
2. The Word of God
3. Penance
4. Holy Eucharist
5. Holy Unction (Anointing)
6. Holy Orders
7. Matrimony

62. Q – What kind of grace (help) do sacraments give us?

A – Each sacrament gives us a sacramental grace, a special kind of sanctifying grace (help) to make us holy.

63. Q – How do the sacraments give grace?

A – The sacraments give us God’s help through the saving work of Jesus.

64. Q – Which sacrament must we receive first?

A – We need to receive the Sacrament of Baptism first.

EIGHTH LESSON – BAPTISM

65. Q – What is the Sacrament of Baptism?

A – Baptism is the sacrament which:

1. takes away sin.

2. regenerates us to a new life of grace.
3. unites us with God.
4. makes us members of Christ's Church.

66. Q – What words are used in Baptism?

A – The words used during Baptism are:
“(Name), I baptize you in the name of the Father and of the Son and of the Holy Spirit.”

67. Q – What must we be baptized with?

A – We must be baptized with water.



68. Q – Who is the usual person to perform baptism?

A – The priest is the usual person to perform baptism.

69. Q – Who may baptize in an emergency, when a priest is not available?

A – Those who know the correct words and are serious about what they are going to do can baptize in an emergency.

70. Q – Who should be chosen as godparents?

A – Only Christians who practice their faith should be chosen as godparents.

NINTH LESSON – CONFIRMATION

71. Q – What is the Sacrament of Confirmation?

A – Confirmation is the sacrament through which we receive the gifts of the Holy Spirit to strengthen our faith, so that we may live how Christ wants us to live. It strengthens us to show our faith in everything we say and do.

72. Q – Who is the usual minister of the Sacrament of Confirmation?

A – The bishop is the usual minister of the Sacrament of Confirmation.

73. Q – How does the bishop confirm?

A – The bishop confirms by laying his hands on the head of the one being confirmed, making a sign of the cross on the forehead with Holy Chrism and saying the words of Confirmation.

74. Q – What is Holy Chrism?

A – Holy Chrism is a mixture of olive oil and balsam that the bishop blesses during Holy Week.

75. Q - What does confirm mean?

A – Confirm means “to strengthen.”

- 76. Q – What are the gifts of the Holy Spirit?**
A – The gifts of the Holy Spirit are: wisdom, understanding, knowledge, counsel (advice), strength, godliness (piety) and fear of the Lord.
- 77. Q – Why is Confirmation the completion of Baptism?**
A – Confirmation is the completion of Baptism because:
1. by Baptism we become members of Christ’s Church.
2. by Confirmation we are strengthened in our faith to live a Christian life in the Church by defending everything it stands for.
- 78. Q – Why does the bishop give those being confirmed a slap on the cheek?**
A – This reminds them that they must be ready to suffer, even die, for the faith of Christ.
- 79. Q – What must we do to receive Confirmation worthily?**
A – We must be free of sin, know and understand our faith and promise to live a Christian life as part of our Church.

TENTH LESSON – THE WORD OF GOD

80. Q – Why is the Sacrament of the Word of God important to us?

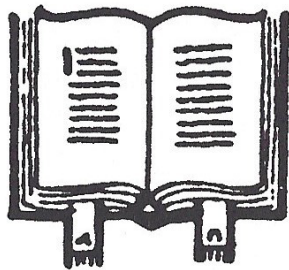
A – The Sacrament of the Word of God is important because it:

1. brings us closer to God through Jesus Christ.
2. teaches us the Divine Will of God or what He wants us to do.
3. makes our faith stronger.
4. tells us how we can enter the Kingdom of God.

81. Q – Why should we receive the Sacrament of the Word of God?

A – We should receive the Sacrament of the Word of God because Christ commanded us to receive and proclaim it. Holy Scripture says this:

1. “Go therefore and make disciples of all nations ... teaching them to obey everything that I have commanded you”.
(Matthew 28:19-20)



2. "The seed is the word of God". (Luke 8:11)
3. "Blessed rather are those who hear the word of God and obey it." (Luke 11:28)
4. "You have been born anew . . . through the living and enduring word of God." (1 Peter 1:23)
5. "One does not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:4)

ELEVENTH LESSON – PENANCE

82. Q - What is the Sacrament of Penance?

A – Penance is the sacrament by which all our sins are forgiven when we are sorry, go to confession and promise not to sin again.

83. Q – What is sorrow for sin?

A – Sorrow for sin is hating sin, because we love God and are sorry for going against God's laws. If we are sorry for our sins, we will promise not to sin again.

84. Q – What is confession?

A – Confession is when we tell God our sins privately or publicly before a priest, so that the priest can give us penance, advice and absolution.

85. Q - What is absolution?

A – Absolution is the forgiveness of sins given us by God through the words of a priest. Only bishops and priests can grant absolution.

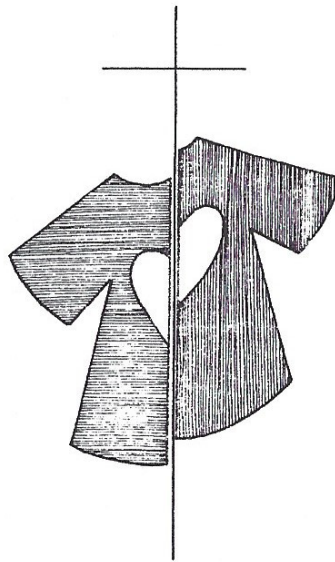
86. Q – Must we tell all our sins at confession?

A – Yes, we must tell all the sins that we can remember.

87. Q – What must we do to receive the Sacrament of Penance worthily?

A – To receive the Sacrament of Penance worthily we must do five things:

1. examine our con-science (think of the things we did wrong).
2. be sorry for our sins.
3. promise not to sin again.
4. confess our sins before a priest.
5. accept and do the penance that the priest gives.



TWELFTH LESSON – SIN

88. Q – What is sin?

A – Sin is knowingly and willingly breaking God's laws. Many times after you commit a sin, you will have a guilty conscience.

89. Q – What is conscience?

A – Conscience is the voice of God in our souls that tells us what is right or wrong.

90. Q – What are the greater sins called?

A – The greater sins are called mortal or serious sins.

91. Q – What are the lesser sins called?

A – The lesser sins are called venial sins.

92. Q – What is a mortal sin?

A – A mortal sin is one that separates us from God because it is very wrong.

93. Q – What is a venial sin?

A – A venial sin is a lesser breaking of God's laws; it is not as bad as a mortal sin.

94. Q – How is sin committed?

A – Sin is committed in our thoughts, by what we say or do and by not doing good when we should.

95. Q – What is temptation?

A – Temptation is anything that urges us to do wrong.

96. Q – What is blasphemy?

A – Blasphemy is when you speak of God or of matters of faith in a rude or disrespectful way.

97. Q – What is a curse?

A – A curse is when you ask God to do something hurtful to a person, place or thing.

THIRTEENTH LESSON – THE HOLY EUCHARIST

98. Q – What is the Holy Eucharist?

A – The Holy Eucharist is Jesus Christ Himself, Who is really present under the forms of bread and wine.



99. Q – In the Holy Eucharist what does our Lord Jesus Christ give us?

A – In the Eucharist Jesus Christ gives us Himself.

100. Q - What is Holy Communion?

A – Holy Communion is receiving the Body and Blood of our Lord Jesus Christ.

101. Q - Why does our Lord give us Himself in Holy Communion?

A – Our Lord gives us Himself in Holy Communion to be food for our souls.

102. Q – How do we prepare ourselves to receive the Sacrament of Holy Eucharist worthily?

A – We must:

1. be free from serious sin.
2. fast two hours before receiving Holy Communion.
3. offer the prayers before Communion.

103. Q – What must we do after we have received Holy Communion?

A – We must thank Jesus Christ for coming to us.

104. Q – When does the bread and wine become the Body and Blood of our Lord?

A – The bread and wine become the Body and Blood of our Lord during the Holy Sacrifice of the Mass when the priest says “This is My Body ... This is My Blood.”

FOURTEENTH LESSON – HOLY UNCTION (ANOINTING)

105. Q - What is the Sacrament of Holy Unction (Anointing)?

A – Holy Unction (Anointing) is the sacrament in which the priest anoints a sick person with the Oil of the Sick. Through this anointing and prayer the person receives health and strength of the soul and sometimes healing of the body.

106. Q – Who should receive the Holy Unction (Anointing)?

A – Christians who are sick or in danger of death should receive this sacrament.

107. Q – How does the priest give the Sacrament of Holy Unction (Anointing)?

A – The priest gives this sacrament by anointing the sick person while saying the prayer

which asks God to forgive the sins committed.

108. Q - In case of sudden death should a priest be called?

A – Yes! A priest should always be called, because absolution and Holy Unction could be given.

109. Q – What does Holy Unction (Anointing) do for a person?

A – Holy Unction (Anointing):

1. forgives sins.
2. increases sanctifying grace.
3. gives the person comfort and strength.

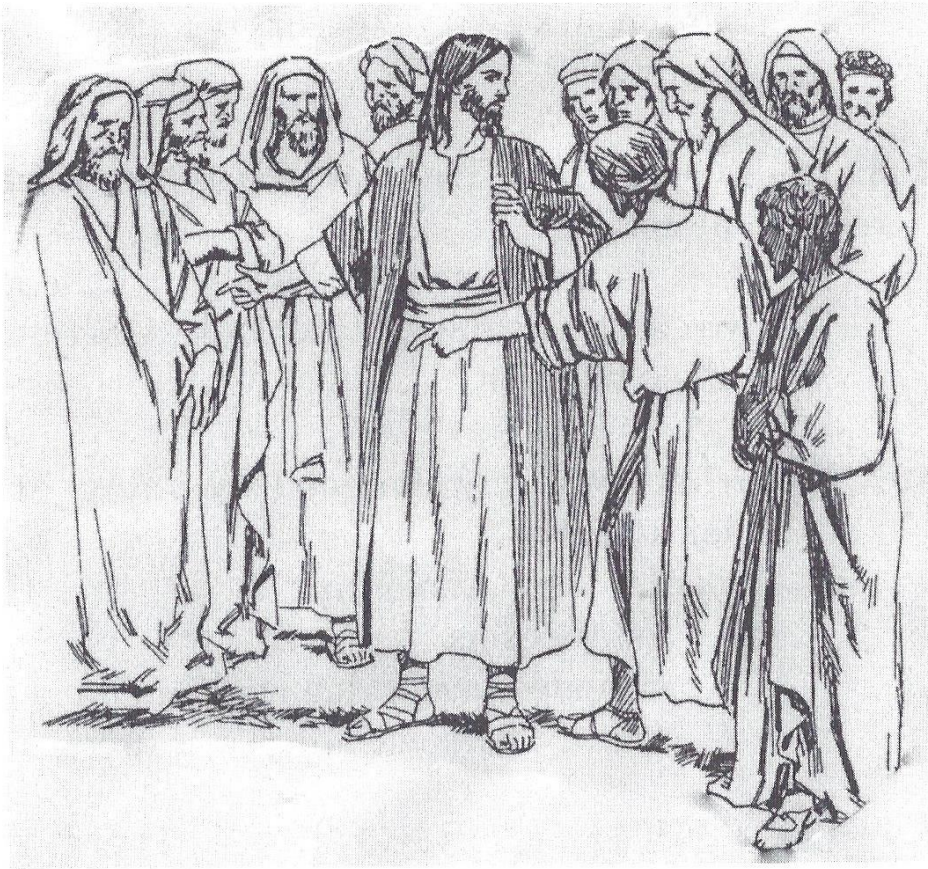
FIFTEENTH LESSON – HOLY ORDERS

110. Q – What is the Sacrament of Holy Orders?

A – Holy Orders is the sacrament by which a man becomes a deacon, priest or bishop and receives the power and grace (God's help) to do his sacred duties.

111. Q - What Holy Orders have there always been in the Church?

A – The Holy Orders in the Church are Deacon, Priest and Bishop.



112. Q - Who were the first that our Lord made to be priests with Him?

A – The Apostles were the first that our Lord made to be priests with Him.

113. Q – Who did our Lord appoint to rule His Church?

A – Jesus appointed the Apostles to rule over His Church.

114. Q – Who are the successors (those who came after)of the Apostles?

A – The bishops of the Holy Catholic Church are the successors of the Apostles.

115. Q – How is a priest made a bishop?

A – A priest is made a bishop by the laying on of hands of three bishops and the prayer of consecration.

116. Q - How is a deacon made a priest?

A – A deacon is made a priest when a bishop lays his hands on the head of the deacon and says the prayers of ordination.

117. Q - What are some of the sacred duties of a priest?

A – A priest:

1. offers the Holy Sacrifice of the Mass.
2. gives absolution (forgiveness).
3. teaches and preaches the Word of God.
4. administers other sacraments.
5. blesses people in God's name.

118. Q – What is necessary to receive Holy Orders worthily?

A – To receive Holy Orders worthily one must have a divine calling to this sacred office and be free from sin.

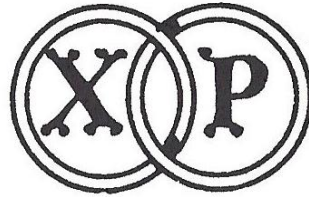
119. Q- How is a man made a deacon?

A – A man is made a deacon through the prayers and laying on of hands by the bishop.

SIXTEENTH LESSON – MATRIMONY

120. Q - What is the Sacrament of Matrimony?

A – Matrimony is the Sacrament that makes a Christian man and woman husband and wife, gives them grace to be faithful to each other and to bring up their children in love and devotion to God.



SEVENTEENTH LESSON – THE SACRAMENTALS

121. Q - What are sacramentals?

A – Sacramentals are special prayers, actions and objects that are blessed or set aside by the Church to bring us closer to God.

122. Q – What are some of the sacramentals?

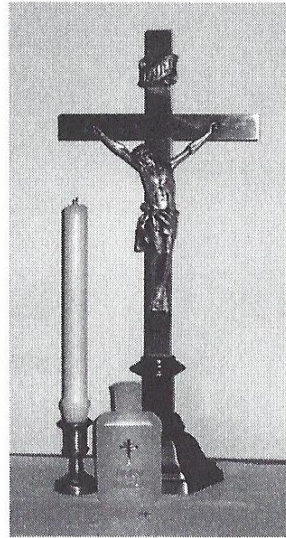
A – Some of the sacramentals are: the sign of the cross, religious ceremonies, holy oils, holy water, candles, ashes, palms, bells, incense, crucifixes, images of our Lord and saints.

123. Q – Where do sacramentals come from?

A – Sacramentals come from the religious customs and traditions of the Church.

124. Q – What sacramentals should always be in our homes?

A – Sacramentals that should always be in our homes are: a crucifix, holy water and blessed candles.



EIGHTEENTH LESSON – PRAYER

125. Q – What is prayer?

A – Prayer is the lifting of our hearts and minds to God. We adore Him, thank Him, ask His forgiveness and ask for all the graces (help) we need.

126. Q – What is a perfect prayer?

A – We call the Lord’s Prayer or the “Our Father” a perfect prayer because it was given to us by our Lord Himself and in it we offer our whole self to God.

127. Q – What is a prayer of intercession?

A – A prayer of intercession is praying to God through someone else.



128. Q – What is a well-known prayer of intercession?

A – The “Hail Mary” is a well-known prayer of intercession.

129. Q – For what should we pray?

A – We should pray for God to help and guide us that we may live and work the way He wants us to and to keep us from sin.

130. Q – Should we pray for others?

A – Yes, we should do so. We should:

1. ask God’s blessing on those we love.
2. pray that God gives strength to those who need it.
3. pray for our enemies so that God can give them love and understanding.
4. pray for those who died that God give them salvation.

131. Q – What does “amen” mean?

A – It is a Hebrew word that means “so be it,”
that is, that the prayer be answered.

NINETEENTH LESSON – VIRTUE

132. Q – What is virtue?

A – Virtue is the habit of doing good things.

133. Q – What is vice?

A – Vice is the opposite of virtue or the habit of
doing bad things.

134. Q – What are Divine or Heavenly Virtues?

A – The Divine Virtues are:

1. faith
2. hope
3. charity (love)

135. Q – What is hope?

A – Hope is our trust in God and His promises
to us. We should accept His promises and
work to be worthy of those promises.

**136. Q – What are the acquired virtues (virtues
you develop yourself)?**

A – The acquired virtues are:

1. humility
2. chastity (purity)
3. modesty
4. patience
5. piety (holiness)

137. Q - What is a vow?

A – A vow is a solemn promise made to God to do something that is noble and good.

138. Q - What is an oath?

A – An oath is calling upon God so that He witnesses what we say is true.

TWENTIETH LESSON – THE CHURCH

139. Q – What is the Church?

A – The Church is the Body of Christ, of which Christ is the Head. All baptized people are members.

The Church is a community of people who believe and practice what Christ taught and who receive the sacraments in order to receive salvation.

140. Q – Who are the ministers of the Church?

A – The ministers of the Church are bishops, priests and deacons.

141. Q -Who are the successors of the Apostles?

A – The bishops, consecrated according to Apostolic Tradition, are the successors to the Apostles.

142. Q - Who is the Head of the Holy Catholic Church?

A – Jesus Christ is the Head of the Holy Catholic Church.

143. Q – Who are members of the Holy Catholic Church?

A – All people who are baptized and believe in the teachings of Holy Scripture and Sacred Tradition are members of the Holy Catholic Church.

144. Q – Why should I live and die in communion with the Holy Catholic Church?

A – I should live and die in communion with the Holy Catholic Church so that I may receive eternal salvation.

145. Q – To what organized Church within the Holy Catholic Church do you belong?

A – I belong to the Polish National Catholic Church (PNCC).

146. Q–When was the PNCC organized?

A – The Polish National Catholic Church was organized in March 1897.



147. Q – Who organized the PNCC?

A – Bishop Francis Hodur with a group of Polish people organized this Church.



148. Q – Why was this Church formed?

A – This Church was formed to meet the needs and hopes of the Polish people who had come to America.

149. Q – Is this a new Church?

A – No, this Church is a part of the Holy Catholic Church that Christ founded in Jerusalem.

150. Q – Is the Polish National Catholic Church a true Church?

A – Yes, the Polish National Catholic Church is a true Church because it has the marks of the Holy Catholic Church: 1. One. 2. Holy. 3. Catholic. 4. Apostolic.

151. Q – How is the Polish National Catholic Church “One”?

A – The Polish National Catholic Church is “One” because all its members believe in

one God and in Jesus Christ as the Head of the Church.

152. Q – How is the Polish National Catholic Church “Holy”?

A – The Polish National Catholic Church is “Holy” because:

1. its Founder, Jesus Christ, is holy.
2. the sacraments that lead us to salvation are holy.
3. its goal is holy.

153. Q – How is the Polish National Catholic Church, “Catholic”?

A – The Polish National Catholic Church is “Catholic,” which means “universal,” because it teaches that the gospel of Jesus Christ is universal (exists everywhere), for all times and for all people. The PNCC believes the truths of Holy Scripture and upholds the Sacred Tradition of the undivided Church.

154. Q – How is the Polish National Catholic Church “Apostolic”?

A – The Polish National Catholic Church is “Apostolic” because its teachings and practices come from the Apostles. The bishops of the PNCC have Apostolic Succession.

155. Q – What language is used the PNCC?

A – Whatever language the people speak and understand is used.

156. Q – What is your duty as a member of the PNCC?

A – As a member of the PNCC it is my duty to:

1. accept and obey what Christ taught us.
2. give glory to God by leading a good life.
3. support the work of the Church.
4. help bring others into the Church.

TWENTY-FIRST LESSON

THE EXAMINATION OF CONSCIENCE

PRAYER:

O God, show me all my sins.

O God, help me to be really sorry for them.

O God, help me to confess all the sins I can remember.

O God, help me to do better for Jesus Christ's sake.
Amen.

Q – Have I forgotten my morning or evening prayers?

Q – Have I prayed carelessly?

Q – Have I stayed away from church when I should have gone?

Q – Have I misbehaved in church?

- Q – Have I disobeyed my parents?
- Q – Have I been selfish or stubborn?
- Q – Have I given way to an angry temper?
- Q – Have I argued with my brothers, sisters, or friends?
- Q – Have I hit anyone in anger?
- Q – Have I said any swear words?
- Q – Have I used God’s holy name in a disrespectful way?
- Q – Have I told lies to my parents, teachers or others?
If so, why did I tell them? Was it through fear or through pride or through carelessness?
- Q – Have I told lies about others?
- Q – Have I allowed others to be punished for my faults?
- Q – Have I acted in a dishonest way?
- Q – Have I stolen anything? If I have, have I returned it?
- Q – Have I been unfair or cheated at school, or at games?
- Q – Have I been overly proud of my clothes, my looks or anything else?
- Q – Have I given way to bad or evil thoughts?
- Q – Have I said evil words or listened to them when I should have gone away?
- Q – Have I done bad or evil things alone or with others?
- Q – Have I gone out with bad companions?
- Q – Have I stayed out late at night without permission?
- Q – Have I stayed away from school without permission?
- Q – Have I smoked cigarettes or used drugs?

- Q – Have I made bets or played games for money?
Q – Have I grumbled or been unhappy with what God
has given me?
Q – Have I been lazy or idle in school or at home?
Q – Have I been ashamed to do what is right so I
wouldn't be laughed at?
Q – Have I laughed at others for doing right?
Q – Have I tempted another child or taught anyone
to sin?
Q – Are there any other sins that I can remember
having committed?

TWENTY-SECOND LESSON

THE FORM OF CONFESSION

THE CONFITEOR

In the Name of the ☩ Father and of the Son and of
the Holy Spirit. Amen.

I confess to Almighty God, before the Blessed
Virgin Mary, all the saints and you, Father, that I have
sinned in thought, word and deed. By my fault, by
my fault, by my own great fault. Therefore, I ask the
Blessed Virgin Mary, all the saints and you, Father, to
pray for me to the Lord, our God.

For the first time at confession say:

This is my first confession and I have committed the following sins.

After your first confession, say:

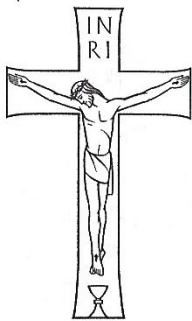
It has been (mention time) since my last confession, I received absolution, performed my penance and I committed the following sins: (Now state your sins)

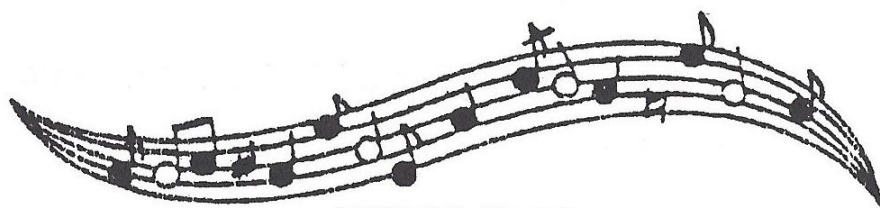
Then you conclude by saying:

For these and all my sins which I cannot remember, I am very sorry; I will try to do better. I most humbly ask pardon of God and of you, Father, penance, advice and absolution.

Now you listen to the priest's advice, answer his questions and accept the penance which he gives you. While the priest absolves you, bow your head, strike your chest three times, saying each time:

“God, have mercy on me, a sinner.”
(Luke 18:13)





HYMNS

HALLOWED BE FOREVER

Hallowed be forever, Living Host Divine,
In which Christ, our Savior, hidden is sublime.
Hail Thou Jesus, Son of Mary,
Thou art God eternal, Wond'rous mystery!

Hallowed be forever, Thou Angelic Bread,
Sacrament Most Holy, by which we are fed.
Hail Thou Jesus, Son of Mary,
Thou art God eternal, Wond'rous mystery!

Hallowed be forever, Shepherd Crucified,
For us Thou didst suffer, for us Thou hast died.
Hail Thou Jesus, Son of Mary,
Thou art God eternal, Wond'rous mystery!

Hallowed be forever, Ris'n in victory,
In this Bread Most Holy we would worship Thee.
Hail Thou Jesus, Son of Mary,
Thou art God eternal, Wond'rous mystery!

JESUS, MY LORD AND SAVIOR

Jesus, my Lord and Savior, here would I worship
Thee,

All that I have I give Thee, for Thou didst die for
me.

Here in this Bread of Heaven, here in this Host
Divine.

Thanksgiving, praise and honor be ev'ry moment
Thine.

All my vain pride I humble, all my poor soul I give
Unto my Lord and Savior, that with Him I may live.

O SACRED BANQUET

O Sacred Banquet, Body of Jesus,
Feed, Lord, and strengthen this soul of mine.
I thank Thee for this blessing most precious,
As I receive this gift from above.

O what great gladness now overcomes me,
I sense Thy nearness, I feel Thy love.

Help me to know Thee, ever to need Thee,
As I receive this gift from above.

Bread of the angels, this day I greet Thee,
My God eternal, my God Almighty,
Unto Thee my heart I give.

AT THY DOOR, I COME BEFORE THEE

At Thy door I come before Thee,
And I ask, O Lord, Thy mercy.

In this Bread we now behold Thee,
Heaven's gift, Thou Lord Almighty.

In this Sacrament Most Holy,
From on high, come, Lord of Glory.

In this Host, this Bread of Heaven,
God's Eternal Son is given.

Live within me, O my Savior,
May I live with Thee forever.

O HEART OF JESUS

O heart of Jesus, filled with love and mercy,
How we would love Thee, worship, honor, bless
Thee!

: Yet our poor hearts so faithless and cold

 Add to Thy suff'ring and grief untold. :

When, O my Savior, when, O dearest Jesus,

Shall our hearts know that love Thou sharest to us?

: When shall our cold hearts before Thee bow?

 O heart of Jesus, may it be now! :

COME UNTO JESUS

Come unto Jesus, Come while you may;
Hear how He calls you, Come now this day.
How He does love you, follow His way,
Gently He call you, Come!

Lo, the vision wond'rous to behold!
He would save us from this sinful world.
To heaven's blessed glory untold,
O dearest Lord, we come!

Come, O my child now, Come, heed His call,
Give Him your heart, your love and your all.
He shall uplift you, lest you should fall,
Gently He calls you, Come!

Lo, the vision wond'rous to behold!
He would save us from this sinful world.
To heaven's blessed glory untold,
O dearest Lord, we come!



HAIL, DEAR MARY

Hail, dear Mary, praise and glory unto you we bring.

Sing, O child in exultation, of her virtues sing.

Sing, O child in exultation, of her virtues sing.

How her hands had served our Savior, Who this world had made.

Lo, the greatness of His glory, Mary's Son, our Lord.

Lo, the greatness of His glory, Mary's Son, our Lord.

As His Mother, He did love her, honored every word.

In obedience to her guidance, though He was her Lord.

In obedience to her guidance, though He was her Lord.

MARY DEAR, MOST BEAUTEOUS VIRGIN

Mary Dear, most beauteous Virgin, on this day we greet thee.

From this world of sin and sadness we would sing thy glory.

Mother Dear, we ask of thee, On this day be with us.

Mother Dear, on this day we sing thy praise and
glory.

Mother Dear, we honor thee. Mother Dear, we
honor thee,

Mother Dear, on this day we sing thy praise and
glory.

HAIL, BLESSED MARY

Hail, Blessed Mary, Virgin most holy,
We come before you, imploring, lowly,
: Your gentle favor to help us wholly.

Pray for us, Mary, Mother of Jesus. :

How like the lily among the flowers,
How like the daystar among the hours,
: You are the purest among the powers.

Pray for us, Mary, Mother of Jesus. :

MORNING HYMN

Lord, this morn we raise our voices,
As the world in song rejoices,
All the works of Thy creation,
Join to sing Thy admiration.

Lord, to us Thou hast been gracious,
O the blessings Thou didst give us,
Now we cannot help but praise Thee
For Thy gifts of love and mercy.

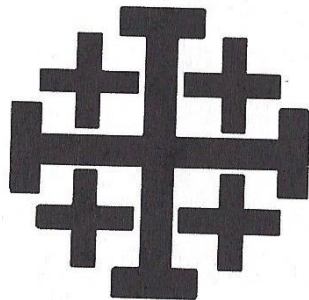
Through the night Thou didst protect us,
From the dangers that beset us,
That we might arise to praise Thee,
And to sing Thy lasting glory.

EVENING HYMN

Lord, in prayer we kneel before Thee,
In the greatness of Thy glory,
As we bow in admiration,
Lord, accept our adoration.

Through this day, Lord, Thou has led us,
Loving Jesus, Thou hast blessed us,
Kept us free from all temptation,
That we might show our devotion.

Lord, be with us every moment,
Grant us peace and Thy contentment,
As another day we enter,
Of Thy guidance mindful ever.



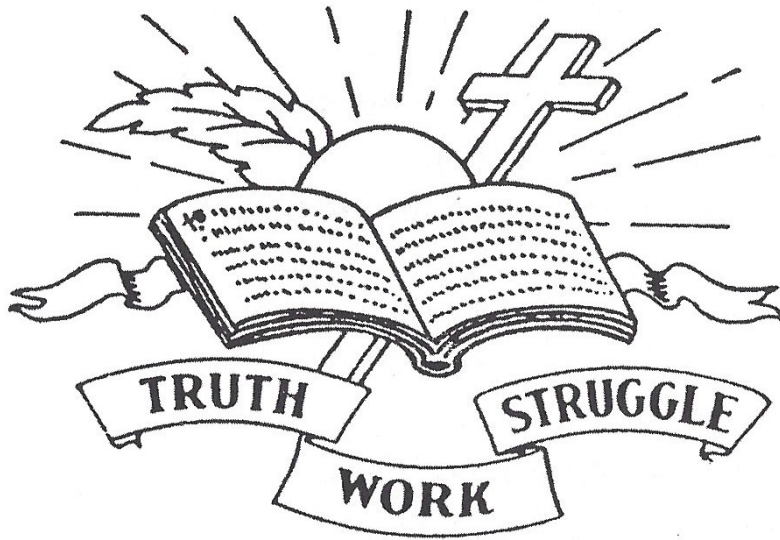
HYMN OF FAITH

To Thee we come, O Lord, our God,
Before Thine altar, Father,
Thou knowest best our yearning hearts,
This supplication answer.
Lift up from want Thy people, Lord;
Bless us, O God; O Father, bless our toil.

We ask Thee not for bliss in life,
Nor golden treasure's splendor,
But that we enter in the strife,
Christ's Kingdom to engender.
Lift up from sin Thy people, Lord,
And strengthen us. O Father, bless our toil.

And grant us faith, sustain our strength,
As for Thy cause we struggle,
And when we falter punish us,
True God and Righteous Leader.
And 'neath Thy banner gather us;
Renew us, Lord; O Father, bless our toil.

Under Thy cross we stand prepared
To serve Thee with devotion.
Be it with sweat of blood or tears,
Or humble resignation.
For we Thy people are, O Lord;
Save us, O God; O Father, bless our toil.



HYMN OF THE POLISH NATIONAL CATHOLIC CHURCH

Through the years unto Thee, O Lord,
Faithful service we have rendered,
At the break of dawn marched sunward,
: At the chains of bondage straining. :

Unto Thee we built a temple,
Which for us became a treasure,
Pouring gifts of faith and courage,
: In it is our hope forever. :

Christ Himself speaks from its altars,
As He spoke throughout the ages,
To the poor among His people,
: When their blinded eyes He opened. :

Now again He comes from heaven,
Midst the lab'ring, toiling people,
In the form of bread and God's Word,
: To His humble, needful people. :

When in doubt, by Him we are strengthened,
From degrading sin He lifts us,
Animates us and ennobles,
: From a dormant slumber wakes us. :

He pours new life into our souls,
Fires our hearts with passion sacred,
In contrition He refines us,
: As a sword of steel we're tempered. :

Through the storms of life He guides us,
Midst the thunder and the tempest,
Christ is ever there before us,
: But are we, Lord, always faithful? :

Would to God we be faithful ever,
Would to God this sacred banner
In our souls and hearts be opened,
: Until death our life does sever. :

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