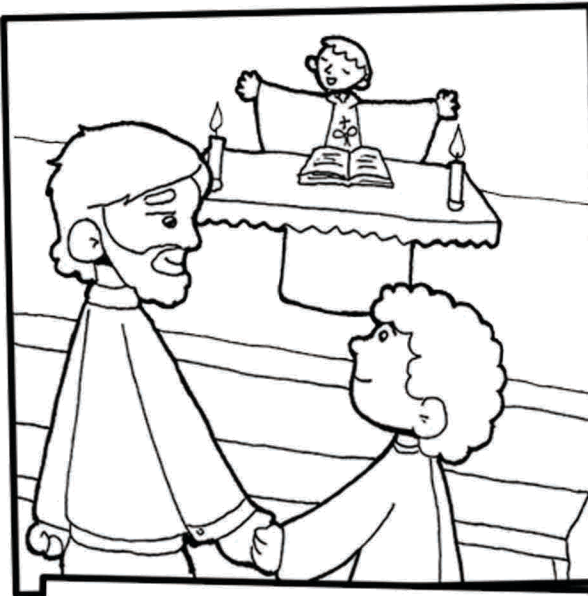


THE PRECEPTS OF THE CATHOLIC CHURCH

Precepts are commandments given to us by the Church that tells us what are minimum duties as Catholics are.

Together with the Ten Commandments, they give us a guide on how to live our lives. When we disobey the Precepts or any of the Ten Commandments, we are committing *mortal sin*.

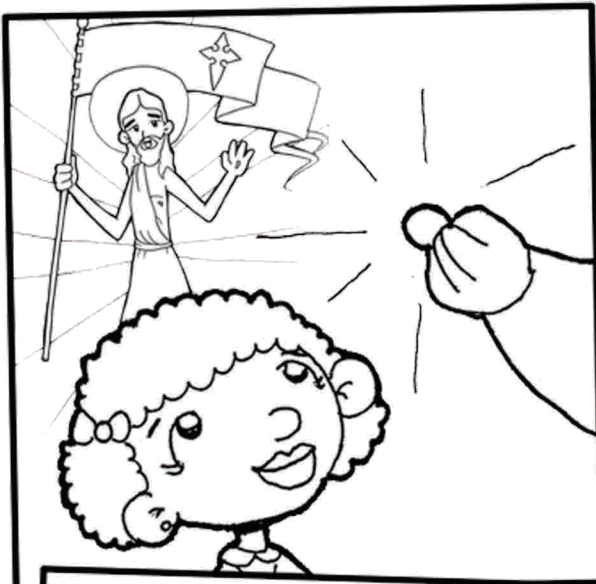
NAME:



1 You shall attend Mass on Sundays and holy days of obligation.



2 You shall confess your sins at least once a year.



3 You shall receive Holy Eucharist at least during the Easter season.



4 You shall observe the days of fasting and abstinence established by the Church.



5 You shall help to provide for the needs of the Church.