

# Sacraments

## Sacraments of Initiation

### Baptism

For Catholics, the Sacrament of Baptism is the first step in a lifelong journey of commitment and discipleship. Whether we are baptized as infants or adults, Baptism is the Church's way of celebrating and enacting the embrace of God.

### Eucharist

Catholics believe the Eucharist, or Communion, is both a sacrifice and a meal. We believe in the real presence of Jesus, who died for our sins. As we receive Christ's Body and Blood, we also are nourished spiritually and brought closer to God.

### Confirmation

Confirmation is a Catholic Sacrament of mature Christian commitment and a deepening of baptismal gifts. It is one of the three Sacraments of Initiation for Catholics. It is most often associated with the gifts of the Holy Spirit.

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## Sacraments of Vocation

### Marriage

For Catholics, the Sacrament of Marriage, or Holy Matrimony, is a public sign that one gives oneself totally to this other person. It is also a public statement about God: the loving union of husband and wife speaks of family values and also God's values.

### Holy Orders

In the Sacrament of Holy Orders, or Ordination, the priest being ordained vows to lead other Catholics by bringing them the Sacraments (especially the Eucharist), by proclaiming the Gospel, and by providing other means to holiness.

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## Sacraments of Healing

## **Reconciliation**

The Catholic Sacrament of Reconciliation (also known as Penance, or Confession) has three elements: conversion, confession and celebration. In it we find God's unconditional forgiveness; as a result we are called to forgive others.

## **Anointing of the Sick**

The Catholic Sacrament of Anointing of the Sick, formerly known as Last Rites or Extreme Unction, is a ritual of healing appropriate not only for physical but also for mental and spiritual sickness.

*The Seven Sacraments of the Catholic Church as described by Fr. Raphael Mary of the Catholic Newman Center at the University of Washington.*

# **Becoming Catholic**

## **Step 1: Learn About Catholicism**

One of the best ways you can learn about the Catholic Faith is to visit our Parish and let us know that you are interested in learning more about the Faith.

To get started with an overview of Catholic teaching, you can consult the Catechism of the Catholic Church.

## **Step 2: Rite of Christian Initiation of Adults**

If you have decided that you want to become Catholic, you will participate in a process called the Rite of Christian Initiation of Adults (RCIA). In RCIA, you will learn about the teachings of Jesus Christ and how to put His teachings into practice by living as part of the Catholic community, by serving others, and by praying to God.

To learn more about RCIA, please contact our Parish Office.

## **Step 3: Sacraments of Christian Initiation**

If you **have not** been baptized, the Christian initiation process prepares you to become a Catholic Christian by celebrating in the Sacraments of Christian Initiation: Baptism, Confirmation, and Holy Communion (Eucharist).

If you **have** been baptized in another Christian tradition, only the Sacraments of Confirmation and Eucharist are required to enter into full communion with the Catholic Church.

Upon receiving these Sacraments, you will become a member of the Roman Catholic Church.

For more information about Baptism, please contact our Parish Office to arrange an appointment with the Pastor.