

REFRESHER NOTES

on

CATHOLICISM

You have found
favour with
GOD

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BOOKLETS EXPLORING PARTS OF CATHOLICISM IN A SIMPLE WAY

PREFACE

The notes on Catholicism found in this booklet are the favourites that have been selected from the many topics found on the website:

www.catholicismrefreshernotes.co.uk

The number of times each topic was accessed was automatically recorded, thus identifying its popularity.

What's covered will not be the most comprehensive or only answer, but it's all in a very easy-to-read manner and free from theological terms wherever possible.

If you like what you read here and would like to see these and other topics covered as separate items, then visit the above website and download the ones you want and would like to use, all free of charge:

SAYING AMEN

The word 'Amen' is possibly the most used word in the Christian liturgy.

According to different contexts, 'Amen' means: "This is it, this is the truth, so be it, I believe in all that has just happened and been said".

When used, some people pronounce it AHmen, others AYmen. Ahmen is from the Latin and Aymen is from English.

It doesn't matter which is used so long as it's used with reverence and meaning.

We use the word AMEN regularly during religious activities, normally when we end our prayers or by the presiding priest when he ends prayers during religious services.

Saying 'amen' has real meaning:

**It is a unique way of uniting us with
what has just been done or said?**

To many people it is just a movement of lips, but during religious ceremonies it is used to involve us all effectively in the proceedings:

- When we end any prayer with it, we are saying that we truly mean what we have just said.
- At the very start of the mass when we bless ourselves saying that what we are about to do is in the name of the Blessed Trinity, and ending this with the word Amen adds to our true belief in this.
- Following the CREED during mass emphasises our belief in the words of this prayer. So be it, I believe in what I've said.
- Following the doxology at the end of the Eucharistic Prayer is what is known as **THE GREAT AMEN**. It is the most solemn Amen of the Mass. With this 'Amen', the whole congregation are declaring their belief in what has just happened, part of which was the Consecration.

These are just some of the uses of the word AMEN. Like many small parts of our Catholic faith, it too has very sacred meanings and should always be treated with reverence.

FREE-WILL AND LOVE

Many Atheists, some scientists and others would like us to believe that we do not have free-will.

They claim that all our decisions are in some way pre-ordained, arguing that all decisions are made using our experiences and knowledge thus taking away our

independent decision-making.

Does this mean that when God creates people, they don't have free-will?

One answer to this is God's commandment of Love.

As Christians, we're told to love God and our neighbours, but we can only do this if we have an independent way of choosing, and making a decision.

If all our decisions are predetermined, then how can we love? People can only be loved if we want to love them.

God tells us He wants us to love Him, but because he's given us laws to obey to prove it, it means that we must have an independent way of choosing to or not. We have free-will.

REMEMBER

- God has to give people free-will, that is the ability for independent choices for his creation to make sense, and laws on which they could use their free-will.
- God must reward or punish people, based on how they used their free-will to obey His laws or not.
- None of this is any use if it all ends when we die.
- God's answer was to give us all an immortal SOUL to live in heaven with Him for all eternity when we die.
- For this to happen, we must use our free-will to obey His laws while we're alive.
- For people to be able to achieve heaven for all eternity they must know about it - HOW?
- God reveals it all to us via the Holy Bible.

GOD WANTED ALL MEN TO GAIN HIS GREAT PROMISE OF ETERNAL LIFE FOR OUR SOULS IN HEAVEN WHEN WE DIE.

HOWEVER, WE MUST EARN IT.

THIS IS ACHIEVED BY USING OUR FREE-WILL TO **LOVE** GOD AND OUR NEIGHBOURS AS OURSELVES

THE SANCTUARY LAMP

How many Catholics do you know who would be able to tell you what a Sanctuary Lamp is, what's its purpose and where you'll find one? The following is just one simple explanation of these questions.

During mass, a priest consecrates bread and wine into the body and blood of Christ.

The bread itself is of a type known as unleavened bread. It's compressed and shaped into small circular wafers. When they've been consecrated by a priest they're known as The Blessed Sacrament.

If any are left over after communion, they're put in a 'ciborium', which is like a chalice, but with a lid. This is then locked away in the nearby tabernacle. There are two main reasons why this is done.

The first is when a person would like to receive Holy Communion but is unable to get to mass. In this case, one of the consecrated wafers can be retrieved from the tabernacle and taken to that person by a Priest, deacon or Eucharistic Minister.

The second is that any Catholic church is known as The House of God because He's present as the Blessed Sacrament in the Tabernacle. In other words, God is in his house and is why it's a great place to pray. This is where the Sanctuary Lamp comes in.

It's just an ordinary, usually red glass container hanging somewhere in the sanctuary with a lit candle inside it.

When the candle is lit, this informs anyone entering a Catholic church that the Blessed Sacrament is present in the Tabernacle.

Answering the above three questions:

- What is a Sanctuary Lamp? It's usually a red glass container with a lit candle inside. Some are very grand and ornate, others small and very simple, but they all have the same purpose.
- What is its purpose? To tell Catholics that God is in his house.
- Where would you find one? In a Catholic Church, hanging in the Sanctuary.

When Catholics anywhere in the world go into a Catholic church to pray, it gives them a very warm feeling when they see the Sanctuary Lamp with a lit candle inside.

It's telling them that the Blessed Sacrament is present in the Tabernacle. Whenever the Blessed Sacrament is not in the Tabernacle the candle is not lit, but always tell the priest if you find it not lit, just in case it's been accidentally blown out.

DESPAIR AND PRESUMPTION

Why does the Catholic church classify despair and presumption as being grave sins against God? This document is just a simple explanation. There are more in-depth ones to be found on the Internet if the reader wants a more theological explanation.

On the face of it, we all go through despair and presumption at one time or another.

If our favourite football team loses one match after another, we despair that they will be relegated to a lower division. If we lose our jobs, we despair about being able to pay bills. These are normal emotions of despair.

If we book a holiday in a great resort, we believe we'll have a great time. That's what we presume. When we walk down a road, we expect we'll arrive at our destination safely. That's what we presume.

The emotions of despair and presumption are not sins in themselves. It's only when they are used by people in their relationship with God's **unending forgiveness**; then they are considered very grievous sins.

God is all loving, forever ready to forgive the most serious sinners if they are truly repentant.

Remember King David being forgiven after having organised the death of one of his generals called Uriah. What about St. Peter being forgiven for denying Christ three times even after he'd been told he would do so, and what about the 'good thief', a criminal on a cross who died at the same time as Jesus?

The unrelenting forgiveness by God gives us all hope that our souls will gain heaven for all eternity when we die. This is why despair and presumption are called 'Sins Against HOPE'.

When people despair about being forgiven by God and believe there's no hope for their souls after they die, they are saying they don't believe in the word of God. This is why despair is a grave sin.

When people believe that they don't have to do anything to get God's forgiveness, that he'll always forgive them; this is taking God for granted, the sin of presumption.

We should always watch out for these two sins against hope because they are truly grave ones.

ALWAYS HAVE HOPE IN GOD'S FORGIVENESS.

EXCUSES USED BY CATHOLICS

Whenever you don't agree with something the church teaches, are you sure you're being honest and not just using excuses?

How often do we hear comments by Catholics such as "I don't agree with that, because things have changed and the church hasn't kept up with the times"?

There are things within the church that can change and will change with the times, but never the ones told to us by Jesus Christ, or some which are true no matter what period we're in.

In simple terms, we cannot and should not change things initiated or agreed to by Jesus Christ, as his wisdom is infinite. Human beings on the other hand are far from perfect. What the church initiated can be changed, and are, when and if necessary.

We do see, every year, the church making changes to things to bring them up to date. A spectacular one was the changes to the mass, from a global LATIN version to one which used the local language.

Whenever we don't agree with anything in the Catholic Church, we should first determine if it is something that Jesus initiated or agreed with, such as the seven sacraments.

Some people like to believe that some of these are no longer necessary such as Confession, which was instituted by Jesus Christ, but it's the only time sceptical human beings know for sure that God has forgiven their sins. What a magnificent gift from God, yet some people question it.

Others don't agree that we should go to mass at least once a week. They argue that modern life is such a busy one, that finding time to go to mass can be difficult.

Is taking their children to football classes more important than the eternal soul of their children? Do they prefer to look good in front of their non-Catholic friends rather than help their children know and understand the Catholic faith? Is a game of golf more important than their eternal souls?

We can all make excuses for not believing or not agreeing with things we're asked to by the Catholic Church, but whenever we do, we should always ask ourselves if we believe this way because it's more convenient in our so-called 'modern way of life'.

Remember, the church's overall ambition is to help people make sure their immortal souls get to heaven for all eternity when they die. Make sure that the things you don't agree with are not just excuses.

POSSIBLE SINS AT CONFESSION

If it's been a long time since your last confession, that is the Sacrament of Reconciliation, it may be a problem not only remembering the sins you've committed but how many times.

To work out how many times a sin has been committed, all you have to do is estimate how many times a day, on average, you've committed that sin and multiply this by the number of days since your last confession.

To help us remember what sins we've committed before we go into confession, called 'examining our conscience', we can use the list of possibilities below. **It's not a complete list.** Ask yourself "Have I....."

Taken the Lord's name in vain?

Avoided work on Sundays – Kept holy the sabbath day?

Been to mass on Sundays and Holy Days of Obligation?

Paid attention at mass?

Made sure my children receive effective religious instruction?

Broken any solemn promises or vows?

Abused my body in any way?
Shown due respect to my parents and people in authority?
Been angry with others and my family members?
 Revengeful,
 Envious
 Impatient
 Lazy
 Proud
 Greedy
Had impure thoughts?
Willingly looked at impure pictures of any kind?
I been racial in any way?
Stolen any things?
Spoken about anyone behind their back?
Wished ill on anyone for any reason?
Fasted and abstained on obligatory days?

**If you have not already done so,
please read the document
'THE SACRAMENT OF RECONCILIATION'**

**IT'S ALWAYS A GREAT FEELING
AFTER MAKING A GOOD CONFESSION.**

BEWARE OF SATAN'S PLANS

We've all heard of Satan in one way or another. Other names for this fallen angel are, The Evil Spirit, The Devil, Old-Nick, Bee-elzibub, and others. The one thing we do know about Satan, whatever he's called, is that he is obsessed with acquiring the souls of mankind by showing them how and encouraging them to sin.

He does this relentlessly, endangering souls to be cast down into hell for all eternity. He is intelligent, persuasive and relentless in pursuit of all souls and uses whatever tactics he thinks most appropriate.

One of his many successful ploys is bullying, which is done in all walks of life. Satan persuades people that they may benefit and be popular if they bully people. By doing this Satan gains in two ways:

- Getting people to sin grievously by bullying.
- Their prey seeking revenge,

This is a clever tactic as he only has to target one person to get two to sin with the possibility of them eventually losing their souls. This type of tactic is repeated in all

walks of life, all over the world. When one tribe attacks another, the other one responds and between them thousands are killed, robbed, pillaged and thousands become refugees.

However, this tactic of pitting one person or many against others is not the greatest threat from Satan.

What is, is described very clearly in that great gangster film 'The Usual Suspects'. In it, there's a discussion about the possibility of a particular fearsome gangster not existing. One of the men responds by saying:

"The greatest trick the Devil ever pulled was convincing the world he didn't exist".

Today, many people believe that the Devil doesn't exist, and it's this kind of belief that's making Satan's work easy. The greatest proof that he exists is in the casting out of 'evil spirits' from possessed people. There's real evidence **from thousands** of such cases that have been **witnessed and documented** throughout the ages, making Satan a reality.

Watch out for Satan, he exists and **tirelessly tries to persuade us to sin every day** of our lives. However, we do have two great weapons in our arsenal to help us:

- God will forgive us our sins when we show true repentance.
- Priests and bishops can forgive our sins through the power of the Holy Spirit.

Go to the sacraments of Reconciliation and Holy Communion regularly and Satan doesn't stand a chance of winning your soul.

THE SIGNIFICANCE OF THE CROSS

Jesus the founder of Christianity was crucified, and the symbol of the cross he died on has since been used to identify Christianity. It's used for such things as:

- Marking the graves of our loved ones,
- Adorning the tops of Christian buildings.
- Personal adornments help us to be witnesses to our faith.
- Identifying books and literature as Christian writings.

In the Catholic Church, the image of the cross is also used when people make the 'sign of the Cross and bless themselves, but why is this symbol of the cross so important?

At school, young Catholics are told that:

- It is to remind them that Jesus died for us all on the cross.
- That there are three persons in one God – The Blessed Trinity.

There's another very important reason why the church reveres the cross, and it's

because of what happened after Jesus had risen from the dead.

At that time, we know that his disciples had locked themselves in a room afraid for their lives. After rising from the dead Jesus visited them, but some of them still had doubts, such as the Apostle Thomas.
(John 20:24-29).

Was this Jesus? The person they now saw could have been a double, or a twin. Jesus knew they had to be absolutely sure he was the risen Christ.

THIS IS WHERE THE IMPORTANCE OF THE CROSS COMES IN.

WITHOUT IT THERE WOULD HAVE BEEN NO CRUCIFIXION AND JESUS WOULD NOT HAVE BEEN ABLE TO SHOW HIS DISCIPLES THE HOLES IN HIS HANDS AND FEET MADE AS HE WAS NAILED TO THE CROSS AND THE HOLE IN HIS SIDE PUT THERE BY A ROMAN SOLDIER'S SPEAR THRUST.

This ability to show the holes in his hands, feet and side convinced even the sceptics among the disciples that this was indeed Jesus, and that he had truly risen from the dead as he had promised. **He was Christ the Son of God.** None of them doubted again, in fact all the original Apostles except one who was marooned on an island died horrible deaths as martyrs rather than deny Christ.

BLESSING OURSELVES

There are many things we do in life that are done automatically such as driving a car or crossing the road carefully. There are also things in our religious life that can become like this, such as saying well-known prayers and the act of blessing ourselves.

How often do we say prayers without thinking of what we're saying? When we do pray, it sometimes helps if we say what we think and think of what we say.

We all bless ourselves before starting or during religious activities. It can be done without saying anything, but usually, we say the following short prayer:

**"In the name of the Father
and of the Son
and of the Holy Spirit"**

We are taught as children that when we bless ourselves it's to remind us:

- There are three persons in one God.
- That Jesus died for us on the cross.

This is true, but do we think of these things, and what about when we use the prayer above while blessing ourselves? Do we realise and understand what we're saying?

The answer is in the first four words:

“IN THE NAME OF”.

In the past we heard this phrase used by the police when they wanted to enter a building. They would shout “Open up **in the name of** the law.”

It’s the same when we bless ourselves. We’re saying that what we are doing or are about to do is **in the name of** the Blessed Trinity.

Understanding this, makes the little four-line prayer a very special and sacred one.

Blessing ourselves should not be a quick flick of our hands around the upper part of our bodies, but a sacred act that we should treat with care, dignity and feeling and not done ‘automatically’, but do we?

THE APOSTLES DIED FOR THEIR FAITH

For the first three hundred years after the death of Jesus, Christians were persecuted and hunted down and, in many cases, martyred. The types of death involved were not pleasant; crucifixion, boiling in oil, beheading, stoning, hanging, thrown to wild beasts, and others, all very painful deaths.

When they were captured, the Apostles were all aware of these ghastly methods of execution.

They were offered their freedom if they would renounce their belief in Jesus Christ, but none did and they were all martyred except John who was marooned on the Geek island of Patmos.

The question we ask ourselves is why didn’t they renounce Christianity when it would have saved them from suffering a very painful death

If the disciples had any reason to doubt Jesus, then surely it would have been reasonable to say so and not have to endure a very painful death.

The truth was that all the disciples knew, without any doubt, that Jesus was the Son of God and could never betray him. Dying for those beliefs meant their souls would live for all eternity in Heaven.

Comparing eternity in paradise against a few hours of painful death was no contest. This is why they were prepared to die as martyrs.

It was not only the apostles that were martyred in this way, but hundreds of fellow early Christians. Why did they not renounce their new faith and save themselves a very painful death?

It was because they too had the same belief in Jesus Christ as the disciples and wanted to live in Heaven for all eternity.

Many had seen what Jesus had done and preached, and they believed the disciples when told that Jesus had risen from the dead and that they had seen the wounds caused by the crucifixion

No sane person subjects themselves to a painful death for something they are not sure of, but people are willing to die for what they truly believe in and have done so for various reasons throughout the ages. So it was with the Apostles and the early Christians.

THE HEARTBREAK OF DEATH

When someone we care about dies, we always feel deprived, broken-hearted and sad.

We want to blame something or someone for depriving us of the one we loved. Some people go off into a quiet place and cry, others do it openly. It is a very sad time for the living.

No matter how much we try to console those left behind, it never seems to work. We can only hope and pray that time will heal this heart-breaking wound.

Some people never get over the loss of a loved one, even after a long time.

The death of a loved one is probably one of the most saddening and depressing things in anyone's life. How can we get over these terrible feelings? There are people called 'Grief Therapists' and listening to some of these can be very helpful.

THIS TERRIBLE SORROW IS SOMETHING WE ALL HAVE TO GO THROUGH AT SOME TIME IN OUR LIVES.

There is one way that helps enormously. This is to go through what happens long before we lose someone we care about, but how?

It doesn't stop the intense sorrow, or crying when it happens, but it does help to put it all in perspective and stops us trying to assign blame.

Doing it this way can be brutal, but trying to console a grieving person is extremely difficult, so the more they are prepared beforehand the better.

One way for Christians to do this is to repeatedly remind them that when a person dies, we hope they've gone to heaven to live with God in a paradise where there's no pain or sorrow, just everlasting joy and love.

If we believe our loved one has gone to heaven, do we want to be truly selfish and wish them back to us and all that lies in waiting for them as a human being?

We should be reminded of this regularly, then when we lose someone dear to us, it will still be a great loss and cause us deep sorry and pain, but now we can at least get some comfort in remembering where they've gone, and pray to God that we'll be with them when we die.

THE DEATHS OF THE TWELVE APOSTLES

After the death of Christ, Christians all over the Roman Empire were persecuted and many died for their faith.

Such was the hatred of Christians at that time, that Martyrdom was the fate of all the original Apostles except for John. The following is a list of how they are believed to have died.

HOW THE APOSTLES DIED

- **ANDREW** – Crucified on an X shaped cross in Greece in 60AD.
- **BARTHOLOMEW** – Beaten severely and flayed alive first, and then crucified head downward in Armenia.
- **JAMES, son of Alphaeus** – In 62 AD in Jerusalem he was thrown off the temple roof, beaten with clubs and stoned to death.
- **JAMES, son of Zebedee** – Beheaded in Jerusalem by the order of King Herod for not renouncing his Christianity.
- **JOHN** – Marooned for his faith; Died of old age in AD 101.
- **JUDAS (not Iscariot)** – Stoned to death for his faith around AD 99.
- **MATTHEW** – Speared to death in the city of Nadabah in AD 60.
- **PETER** – First bishop of Rome. Crucified upside down in AD 64.
- **PHILIP** – Crucified in Phrygia for his faith, in AD 54.
- **SIMON the Zealot** – Crucified in Britain for his faith, in AD 74.
- **THOMAS** – Speared to death in India for his faith, in AD 72.
- **MATTHIAS** – Stoned to death and beheaded in Jerusalem, in AD 73.

“GREATER LOVE HATH NO MAN.....”

Most Christians in the Western World have heard this saying, but when asked about its source, some say: From a story, Shakespeare, Churchill, and others. However, as Catholics, we all know that it was one of many things said by Jesus Christ to his Apostles during the Last Supper. The whole saying is:

“Greater love hath no man than he lay down his life for a friend.”

The whole point of Christ’s teaching is one of love:

Love of God for us all.

Love of God by us all.

Love of our family, friends and neighbours by us all.

However, our love of God, family, friends and our neighbours should always be given without any thought of recompense; otherwise, it is not true love. Love can only be real when it’s accompanied by the **TRUTH**.

We know this because Jesus Christ is one with God and God being eternal and omnipotent cannot lie, therefore the teachings of God in the Old Testament and by Jesus Christ in the New Testament must be the truth, and as the ultimate objective of all their teachings is LOVE, then love can only exist with truth.

Our Lord Jesus Christ can only speak the truth and again proved this after the above famous saying. It was within hours after the ‘Last Supper’ that He was arrested, tried, then crucified and died on the cross.

HE LAID DOWN HIS LIFE FOR US ALL.

His was the most terrible and painful of deaths. There has never been any greater show of true love for mankind than this.

Sane people are never willing to die; in fact, they always go to great lengths to save themselves when in life-threatening situations.

When someone gives their life to save others, the above saying is always remembered, because if you give your life for someone, it truly can only have been done out of love for that person or people.

After Our Lord's death, his Apostles went on great journeys to spread his words of love and truth and they all died horrible deaths as martyrs except John.

They gave their lives rather than deny Jesus. This was their way of saying that they believed in Him, the TRUTH of his words and that they LOVED Him.

**BELIEVE IN JESUS
and
HIS MESSAGE OF TRUE LOVE AS THEY DID.**

WHAT IS THE MASS ABOUT?

The mass is a sacred rite of the Catholic Church. When looked at closely, its format is very similar to other activities we might get engaged in. Take some games for example.

When we want to play football, rugby, netball or hockey what do we have to do to take part?

SUGGESTIONS

- We need to use the correct clothes and shoes.
- Clear our minds ready for the game.
- Go on to the playing field and warm up for the game ahead.
- Listen to the coach about what he wants us to do.
- Get ourselves into the right frame of mind.
- Play the game.

WHAT ABOUT THE MASS

Isn't this similar? Shouldn't we:

- Show our respect for our maker by wearing suitable clothing.
- Make sure our minds are ready for the mass. Penitential Rite.
- Listen to what God wants from us. The Readings.
- Actively take part in the mass? Follow and listen to the priest.
- Receive Holy Communion.

The mass is not some mystical rite where only the priest knows what's going on. It's been devised for all to take part, priest and congregation.

We know that it's for all of us because the major prayers used in it often use words such as US, WE, MINE and YOURS, implying that we should ALL take part, not just the priest.

The mass contains wonderful advice about how we can gain favour with God.

It reminds us, in the first reading, about what God wants from us if we are to obtain eternal life in heaven after we die.

It also has the Apostles in the 2Nd Reading and Christ himself, in the Gospel, advising us on how we can achieve all this.

It also helps us remain true to our faith, by providing us with the body and blood of Christ in Holy Communion.

The mass provides us with so much where the future of our immortal souls are concerned, so if it's possible, shouldn't we go to mass more than once per week?

GOD'S GRACE

God's grace is a helping hand available to all men. It helps us to do what God wants us to do so that we gain eternal life in heaven when we die. Grace of any kind is not earned or justified, it's given freely by God to help us be righteous.

The Catholic Church has helped us understand God's grace by organising it into two types:

- Sanctifying Grace
- Actual Grace

Sanctifying Grace is what makes our soul acceptable to God (It's in God's favour). In other words, it is not contaminated with mortal sins and should we die with it in this state, then it will go to heaven for all eternity.

When our souls achieve Sanctifying Grace, they are in a state that allows them to share in God's life and love, they are in God's favour.

Sanctifying Grace comes to us first in baptism and then in other ways. It is at the sacrament of Baptism that we first receive Sanctifying Grace which displaces the sins that were previously committed before Baptism, including the original sin. [Rom. 3:25] of Adam.

After this, we can rid any mortal sins on our souls by taking part in the other sacraments, especially the Sacrament of Reconciliation.

Maintaining our souls in God's favour should be the ambition of all men. "Repent, for the kingdom of heaven is near." [Mt. 4:17].

ACTual Grace is the ability God gives us to act as he wants. It is given to us when we need it to perform a good act, or to overcome a temptation.

When given this grace freely by God, it can be looked upon as a helping hand to top up the Sanctifying Grace in our soul and help us to act in ways that do not jeopardise it.

The principal ways of obtaining grace are prayer and the sacraments, especially the Holy Eucharist. The sacraments of Baptism and Penance give Sanctifying Grace to those not possessing it; the other sacraments increase Sanctifying grace in the souls of those which are in favour with God

It's only when our souls are in favour with God, that they are acceptable to him, and can be with him in heaven when we die.

**ALWAYS ACCEPT
AND USE GOD'S GRACE WISELY.**

ONE PAGE

INFORMATION LEAFLETS

It is a sad fact that people are leaving the church every day, especially in the Western World. Why is this? Two problems come immediately to mind

- **MEDIA PRESSURE**

Today's media brainwashes us daily to want more and more practical things which can have us challenging our faith.

- **ADULTS HAVE NO FREE REFRESHER EDUCATION ON CATHOLICISM**

After leaving school, Catholics receive no education on their faith except the sermon given by a priest during the Holy Sacrifice of the Mass on Sundays.

These notes on Catholicism will hopefully provide compassionate guidance, assurance, and inspiration about our faith, remove any complacency and help us understand and fight media pressure.

If you like what you read here and would like to see other topics covered as individual items, then visit our website and download the ones you want and would like to use, all free of charge:

www.catholicismrefreshernotes.co.uk