Catholics recognize seven ritual acts as "sacraments." According to the **Catechism of the Catholic Church** (see below), sacraments are "efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions" (CCC 1131).

The Catechism offers another, more dynamic, description of the sacraments: They are "'powers that come forth' from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are 'the masterworks of God' in the new and everlasting covenant" (CCC 1116).

The Catechism also notes that it took the Church a while to recognize "this treasure received from Christ." Only gradually, over the course of centuries, did we settle on the number seven and the particular rituals to be identified as sacraments (CCC 1117).

The seven sacraments are arranged in three groups. There are three "sacraments of initiation" baptism, confirmation or chrismation, and the Eucharist. There are two "sacraments of reconciliation and healing" penance or reconciliation and the anointing of the sick. There are two sacraments of adult ministry marriage and holy orders.

Each of these sacramental rites is celebrated using one or more ritual books. These books contain important introductions and "general instructions" that explain how the Catholic Church understands the sacraments and expects them to be celebrated, as well as the texts of prayers, readings, and other ritual exchanges (greetings, invitations), and explanations of how to do the various gestures associated with the rites. Here is the list of ritual books associated with the seven sacraments:

### Baptism

<table>
<thead>
<tr>
<th><strong>Rite of Christian Initiation of Adults:</strong> the &quot;norm&quot; for all initiation; contains the description of how adults and children old enough to be catechized are made members of the church. Includes texts for the ritual celebration of all three sacraments of initiation. Also contains texts for the Rite of Reception of Baptized Christians into the Full Communion of the Catholic Church, used to receive those who were previously baptized in another Christian tradition.</th>
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<tr>
<th><strong>Rite of Baptism for Children:</strong> texts for the celebration of baptism with infants and children too young to be catechized.</th>
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## Confirmation

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<tr>
<th><strong>Rite of Confirmation:</strong></th>
<th>texts for the celebration of confirmation/chrismation.</th>
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## Eucharist

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<tr>
<th><strong>Lectionary for Mass:</strong></th>
<th>contains all the Biblical texts used at Mass throughout the year. Currently under revision; first volume of a revised two-volume set due out soon.</th>
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</thead>
<tbody>
<tr>
<td><strong>Lectionary for Masses with Children:</strong></td>
<td>an adapted version of the Lectionary for Mass, to be used primarily with children of elementary grades (pre-adolescents) at celebrations of Mass for which a considerable number of children are present.</td>
</tr>
<tr>
<td><strong>Sacramentary:</strong></td>
<td>contains all the texts used by the presiding priest at Mass (prayers, greetings, invitations, etc.) The Sacramentary also contains very important &quot;forward matter&quot;: the &quot;General Instruction of the Roman Missal,&quot; which offers the most complete official explanation of the Mass available, as well as general and specific instructions on how it is to be celebrated; the &quot;American Appendix&quot; to the General Instruction, which details adaptations of the rite used in the United States; the &quot;Directory of Masses with Children,&quot; which describes adaptations that may be used when Mass is celebrated with a congregation composed largely of children; and the &quot;General Norms for the Liturgical Year and the Calendar,&quot; which describes how the liturgical year is arranged.</td>
</tr>
<tr>
<td><strong>Holy Communion and Worship of the Eucharist outside Mass:</strong></td>
<td>rituals related to Mass that focus on the reserved Eucharistic elements--texts to be used when Mass cannot be celebrated, but communion is distributed using hosts consecrated at a previous Mass; also texts to be used when special prayers are offered in the presence of the reserved sacrament (e.g., for Eucharistic benediction, extended periods of adoration, etc.).</td>
</tr>
</tbody>
</table>
Reconciliation/Penance

**Rite of Penance:** contains texts and orders of service for three forms of this rite reconciliation of individual penitents; reconciliation of several penitents with individual confession and absolution; reconciliation of several penitents with general confession and absolution (this third form is rarely used). This book also contains sample penitential services that do not involve the celebration of the sacrament; there is also a Lectionary for Penance.

Anointing of the Sick

**Pastoral Care of the Sick:** Rites of Anointing and Viaticum: contains texts to be used when visiting the sick (may be used by anyone, especially by a minister who is bringing communion to the sick), texts for anointing seriously ill people; texts for viaticum (communion for those who are dying). There are also additional texts for praying with the sick, praying for a person who has just died, and prayers to be used with family and friends after a person has died.

Marriage


Orders

**Ordination of Deacons, Priests, and Bishops:** contains the rites for ordination to the three "orders" of the priesthood, plus the rite for admission to candidacy for ordination as a deacon and a priest.

Other Rites:
In addition to the rituals for the seven sacraments listed above, the Catholic Church also has ritual books for other forms of communal prayer that are important to our life as church. They include:
<table>
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<tr>
<th><strong>Liturgy of the Hours:</strong> the daily prayer of the Church, composed of psalms, canticles, readings, and intercessions, built around the two &quot;great hours&quot; of morning prayer (lauds) and evening prayer (vespers).</th>
</tr>
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<tbody>
<tr>
<td><strong>Order of Christian Funerals:</strong> texts to be used at the three stages of a funeral: at the vigil on the evening before a funeral; at the funeral Mass or other major service, if Mass is not going to be celebrated; and at the cemetery.</td>
</tr>
<tr>
<td><strong>Dedication of a Church and an Altar:</strong> various rites used in the process of dedicating a church building from sacred use, beginning with the first blessing of the site and the blessing of the cornerstone through the solemn blessing of the building and the community that uses it.</td>
</tr>
<tr>
<td><strong>Book of Blessings:</strong> special rites for blessing people involved in ministerial tasks; also blessing of objects to be used in worship and in daily life.</td>
</tr>
<tr>
<td><strong>Catholic Household Book of Blessings:</strong> an adapted form of the Book of Blessings to be used in the home and in other settings to ask God's blessing on daily activities and on the symbols used for various seasons.</td>
</tr>
<tr>
<td><strong>Sunday Celebrations in the Absence of a Priest:</strong> texts to be used on Sunday when Mass cannot be celebrated.</td>
</tr>
<tr>
<td><strong>Institution of Readers and Acolytes:</strong> official &quot;induction&quot; of people serving as readers (lectors) and acolytes (altar ministers); currently restricted to men, rarely used outside of seminary settings.</td>
</tr>
<tr>
<td><strong>Roman Pontifical:</strong> the &quot;bishop's book,&quot; containing all the rituals in which a bishop is usually involved (e.g., confirmation, ordination, pastoral visits, special blessings).</td>
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</tbody>
</table>
Explanatory Documents

Because the Catholic Church has a long ritual history, and because communities of Catholics find themselves in various cultural settings around the world, the worldwide Church and local churches have issued important documents that explain why the Church celebrates its rituals the way it does, what those rituals mean, and how they are to be celebrated in a particular culture. Music educators working in a Catholic environment should be familiar with some of those key documents, especially those listed here.

Some of the key documents, especially those dealing with the Order of Mass, are contained in the Sacramentary (see separate listing); others have been published separately. With one exception, all of the documents described here may be found in "The Liturgy Documents: Volume One," third edition, available from Liturgy Training Publications, Chicago. $15 in book form; $30 on Windows-compatible disk. To order: phone 1 (800) 933-1800; e-mail: orders@ltp.org; fax: 1 (800) 933-7094.

Overview

| Constitution on the Sacred Liturgy (1963): | the "foundational document" for contemporary Catholic worship, approved by the Second Vatican Council. Some of the provisions of this document have been superseded by later texts, but this statement names the central role that liturgy plays in Christian life and describes the key purpose of the sacramental rites and core ritual actions, such as singing. |

Order of Mass

<table>
<thead>
<tr>
<th>General Instruction of the Roman Missal (1969, rev. 1975):</th>
<th>not only the basic &quot;how to&quot; for the Order of Mass, but also the &quot;why.&quot; Very important, especially its first five chapters.</th>
</tr>
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<tr>
<td>American Appendix to the General Instruction (1969):</td>
<td>&quot;notes&quot; on how the General Instruction is to be adapted for use in the United States.</td>
</tr>
<tr>
<td>Introduction to the Lectionary for Mass (1970; rev. 1981):</td>
<td>the revised form of the Introduction to the Lectionary will not be found in most Lectionaries currently in use, but it is in the book/disk &quot;The Liturgy Documents.&quot; Excellent description of the role of the word in the liturgy.</td>
</tr>
<tr>
<td>General Norms for the Liturgical Year and the Calendar (1969):</td>
<td>description of the various seasons of the liturgical year, the function of &quot;Ordinary Time,&quot; and the great feasts.</td>
</tr>
<tr>
<td><strong>Directory for Masses with Children (1974):</strong></td>
<td>very useful description of how to introduce children to ritual prayer, especially to the Mass, plus adaptations that can be made to the Order of Mass when celebrating with children.</td>
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<tr>
<td><strong>Introduction to the Lectionary for Masses with Children (1993):</strong></td>
<td>the one key document not included in &quot;The Liturgy Documents&quot; from LTP; available in the front of the Lectionary for Masses with Children; also in the book &quot;To Listen and Tell&quot; by Kate Dooley, O.P., available from The Pastoral Press: 1 (800) 976-9669. Also available, with the Directory for Masses with Children, in &quot;A Guide to the Lectionary for Masses with Children&quot; from LTP.</td>
</tr>
</tbody>
</table>

**Music**

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<thead>
<tr>
<th><strong>Music in Catholic Worship (1972; rev. 1983):</strong></th>
<th>explains the role of music in worship through a theology of celebration; description of the threefold judgment to be exercised in choosing music for worship. Statement of the U.S. Bishops.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Liturgical Music Today (1982):</strong></td>
<td>reflection on the tenth anniversary of Music in Catholic Worship; helpful, but not essential.</td>
</tr>
</tbody>
</table>