

VIRTUES
GIFTS OF THE HOLY SPIRIT

Seven Holy Mysteries

1. Baptism
2. Chrismation
3. The Most Holy Eucharist
4. Repentance (Confession)
5. Anointing of the Sick
6. Marriage
7. Holy Orders

Theological Virtues

1. Faith
2. Hope
3. Love

Moral Virtues

1. Prudence
2. Justice
3. Fortitude
4. Temperance

Primary Good Deeds

1. Prayer
2. Fasting
3. Almsgiving

Spiritual works of Mercy

1. Admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the afflicted
5. Bear wrongs patiently
6. Forgive offenses from the heart
7. Pray for the living and the dead

Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty Shelter the traveler
3. Minister to the sick

4. Visit the imprisoned
5. Bury the dead
6. Visit the imprisoned
7. Bury the dead

Gs of the Holy Spirit (cf. Isa 11:7)

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

***Fruits of the Holy Spirit
(cf. Ga 15:22-23)***

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Generosity
7. Faithfulness
8. Gentleness
9. Self-Control

** The Catechism of the Catholic Church adds \'
three more Fruits of the Holy Spirit:*

10. Goodness
11. Modesty
12. Chastity

Evangelical Counsels

1. Voluntary poverty
2. Lifelong chastity
3. Perfect obedience

Evangelical Beatitudes see Mt 5:3-12)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall be shown mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil word against you falsely because of me.

Rejoice and be glad, for your reward is great in heaven.

FASTS AND EXEMPTIONS

Major Fasts

1. The Great Fast (Lent) and Holy Week — from Monday following Cheesefare (Forgiveness) Sunday to the Feast of Holy Pascha.
2. The Fast of the Holy Apostles (*Petrivka*) — from Monday after All Saints Sunday to the Feast of Ss. Peter and Paul (June 29/July 12).
3. Dormition Fast (*Spasivka*) — from August 1/14 to the Feast of the Dormition of the Most Holy Mother of God (August 15/28)
4. Nativity Fast (*Pyhpiivka*) — From November 15/28 to the Feast of the Nativity of our Lord (December 25/January 7).

Obligatory One-Day Fasts

1. Every Friday excluding days of exemption from fasting, and feast days of our Lord and the Mother of God.
2. The eve of the Nativity of our Lord (December 24/January 6) and the eve of Holy Theophany (January 5/18).
3. The Feast of the Beheading of John the Baptist (August 29/September 11) and the Feast of the Exaltation of the Holy Cross (September 14/27).
4. The first day of the Great Fast (Monday after Forgiveness Sunday)
5. Great and Holy Friday

Exemptions from Fasting

** There is a general exemption from fasting on Fridays at the following times:*

1. From the Nativity of our Lord to eve of Holy Theophany
2. From the Sunday of the Publican and the Pharisee until the Sunday of the Prodigal Son.
3. Bright Week — from Holy Pascha (Easter Sunday) to Thomas Sunday.
4. From Pentecost to the Sunday of All Saints.