



Sacramentals

Sacramentals are material objects, things or actions (*sacramentalia*) set apart or blessed by the Roman Catholic Church to manifest the respect due to the Sacraments. They are used to excite good thoughts and to increase devotion. Here is a list of sacramentals to help you in your prayer life and as you continue in the sacraments. There are many more sacramentals, these are just some of the most common used in the Church today.

ACTIONS

1. The Sign of the Cross: The Sign of the Cross is made by touching the hand sequentially to the forehead, lower chest or navel area, and both shoulders, accompanied by the Trinitarian formula: at the forehead *In the name of the Father* (or *In nomine Patris* in Latin); at the stomach or heart *and of the Son* (*et Filii*); across the shoulders *and of the Holy Spirit* (*et Spiritus Sancti*); and finally: *Amen*.
2. Bowing
3. Genuflection: The bending at least one knee to the ground.
4. Prostration: Lying face down, as in submission or adoration.
5. Washing of Feet: In the Catholic Church, this ritual is now associated with the Mass of the Lord's Supper, which celebrates in a special way the Last Supper of Jesus, before which he washed the feet of his twelve apostles. Evidence for the practice on this day goes back at least to the latter half of the twelfth century, when "the pope washed the feet of twelve sub-deacons after his Mass and of thirteen poor men after his dinner." – *Catholic Encyclopedia* 1907.
6. Receiving of Ashes
7. Celebrating the Seasons of the Liturgical Year

OBJECTS

1. Holy Water
2. Holy Oils
3. Incense
4. Fire
5. Ashes
6. Holy Vessels
7. Statues and Icons
8. Candles/Flame
9. Bells/Church Bells
10. Certain Colored Vestments
11. Advent Wreath
12. Rosaries
13. Scapulars
14. Wedding Rings