

What Does it Mean to be a “Catholic in Good Standing” Or a “Practicing Catholic”?

In order to receive the sacraments of Holy Communion, Matrimony, or act as a Confirmation sponsor or Godparent, you must be in good standing with the Church (AKA “practicing Catholic”).

The Catechism of the Catholic Church lays out the bare minimum of what it means to be living as a Catholic in good standing:

- 1. You must attend Mass on Sundays and on holy days of obligation and rest from work, under pain of mortal sin.** This applies to these days:
 - a. All Sundays of the Year
 - b. January 1, the solemnity of Mary, Mother of God
 - c. August 15, the solemnity of the Assumption of the Blessed Virgin Mary
 - d. November 1, the solemnity of All Saints
 - e. December 8, the solemnity of the Immaculate Conception
 - f. December 25, the solemnity of the Nativity of Our Lord Jesus Christ
- 2. You shall confess your sins at least once a year in the sacrament of confession.**
- 3. You shall receive the sacrament of the Eucharist at least once a year during the Easter season.**
- 4. You shall observe the days of fasting and abstinence established by the Church.**
 - a. **Days of Abstinence from Meat:**
 - i. All Fridays of Lent (and it is urged on all Fridays of the year)
 - ii. Ash Wednesday
 - iii. Good Friday
 - b. **Days of Fasting:**
 - i. Ash Wednesday
 - ii. Good Friday

The Bare minimum of a fast is to eat only one meal, while two small snacks are allowed, they can’t add up to the size of a meal.

The traditional fast is to eat nothing until 3pm, or for those with weaker constitutions, to eat nothing until noon.

- 5. You shall help to provide for the needs of the Church.**
 - a. The Church gives us no bare minimum for donations. Giving 3-10% of your income is often recommended.

Recommended Catholic Content:

- Catholic Answers
 - Trent Horn (Youtube & podcasts)
 - Bishop Robert Barron Sunday Sermons
 - Fr Mike Schmitz: “Bible in a Year” & “Catechism in a Year” Podcasts
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Profession of Faith:

I, N., with firm faith believe and profess each and everything that is contained in the Symbol of faith, namely:

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

With firm faith, I also believe everything contained in the word of God, whether written or handed down in Tradition, which the Church, either by a solemn judgment or by the ordinary and universal Magisterium, sets forth to be believed as divinely revealed.

I also firmly accept and hold each and everything definitively proposed by the Church regarding teaching on faith and morals.

Moreover, I adhere with religious submission of will and intellect to the teachings which either the Roman Pontiff or the College of Bishops enunciate when they exercise their authentic Magisterium, even if they do not intend to proclaim these teachings by a definitive act.