

Some Sacramentals:



- **Cross:** The cross is probably the most popular sacramental we have. A cross with the body of Christ on it is a crucifix. It connects us with Jesus and reminds us that he died for us and rose from the dead.
- **Candles:** There are several types of candles. The Paschal Candle symbolizes Resurrection. It is lit during the Easter season, at Baptisms, and at funerals. The sanctuary candle or vigil light is lit near the tabernacle to show that the Blessed Sacrament is present. At

Baptisms candles are lit and given to the newly baptized as a reminder to keep the light of Christ burning in their hearts. Families are encouraged to light their child's Baptismal candle each year on the anniversary of the child's baptism. Candles are used at the altar and are also lit in church and at home at times of prayer to signify that Jesus the Light of the World is present.

- **Holy Water:** Holy Water is placed at the doors of our churches. Upon entering the church we bless ourselves with the Holy Water to remind us of our Baptism. It is used to bless objects and to bless people. Many households have holy water in their home and use it to bless themselves as they leave home or before bed.
- **Oil** was used in anointing great leaders and it was also used for healing. Today it is used in the sacraments of Baptism, Confirmation, and the Anointing of the Sick. The oil is kept near the Baptismal Font in the Ambry.
- **Incense** creates a fragrant smell and smoke. It is burned at special times to honor God. Today we use it to bless the Book of Gospels, at funerals a person's body or remains are blessed with incense. Often altars are incensed. . During prayer incense can also be used as a reminder that our prayers rise to God.
- **Medals** are worn by individuals and usually are in the form of a cross or have the image of Jesus, Mary or a favorite saint. They help us remember who we are as Catholic Christians.
- **Palms** are received and blessed on Palm Sunday as a prayerful reminder of Jesus entry into Jerusalem and his death and resurrection. It is a tradition to display palms in homes sometimes they are placed behind a crucifix. Often people bring their palms to church on Ash Wednesday to be burned. The ashes are used in the service to mark our foreheads.
- **Ashes** are blessed and used for Ash Wednesday. Services. The ashes placed on our foreheads in the form of a cross remind us that we are to change, to try harder to be more like Jesus during the Lenten season.
- **Statues** of the saints remind us of the qualities or holiness of the saints and how we should try to follow their example and lead holy lives.
- **Rosary** is both a sacramental and a devotion. The blessed beads help us mark the Hail Mary's prayed as we reflect on the mysteries of the Rosary. See May archives in Celebrating Our Faith for more on the Rosary.
- **Stations of the Cross** are found on the walls of the church. They are pictures of the final events of Jesus life and help us to reflect on his suffering, death, and burial.
- **Blessings** include praising God for his great works, blessing objects, and praying for someone that they will use God's gifts, be protected, grow in holiness. Graduates are blessed at Mass, father's are often blessed on Fathers day, etc. Parents are encouraged to

bless their children each evening before bed. These blessings always include a prayer and some special sign like the Sign of the Cross. Sometimes people or things are blessed with holy water.

[Learn more about Sacramentals.](#)