

The Sacraments

What are the Sacraments?

They are outward and visible signs of inward and spiritual grace, given by Christ to the Church.

What is grace?

Grace is God's freely-given love for people, forgiving sins, enlightening minds, stirring hearts and strengthening wills. Through grace we are given strength to live as loving sons and daughters of God.

What are the two sacraments of the Gospel?

The two sacraments given by Christ to the Church are Holy Baptism and the Holy Eucharist.

What other sacramental actions does the Church provide?

Reconciliation of a Penitent; Anointing, for healing and wholeness; Christian Marriage; Confirmation, or commissioning for Christian witness and service; Ordination of Deacons, Priests and Bishops.