**Culture Heritage &**

**Tradition**

**The Mass :**

As a Roman Catholic we should attend Every Sunday mass without ignoring because it's the act of Worship in the life of a Catholic and Going to mass we can get the grace of the God and we can find peace in the Christian life

**The sign of the cross:**

The sign of course was started on second century and is also called as a apostolic tradition The sign of course this made by touching the forehead then chest ,left shoulder, right shoulder and we should say Amen

**Holy Water :**

Holi what is this used In baptism and get the blessings from the God and the symbol of the holy water is purification and removing their sins what we have did It remember the god’s children

**Rosary:**

In Rosary we have 53 beds six or five last player and three for increasing In grocery we have to tell to mother Mary when is hell Mary the full of grace and the second one is our father who art in heaven in this Our father we should say one time and Hill Mere we should say 10 times for completing of one rosary

**In Roman catholic we have several sacraments:**

**Baptism:**

Every Catholic should get baptism because as you can see in bible expresses their Christ death and resurrection so after a baby born we should get baptised in the church and the register we are Roman Catholic

****Confirmation:****

**After complementation of Baptism we should receive the confirmation The church And for getting confirmation there is no age limit**

****Holy communion:****

**As a Catholic everyone should receive the holy communion from the church Because its the body and blood of Christ .Why we are receiving the communication means It's the remembrance of christ sacrifice**

****Confession:****

**As a Roman Catholic we should get the confession once in a year because we Have made many sins so for that purpose we are doing concession once in a year we should confess only with their parish priest but we are believing that what was sitting in the confession room it's not where is Best it's a Christ who is sitting in the confession room**

****Matrimony:****

**In any religion peoples how do you the marriage but they have some some sacraments in their tradition but according to Roman catholic if you want to get marry means we have to get the first holy communion and confession ect Getting several seconds only we can get marriage which is Caller marriage is agreement or matrimony**

****Novenas:****

**Novena is a speical prayer it will said for 9 stright day the us of navena is for petiton and prayer of thanksgiving**