

NIHIL OBSTAT IMPRIMATUR

What are they and why don't we have them?

These declarations are stamps of approval given from “official” Catholics.

Nihil Obstat translates to “nothing stands in the way” and is obtained from the diocesan Censor. If a book meets the approval of the Censor then it is passed on to the bishop.

Imprimatur translates to “let it be printed” and is obtained from the bishop.

Neither stamp means anything anymore (if they ever did) other than that the author went through the trouble of submitting his work to the Censor and that the Censor and Bishop gave the work the go ahead. There is no guarantee that the Censor and the Bishop took the task seriously, acted in good faith or that they are even Catholic. The authors of this book did not bother submitting this work for the following reasons:

- We don't care what the Censor or the Bishop or even you think of this book. We write it to further the chance of our own salvation. God is our audience. If you happen to benefit from this work then that is a bonus.
- This is a work in progress with several revisions per year. By the time it got approved we would be on a new version.

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The Catholic Warrior's Handbook

The Creed of the Catholic Warrior

I live to bear witness to the truth,
I will to protect you from evil,
I want to bear your burden,
I love to show you joy.

Published By

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INTRODUCTION

The aim of this handbook is to give the Catholic warrior a tool. The advantage of a tool is leverage. The goal of the use of this tool is to save the soul. CatholicWarrior.com is devoted to this mission not for you, but for our own souls. When we get to the judgment seat of Christ we can say we gave Catholics a little leverage in the fight to save their souls.

Certainly we strive to bring Christ to the protestants and faithless that we encounter in our daily lives, but the most reachable people are Catholics who are going to Mass or praying before the Blessed Sacrament, which is how the first of you were introduced to this handbook.

We encourage Catholics to give us input on the format and content of this handbook so that future revisions are even better.

We at Catholicwarrior.com hope you enjoy this publication and we encourage you to contact us with your questions, comments and advice.

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The Seven Corporal Works of Mercy

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To visit the imprisoned.
5. To shelter the homeless.
6. To visit the sick.
7. To bury the dead.

The Seven Spiritual Works of Mercy

1. To admonish the sinner.
2. To instruct the ignorant.
3. To counsel the doubtful.
4. To comfort the sorrowful.
5. To bear wrongs patiently.
6. To forgive all injuries.
7. To pray for the living and the dead.

Evangelical Counsels (Or Counsels of Perfection)

Voluntary Poverty

Perpetual Chastity

Perfect Obedience

These counsels of Our Lord form the basis for the priesthood and religious life. The counsels are not obligatory for salvation. In other words, the counsels are not precepts, or laws. Rather the Evangelical Counsels serve as a guideline for he who wishes to do more than the minimum required for the salvation of his soul. Acceptance of grace and avoidance of sin (ultimately, salvation) can be achieved no matter what your state of life. After all, Our Lord said it is *difficult* for a rich man to enter Heaven (Gospel of Saint Matthew 19:24); he did not say it is *impossible*.

Holy Days of Obligation

Catholics are obligated to attend Holy Mass on Holy Days of Obligation. These are also days of rest meaning no unnecessary work is to be performed. As of January 1, 1993, in the United States, Holy Days of Obligation are:

all **Sundays**

Solemnity of Our Lady, January 1st.

Ascension of Our Lord¹, Thursday of the sixth week after Easter.

Assumption of Our Lady, August 15th.

All Saint's Day, November 1st.

Immaculate Conception of Our Lady,
December 8th.

Christmas, December 25th.

[Whenever the Solemnity of Our Lady, The Assumption of Our Lady or All Saint's Day falls on a Saturday or Monday, the obligation to attend Mass is lifted.]

¹ Some dioceses push the obligation for Ascension to the seventh Sunday of Easter but it is unclear if they have the authority to do this. Canon 1246 gives the conference of bishops this authority, but in the case of the Ascension, the US conference of bishops decided to leave it up to each Ecclesiastical Province. Since they were not explicitly given authority to delegate the decision, but only to decide the matter, Catholic Warriors attend mass on the actual Feast of the Ascension regardless of the local Bishop's decision.

Law of Fast and Abstinence

Fasting: A day of fast is a day on which, in the spirit of penance, the amount of food one eats is limited. Currently Ash Wednesday and Good Friday are the only required days of fast. One full meal is allowed on these days. Additionally, some food in the morning and evening is allowed, the quantity and quality of which is dictated by approved local custom. Currently, fasting is required of adults eighteen years and older until the age of sixty.

Abstinence: A day of abstinence is a day on which we are not allowed to eat meat. Eggs, milk products and condiments made of animal fat are allowed. Abstinence is observed on Ash Wednesday and Fridays throughout the year unless they are Solemnities. Currently, abstinence is required of those who have reached the age of fourteen.

It is very popular to purport that the US bishops “did away” with the abstinence requirement for Fridays outside of Lent in the 1960’s. Canon Law 1253 does, in fact, allow for the bishops to substitute other forms of penance for fasting and abstinence. And there is in existence a Pastoral Statement on Penance and Abstinence from the US bishops dated November 18, 1966 that skirts the issue. However, the letter does not say, “Instead of abstaining from meat on Fridays, Catholics are now obligated to . . .” No substitution is to be found in the letter which carries the same binding-under-pain-of-sin obligation among the several fitting suggestions. This letter not only fails to offer a clear substitute act of penance for Fridays but it also recommends the practice of abstinence on Fridays! Since, no clear alternative is made obligatory in the letter, Catholic Warriors continue to abstain from meat on all Fridays of the year outside of Solemnities. We invite you to repeat our research. Both the Code of Canon Law and