

STANDARD MEMORY ITEMS

Item 1: The Twelve Apostles in the order in which we name them:

Peter	Andrew	James	John	Simon	James
Jude	Philip	Bartholomew	Matthew	Thomas	Matthias

Item 2: The Seventy Two Books of Holy Scripture which may be found in any Catholic Bible. In order to be able to recite from memory the entire list, it will be easier if we first commit to memory smaller groups:

(a) The Five Books of Moses

i. Genesis, Exodus, Leviticus, Numbers and Deuteronomy

(b) The Seven Books of Wisdom

ii. Job, Psalms, Proverbs, Ecclesiastes, Canticle of Canticles, Wisdom and Ecclesiasticus)

(c) The Four Major Prophets

iii. Isaias, Jeremias, Ezechiel and Daniel

(d) The Fourteen Epistles of Saint Paul

(e) The Seventeen Prophets

These last two groupings are to be found in the Bible.

Item 3: The Doctors of the Church and the year of death of each (all are A.D.):

1. 368 Saint Hilary of Poitiers	2. 373 Saint Ephrem
3. 373 Saint Athanasius	4. 386 Saint Cyril of Jerusalem
5. 379 Saint Basil the Great	6. 397 Saint Ambrose
7. 389 Saint Gregory Nazianzen	8. 420 Saint Jerome
9. 407 Saint John Chrysostom	10. 444 Saint Cyril of Alexandria
11. 430 Saint Augustine	12. 461 Saint Leo the Great
13. 450 Saint Peter Chrysologus	14. 636 Saint Isidore of Seville
15. 604 Saint Gregory the Great	16. 749 Saint John Damascene
17. 735 Saint Bede	18. 1109 Saint Anselm
19. 1072 Saint Peter Damian	20. 1231 Saint Anthony
21. 1153 Saint Bernard	22. 1274 Saint Bonaventure
23. 1274 Saint Thomas Aquinas	24. 1380 Saint Catherine of Siena
25. 1280 Saint Albertus Magnus	26. 1591 Saint John of the Cross
27. 1582 Saint Teresa of Avila	28. 1619 Saint Lawrence of Brindisi
29. 1597 Saint Peter Canisius	30. 1622 Saint Francis de Sales
31. 1621 Saint Robert Bellarmine	32. 1787 Saint Alphonsus Maria de Liguori

Item 4: The Councils of the Church, and the year(s) convened:

1. Nicaea I 325	2. Constantinople I 381
3. Ephesus 431	4. Chalcedon 451
5. Constantinople II 553	6. Constantinople III 680 - 681
7. Nicaea II 787	8. Constantinople IV 869 - 870
9. Lateran I 1123	10. Lateran II 1139
11. Lateran III 1179	12. Lateran IV 1215
13. Lyons I 1245	14. Lyons II 1274
15. Vienne 1311 - 1312	16. Constance 1414 - 1418
17. Florence 1431 - 1445	18. Lateran V 1512 - 1517
19. Trent 1545 - 1563	20. Vatican I 1869 - 1870
21. Vatican II 1962 - 1965	

Item 5: The Nine Choirs of Angels:		
1. Angels	2. Archangels	3. Principalities
4. Powers	5. Virtues	6. Dominions
7. Thrones	8. Cherubim	9. Seraphim

Item 6: Devotions for the Twelve Months of the Year:		
January: The Holy Name of Jesus	February: Passion of Our Lord	March: Saint Joseph
April: The Blessed Eucharist	May: Our Lady	June: The Sacred Heart
July: The Precious Blood	August: The Immaculate Heart	September: The Sorrows of Mary
October: The Holy Rosary	November: The Holy Souls	December: The Divine Infancy

Item 7: Devotions for the Seven Days of the Week		
Sunday: The Holy Trinity	Monday: The Holy Angels	Tuesday: The Apostles Friday: The Sacred Heart and the Passion of Our Lord
Wednesday: Saint Joseph	Thursday: The Holy Eucharist	
Saturday: Our Lady		

Item 8: The Virtues		
A) The Theological Virtues 1. Faith 2. Hope 3. Charity B) The Cardinal Virtues 1. Prudence 2. Justice 3. Fortitude 4. Temperance	C) The Gifts of the Holy Ghost 1. Wisdom 2. Understanding, 3. Counsel 4. Fortitude 5. Knowledge 6. Piety 7. Fear of the Lord	D) The Fruits of the Holy Ghost 1. Charity 2. Joy 3. Peace 4. Patience 5. Benignity 6. Goodness 7. Long-suffering, 8. Mildness 9. Fidelity 10. Modesty 11. Continency 12. Chastity

Item 9: The Ten Commandments (Exodus 20)	
1.	I am the Lord, thy God; thou shalt not have strange gods before Me.
2.	Thou shalt not take the Name of the Lord thy God in vain.
3.	Remember that thou keep holy the Sabbath day.
4.	Honor thy father and thy mother.
5.	Thou shalt not kill.
6.	Thou shalt not commit adultery.
7.	Thou shalt not steal.
8.	Thou shalt not bear false witness against thy neighbor.
9.	Thou shalt not covet thy neighbor's wife.
10.	Thou shalt not covet thy neighbor's goods.

Item 10: The Works of Mercy

(A) Spiritual

1. Counsel the doubtful
2. Instruct the ignorant
3. Admonish the sinner
4. Pray for the living and the dead
5. Comfort the afflicted
6. Forgive offenses
7. Bear wrongs patiently

B) Corporal

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Harbor the homeless
5. Visit the sick
6. Ransom the captive
7. Bury the dead

Item 11: Important Dates in History:

B.C. (c. before a date means "circa" which means "about")

c. 5000	The Creation
c. 3000	The Flood
c. 2500	The Tower of Babel
c. 2000	Abraham
c. 1500	Moses
c. 1000	David
776	Olympic Games begin (Start of classical Greek histories)
753	City of Rome built (A.U.C., ie., Ab Urbe Condita -- Start of classical Roman dates)
c. 600	Transmigration of Babylon
c. 450	Age of Pericles (First Classical Age)
323	Death of Alexander the Great
44	Assassination of Julius Caesar

--- THE INCARNATION OF OUR LORD AND SAVIOR, JESUS CHRIST

A.D. (Anno Domini, ie., The Year of Our Lord)

- 64 The Edict of persecution by Nero
- 100 The Death of Saint John the Evangelist
- 313 The Edict of Milan
- 476 -- -The Fall of the Western Roman Empire
- 622 The Hejira (Rise of Islam)
- 800 Crowning of Charlemagne (Holy Roman Empire in the West)
- 1000 Crowning of Stephen of Hungary
- 1095 The First Crusade, preached by Blessed Urban II
- 1291 Fall of St. John of Acre (End of the Crusades)
- 1453 Fall of Constantinople
- 1517 The Protestant Revolt
- 1789 The Masonic Revolution

Item 12: Great Feasts Everyone Should Know

1. Easter Sunday: The first Sunday after the first full moon on or after March 21; thus, any date between March 22 and April 25
2. Ash Wednesday: Forty-six days before Easter
3. Ascension Thursday: Forty days after Easter
4. Pentecost Sunday: Fifty days after Easter
5. Trinity Sunday: Sunday after Pentecost
6. Corpus Christi: Thursday after Trinity Sunday
7. Sacred Heart: Friday after Octave of Corpus Christi
8. The Circumcision: January 1
9. The Epiphany: January 6
10. Saint Joseph: March 19
11. The Annunciation (or The Incarnation): March 25
12. Nativity of Saint John the Baptist: June 24
13. Saints Peter and Paul: June 29 and June 30
14. Our Lady of Mount Carmel (Brown Scapular): July 16
15. Saint Anne: July 26
16. The Transfiguration: August 6
17. The Assumption: August 15
18. Immaculate Heart of Mary: August 22
19. Our Lady's Birthday: September 8
20. The Holy Angels: October 2
21. The Holy Rosary: October 7
22. All Saints: November 1
23. Miraculous Medal: November 27
24. Immaculate Conception: December 8
25. Christmas: December 25