

**The 7 Gifts of the Holy Spirit** (Isaiah 11:1-2)  
Wisdom, Understanding, Counsel, Fortitude,  
Knowledge, Piety, and Fear of the Lord.

**The 11 Fruits of the Holy Spirit** (Gal 5:22-23)  
Charity, Joy, Peace, Patience, Goodness,  
Generosity, Gentleness, Faithfulness,  
Modesty, Self-Control and Chastity.

**The 7 Capital Virtues**  
Humility, Generosity, Chastity, Meekness,  
Temperance, Brotherly Love, Diligence.

**The 3 Theological Virtues** (1 Cor:13)  
Faith, Hope and Charity.

**The 4 Cardinal Virtues** (Wisdom 8:7)  
Prudence, Justice, Fortitude and Temperance.

**The 7 Corporal Works of Mercy** (Mt 25:34-40)

1. To feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Visit the imprisoned
5. Shelter the homeless
6. Visit the sick
7. Bury the dead.

**The 7 Spiritual Works of Mercy**

1. To admonish the sinner
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive all injuries
7. Pray for the living and the dead.

**The 5 Precepts of the Church**  
(CCC 2041-2043)

1. Attend Mass on Sundays and Holy Days of  
Obligation and rest from servile labor.
2. Confess your sins at least once a year.
3. Receive the sacrament of the Eucharist at  
least during the Easter Season.
4. Observe the days of fast and abstinence  
established by the Church.
5. Observe the marriage laws of the Church.
6. Help provide for the needs of the Church.

## Look around you

Notice the spontaneous joy of boyhood, and  
the misery of many adults. Did you know  
we were created for an eternity of joy;  
but only if we follow the Way of Light.

**The Way of Darkness** traps a man.  
He becomes a slave, where he experiences  
distress, pain, sadness and loneliness.

**The Way of Light** frees a man.  
He experiences peace in his heart,  
happiness and joy.

You can be free ... and happy ... forever.



Niagara River Explorers

Federation of North American  
**EXPLORERS**

Faith – Character – Outdoor Adventure

Saint Mary of the Cataract Church, Niagara Falls, USA

[www.StMarysNF.net/FNE](http://www.StMarysNF.net/FNE)

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# Passage to Manhood

*Way of Darkness – Way of Light*



**Niagara  
River  
Explorers**

## THE WAY OF LIGHT (Holiness)

### How many Gods are there?

There is only one God.

### Am I God?

I am not God.

### Who am I?

I am a creature of God, composed of body and soul, made in the image and likeness of God.

### Can I create reality?

I cannot create reality. I am not God; I am a creature of God. I can only recognize reality.

### Why did God make me?

God made me to show forth His goodness, and to share with me everlasting happiness in heaven.

### How do I obtain everlasting happiness?

By obeying the Commandments and practicing the virtues; by receiving the sacraments regularly, and practicing the Beatitudes.

### How do I root out vices from my life?

By practicing the opposite virtue, and avoiding occasions of sin; and, when I fall, by saying an act of contrition immediately, and going to Confession as soon as possible.

### The Explorer Law

An Explorer is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean and Reverent.

### The 10 Commandments (Ex 20:2-17)

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 to keep holy the Lord's 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.

### The 8 Beatitudes (Matthew 5:1-10)

1. Blessed are the poor in spirit; theirs is the Kingdom of Heaven.
2. Blessed are the meek; they shall inherit the earth.
3. Blessed are they who mourn; they shall be comforted.
4. Blessed are they who hunger and thirst for justice; they shall be satisfied.
5. Blessed are the merciful; they shall obtain mercy.
6. Blessed are the pure of heart; they shall see God.
7. Blessed are the peacemakers, They shall be called children of God.
8. Blessed are they who suffer persecution for justice's sake; theirs is the Kingdom of Heaven.

### The 7 Sacraments (CCC 1131)

Baptism, Penance, Holy Eucharist, Confirmation, Matrimony, Holy Orders, Sacrament of the Sick.

## THE WAY OF DARKNESS (Sin)

### The 7 Capital Sins (CCC 1866)

Pride, Avarice, Envy, Anger, Lust, Gluttony, Sloth ("Capital" because they lead to other sins)

### 6 Sins against the Theological Virtues

1. Presumption on God's Mercy.
2. Despair of God's Mercy.
3. Resisting or Attacking the known truth.
4. Envy at another's spiritual good.
5. Obstinacy in sin.
6. Final Impenitence.

### Sins that cry to heaven for justice

1. Murder (Gn 4:10)
2. Sodomy (Gn 18:20-21)
3. Oppression of the Poor (Ex 2:23)
4. Defrauding laborers of their wages (Jas 5:4)

### The works of the flesh (Gal. 5:19-21)

Immorality, impurity, licentiousness, Idolatry, sorcery, Hatreds, rivalry, jealousy, Outbursts of fury, acts of selfishness, Dissensions, factions, occasions of envy, Drinking bouts, orgies

### The Act of Contrition

O my God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who are all good and worthy of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

### 3 good works to overcome our sinfulness

Prayer, Fasting and Almsgiving.

### The 2 Greatest Commandments

(Mt 22:35-40)

1. You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.
2. You shall love your neighbor as yourself.

*The Federation of North American Explorers' flag is divided in two, representing the lifelong struggle to choose between the Way of Light and the Way of Darkness. The gold fleur de lis, symbol of purity, is superimposed on the Maltese Cross, the 8 points of which represent the eight Beatitudes. At the end of my life, I will be judged on whether I chose the Way of Light or the Way of Darkness; and I will receive my due.*

