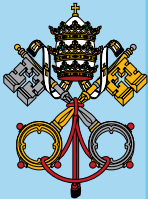


CATHOLIC VACCINATION WALLET



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GO TO
HEAVEN?



BAPTISM (SINGLE DOSE)	MATRIMONY (SINGLE DOSE)		<i>REPEAT AS NECESSARY</i>					
			EUCCHARIST	1ª DOSE	PENANCE	1ª DOSE	ANOINTING OF THE SICK	1ª DOSE
2ª DOSE	2ª DOSE	2ª DOSE						
3ª DOSE	3ª DOSE	3ª DOSE						
4ª DOSE	4ª DOSE	4ª DOSE						
5ª DOSE	5ª DOSE	5ª DOSE						
...						
...						
Nª DOSE	Nª DOSE	Nª DOSE						
CONFIRMATION (SINGLE DOSE)	HOLY ORDERS	1ª DOSE DEACON						
		2ª DOSE PRIEST						
		3ª DOSE BISHOP						

EXERCISES AND FOODS TO HELP WITH HEALING



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Exercises

Squat

- If possible, place both knees on the floor when praying;
- If you are unable to touch your knees to the floor, you can mentally touch your heart to the floor;

Arms

- Raise your arms to make the Sign of the Cross, the By the Sign and during the Consecration;
- Strengthen your hands with the Rosary, or at least a third every day;

For the lungs

- Recite prayers, praises and express your love for God in clear sound;
- If it is not possible, it can be done in silence;

Exercises

Heart

- Keep your heart turned to God as much as possible;
- If possible, practice Devotion to the Sacred Heart of Jesus, Immaculate Heart of Mary and Chaste Heart of St. Joseph;

Walking

- Take at least 1 walk a week to the front of the Blessed Sacrament;
- Also practice the Squat, Lungs and Arms exercises in front of the Blessed Sacrament

Hire a Personal Trainer

- There are many professionals of "Religious Education" (saints) who can help you;
- Each "personal" (saint) has an exercise plan (prayers, novenas, phrases, example of life) that fits right into their routine!
- And the best part: hours are flexible!

Healthy Diet

Water

- Use holy water when necessary;
- Drink the "Side of Christ" water whenever you can, to purify your defects;

Grilled

- Whenever you can, prepare your heart, "grilling" in the "Fire of the Holy Spirit" and in the "Flame of God's Love".
- Remember to always "broil your heart" to get rid of the "fat of sin".
- Did the electricity run out? Worried about how to "light the fire"? Light a candle and say your prayers anyway ;)
- When your prayer life is "sound" (without salt), go to Mass to seek again the "spice" of faith!

Healthy Diet

Bread

- Eat the "Word of God" Bread every day;
- Feed on the "Eucharist" Bread whenever possible;
- Distribute the Bread "Benção" to your children and godchildren. Also ask for the Bread "Blessing" for your parents, godparents, deacons, priests and bishops;
- Distribute the "Food" Bread to those who need it;
- Distribute the "Love", "Forgiveness", "Charity", "Friendly Word", "Good Advice" and "Word of God" bread wherever you go, every day, always;

Utensils for the preparation

To help with your healthy diet, we recommend the use of:

- Crucifixes, Rosaries, Pictures and Images of Saints, Medals etc.
- Before using the first time, remember to ask the priest or deacon to bless.

Healthy Diet

Menu Suggestion

As already mentioned, the "Eucharist" bread and the "Word of God" bread should be the basis of our diet, but you can (must) also vary the menu, adding:

- "Candies of Hail Mary" (they are good for the heart);
- "Candies of Guardian Angel" (consume at least twice a day);
- "Fritter of Blessings" (Angelus) (consume at 6:00, 12:00 and 18:00);
- "Pie of Creed" (whenever you feel like it);
- "Delight of Come Holy Spirit" (whenever the need arises);
- "Cookies of Short Prayer" (when praying the rosary and whenever you feel like it);
- "bread stuffed with roses" (Rosário being a complete meal and the Rosary a lighter meal);

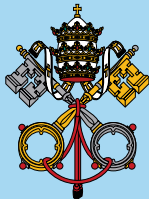
Extra Tip: Tip: search for more "Cookbooks" (prayer books, Church documents and the lives of the saints) for more delicious and healthy recipes!

Vaccination Wallet of Catholic

This card was developed for online training:

“From Jesus Easter to the Sacraments” (Sacraments of Initiation and Healing)

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Technical Direction:

Jesus of Nazareth and Holy Mary

Revision and Text:

Holy Spirit

Development:

Training Team