

The Seven and the Ten: mnemonic in verse and mime

The Seven Sacraments

1. Waters of welcome, that's baptism
{pouring motion}
2. Confirmation is hands and holy chrism.
{outstretched hand as if on shoulders; then small sign of cross in air at center}
3. Bread of his Heart, strength for the day
{right hand eats from left}
4. Steady forgiveness clears the way
{hands outstretched, palms up}
5. In sickness, a balm to help us pray.
{hands across heart}
6. Starting a family is matrimony.
{Hands clasped, elbows out to the sides, as if the hands were from two people, then outstretched hands as in welcome to children}
7. The priest upholds our patrimony.
{Sweeping sign of the Cross, outwards}

The Ten Commandments

1. Honor the Lord first of all
 {Right hand up; index finger pointing upwards}
2. Let not his name in idleness fall
 {Left hand over mouth, head down}
3. At Sunday Mass, heed his call.
 {right hand on heart, left cupping the ear)

4. 'Tis blessed to honor your Mom and Dad
 {Look right, raising your hand, then left and raise the other}
5. To kill (or wound) our brothers is sad.
 {slashing motion, indrawn breath and step back}
6. Impure acts against a marriage
 {Pushing away and turn head aside}
7. Or stashing what's stolen in your carriage
 {bring shoulder around as if to hide; look over shoulder}
8. Or lying to make our neighbors sad
 {shoulders hunch; Hand by mouth to whisper aside}
 All these are bad.

9. Don't even think of another's wife
 {hands facing outwards from heart, shake head}
10. Don't even want the things in his life.
 {hands separate, pull head back}