

## **The Sacrament of Baptism in the Catholic Church**

### **What Constitutes A Valid Baptism**

The form of the Sacrament of Baptism has two essential elements: the pouring of water over the head of the person to be baptized (or the immersion of the person in water); and the words "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

If the rituals or established customs of a church or community prescribe baptism by immersion, pouring, sprinkling together with the Trinitarian formula (in the name of the Father, and of the Son and of the Holy Spirit), doubt can only arise if it happens that the minister did not observe the regulations of his or her own church or community.