

# Faith Loops

Faith Loops are PowerPoint presentations with images and information that will help us grow in the understanding of our Catholic faith. They are projected on the screens during the twenty minutes prior to each weekend mass. **To learn more about your faith while waiting for Mass to begin, come a few minutes early.**

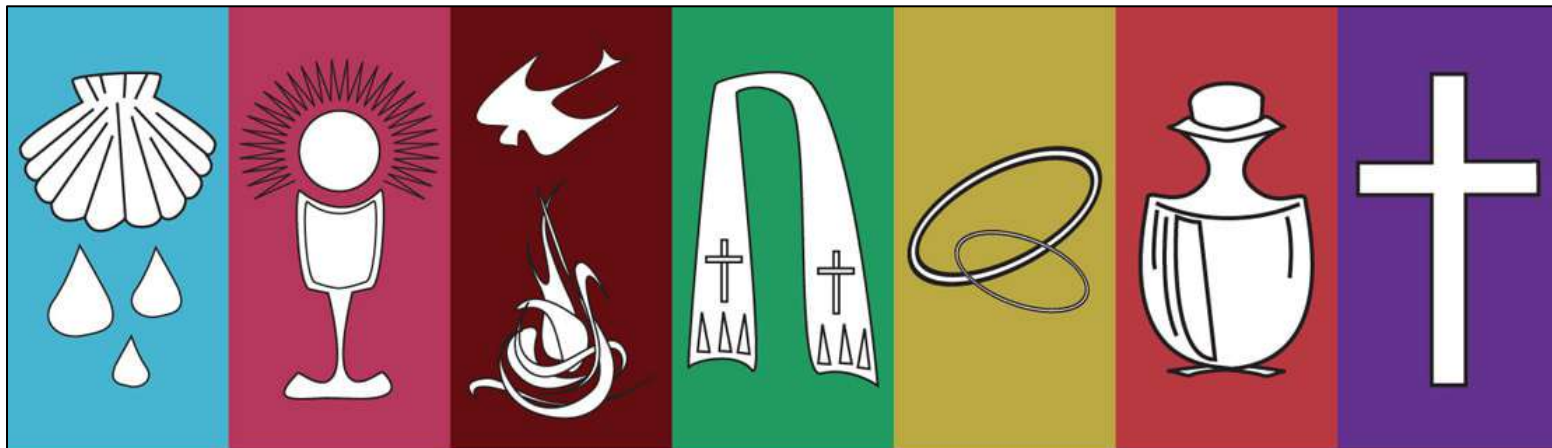
The slides will loop, or repeat, themselves. Thus, the name: Faith Loops.



# What Do You Know About Sacraments?

What are the two Sacraments of Healing?

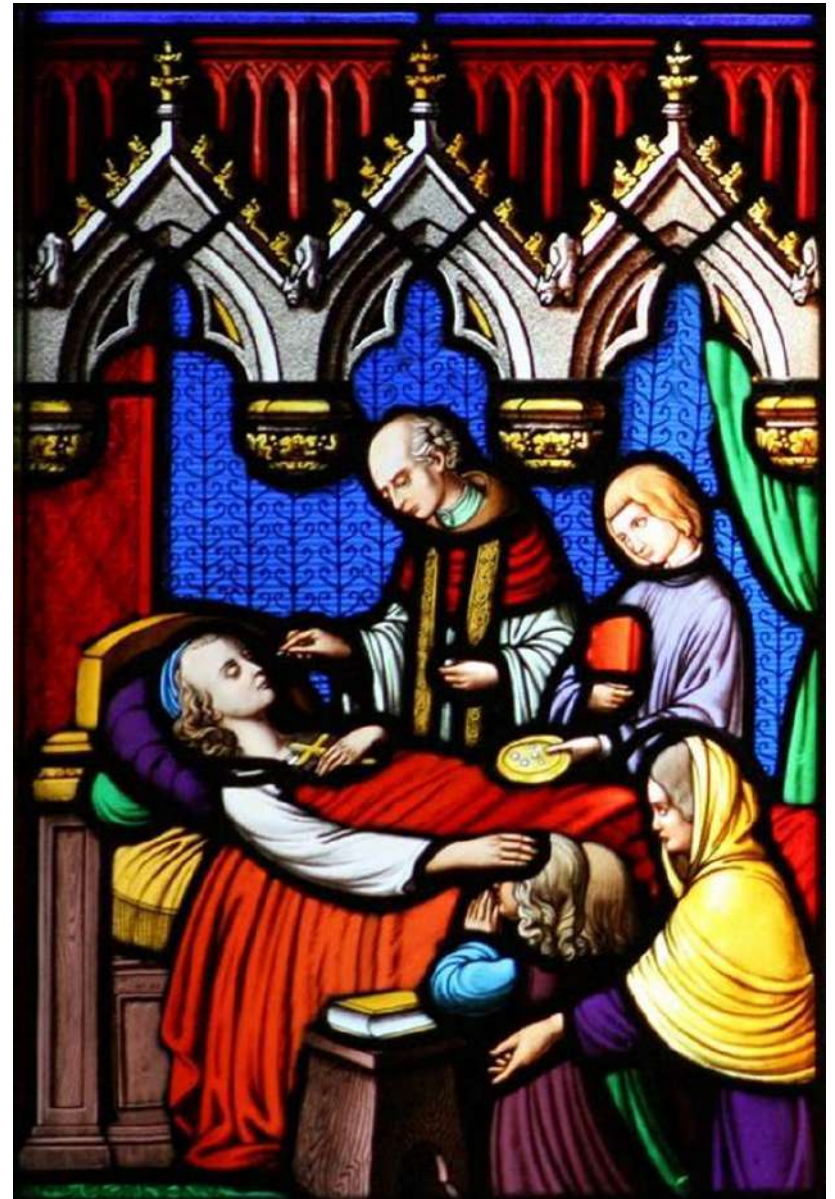
- a) Anointing of the Sick and Holy Orders
- b) Anointing of the Sick and Reconciliation
- c) Baptism and Confirmation
- d) Matrimony and Confirmation



# What Do You Know About Sacraments?

## b) Anointing of the Sick & Reconciliation

“The Lord Jesus Christ, physician of our souls and bodies, who forgave the sins of the paralytic and restored him to bodily health, has willed that his Church continue ... his work of healing and salvation” (CCC, n. 1421).



# What is Catholic Social Teaching?

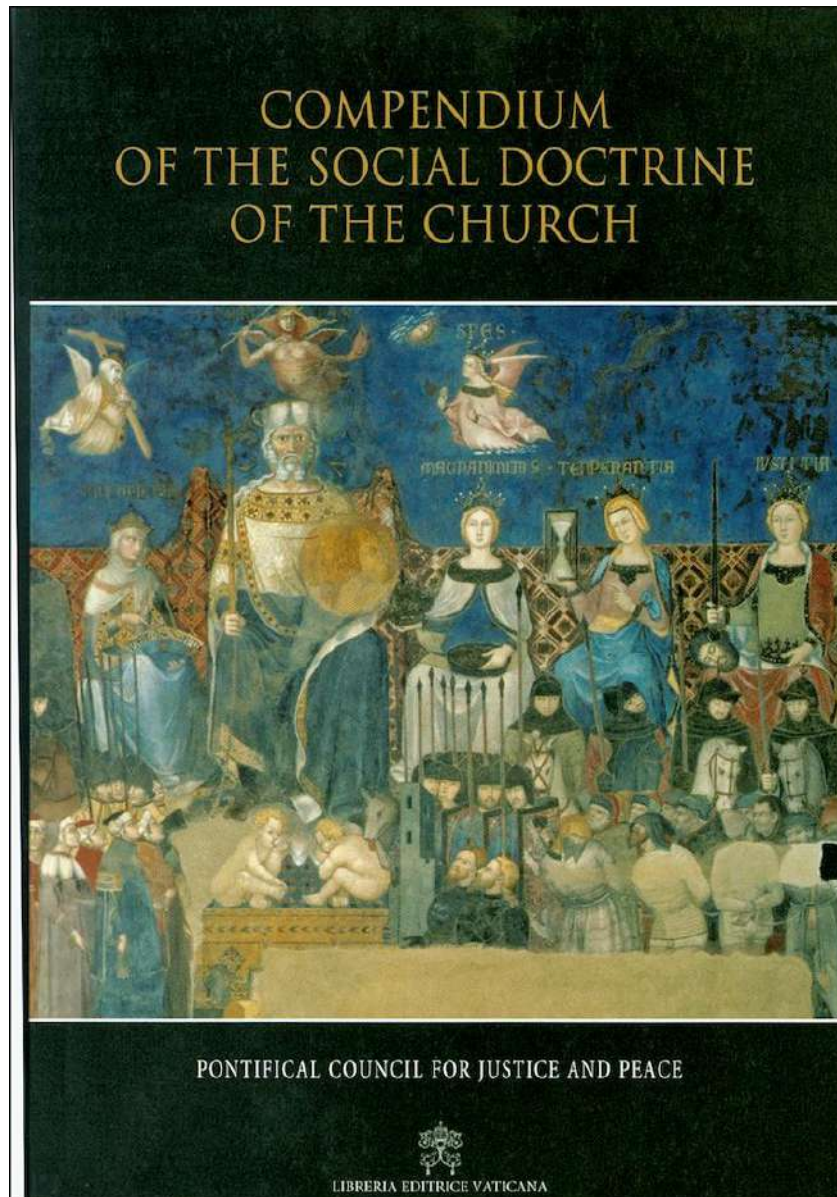


Faced with injustice and inequality in our world – unemployment, poverty, war, racism, etc. – what is our responsibility? The basic needs of many are not being met.

The Catholic Church has identified seven principles we

need to embrace so we can build a just and peaceful society and grow in holiness amidst these challenges.

# What is Catholic Social Teaching?



The fact that the Catholic Church has identified these seven principles – and has written a comprehensive compendium of the Social Teaching of the Catholic Church – is said to be one of the Church’s best-kept secrets.

Let’s not keep it a secret any longer.

# Catholic Social Teaching Principle #2: **Call to Family and Community**



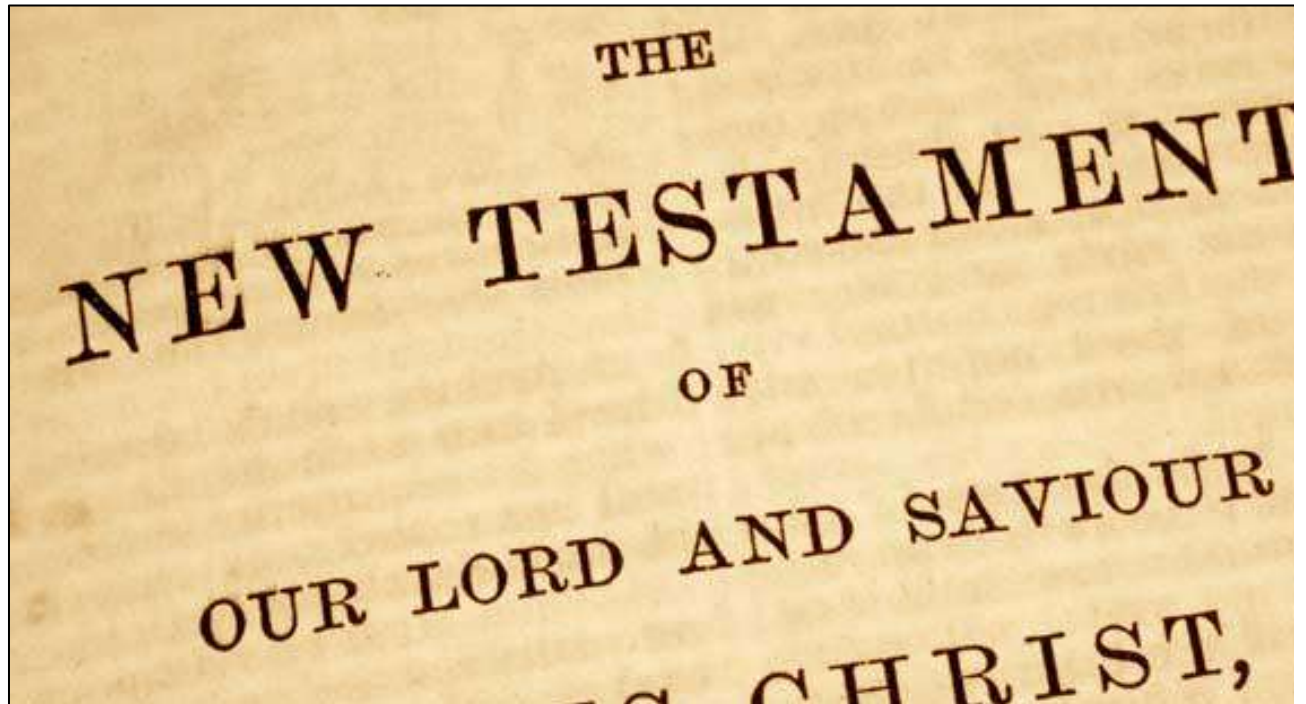
God made us to be part of communities, families and countries, so all people can share and help each other.

- The human person is not only sacred, but social.
- Marriage and family are at the heart of society.
- Seek the common good and well-being of all.

# Test Your Knowledge: The New Testament

Which isn't part of the New Testament?

- a. Gospels
- b. Epistles
- c. Acts
- d. Pentateuch
- e. Revelation



# Test Your Knowledge: **The New Testament**

e

## d. Pentateuch

Pentateuch is a Greek word meaning 'five books' and refers to the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

For the Jewish people, these five books are also known as the **Torah**. The content of the Pentateuch tells us about our Jewish background and the beginning of our Christian story. It begins with the story of creation, describes our covenant relationship with God, and ends with Moses' final words to the Israelites just prior to their entry into the Promised Land.

# Learning About Liturgy

*Why does the priest break the large host and put a piece of the consecrated host into the wine?*

Just before communion, the priest breaks the large host and a portion of the broken bread is added to the chalice of wine. This action is known as the **commingling** and symbolizes that Jesus was broken. He died for us. It also symbolizes that those who eat this one broken bread enter into communion with Christ and become one body in Christ.



# Learning About Liturgy

## Commingling of the Body and Blood of Christ



Father has the large host so that all of us, even those in the back of the church, can see it when he elevates it.

In the early Church, the pope would break the consecrated host into fragments and send the pieces to priests in other churches so that it would be placed in their chalices as a sign of their oneness in Christ.

The priest says these words as he performs this ritual:  
*“May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.”*

# Word of the Week: Sin

We don't always like this word; it makes us seem like bad people. In fact, we are good people; we just sometimes do bad things or make poor choices.

The word *sin* derives from the Greek word *harmatia*, which means 'to miss the mark'. Undoubtedly, each of us misses the mark sometimes. We fail to love God and neighbor as we should. We aim to do good but fall into temptation and do or say something that hurts our relationship with God and with others.

A **sin of omission** is a failure to do what is good and right. We might fail to help someone in need.

# Word of the Week: Sin

The word 'sin' is also rooted in Latin, where it means 'guilty'. The meaning would appear to be, "It is true; the charge has been proven."

Let's be honest ... we are sinners! And, through the mercy of God, we are also forgiven and destined to be



saints. We are blessed to have the opportunity to confess our sins and receive God's mercy in the Sacrament of Reconciliation.

# What Do You Know About Lent?

The use of ashes as a sign of penance:

- a. is rooted in Old Testament times
- b. began in the Middle Ages
- c. was originally a sign of solidarity with the poor



# What Do You Know About Lent?

The use of ashes as a sign of penance:

## a. is rooted in Old Testament times

The Old Testament is full of references to sackcloth and ashes. Ashes symbolized mourning, mortality and penance. Prophesying the Babylonian captivity of Jerusalem, Daniel wrote, "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth and ashes" (Daniel 9:3).

In the 5<sup>th</sup> century B.C., after Jonah's preaching of conversion and repentance, the town of Ninevah proclaimed a fast and put on sackcloth, and the king covered himself with sackcloth and sat in the ashes (Jonah 3:5-6).

# What Do You Know About Lent?

Which is NOT true about the ashes?

- a. They are a reminder of eternal life.
- b. They come from the burning of old palms.
- c. They are a symbol of repentance.
- d. They symbolize mourning.



# What Do You Know About Lent?

Which is NOT true about the ashes?

**a. are a reminder of eternal life**



Ashes remind us of our mortality. On Ash Wednesday, the ashes are traced on our foreheads with the sign of the cross. The words that may be said are: "Remember that you are dust, and to dust you shall return."

# You Asked Us ...

## Are there any rules about fasting during Lent?

To fast is to abstain from all food, except for water, for a period of time. Only two days in the Church year are days of fasting, both of them during Lent:

**Ash Wednesday** and **Good Friday**. Catholics ages 18 to 59 are asked to observe these days of fasting.

On those days we are to have one full meal and two small snacks, as long as they do not add up to one full meal. These meals should be meatless.

# Meatless Fridays

All Catholics, ages 14 and up, are encouraged to abstain from eating meat on every Friday during Lent.

Why? Jesus died on a Friday, and paid the ultimate sacrifice for our sins. We, therefore, are asked to also make a sacrifice and deny ourselves meat.



Of course we can make other sacrifices. Fasting is just one way that we try to detach ourselves from the things of the world so that we can be more attached to the Lord.

# You Were Wondering ...

## *How does the Church determine when Lent begins?*

The date is dependent upon when Easter falls each year. Easter, the holiest of feast days, is always on the first Sunday after the first full moon after the spring equinox.



The first Sunday of Lent begins six weeks prior. This year Easter Sunday falls on April 5, 2026.

# You Were Wondering ...

## *What should a person give up for Lent?*

The answer is simple: Sin!

Some people like to give up chocolate or desserts, alcohol or snacks. Better yet, if we want Lent to be a time of spiritual growth, we might consider giving up any bad habits, habitual sins, such as anger or gossip.

When in doubt, ask the Lord to reveal to you what it is you should give up for Lent. Then listen.



# What Do You Know About Lent?

When do we begin counting the 40 days of Lent?

a. the First Sunday of Lent

b. February 2

c. Ash Wednesday

d. Ash Wednesday,  
excluding Sundays



# What Do You Know About Lent?

When do we begin counting the 40 days of Lent?

## d. Ash Wednesday, excluding Sundays

Jesus was raised from the dead on a Sunday.

Therefore, Sundays are 'the Lord's Day', like a 'mini Easter'. On Sundays we celebrate the resurrection of our Lord, therefore, they are not counted in the 40 days of Lent. If we begin counting on Ash Wednesday, end on Holy Saturday, and exclude Sundays, there are 40 days in Lent.

# Recipe for a Fruitful Lent

## Ingredients

- ½ pound honesty
- 1 cup of patience
- a grain of salt
- faith the size of a mustard seed
- the ability to laugh at yourself
- 1 measure of repentance

## Method

Mix all ingredients together and simmer for forty days. Expose often to the light of Christ. Allow the Holy Spirit to apply heat until all sins rise to the surface. Skim off all impurities. On Easter Sunday rejoice and offer yourself to the Lord.

# Prayer Before Mass

Dear God, help me to be open to all that you want to give me at Mass today.

My heart is open. I come in hope.

I come empty and unsure and troubled.

I come in need to be loved by you,  
united with this faith community,  
strengthened by your word,  
and nourished by the Bread of Life.

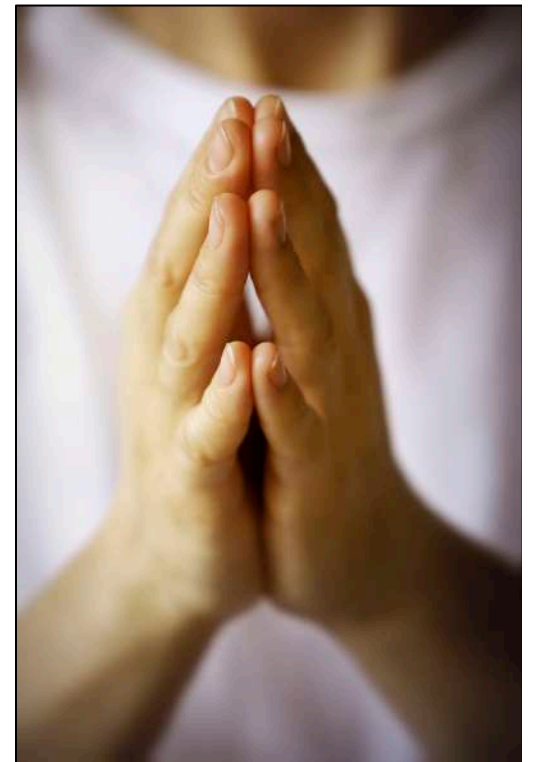
Cleanse me. Refresh me.

Strengthen me for the journey ahead.

Lead me to heaven.

Thank you, God, for this time together.

Thank you, God, for everything. Amen.



# Questions???

Do you have a question about the Catholic faith or about the celebration of the Mass?

If so, write it on a piece of paper drop it into the marked shoebox on the table at the back of the church.

We will try to answer it in a Faith Loop at a later date.

Thank you.

