

# Faith Loops



Faith Loops are PowerPoint presentations with images and information that will help us grow in the understanding of our Catholic faith. They will be projected on the screens during the fifteen minutes prior to each weekend mass. During that time, the twenty-some slides will loop, or repeat, themselves. Thus, the name: **Faith Loops**.

# October Saint



St. Marguerite d'Youville was born into a poor family in 1701 in Quebec. With the help of generous relatives, she was able to study at a convent for two years. At age 21, she was married to François d'Youville.

By the time she was 29, her father, her husband, and four of her six children had died. In her suffering, Marguerite grew in her belief of God's presence in her life and of his tender love for every human person. She, in turn wanted to make known his compassionate love to all.

After nursing her husband until his death, she sheltered needy women and fought for the rights of the poor. She built a hospital and started the order of nuns known as the Sisters of Charity of Montreal ...the Grey Nuns.

The people of Montreal mocked Marguerite and her companions by calling them ‘les grises’. The phrase meant both “the grey women” and “the tipsy women”, references to the colour of their habits and to Marguerite’s late husband, a notorious bootlegger.

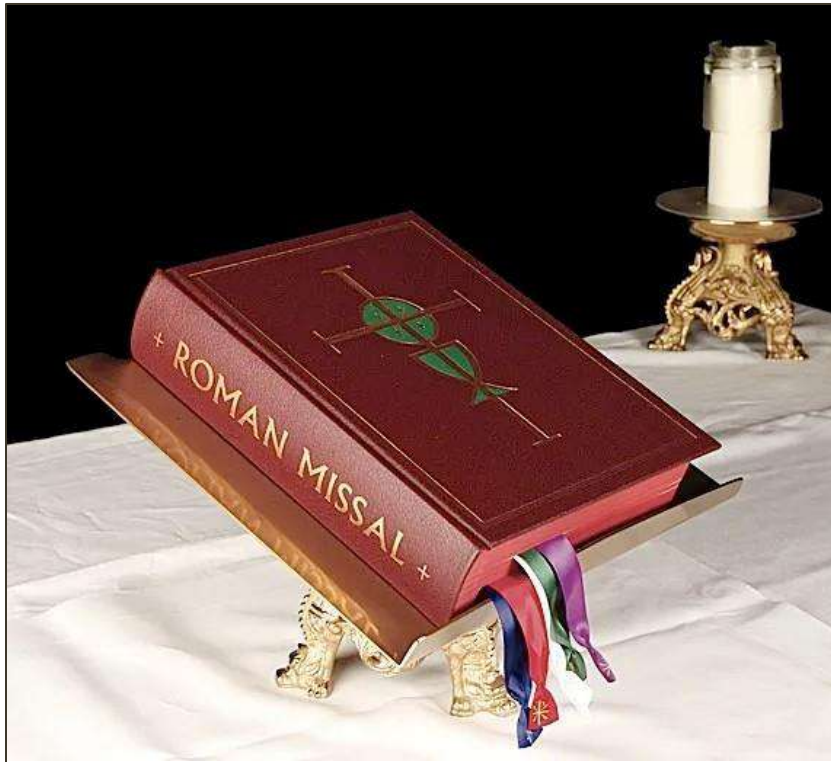


Marguerite provided for the education of her two surviving sons, who both became priests. Her community, the Sisters of Charity of Montreal, has served on almost every continent.

A Catholic high school in St. Albert is named for Saint Marguerite d’Youville. The name ‘Grey Nuns’ was chosen for the hospital in south Edmonton because the Sisters founded the first hospital in northern Alberta in Edmonton in 1895 and served faithfully in education, health care, and social work. Marguerite d’Youville was named a saint in 1990.

# Rituals at Mass

The celebration of the Mass is highly ritualized. The priest follows a specific order, all prescribed within a large prayer book known as the Roman Missal.



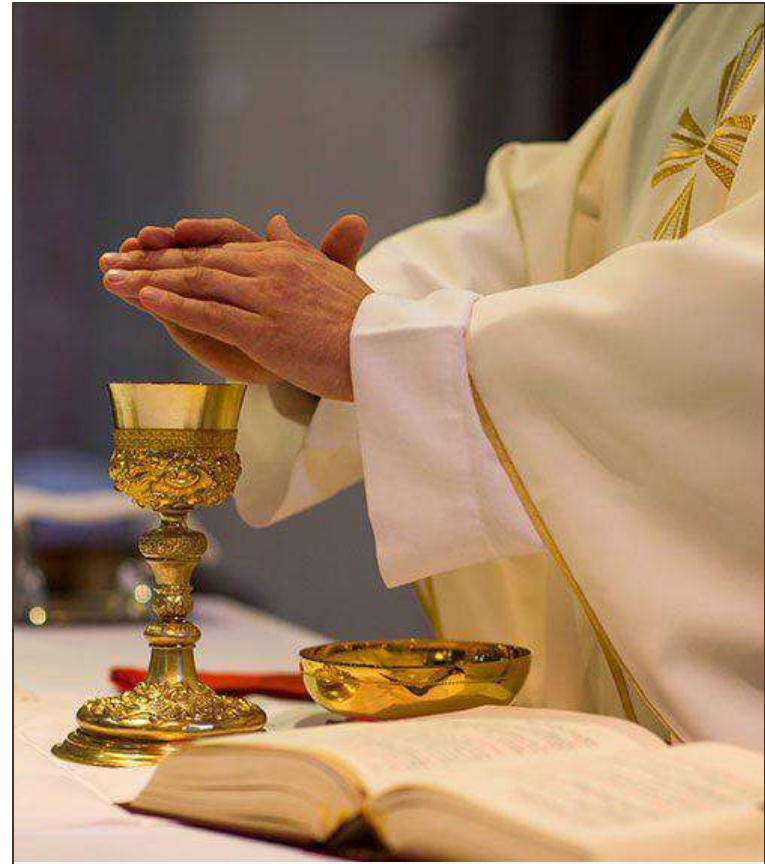
This book is used in Catholic churches around the world. It includes all the prayers that are read during the Mass. Many of these prayers, such as the Opening Prayer or ***Collect***, are written for a specific day in the liturgical year.

# More About Rituals at Mass

The Roman Missal provides a variety of Eucharistic prayers. The priest can choose the one he prefers to pray on a particular day.

Regardless of where you attend mass in the world, the same rituals and rites are followed.

The language of the mass and the music vary greatly according to traditions of the local Catholic community.



# Even More About Rituals at Mass

Once we understand the significance and meaning behind these rituals, we are unlikely to ever find the mass to be boring or repetitive.



With catechesis, our understanding increases. Many people find the mass to be a rich faith experience, a true encounter with God.

The rituals provide structure and predictability to our religious ceremonies. As we come to know these rituals, they encourage us to participate more deeply. Believers find comfort and familiarity in ritual.

**Enter his gates  
with thanksgiving,  
and his courts with praise.  
Give thanks to him,  
bless his name.**

Psalm 100:4



# You Were Wondering ...

## *What are the nine choirs of angels?*

Angels are frequently mentioned in Sacred Scripture. All nine 'choirs' of angelic beings are mentioned in the bible.

Based on Church Tradition, angels have different ranks, like soldiers in an army.

According to St. Thomas Aquinas, from highest to lowest, they are:  
Cherubim and Seraphim,  
Thrones and Dominions, Virtues, Powers, Principalities,  
Archangels, and Guardian Angels.





# You Were Wondering ... (cont.)

## *What are the nine choirs of angels?*

Angels have different roles.

The higher the rank, the closer they are in proximity to God.

Each of us has a guardian angel (Matthew 18:10)

that guides and protects us. Two days of the Church calendar are dedicated to the angels each year:



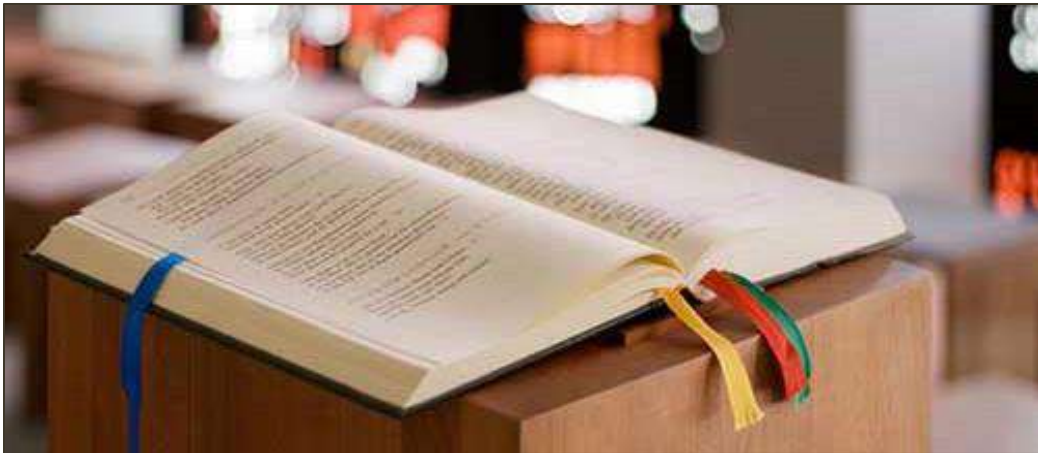
**Feast of  
Archangels**  
(September 29)  
and  
**Feast of  
Guardian Angels**  
(October 2).

# Learning About Liturgy

## *How are the scripture readings chosen for Mass?*

All the readings are found in a large book called the *lectionary*. There are two lectionaries, one for Sundays and one for Weekdays.

The **First Reading** is usually from the Old Testament. The writers tell us what God did for his people before Jesus came. The **Second Reading** is usually from the New Testament or the Letters written by St. Paul and other disciples.



These letters encourage the disciples to continue to live as followers of Jesus.

...continued ...

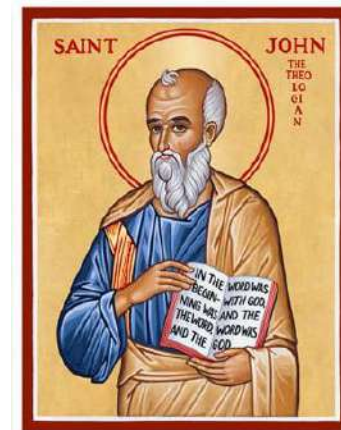
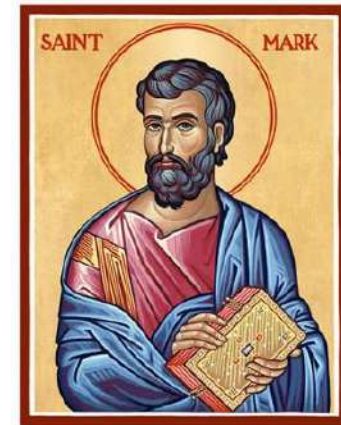
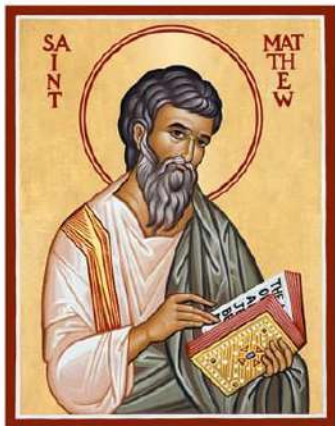
The Gospel reading is taken from one of four gospels, written by Matthew, Mark, Luke or John. We hear about how Jesus lived, His words and deeds, and His saving works. The readings each day have a common message or theme that connects them.

Our Sunday readings are on a three- year cycle.

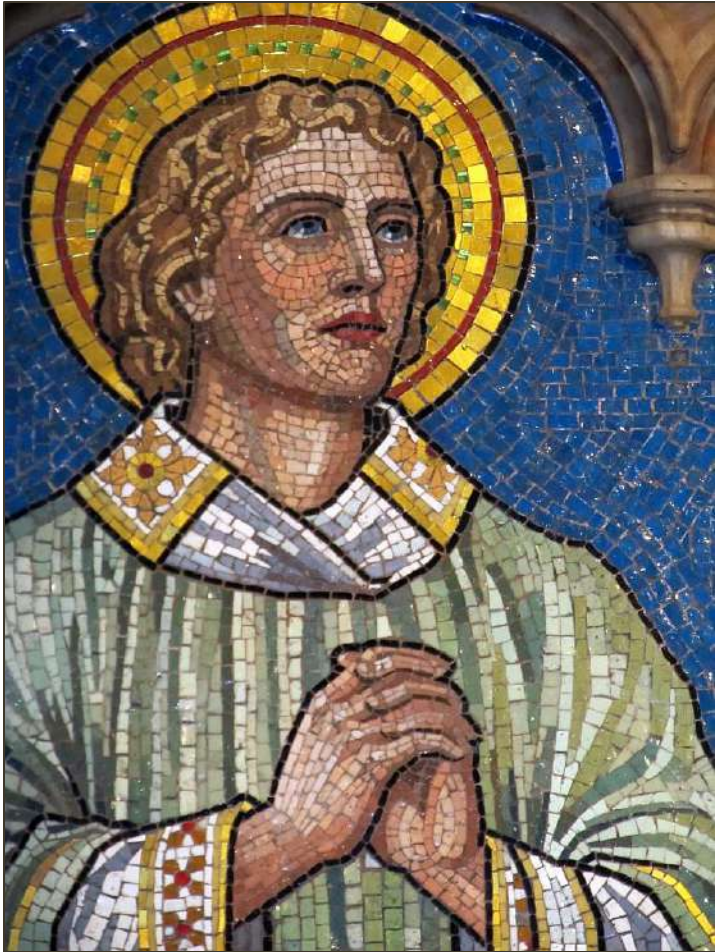
In **Year A**, the Gospels are chiefly from the writings of **Matthew**.

In **Year B**, the gospels are primarily from the writings of **Mark**.

In **Year C**, we generally hear readings from the Gospel of **Luke**. We read from the Gospel of **John** in **Years A, B, and C**, particularly during Lent and Easter.



# Test Your Knowledge



Which martyr, upon his arrest, had the ‘face of an angel’?

- a. Peter
- b. Stephen
- c. Paul
- d. Timothy

## b. Stephen

And all who sat in the council looked intently at him,  
and they saw that his face was like the face of an angel.

Acts 6: 15



The Stoning of St. Stephen  
by Charles de Brun, 1651

December 26<sup>th</sup> is  
the Feast of St.  
Stephen.

This feast day is  
included the  
lyrics of the  
Christmas Carol,  
Good King  
*Wenceslaus*.

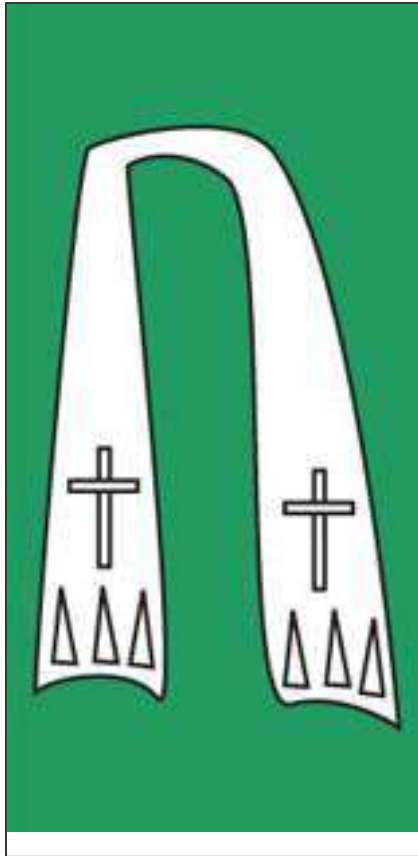
# Sacraments – A Question

There are seven sacraments in the Catholic Church.  
Which two are not listed here?

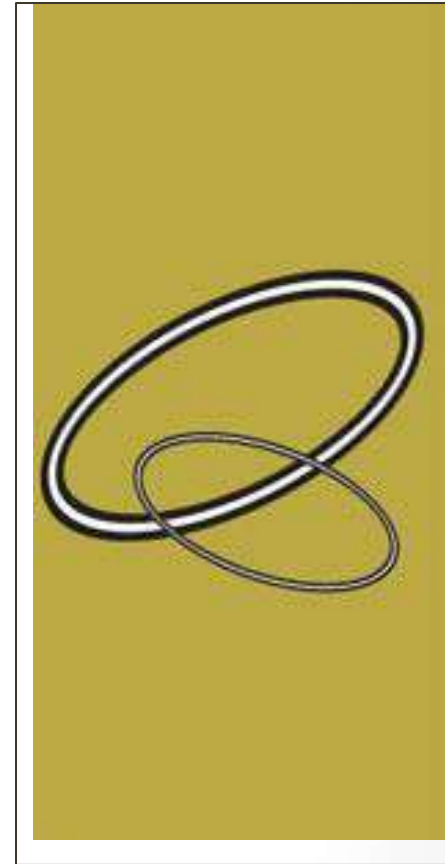
- Reconciliation
- Holy Eucharist
- Confirmation
- Baptism
- Anointing of the Sick



# Sacraments – The Answer



Holy Orders  
&  
Marriage  
(Matrimony)



These  
are known  
as the

**Sacraments of Service.**

# Who's Who? Biblical Characters

## Match the following:

1. Principal apostle
2. Father of Judaism, Christianity, and Islam
3. Man who betrayed Jesus
4. Greatest king of the Israelites
5. The man who condemned Jesus to death

- a. David
- b. Judas Iscariot
- c. Peter
- d. Abraham
- e. Pontius Pilate



# Who's Who? Biblical Characters

The answers are:

1C The principal apostle ...  
**Peter** (depicted here)



2D The father of Judaism,  
Christianity, and Islam ... **Abraham**

3B The man who betrayed Jesus ... **Judas Iscariot**

4A Greatest king of the Israelites ... **David**

5E The man who condemned Jesus to death ... **Pontius Pilate**

# Word of the Week

## *ritual*

The word '**ritual**' stems from the Latin word, *ritualis*. It is an activity that is regularly repeated and completed in a prescribed and established manner.

**Rituals** involve gestures, words, and symbols and are typically part of a ceremony or, in a religious context, a *rite*.

There is, for example, a Rite of Baptism, as there is for every sacrament of the Church.



# Prayer Before Mass

Heavenly Father,  
You are the Maker of heaven and earth,  
and all good things come from you.

Thank you for life and for all your blessings.

Thank you for this time

to gather as a parish community,

to pray to you,

to listen to your words in Sacred Scripture,

and to receive your Son, Jesus, in the Eucharist.

As we prepare to celebrate the Mass, help me

to be attentive,

to participate wholeheartedly in the liturgy, and to

grow in faith, hope, and love.

continued ...

# Prayer Before Mass (cont.)

May this Mass strengthen me  
To spread the Good News on Jesus Christ,  
to obey your word,  
follow your teachings,  
share your love with others,  
and to help all those in need,  
especially those who are poor,  
sick, or suffering.

I ask this prayer in the name of Jesus.

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 and 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.



**O give thanks to the Lord,  
for he is good;  
for his steadfast love endures forever.**

1 Chronicles 16:34

