

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 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.



Saint of the Week: **St. Teresa of Avila**

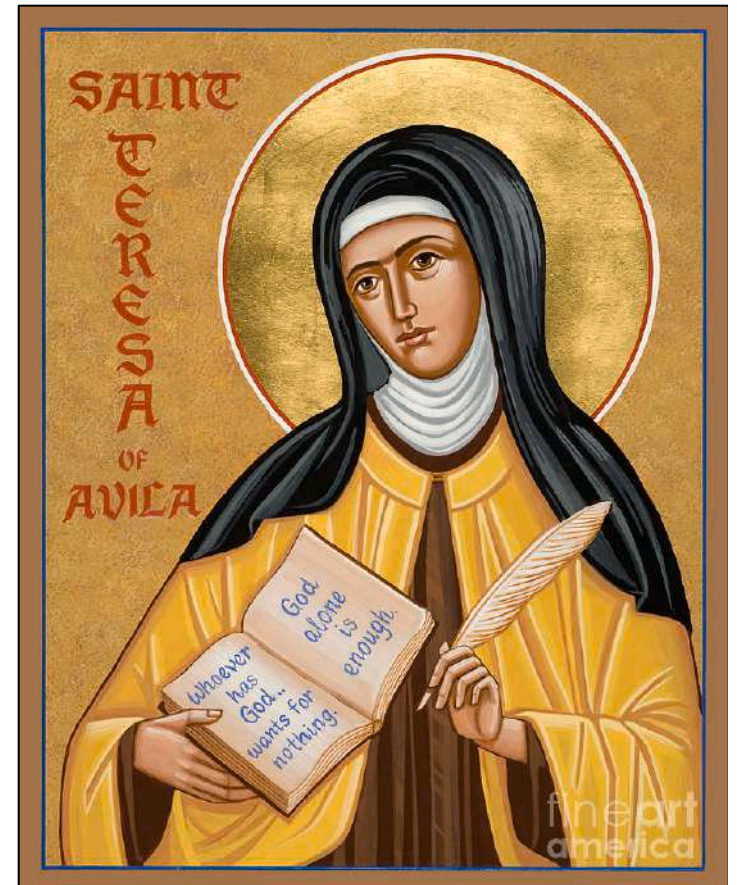
Teresa of Avila, the daughter of wealthy parents in Spain, was born in March 1515. This was just before the time of the Protestant Reformation, when the Church was facing religious and political troubles.

When she was only seven years of age, Teresa and her younger brother liked to read stories about the lives of the saints.



Saint of the Week: **St. Teresa of Avila**

At an early age, Teresa became crippled by disease and was unable to walk. She prayed to St. Joseph, and was cured. Teresa's mother died when she was only fourteen, so Teresa asked the Mother of God to be her mother. Five years after her mother's death, at the age of 20, she joined the Carmelite Order. She built many new convents and monasteries. These were homes for women to live and pray and work in seclusion – all for God.



Saint of the Week: **St. Teresa of Avila**



Teresa struggled with illness, ridicule, and opposition. Still, through years of prayer and contemplation, she clung to God. Teresa would have visions of Christ and developed a deep spiritual awareness. She also wrote down many of her thoughts and experiences of God. Two of her most well-known books are Interior Castle and The Way of Perfection. Her intense prayer life and thoughtful writings show her great love of God and have inspired and helped many people. She is recognized as a Doctor of the Church.

Saint of the Week: **St. Teresa of Avila**

On October 4, 1582, at the age of 67, Jesus – and many saints – appeared to Teresa. She begged God to take her to heaven. After her prayer, she died, and her soul was taken to heaven. She is now a saint.

The feast day of Saint Teresa of Avila is October 15. She is the patron saint of lacemakers, sick people, those with headaches, and the country of Spain.

To the right is a painting of St. Teresa in 1576.



Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which He looks
compassion on this world,
Yours are the feet with which He walks to do good,



Yours are the hands,
with which He blesses
all the world.

Yours are the hands,
yours are the feet,
yours are the eyes,
you are His body.
Christ has no body now
but yours.

~ St. Teresa of Avila ~

The Second Commandment

*You shall not take the name
of the Lord your God in vain.*

It has become common, in everyday conversation and in the media, to use God's name to express surprise, anger, or humor. In these cases, God's name is used improperly and *in vain*.

In these cases, the use of God's name does not express awe and wonder in God's majesty and goodness. It is a misuse or abuse of God's holy name.



The Second Commandment

... taking the Lord's name in vain

Quite simply, the name of God is holy and sacred; the name of God is to be revered. Respect for God's name demonstrates respect for God Himself. In Psalm 8: 1, the author writes, "O Lord, our Sovereign, how majestic is your name in all the earth!" We acknowledge the sacredness and significance of God's name whenever we make the Sign of the Cross:
In the name of the Father ...



The Second Commandment

*You shall not take the name
of the Lord your God in vain.*

The Lord tells us: “I have called you by name” (Isaiah 43:1). In Baptism, when the individual is given his or her name, the sacrament is conferred “in the name of



the Father and of the Son and of the Holy Spirit.”

Our Christian name –
and God’s name –
are sacred.

The Second Commandment

In summary, the 2nd commandment instructs us to speak of God, of the saints, and of holy things with reverence, and to be truthful in taking oaths and faithful to them.

As the psalmist writes,
“Blessed be the name

of the Lord from this

time on and forevermore. From the rising of the sun to its setting the name of the Lord is to be praised.”

(Psalm 113: 2 – 3)



Word of the Week: **Blasphemy**

The word 'blasphemy' is derived from the Greek word, *blasphemia*, which means "to speak evil of." The Catholic Word Book (Our Sunday Visitor) defines it as "any internal or external expression of hatred, reproach, insult, defiance or contempt with respect to God and the use of his name, principally, and to the Church, saints and sacred things."

In other words, blasphemy involves speaking, acting, or thinking about God in a way that is irreverent, disrespectful, profane, mocking, or offensive. It is, therefore, a sin against the second commandment.

Word of the Week: **Blasphemy**

In the time of Jesus, blasphemy was considered so serious an offence that the punishment could be death.

When Jesus claimed to be the Messiah and the Son of God, the chief priests and scribes considered His words to be blasphemous.

They cried,

“What further testimony do we need? We have heard it ourselves from his own lips!” (Luke 22:66-71).



Do You Know ... **the 9 Choirs of Angels?**

Angels are frequently mentioned in Sacred Scripture, and all nine 'choirs' of angelic beings are mentioned in Scripture. Based on Church Tradition, angels have



different ranks, just like soldiers in an army. In order of rank, from highest to lowest, they are: seraphim, cherubim, thrones, dominations, virtues, powers, principalities, archangels, and guardian angels.

Do You Know ... the 9 Choirs of Angels?

These angels have different roles. The higher the



rank, the closer they are in proximity to God.

Each of us has a guardian angel (Matt. 18:10) that guides and protects us.

Two days are dedicated to the angels each year: the Feast of Archangels (Sept. 29) and Feast of Guardian Angels (Oct. 2).

What is the Origin of the Rosary?

By the 9th century, monks were praying all 150 psalms every day and keeping track of them with 150 pebbles. Many other people wanted to pray the psalms but were uneducated and unable to read them. Thus began the tradition of praying 150 Our Fathers a day, using string with knots in it instead of counting pebbles.



Eventually, Hail Marys were substituted for Our Fathers, other prayers were introduced, and knots were replaced with the familiar beads we use today.

You Were Wondering ...

Why do we bless ourselves with holy water when we enter a Catholic church?

We bless ourselves with holy water to remind us of our Baptism, when we were welcomed into God's family.

By making the Sign of the Cross, we are reminded of God's great love for us, a love so great that he would send His only son, Jesus, to die for the forgiveness of our sins. Blessing ourselves with holy water reminds us of the 'living water' that God offers us and His promise of everlasting life ... salvation.



Test Your Knowledge: Angels

At Jesus' birth, the angels sang:

- a. Joyful, joyful, we adore thee.
- b. Hip, hip hooray!
- c. Glory to God in the highest.
- d. O come let us adore Thee.



Test Your Knowledge: **Angels**

At Jesus' birth, the angels sang:

c. Glory to God in the highest.



... and on earth
peace among
those whom he
favors!”

(Luke 2:13-14)



The Angelus

The Angelus is a Catholic prayer that commemorates the Incarnation, when Mary conceived by the Holy Spirit, and God became flesh. The Angelus consists of three call and responses, all based on scriptural verses. The name comes from the Latin word for 'angel'; the angel referred to in the prayer is, of course, Gabriel.

Let us Pray ... the Angelus

This devotion is traditionally recited three times daily: 6 a.m., noon, and 6 p.m. It dates back to the 11th century, when it was customary to recite three Hail Marys during the evening bell ... a practice encouraged by St. Anthony of Padua.

The Angelus in its present form dates back to Pope Pius V (1566 – 1572), when it was printed in a Handbook for Catholics.

The prayer unfolds like this:

Let us Pray ... the Angelus

Leader: The angel of the Lord declared unto Mary.

All: And she conceived by the Holy Spirit.
Hail Mary, full of grace ...

Leader: Behold the handmaid of the Lord.

All: Be it done unto me according to Thy word.
Hail Mary ...

Leader: And the Word was made flesh

All: And dwelt among us. Hail Mary ...

Let us Pray ... the Angelus

Leader: Pray for us, O holy Mother of God.

All: That we may be made worthy of the promises of Christ.

Leader: Let us pray:

All: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His passion and Cross be brought to the glory of His Resurrection through the same Christ our Lord. Amen.

Let us Pray ... the Angelus

The prayer is often accompanied by the ringing of the Angelus bell, which was a call to prayer. The bell was rung in three sets of three, with a pause between each set of three.

This painting,
The Angelus (1857 – 59),
by Jean Francois Millet,
depicts a family pausing
during the harvest to
pray this beautiful and
powerful prayer.



**GRATITUDE UNLOCKS
THE FULLNESS OF LIFE.
IT TURNS WHAT WE HAVE INTO ENOUGH,
AND MORE.
IT TURNS DENIAL INTO ACCEPTANCE,
CHAOS TO ORDER, CONFUSION TO CLARITY.
IT CAN TURN A MEAL INTO A FEAST,
A HOUSE INTO A HOME,
A STRANGER INTO
A FRIEND.**

Melody Beattie



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 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.

