

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.



A Christian is Like a Pumpkin

A 10 year-old little girl was asked by another classmate, “What is it like to be a Christian?”

The 10 year-old little girl replied, “It is like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off of you. Then He cuts open the top and scoops out all the yucky stuff.



He removes the seeds of doubt, hate, greed, etc., and then He carves you a new smiling face and puts His light inside of you to shine for all the world to see.”

Learning About Liturgy

At Mass, why do we sit down during the first reading, psalm, and second reading but stand during the Gospel?

We sit during the first and second readings to show that we are ready to listen with an open heart and with attention.

We receive God's word with our ears and eyes by listening to and looking at the reader, also known as the proclaimer or lector.



Learning About Liturgy

The Gospel reading is the high point of the Liturgy of the Word, because we believe that Jesus himself is

talking to us. So important is the Gospel that only a priest or deacon can proclaim the Gospel at mass.

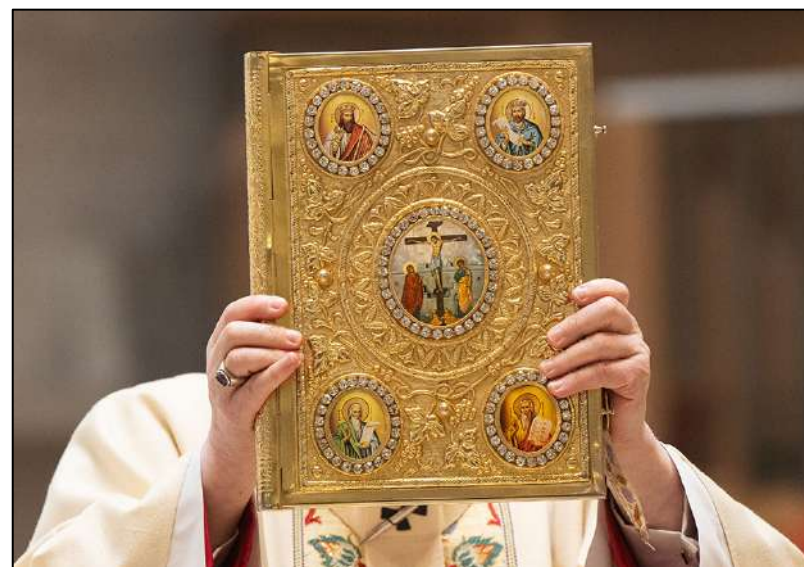
There are four Gospels – four accounts of the life and words of Jesus. These gospels were written by Matthew, Mark, Luke, and John.



Learning About Liturgy

At Mass, why do we sit down during the first reading, psalm, and second reading but stand during the Gospel?

Because of its importance and the fact that the message comes from Jesus, we stand for the Gospel reading and announce the reading of the Gospel with a gospel acclamation that is sung. The word, "Alleluia", a Hebrew word that means "Praise God", is part of the acclamation throughout the year, except during Lent.



Saints of the Week: **Sts. Simon & Jude**

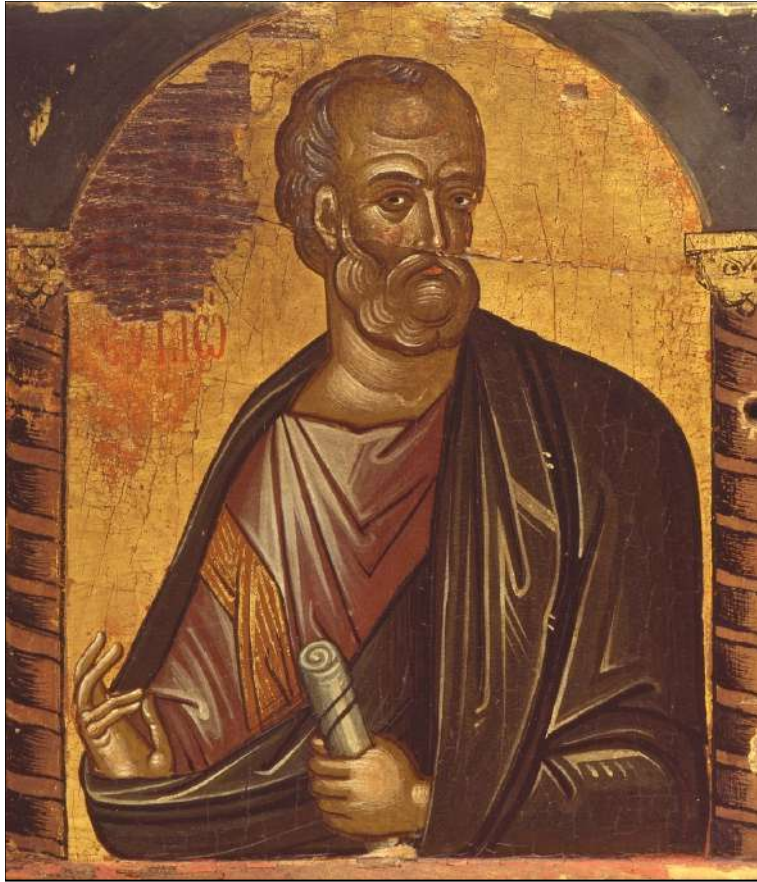
October 28 is the Feast Day of Saints Simon and Jude.

STS. SIMON
AND JUDE

APOSTLES

October 28th





Saints of the Week: Sts. Simon & Jude

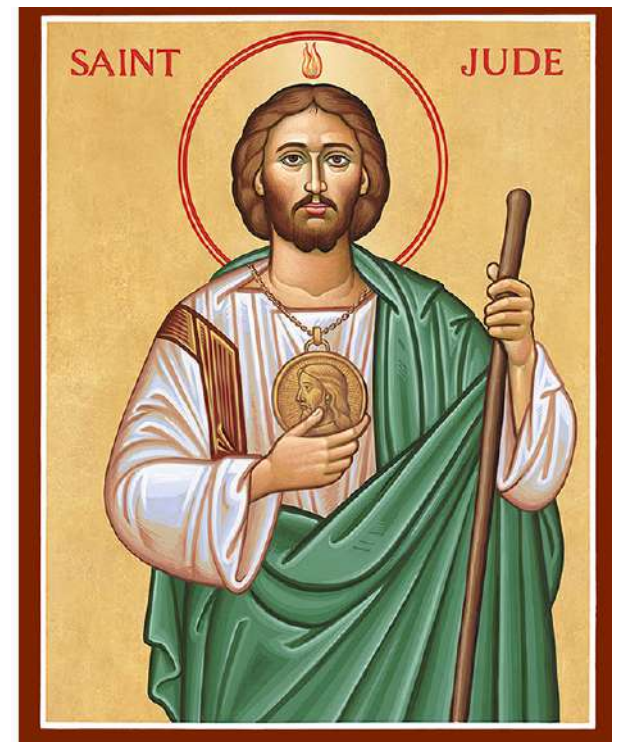
Saint Simon the Apostle was the son of Clopas, brother of St. Joseph, thus Jesus' first cousin. He is called 'Simon the Zealot' to distinguish him from Simon Peter. Simon may have been a

member of a rebellious group prone to violence that expected the coming Messiah to overthrow Rome using force, or he may have simply been zealous for the Law. According to Tradition, St. Simon/Simeon was elected as the second Bishop of Jerusalem.

Saints of the Week: **Sts. Simon & Jude**

Saint Jude the Apostle, also called Thaddeus, is not to be confused with Judas Iscariot, the Apostle who would later betray Jesus. Jude was a brother of St. James the Lesser and a relative of Jesus. His relics reside at St. Peter's Basilica in Rome, in Rheims and in Toulouse in France. St. Jude is the patron saint of hopeless cases.

Simon and Jude were companions in preaching the Gospel. It is believed that they were martyred together, so they are honored together in the Church calendar.



Testing Your Bible Knowledge

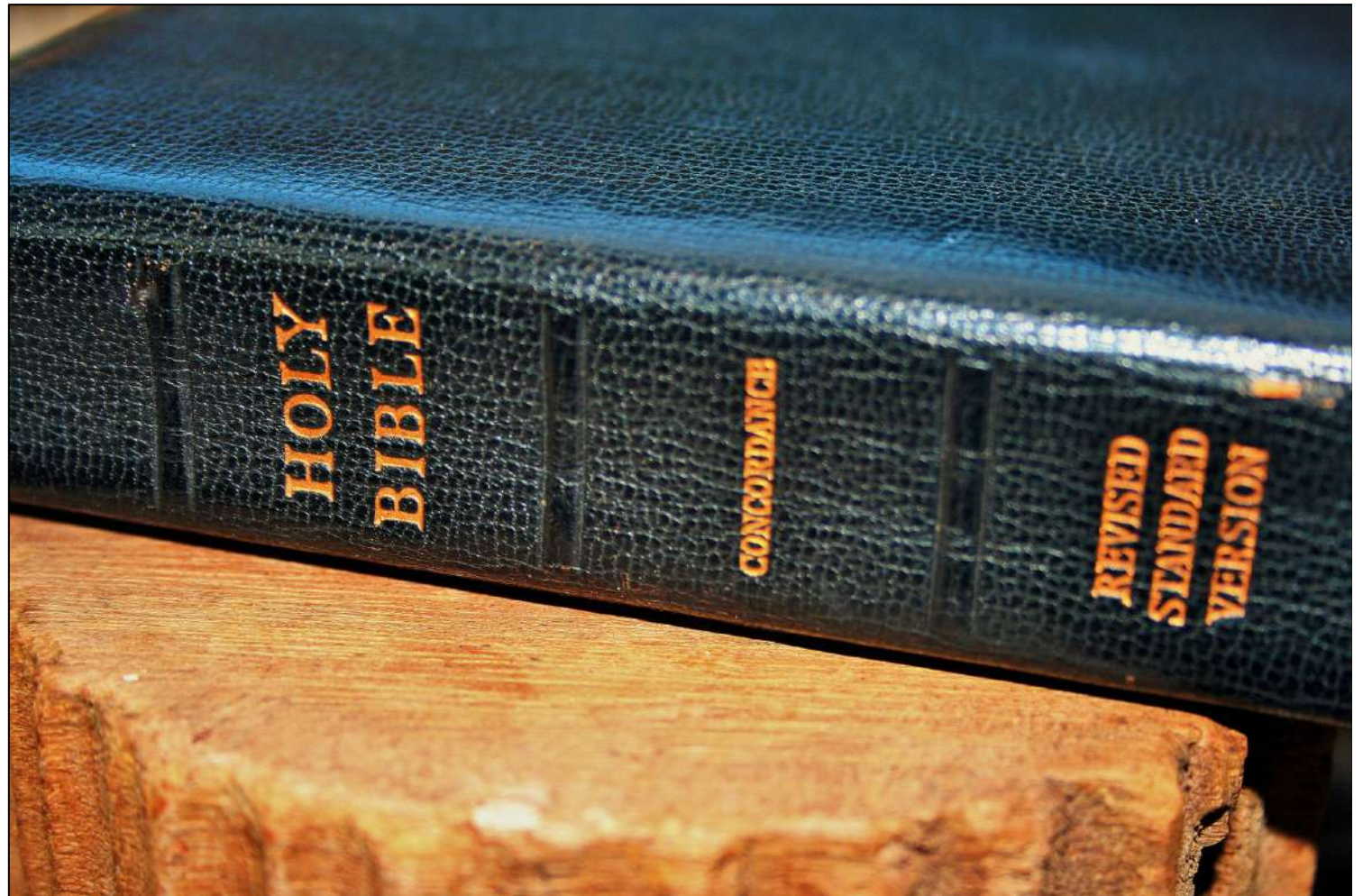
How many books are there in the Old Testament?

a. 27

b. 33

c. 39

d. 46

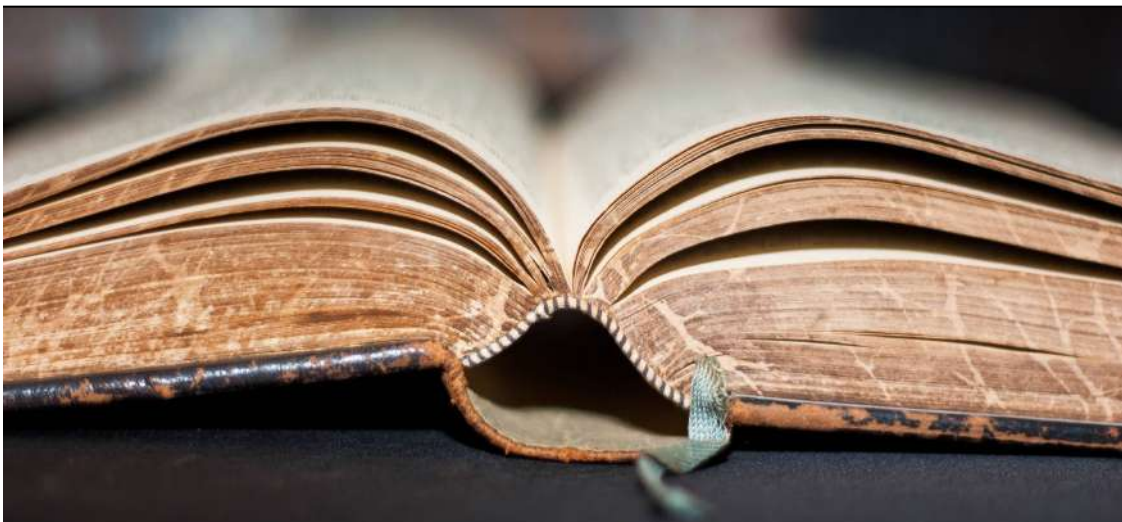


Testing Your Bible Knowledge

d. 46

There are 46 books in the Old Testament. There are seven more books in the Catholic bible than in a Protestant bible. Why?

We use a different translation. While the Protestant bible is based on the Hebrew translation, we use the



Greek translation, known as the Septuagint, which includes seven more books. 'Sept' is the French word for 7.

Learning about Liturgy

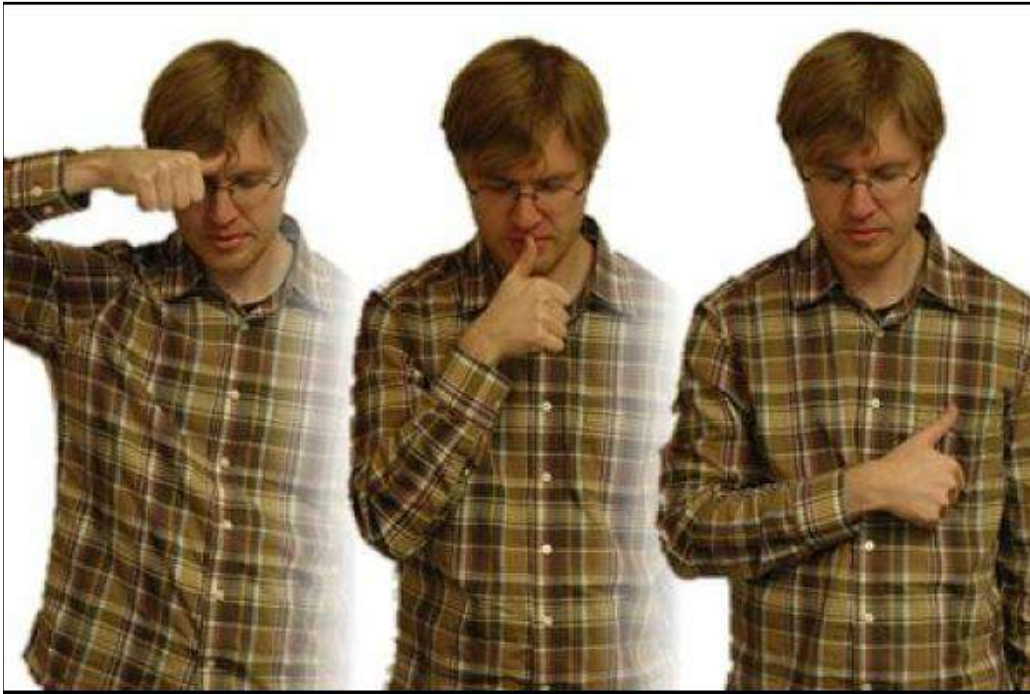
When the gospel is announced at Mass, why do we trace the cross on our forehead, our lips, and our heart?

This gesture is a prayer in itself. We are asking the Lord to help us ...

- **know** His word,
- **speak** or **share** His word with others, and
- **treasure** and **obey** it in our hearts.



Learning about Liturgy



Furthermore, the triple Sign of the Cross, is an outward gesture that expresses a readiness on our part to listen to God's word with pride and courage.

Before proclaiming the Gospel, the priest silently prays:

"Almighty God, cleanse my heart and my lips that I may worthily proclaim Your Gospel."

Learning about Liturgy

The following quote explains it well:

“For the word which Christ brought and which is set down in this book ...

- ❖ we are willing to stand up with a mind that is open,
- ❖ we are ready to confess it with our mouth,
- ❖ and above all we are determined to safeguard it faithfully in our hearts.”

(Origin of the Sign of the Cross, Fr. Mateo, July 28, 1991)



Do You Believe in Ghosts?

The word “**ghost**” comes from the German word, *geist*, which means ‘spirit’. As Christians, we certainly believe in spirits, including angels and the souls of human beings. In the Nicene Creed we state our belief in the God, the Creator, who made ‘all things visible and invisible’. We also believe that, upon death, our soul leaves our body.

So what do our Sacred Scriptures say?

At the Transfiguration, Moses and Elijah appeared with Jesus, before they were resurrected. When Jesus walked on water, the disciples in the boat thought he was a ghost, which indicates there was likely some belief in ghosts.

Do You Believe in Ghosts?

What about the saints? What did they say?

St. Augustine understood reports of ghosts to be visions of angels. On the other hand, St. Thomas Aquinas claimed that separated souls do sometimes appear to people.

Okay, what does the Church say on the topic?

The Catholic Church has no definitive teaching on the topic of ghosts. The one thing it does teach is that we are never to engage in occult activities, including the summoning of the dead in search of knowledge of the future.

The Truth About Angels

The bible, Jesus, and the Church tell us that angels are real. The Catholic Church teaches that belief in angels is very important in our Christian faith. Angels are



mentioned in the Bible almost 300 times and are most often depicted as messengers and protectors. For example, the angel Gabriel announced to Mary that she would bear the Son of God and later announced Jesus' birth. An angel also stopped Abraham from sacrificing his son Isaac.

The Truth About Angels

So what are angels?

- Angels are invisible, intelligent, spiritual beings. Having no physical body (nor a halo), an angel does not need to eat or sleep.
- Although invisible, they become visible in visions and apparitions. We cannot see angels unless they reveal themselves to us.



The Truth About Angels

- We remember what angels do by remembering an acronym: **GASP**
 - G** – glorify God, guide, guard
 - A** – announce the Good News, adore God in heaven, assist in Christ's work, aid humans
 - S** – serve God, surround Christ
 - P** – protect us
- Like all things, angels were created by God, granted free will, and good by nature. Not all remained obedient to God, and so there are good angels and bad angels (demons).



The Truth About Angels

- Michael, Raphael, and Gabriel are the only named archangels and are remembered on Sept. 29, their feast day.
- Angels serve both God and people. An angel's job is to serve God and to bring messages from God to us. Angels do whatever God asks of them.
- We pray with the angels and to the angels whenever we go to Mass.
- October 2 is the Feast of Guardian Angels.



Parish Pastoral Priorities

The Catholic Archdiocese of Edmonton has asked that every parish address three pastoral priorities.

It's time to review them. They are:



Parish Pastoral Priorities

We are a faith community that joyfully celebrates and better understands the Eucharist.

Our parish has addressed this priority by having three instructional Masses last fall.

These Faith Loops also provide explanations about the Mass, its rituals and their meaning. Keep an eye out for 'Learning About Liturgy' slides.



Parish Pastoral Priorities

We are a faith community that is confident in proclaiming the Great Commission and spread the Good News of the Gospel within our respective vocations, professions, and communities.



Our parish will address this priority by inviting individuals, from time to time, to share a bit about their faith journey at the end of Mass. These **Faith Loops** are intended to provide the catechism necessary to form confident witnesses.

Parish Pastoral Priorities

We are a faith community that accompanies families, fully recognizing the centrality of marriage and family in God's plan.

Our parish has addressed this priority by developing monthly faith lessons for parents to borrow and use at home with their children. Called 'Faith in a Folder', each package includes a lesson plan with a variety of activities and all the resources needed for families to use.



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.

