

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.



It's the Custom!

What is the significance of hot cross buns during Lent?



During Lent, it is a custom to eat hot cross buns. This tradition began in England, hundreds of years ago, where buns were decorated with icing in the form of a cross, as a reminder of the Crucifixion, and eaten on Good Friday.

It's the Custom – Hot Cross Buns

In the past there has been some superstition associated with hot cross buns. It was said that to share one of these buns with another would guarantee friendship for the next year, especially if accompanied by the words: "*Half for you and half for me, between us two shall goodwill be.*"



Hanging a hot cross bun in the kitchen was believed to protect the house from fire and ensure well-baked bread for the next year.

Now, hot cross buns are enjoyed throughout the Lent and Easter seasons.

What is Catholic Social Teaching?



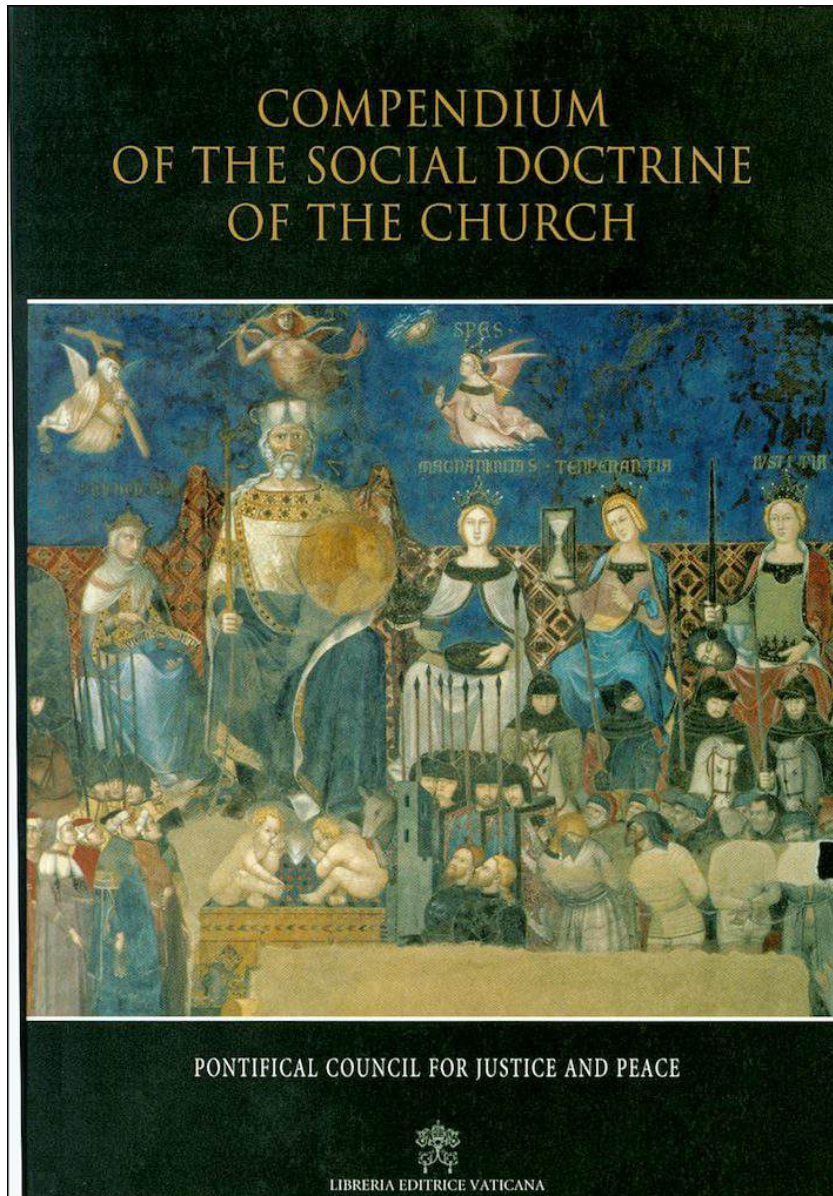
Faced with injustice and inequality in our world — unemployment, poverty, war, racism, etc. What is our responsibility? The basic needs of many are not being met.

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.

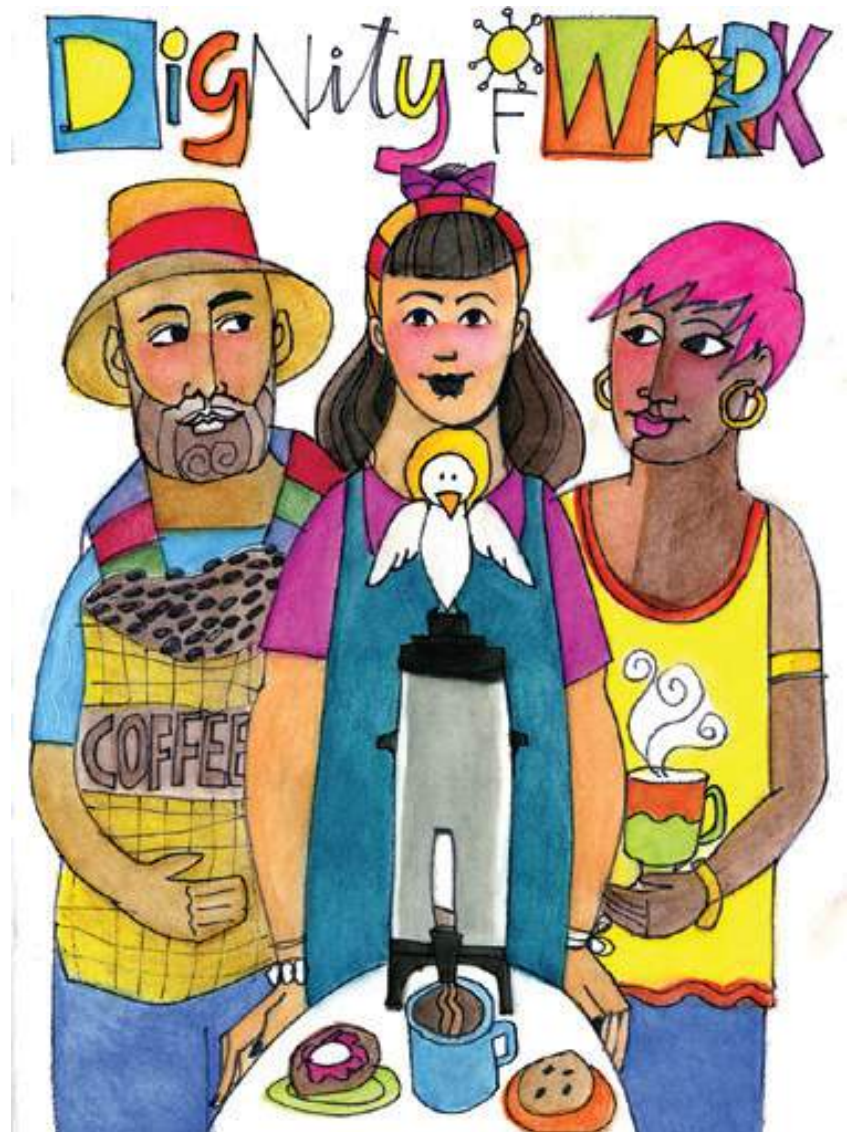
Let’s not keep it a secret any longer.



Catholic Social Teaching Principle #5: **Dignity of Work**

Work is important in God's plan for adults and their families, so jobs and pay should be fair.

- Work is more than a way to make money; it is how we contribute to society.
- We are to protect the basic rights of workers ... the right to productive work, decent and fair wages, safe working conditions, etc.



Word of the Week:

Consecrate

To *consecrate* something is “to declare or set it aside as sacred.”

The word is a derivative of the Latin verb, *consecrare*, which means to make holy, to devote or to dedicate.

Consecration is associated with purity. In the Bible it refers to the separation of oneself from things that are unclean, especially anything that would contaminate one’s relationship with a perfect God.



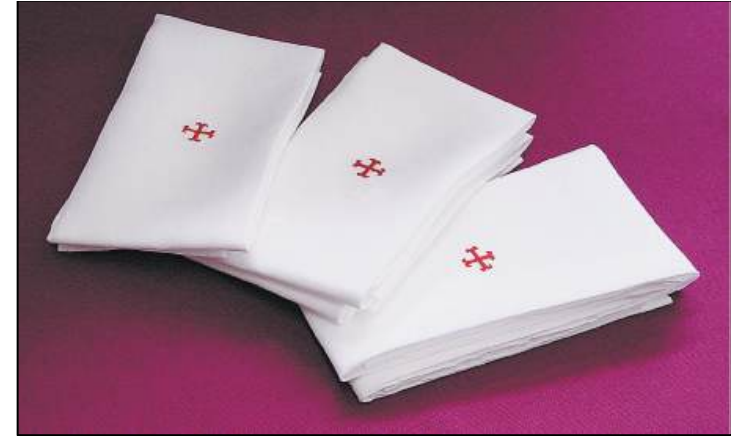
Learning About Liturgy

The linens used at Mass, such as the corporal and purificators, may have particles of consecrated bread and wine on them. The water used to wash them is considered holy and, therefore, must be disposed of in a particular and respectful manner.



A **sacrarium** is a “special sink used for the reverent disposal of sacred substances. This sink has a cover, a basin, and a special pipe and drain that empty directly into the earth, rather than into the sewer system.”

Learning About Liturgy



At St. Vital we do not have a sacrarium. One of our parishioners takes the linens used at mass, including corporals and purificators, home. There, she soaks the cloths in a basin for twenty-four hours. The cloths are wrung out, and the wash water is poured directly into the ground, not into the sink and into the sewer system. The linens are then washed in a regular washing machine and dried in a dryer. Once ironed and folded, the clean linens are returned to the sacristy for future use.

Word of the Week: Consecrate

During the Mass, the part of the Eucharistic prayer when the bread and the wine are sanctified and transformed into the Body and Blood of Christ Christ is referred to as the 'Consecration'.

This takes place through the power of the Holy Spirit working through the priest.

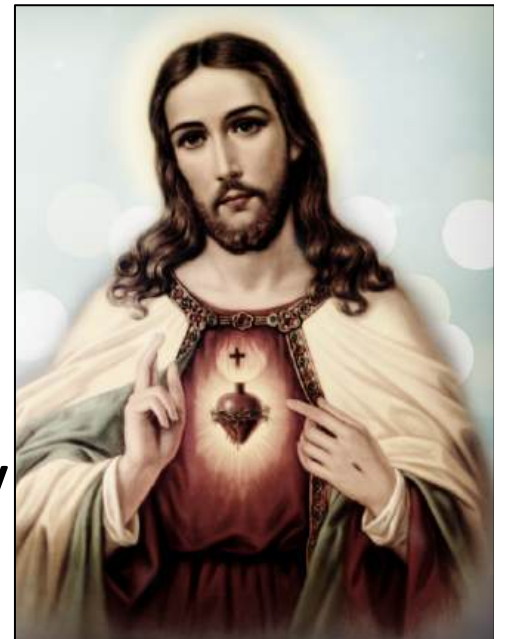


Word of the Week: Consecrate

As true believers in Christ, we are called to consecrate ourselves to God, offering ourselves as a living sacrifice to Him and devoting our lives to the pursuit of holiness. Each day, we are to live out our lives as “a chosen race, a royal priesthood, a holy nation, God’s own people” (1 Peter 2:9).



We might consecrate or dedicate our family, home, or school to the Immaculate Heart of Mary or Sacred Heart of Jesus.



What Do You Know About Lent?

Which of these is NOT one of the three Lenten disciplines?

- a. feasting
- b. praying
- c. fasting
- d. almsgiving



What Do You Know About Lent?

Which of these is NOT one of the three Lenten disciplines?

a. feasting

Lent is a time for fasting. The feasting waits until Easter. During Lent we might feast on good works or acts of service.

It is interesting to note that fasting is not required on solemnities such as the Feast of St. Joseph and the Annunciation of Mary.



Fasting

Lent is a time for prayer, almsgiving, and fasting. You might wonder, *'Why do we fast?'*

The forty days of Lent remind us of the forty days that Jesus spent fasting and praying in the wilderness before beginning his public ministry of teaching and healing. Following Jesus' example, we too are called to fast, especially during the Lenten season.



Fasting

To fast is to limit what you eat and drink to one regular meal and two smaller meals (that together do not equal the regular meal in size). While all Fridays are days of abstinence from meat, the Canadian Bishops have decreed that Catholics can ‘substitute special acts of charity or piety on this day.’”

The spiritual idea behind fasting is that we stop

feeding the body and focus on feeding the spirit.

When fasting and prayer are combined, we often experience God more deeply than before.



Fasting

Fasting is part of our faith tradition. In the early Christian Church, fasting and almsgiving were closely connected. If someone was poor and in need of food, people would fast and then give the food they would have eaten to the poor.



In fasting, we experience the hunger that one-third of our world's population suffers on a daily basis. Our participation in a fast expresses our concern for and solidarity with the underprivileged in our world.

Fasting

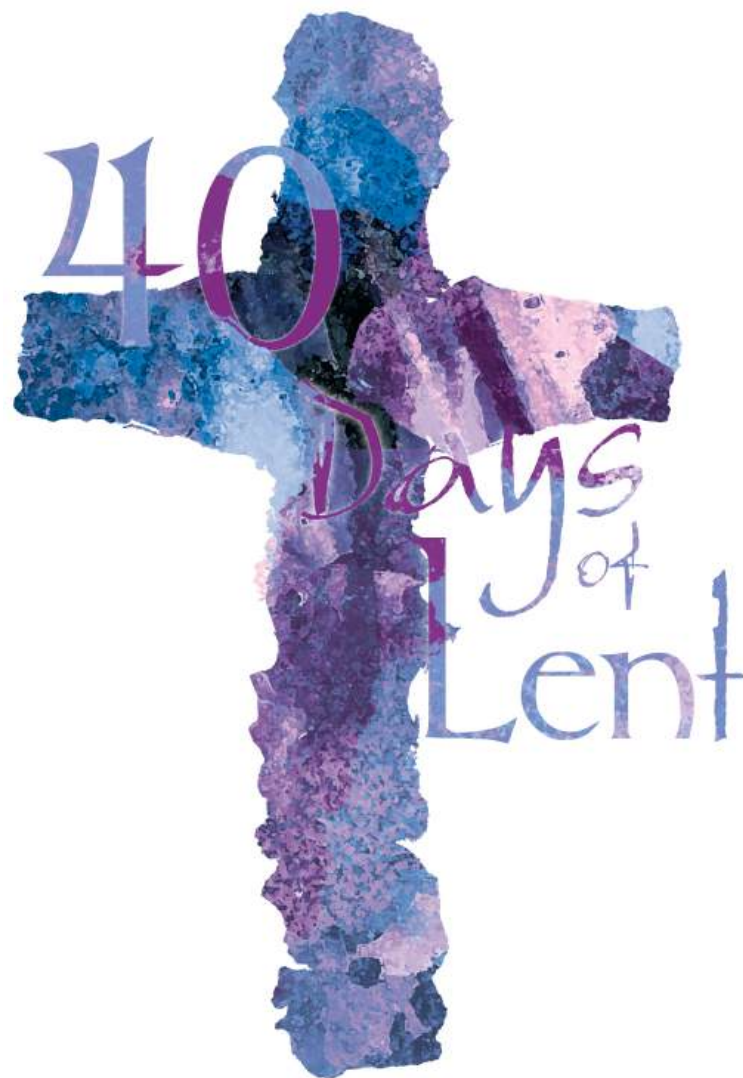
Another form of fasting is abstinence from eating meat. The Catholic Church asks us to abstain from meat on only two days of the year, and both are during Lent: **Ash Wednesday** and **Good Friday**.

The sick and the elderly are not expected to fast. Nor are younger children, as they are in an important growing stage of their lives. However, they *can* fast from certain types of food, such as candies, chocolate, or junk food, without any adverse effects. Older youth, in good health, may safely fast for 24 hours as long as they drink plenty of fluids.

What Do You Know About Lent?

There are forty days in Lent. The number '40' calls to mind:

- a. 40 days of rain during Noah's Flood
- b. 40 years for the Israelites to cross the desert to the Promised Land
- c. 40 days Jesus fasted and prayed in the wilderness
- d. All of the above



What Do You Know About Lent?

There are 40 days in Lent. The number 40 calls to mind:

d. All of the above

The number appears over 146 times in the bible. A period of forty days or years signifies a time of trial and testing, of preparation and transformation.

Moses spent forty days on Mount Sinai, during which he received the Ten Commandments. Moses and the prophet Elijah also fasted for forty days.

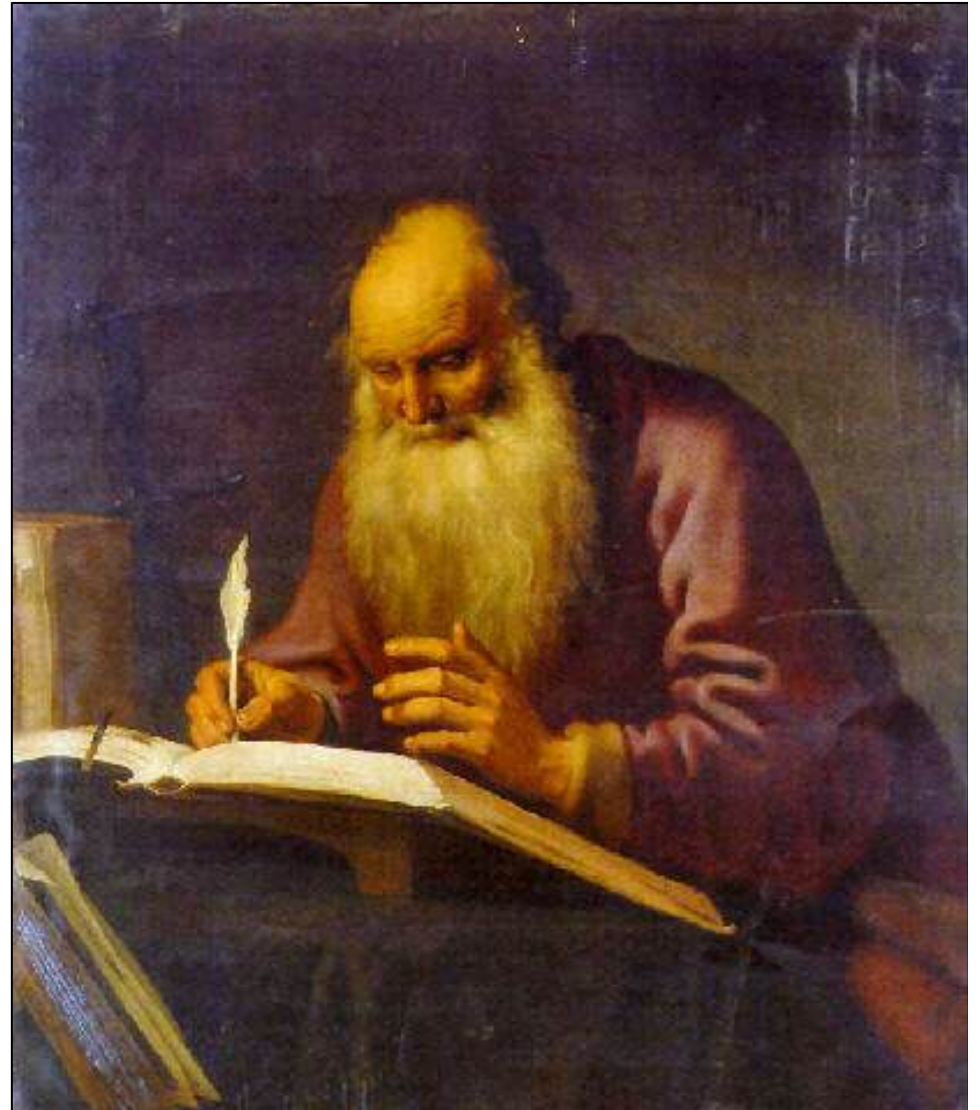


Test Your Knowledge:

The New Testament

In what language were St. Paul's letters written?

- a. Latin
- b. Hebrew
- c. Greek
- d. Aramaic



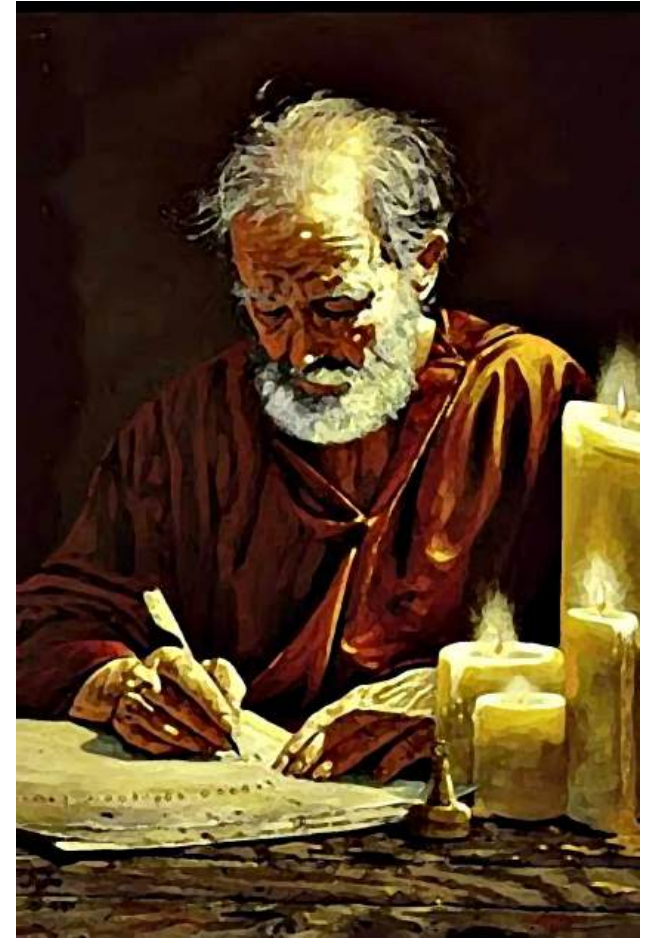
Test Your Knowledge:

The New Testament

St. Paul's letters were written in ...

c. Greek

Biblical scholars agree that Paul wrote in Greek which, at that time, was the common language of the people in the Mediterranean region. Paul travelled extensively throughout the Roman Empire, where Greek was widely spoken and understood. Paul's audience was primarily Gentile Christians who were more familiar with Greek than Hebrew.



Laetare Sunday

Laetare is another name for the 4th Sunday of Lent. The word, *laetare*, means 'rejoice'. Its counterpart during the Advent season is the Third Sunday of Advent, also known as **Gaudete Sunday**. On both days the violet altar cloths and vestments worn by the clergy are replaced with rose-colored ones.

Laetare Sunday is the midpoint of this season of penitence. It provides us with some encouragement during a solemn time of preparation, hinting at the joy that we anticipate with the celebration of Christ's resurrection at Easter.

“Rejoice with Jerusalem
and be glad for her,
all you who love her;
Rejoice with her in joy—
all you who mourn over her.
that you may nurse and be satisfied
from her consoling breast.”

Isaiah 66:10–11

Entrance Antiphon at Mass on Laetare Sunday

The Celtic Cross



The Celtic cross originated in the British Isles in the 8th century. It combines the cross with the circle. The ring, which encompasses the intersecting lines of the cross, can symbolize eternity, God's everlasting love, community, or

the empty tomb of Christ. Some understand it to be a halo emanating from Christ. Some sources credit St. Patrick for its design, saying that he integrated the circle to represent the moon goddess, as a means of drawing the pagans into Christianity.

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.

