

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.



What Do You Know About Sacraments?

In the Sacrament of Baptism, we are cleansed of _____.

- a) the desire to sin
- b) the ability to sin
- c) Original Sin
- d) the unforgivable sin



What Do You Know About Sacraments?

c) Original Sin

Baptism cleanses us from Original Sin and all personal sins. Each person has inherited the sin of disobedience committed by Adam and Eve.

We must be baptized before we can receive any other sacrament.



Test Your Knowledge: The New Testament

Which of the following was NOT one of the original Twelve Apostles?

- a. John
- b. Judas
- c. Matthew
- d. Paul



Test Your Knowledge: **The New Testament**

d. **Paul**

Born in Tarsus, a city in present-day Turkey, Paul worked as a tentmaker. He never met Jesus before the crucifixion but had a life-changing encounter with the risen Christ on the road to Damascus in 35 A.D. Paul, also known as Saul, was a highly educated Jewish Pharisee who persecuted Christians. After his conversion, he went from mercenary to missionary, spreading the faith with passion from 45 A.D. until his imprisonment in 63 A.D.

Learning About Liturgy

Why is the Eucharistic Prayer so long?

Indeed, the Eucharistic Prayer is the longest prayer of the Mass, but the most important or central one as well. It is a great prayer of thanksgiving and praise to God, but also one of petition. There are four Eucharistic prayers that the priest normally uses at Sunday mass, but there are others used on very specific and special occasions.

The Eucharistic Prayer tells the story of our faith. It is very meaningful, especially when we make a serious effort to listen to the words.

Learning About Liturgy

Why is the Eucharistic Prayer so long?

Indeed, the Eucharistic Prayer is the longest and most important prayer of the Mass. In it, we offer thanksgiving and praise to God as well as petition.

The priest chooses one of four Eucharistic Prayers for Sunday Mass. Other Eucharistic Prayers are prayed on specific feast days. Some are written especially for masses with children. When we listen attentively, we hear the Eucharistic Prayer tell the story of our faith.

Learning About Liturgy

The Eucharistic Prayer

The Eucharistic Prayer is broken into several smaller prayers. The first part praises God and thanks Him for all His blessings. During what is called the *epiclesis*, the priest calls the Holy Spirit to come upon the gifts and to transform the bread and wine into Jesus' Body



and Blood. We also recall the words of Christ at the Last Supper, when the Eucharist was instituted.

Learning About Liturgy

The Eucharistic Prayer

In the words of *consecration*, we remember that Jesus died for us and rose from the dead so that we would have eternal life with Him in heaven. We offer praise to God for this sacrifice but also offer ourselves as living sacrifices.

At one point we pray for those who have died and for the Church to spread across the world. Finally, we respond to the Eucharistic prayer with a great and resounding 'Amen'.



Learning About Liturgy

The Eucharistic Prayer

During the consecration, when the priest elevates the consecrated host and later the Chalice, we are invited to gaze upon them, adore Jesus, and then acknowledge, perhaps with a slight bow of the head, that the Bread is now the Body of Christ and the wine, the Blood of Christ.



Cardinal Thomas Collins, former Archbishop of silently prays the Jesus Prayer at the elevations:

**Lord Jesus Christ, Son of God,
have mercy on me, a sinner.**

The Jesus Prayer

**Lord Jesus Christ, Son of God,
have mercy on me, a sinner.'**



This short, popular prayer is rooted in Sacred Scripture. In the Parable of the Publican and the Pharisee (Luke 18:10-14), the Pharisee prays with an unhealthy

pride: "God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector." The Publican, however, prays in humility, "God, be merciful to me, a sinner."

Saint of the Week: St. Polycarp

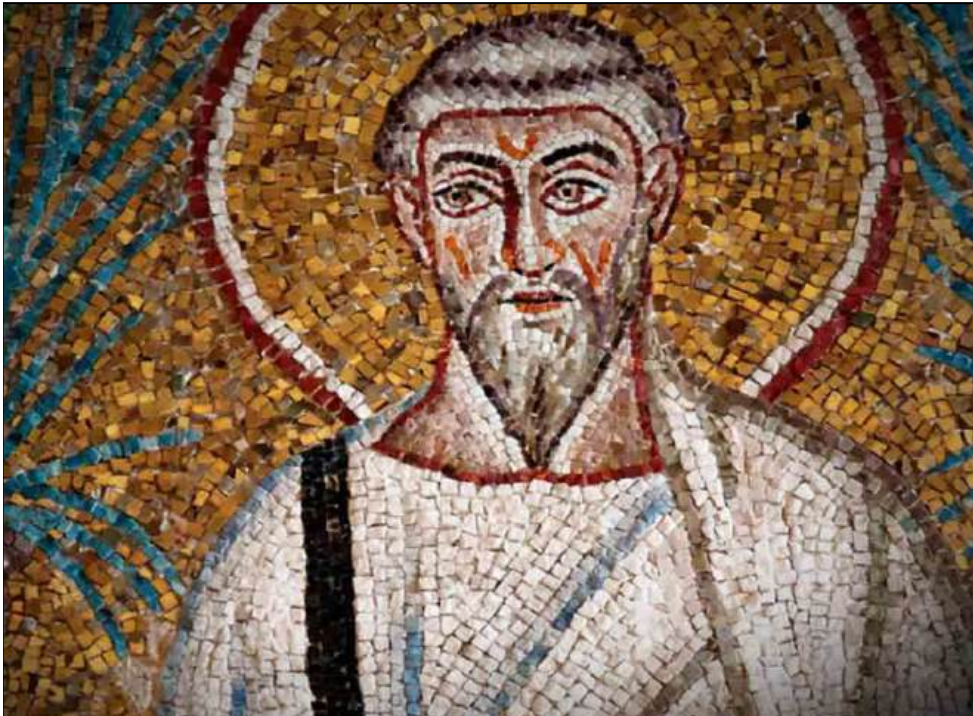


This week we remember a saint with a very strange name but a very interesting story. His name is Saint Polycarp. His feast day is February 23.

Polycarp lived an awful long time ago, just 100 years after Jesus died. In fact, it was the apostle John who made Polycarp a bishop of a city called Smyrna in what is now the country of Turkey.

Saint of the Week: St. Polycarp

At that time, Christians were still persecuted and killed because of their faith in Jesus. When Polycarp was a very old man, the Romans were hunting for Christians to be sacrificed to their gods. When the



Roman police found Polycarp in his hiding place, Polycarp offered them a meal. While they ate, Polycarp prayed for all Christians around the world.

Saint of the Week: St. Polycarp

He was then taken to the stadium to be burned alive. However, the flames did not hurt nor consume him. The Romans then killed St. Polycarp by stabbing and burning his body.

The burnt bones of this brave Christian were saved and are kept in a church in Rome.



Word of the Week: Devotions

The word 'devotion' stems from the Latin verb *devorere*, which means 'to dedicate by a vow, sacrifice oneself, promise solemnly'.

Devotions are pious practices that involve special prayers, gestures and rituals, all performed to worship God, honor the saints, or call upon God's favor. They can be private or public in expression.



Some examples of devotions include praying novenas, the Stations of the Cross, or the Angelus.

Word of the Week:

Devotions

Wearing a religious medal or a scapular are examples of private devotions. Perhaps one of the most popular devotions is the praying of the rosary.

Most devotions are commended by the Church and contribute to one's spirituality and practice of the faith. However, unlike the sacraments, they are not part of the official teaching of the Church.



You Were Wondering ...

What is a scapular?

Originally, a scapular was a frock-like garment – a habit – for the Benedictines in the 13th century.

It hung in the front and the back of the monks. Over time it became more symbolic and was modified to be two squares of cloth, about an inch square, suspended on strings and worn around the neck – over the shoulders – of those in religious life.

(The Latin word for ‘shoulder’ is *scapula*.)



You Were Wondering ... about Scapulars

Eventually, the scapular was worn by laity, especially as a sign of one's membership in a confraternity.



There are about 18 different scapulars. The brown scapular of Our Lady of Mount Carmel is perhaps the most popular. Legend tells us that the Blessed Virgin Mary appeared to a Carmelite priest. She held a brown scapular on which was written, "Here is the privilege I grant to you and to all children of Carmel. Whoever dies clothed in this habit shall be saved."

You Were Wondering ... about Scapulars

According to legend, Mary promised that the wearer would be taken from purgatory into heaven on the first Saturday after his or her death.

Of course, no religious object is miraculous in itself. We cannot guarantee our salvation by wearing a scapular. However, wearing a scapular is a sign of our devotion to Mary.



What is Catholic Social Teaching?



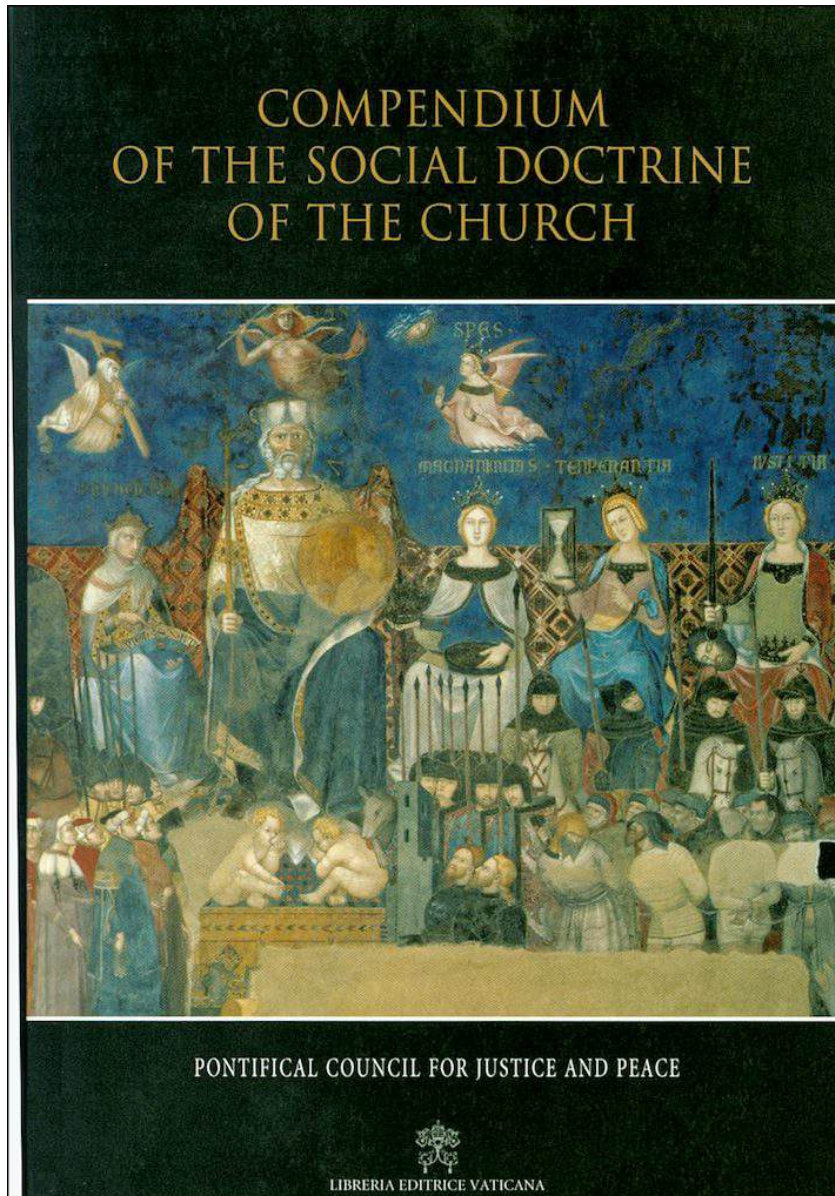
There are many challenges in our world: poverty, injustice, war, unemployment, etc. There is a great deal of inequality in the world, there are many injustices, and the basic needs of many are not being met.

To address these serious issues of social justice, the Catholic Church has identified seven principles or themes that describe how we can build a just and peaceful society and how we can live lives of 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.

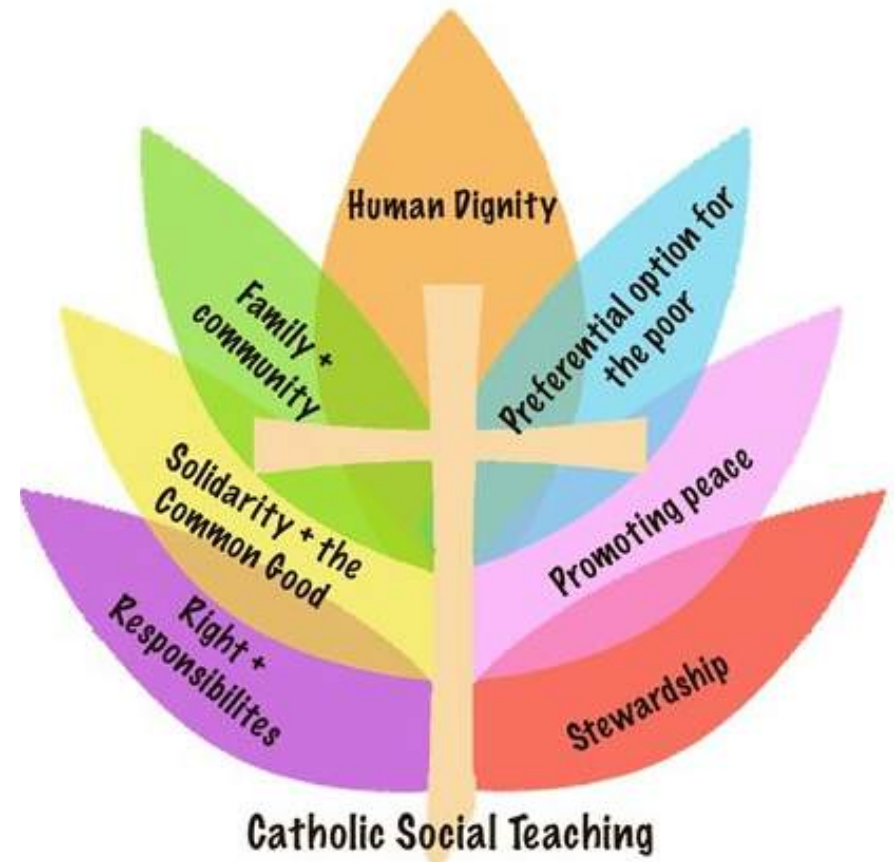
Let’s not keep it a secret any longer.



What is Catholic Social Teaching?

The seven principles of Catholic Social Teaching are:

- Life and Dignity of the Human Person
- Call to Family, Community, and Participation
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation



Catholic Social Teaching Principle #1: **Life and Dignity of the Human Person**

- God made each person, so every life is important and should be protected.
- Human life is sacred.
- The dignity and respect of the human person is absolutely important.
- Current issues: abortion, assisted suicide, war, death penalty, cloning, etc.



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.

