

Faith Loops

Faith Loops are PowerPoint presentations with images and information that will help us grow in the understanding of our Catholic faith. They are 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.





Learning About Liturgy

What is the significance of the Communion Procession?

At Communion, we enter a procession to the altar. Every procession in liturgy is a sign that we are pilgrims on a journey. Our final destination is the heavenly Jerusalem, which is heaven. To process at this time is a sign that we are a pilgrim Church 'on the way' there. Throughout our lives, we are moving toward that moment when we will be taken by death from this world and enter into the eternal Kingdom that God has prepared for us.

Learning About Liturgy

The Communion Procession

When we come forward to receive Communion, we are invited to show a sign of reverence before extending our hands to receive. Many people simply bow slightly. When the Eucharistic minister says "The Body of Christ", our response is "Amen", which means 'Yes, I believe this **IS** the Body of Christ'.





Learning About Liturgy

The Communion Procession

The *Ordinary* ministers of Holy Communion are bishops, priests, and deacons, all of whom have been ordained. The word 'Ordinary' means that the role of distributing Communion belongs to the clergy under ordinary circumstances.

When the congregation is large, the clergy call upon well-trained lay people, known as *extraordinary* ministers, to assist with the distribution of Communion.

Word of the Week: **Contrition**

The root of this word is '**contrite**'. It derives from an Old French word that literally means 'worn out, ground to pieces'. Figuratively, it means 'crushed in spirit by a sense of sin'.



In the context of Reconciliation, contrition is sincere and complete remorse for sins committed, the first of four steps in the Reconciliation process: **contrition**, confession, penance, and absolution.

Word of the Week: **Contrition**

In the Parable of the Pharisee and the Tax Collector (Luke 18:9–13), we encounter two men in the temple. The arrogant Pharisee thanked God that he was not like others, such as robbers, evildoers, and tax collectors. The tax collector, however, had a **contrite** heart and could not even look up to heaven.



He simply beat his breast and said, “God, have mercy on me, a sinner.”



Contrition

Contrition is what the prodigal son expressed when he returned to his merciful father saying, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son” (Luke 15:21).

This sorrow is also expressed in this 18th century painting of St. Peter. Entitled ‘Repentant’, it is a work by Spanish artist, Francisco de Goya.

Test Your Knowledge:

The New Testament

Which was the first Gospel written, around 60 – 70 A.D.?

- a. Matthew
- b. Mark
- c. Luke
- d. John



Luke



Matthew



Mark



John

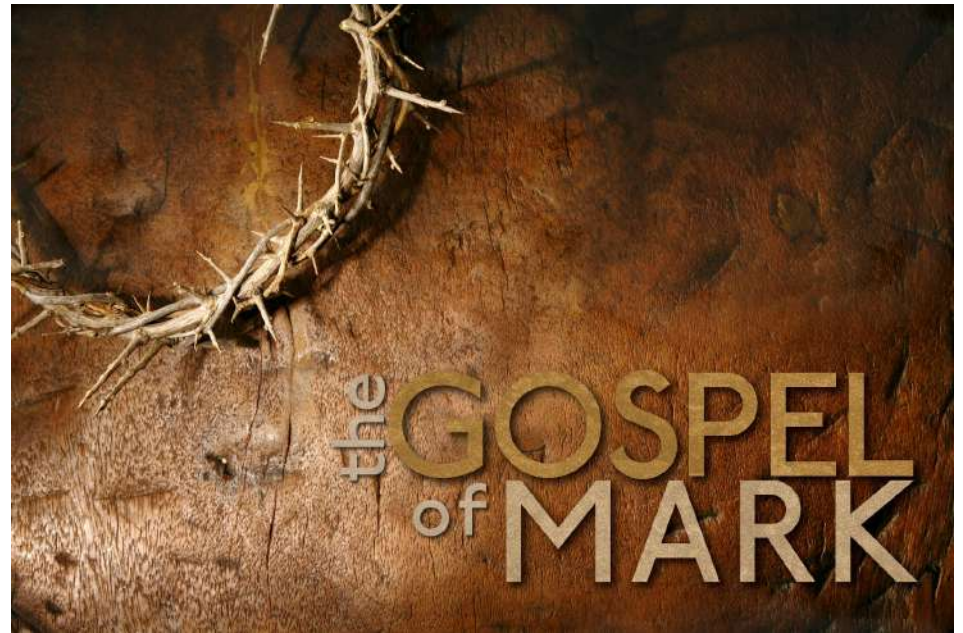
Test Your Knowledge:

The New Testament

Which was the first Gospel written, around 60 – 70 A.D.?

b. Mark

It is also the shortest Gospel and was written for Gentile Christians (those without Jewish



heritage). Mark records more miracles than any of the other Gospels.

What is Catholic Social Teaching?



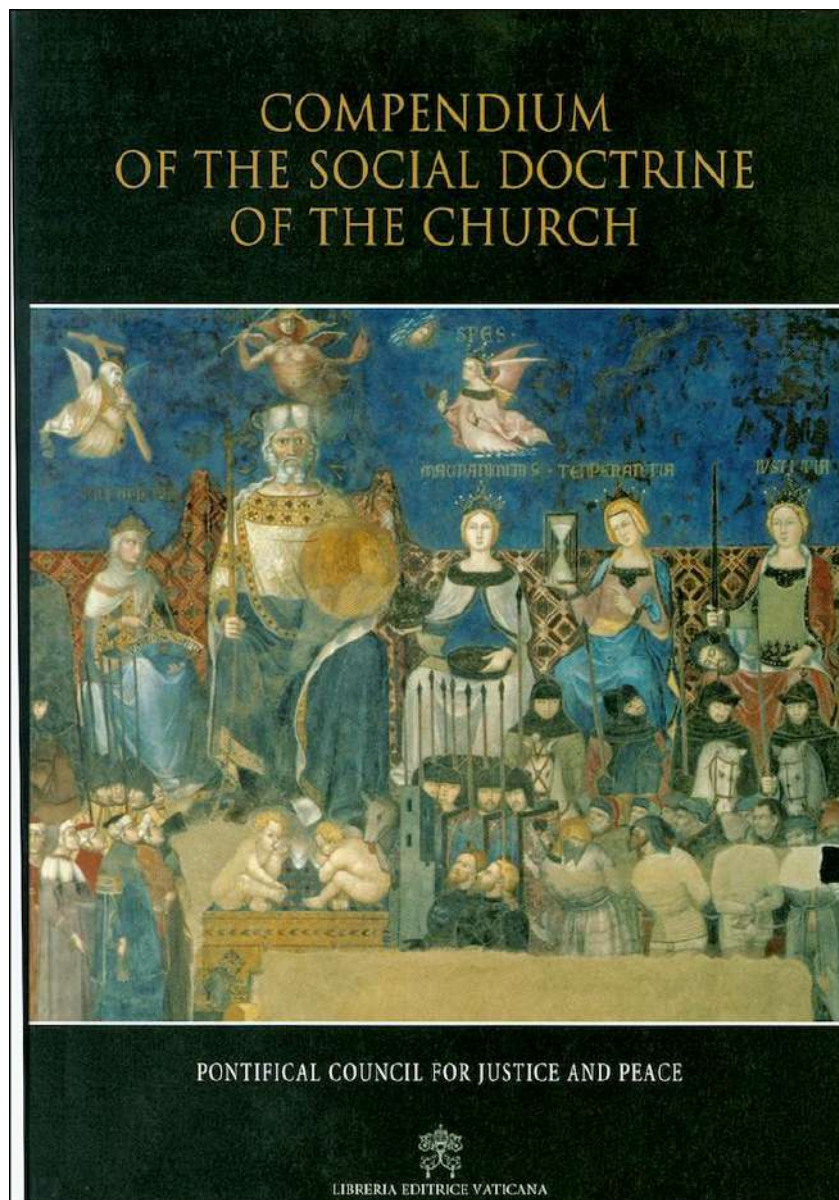
Faced with injustice and inequality in our world —unemployment, poverty, war, racism, etc. — what is our responsibility? The basic needs of many are not being met.

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.

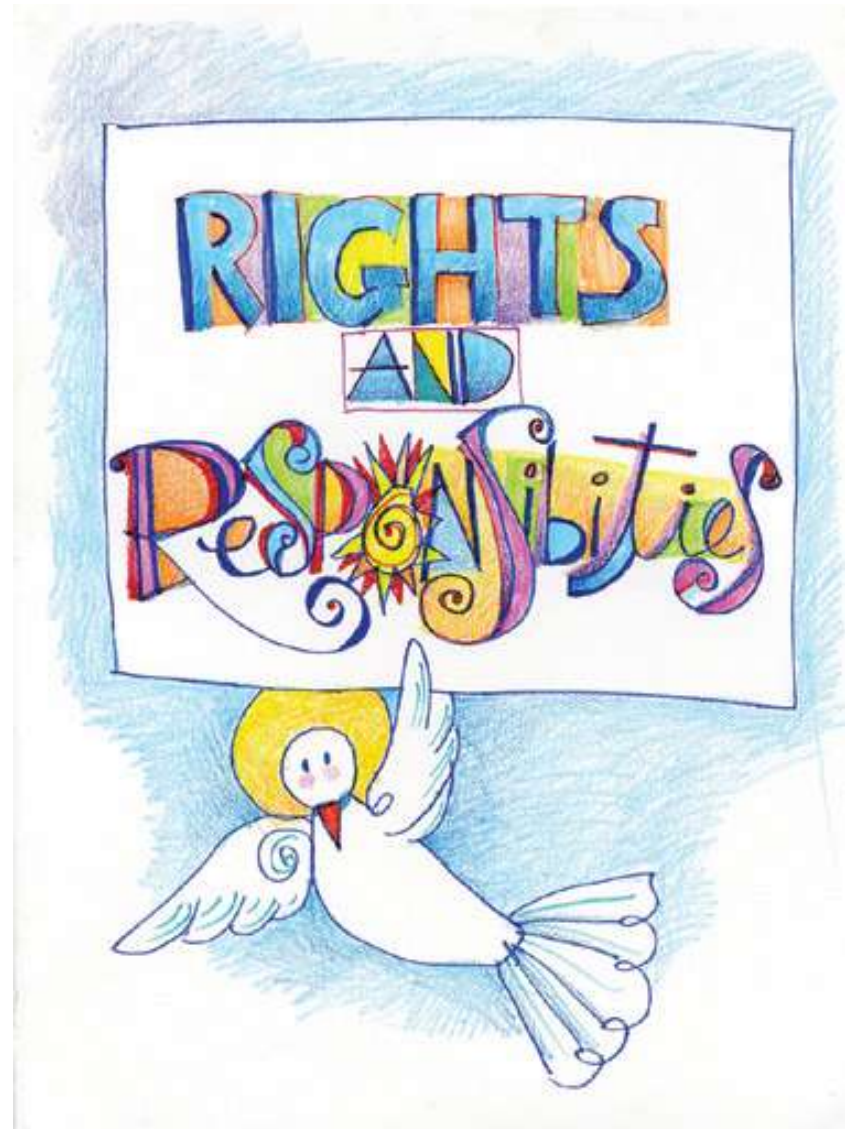
Let's not keep it a secret any longer.



Catholic Social Teaching Principle #3: **Rights and Responsibilities**

God wants us to help make sure that everyone is safe and healthy and can have a good life.

- We are to protect human rights and meet responsibilities.
- Everyone has a fundamental right to life.
- We are responsible to one another, to family, to our local and global community.



Lent: A Time for Fasting & Feasting

Fast from judging others; feast on Christ in them.

Fast from wanting more; feast on being thankful.

Fast from anger;

feast on patience.

Fast from worry;

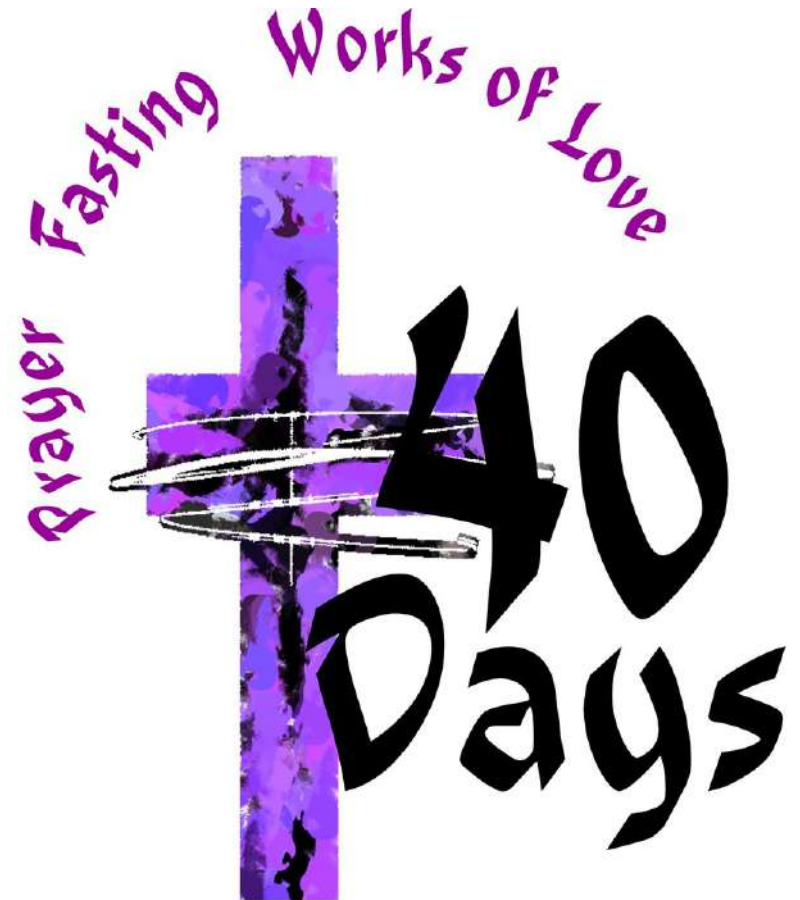
feast on trust.

Fast from complaining;

feast on enjoyment.

Fast from negatives;

feast on positives.



Fasting & Feasting

Fast from stress; feast on prayer.

Fast from anger;

feast on forgiveness.

Fast from self-concern;

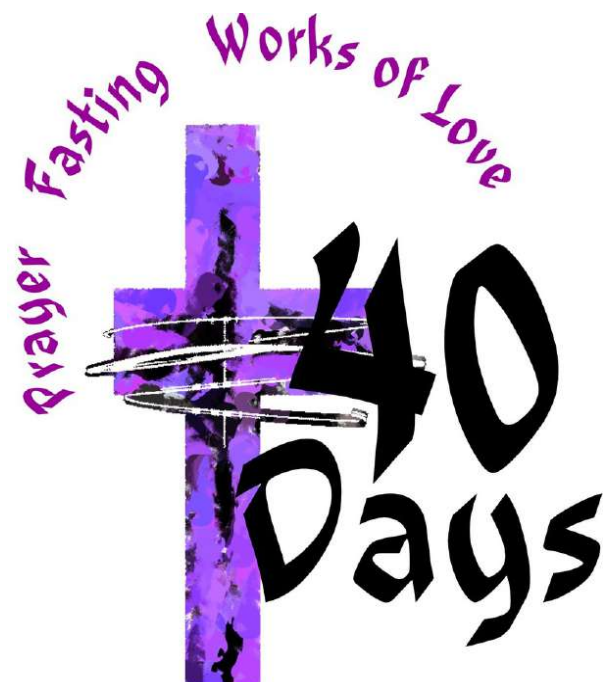
feast on compassion for others.

Fast from fear; feast on truth.

Fast from discouragement; feast on hope.

Fast from gossip; feast on silence.

Fast from fighting; feast on peace.

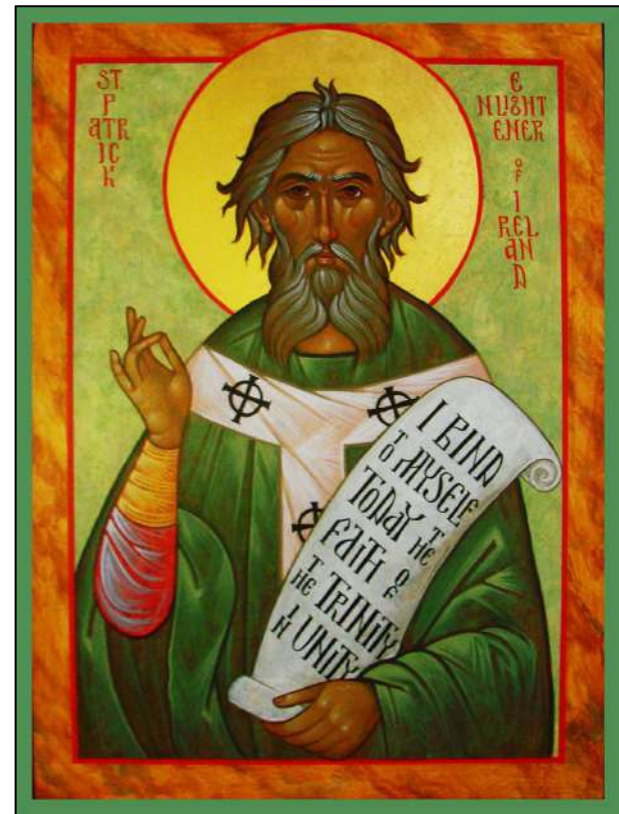


An adaptation from the poem, “A Lenten Prayer”
by William Arthur Ward (1921–1984)

St. Patrick's Breastplate

An Ancient Catholic Prayer for Protection

I arise today, through God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me



from snares of devils, from temptation of vices,
from everyone who shall wish me ill.

What Do You Know About Lent?

The word 'Lent' comes from a Latin word meaning:

- a. dust
- b. repentance
- c. lengthening
- d. preparation



What Do You Know About Lent?

The word 'Lent' comes from a Latin word meaning:

c. lengthening

'Lent' is an old word for 'springtime', when the days lengthen. Like spring, Lent is a time for growing. Just as we engage in spring-cleaning around the house, Lent is a time for spiritual spring-cleaning. It's a time to 'turn away from sin and be faithful to the gospel'. It's a time to throw out any habits and behaviors that may hurt our relationships with God and with others. It's a time, through reconciliation, to tear down any walls we have built between ourselves and others and, through service and kind deeds, build bridges.

What Do You Know About Lent?

The rule for fasting before receiving Holy Communion is now:

- a. from midnight before receiving;
- b. three hours before receiving;
- c. at least one hour before receiving;
- d. there is no rule anymore



What Do You Know About Lent?

The rule for fasting before receiving Holy Communion is now:

c. at least one hour before receiving;

At one time, Catholics were required to fast from food and water after midnight on the day they received Holy Communion. Only the sick were exempted. In the mid-1950's the rule was changed so that only three hours of fasting before receiving the sacrament was required. The current rule, introduced by Pope (Saint) John Paul II in 1983, stipulates a one-hour fast from all food and drink except for water and medicine.

From the Suggestion Box ...

How many communions do you have to do before you've consumed a whole Jesus?

One.

When we consume the Body of Christ in Holy Communion we receive all of Jesus: Body, Blood, Soul and Divinity. We can receive Holy Communion as often as twice a day, but the second time must be during a Mass.

The Eucharist is always the same, each time we receive Jesus in the bread that has become His Body. What changes is us. We become more holy. We are united with Christ, and we become more like Him.

What Do You Know About Lent?

The penitential observance of refraining from eating meat is officially called:

- a. fasting
- b. abstinence
- c. almsgiving
- d. tithing



What Do You Know About Lent?

The penitential observance of refraining from eating meat is officially called:

b. abstinence

Abstinence is a very old Christian tradition. On Ash Wednesday, Good Friday, and all Fridays in Lent, Catholics, 14 years and older, are to refrain from eating meat, including beef, pork, and chicken. Fish, eggs, dairy, and plant-based foods are allowed. Abstinence is a form of penance and a way to unite ourselves with the suffering of Christ and His sacrifice. Why on Fridays? Jesus was crucified on a Friday.

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.

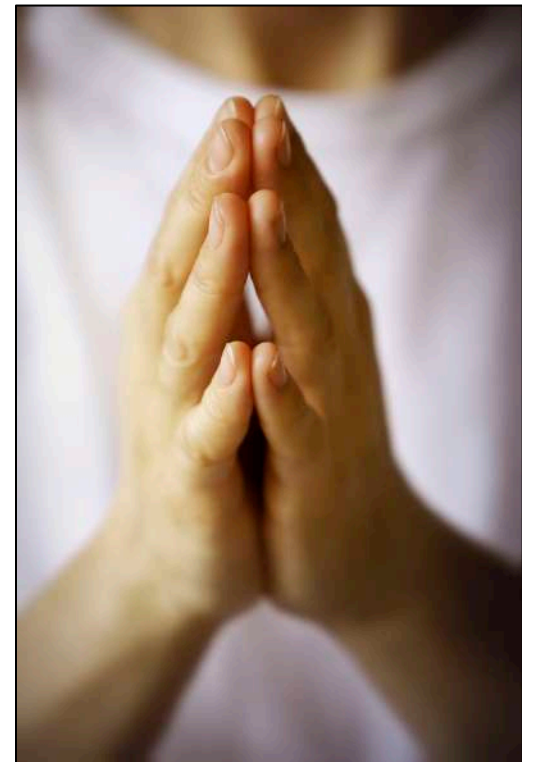
Cleanse me. Refresh me.

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.

