

# Faith Loops

This month we resume our presentation of Faith Loops, PowerPoint shows with images and information that are intended to **inform** us of Church teachings and **form** us in our Catholic faith. To learn more about your faith while waiting for Mass to begin, come a few minutes early. Each Faith Loop takes 12 – 15 minutes to view.



The more we know and understand about our faith, the more confident we are in passing it onto others, especially our children.

# Did You Know ... ?

- These presentations are called Faith Loops because the slides will loop, or repeat, themselves.
- All previous Faith Loops presentations have been archived and can be accessed on the St. Vital Parish website.



# Word of the Week: **Virtue**

The word ‘virtue’ dates back to the 13<sup>th</sup> century. It is derived from the French word, *vertu*, which means ‘moral life and conduct’ or ‘moral excellence and high character’. It refers to specific qualities or standards of right conduct, such as honesty and chastity.

Generally, a virtue is a good habit or skill. We are not innately virtuous; rather, virtues are learned and developed through practice.

- 1.) Temperance.
- 2.) Silence.
- 3.) Order.
- 4.) Resolution.
- 5.) Frugality.
- 6.) Industry.
- 7.) Sincerity.
- 8.) Justice.
- 9.) Moderation.
- 10.) Cleanliness.
- 11.) Tranquillity.
- 12.) Chastity.
- 13.) Humility.

# Word of the Week: **Virtue**

We become more virtuous through repeated good deeds. We acquire the virtue of self-discipline, for example, by continually exercising it.

Nonetheless, even virtuous people will err at times.

The Church identifies three **theological virtues**, which St. Paul recognized in his first letter to the Corinthians: “And now **faith**, **hope**, and **love** abide, these three; and the greatest of these is love” (1 Cor. 13: 13). Known as **theological** virtues, they are given with grace by God, and are, therefore, *supernatural*.

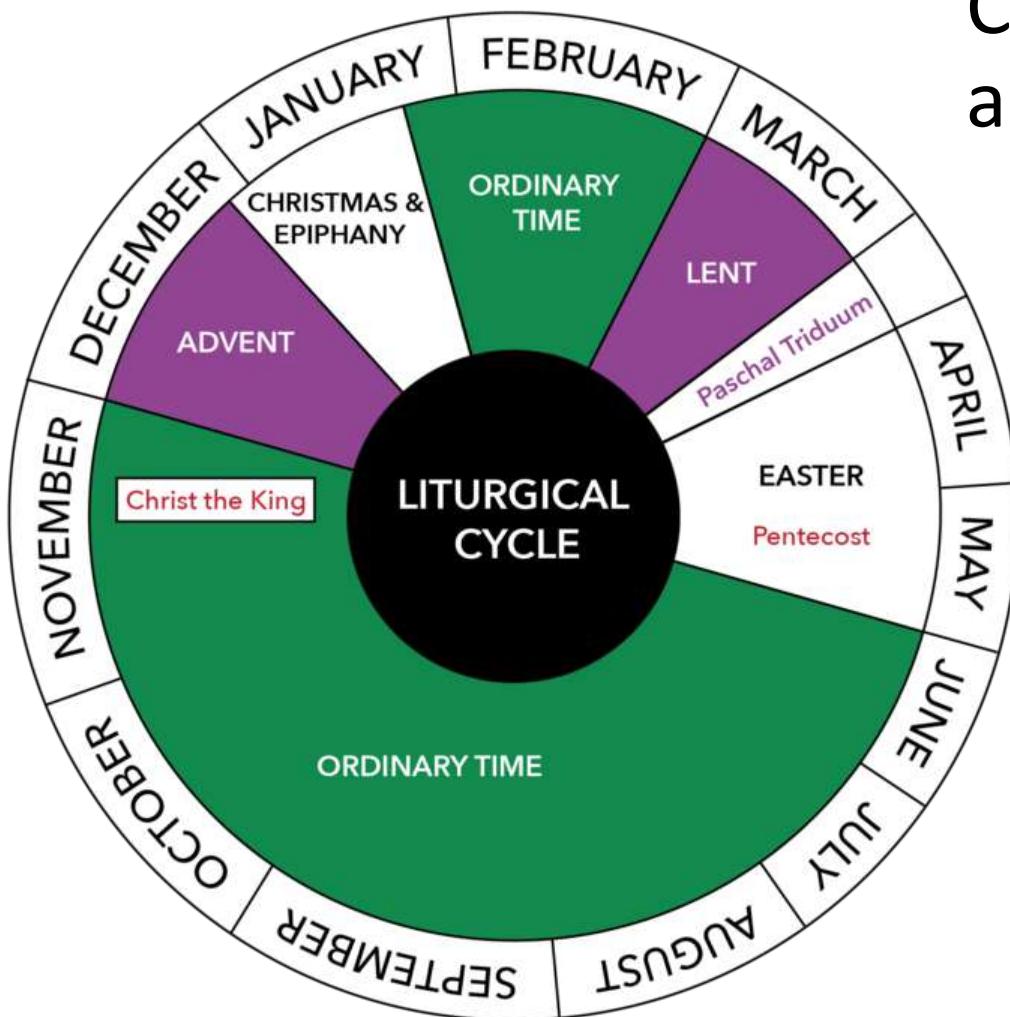
# Word of the Week: **Virtue**

There are also four **cardinal** – that is, fundamental – virtues: ***prudence***, moderation or ***temperance***, ***fortitude*** or self-discipline, and ***justice***. All other virtues hinge upon these four. For example, fortitude requires patience and perseverance, and prudence is essential to all other virtues.



# What is Ordinary Time?

There are five seasons in the Church year: Advent, Christmas, Lent, Triduum, and Easter. The time in between seasons is called **Ordinary Time**.



There are two blocks of Ordinary Time: a short time between Christmas and Lent, and a long period between Easter and Advent.

# What is Ordinary Time?

Ordinary Time is not regular, uneventful, or ordinary.

We celebrate many special feast days in Ordinary Time.

The word *ordinal* means 'counted'. We count the 34 weeks of Ordinary time (e.g. the 1<sup>st</sup> week of Ordinary Time).

The color for Ordinary Time is green; even the clergy – priests and deacons – wear green vestments at Mass.



# Did You Know ... ?

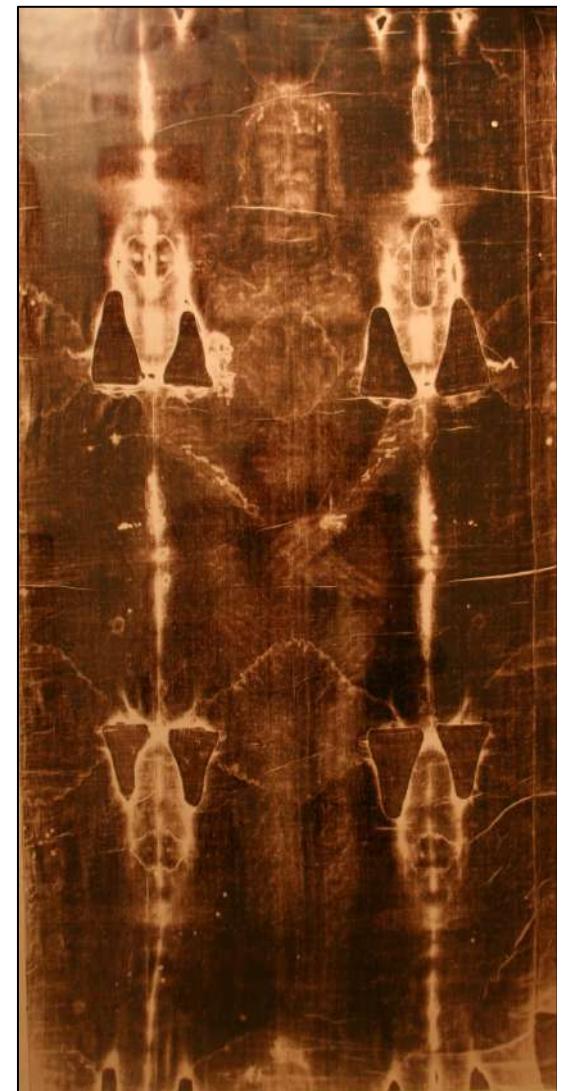
The Shroud of Turin is a 3½ foot wide linen cloth that bears the front and back images of a scourged, crucified man. There appear to be stains of sweat and blood, but their origin and preservation have not been explained naturally. Despite detailed study and intense research, there are still many unanswered questions about the Shroud of Turin.



# Did You Know ... The Shroud of Turin

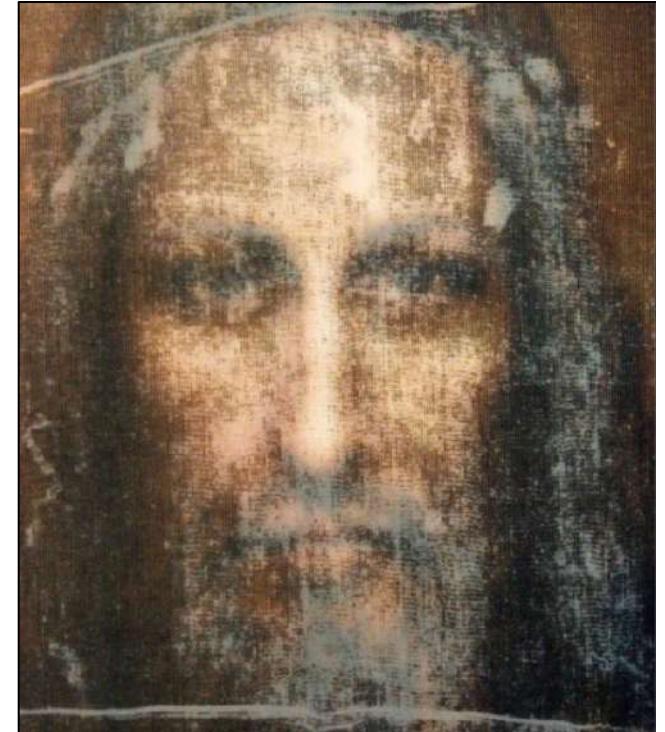
The Shroud is said to be the single most studied artifact in human history and, while we know more about it today than we ever have before, the centuries-old cloth remains a photographic phenomenon. Even the Catholic Church has not formally recognized the authenticity of the cloth.

However, Pope John Paul II described the shroud as 'a mirror of the gospel'. Both Pope Francis and Pope Benedict XVI referred to it as an icon.



# The Shroud of Turin

Owned by the Dukes of Savoy (former ruling family of Italy) until the late 1980's and now the property of the Catholic Church, it has been permanently kept in Turin, Italy, since 1578. There it is stored in a special reliquary in a chapel behind the altar in the Cathedral of St. John the Baptist.



Since arriving in Turin in 1578, the Shroud has only been displayed a few times each century. Organizing such events is a challenge, as the cloth – and the image itself – could be damaged if exposed to polluted air and UV light.

# Symbol of Our Faith: The Fish

The fish is a symbol that has a great deal of meaning for us as Christians. In the bible, we read about the miraculous catch of fish (when Jesus asked Peter, Andrew, James and John to cast their nets into the deep) and the account of Jesus feeding 5000 people with only two fishes and five loaves of bread.



# Symbol of Our Faith

The fish symbol was used by early Christians to identify themselves as followers of Christ. This symbol was known as an *ichthys*. The letters of this word are an acronym that is made from three of our favorite names or titles for Jesus: **Christ** (which means *anointed*), **Son of God**, and **Savior**.



In Greek these titles would read: *Iesous CHristos THeou Yos Soter*. The initial letters of these five words form the Greek word *ichthys*, meaning ‘fish’.

# Symbol of Our Faith: The Fish

In the years shortly after Jesus was crucified, Christians were persecuted for their faith. The fish became a symbol – a secret code or a password – for

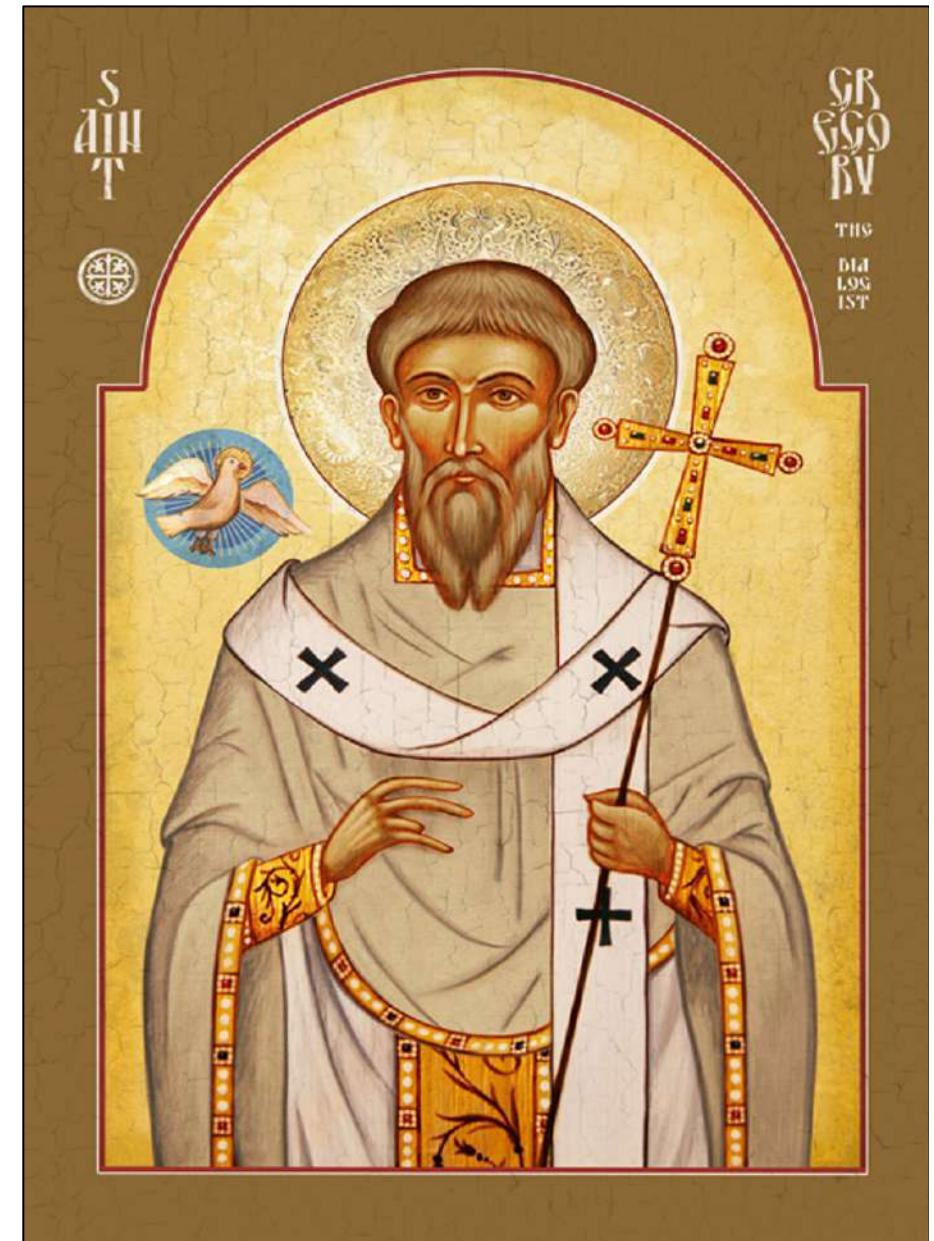


Christians. If two strangers met and were unsure whether the other was a Christian, one would draw an arc in the dirt.

If the other person was a Christian, he or she would complete the symbol with a reverse arc, forming the outline of a fish. In this way one could then identify a fellow believer in 'Jesus Christ, Son of God, Savior'.

# Saint of the Week: St. Gregory the Great

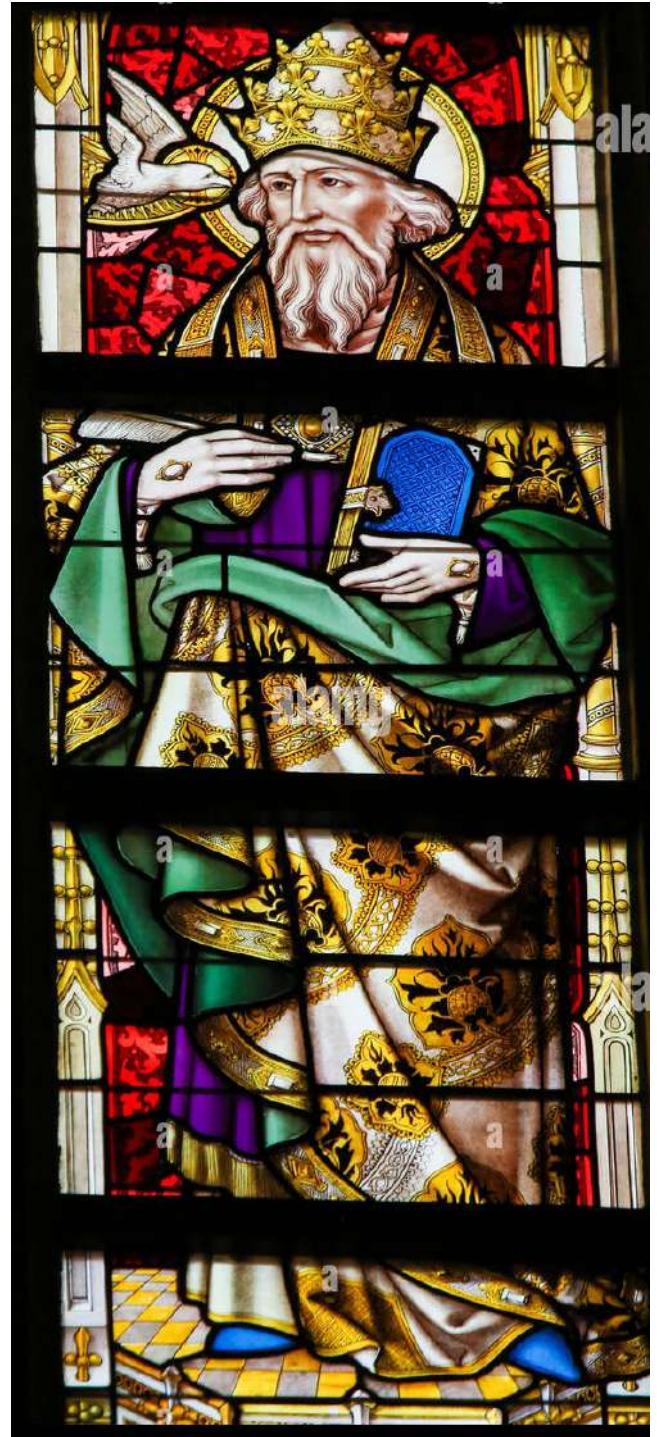
Born in 540 A.D., Gregory was the son of a wealthy Roman senator. As a boy, Gregory spent much time in prayer. When he grew up, Gregory served one year as a judge in Rome. Then, because he loved God so much and wanted to help God's people, he quit his job and used all of his money to build monasteries.



# Saint of the Week: St. Gregory the Great

One day Gregory saw some English children being sold as slaves, and he decided to go to England as a missionary.

Later Gregory was chosen as pope. He returned to Rome but sent others to England to continue his missionary work.



# Saint of the Week: St. Gregory the Great

Gregory was a highly-respected, honorable pope. He was known for feeding starving people, for treating people fairly, and protecting them from harm.



Gregory was accomplished at many things. He was especially effective at preaching, teaching, and writing about God's goodness. Gregory was also a fine musician and is credited with developing the "Gregorian chant."

# Saint of the Week: St. Gregory the Great

Gregory, known as a Doctor of the Church, was named 'Gregory the Great' because of all the good things he did in his life.

The name Gregory means "watchman", and Gregory certainly did watch over God's people. He is also the patron saint of students, teachers, and singers.



# You Were Wondering ...

## *What is Gregorian Chant?*

Gregorian chant grew out of the Church's liturgy, developing in Europe during the 9<sup>th</sup> and 10<sup>th</sup> centuries. During the Middle Ages, the liturgy was sung almost entirely in Gregorian chant.



Its texts are purely scriptural, most of them based on the psalms, although every aspect of liturgy has been set in chant, including readings, prayers and antiphons.

# You Were Wondering...

## *What is Gregorian Chant?*

For centuries, Gregorian chant was sung in unison and without accompaniment. Written without a time signature and with a free rhythm, these sacred songs were composed entirely in Latin. Even today it is best to sing Gregorian chant in this ancient language. Traditionally, Gregorian chant was sung by choirs of men and boys in churches or by members of religious orders in their chapels.



# You Were Wondering... Gregorian Chant

According to popular legend, its development was attributed to our Saint of the Week, Pope St. Gregory the Great (590-604 A.D.). Hence, the name.



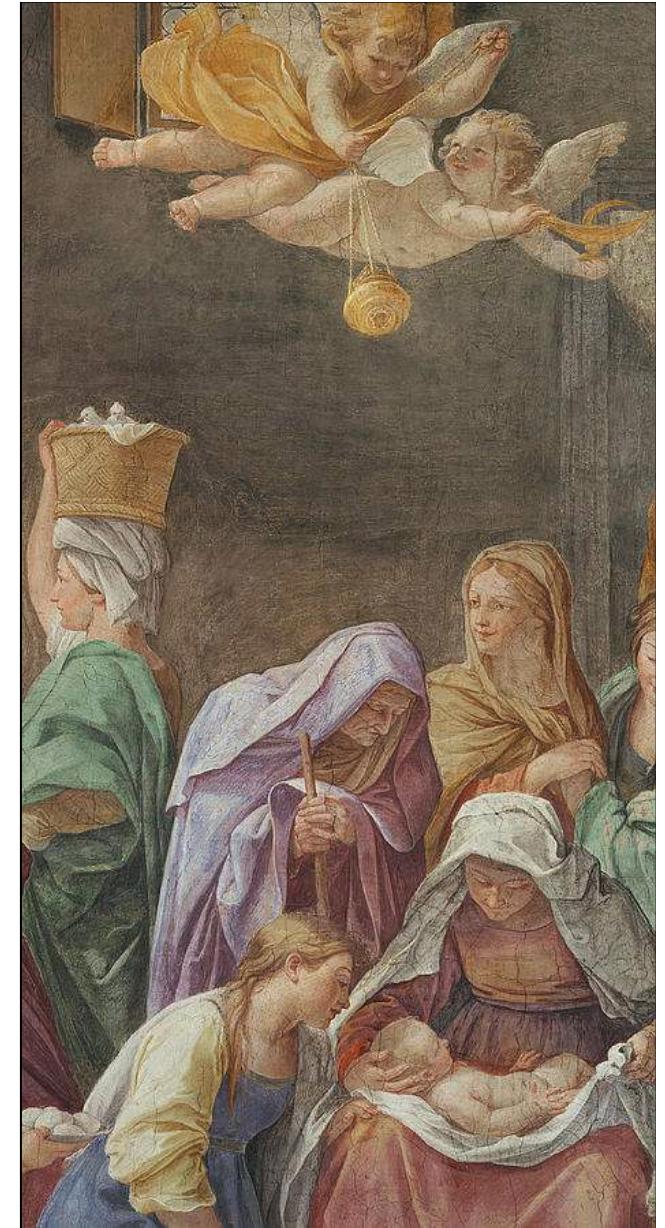
However, Gregorian chant is believed to have been introduced centuries later. In any case, it remains the official music of the Christian liturgy.

In the last few decades, Gregorian chant has enjoyed a resurgence in the Church.

# Feast of the Nativity of the Blessed Virgin Mary

There are many days during the Church year when we remember Mary, the Mother of Jesus.

September 8 is known as the Feast of the Nativity of the Blessed Virgin Mary. It is the third such feast of a “nativity” on the Roman Calendar: the Nativity of Jesus (Christmas); of Saint John the Baptist (June 24); and of the Blessed Virgin Mary (September 8). The feast was first celebrated in the 8<sup>th</sup> century.



# Feast of the Nativity of the Blessed Virgin Mary

No one is certain where Mary was born, but Church Tradition tells us that she was born either in the city of Nazareth or the city of Jerusalem. Scripture does not name her parents, but Tradition identifies them

as Anne and Joachim. In any case, we give praise and thanks to God for Mary and for her obedience to God, her love for Jesus, and her faithful and holy example.



# 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.

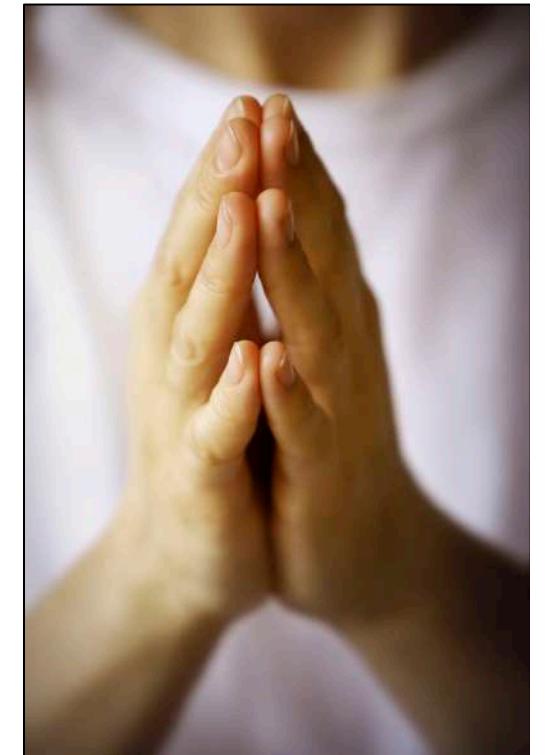
Cleanse me. Refresh me.

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.