



Joy-Filled Witnesses to Christ!

RENEW YOUR FAITH

Reflections
for the Year
of Faith

Prayer • Evangelization
Part Two
THE MASS
• Outreach •



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Welcome the Year of Faith!

Faith is an integral part of our lives; it is interwoven into everything we do. In light of this, Pope Benedict XVI has proclaimed a *Year of Faith* as a way to nourish and deepen our faith in God and his Church. From October 11, 2012, to November 24, 2013, we are called to prayer, study, outreach, and evangelization so that we might live out the call of discipleship to be joyful witnesses to Christ.

3 Ways to Celebrate Mass **More Fully**

Central to our Catholic faith is the liturgy – the Mass and sacraments. It is here that we are formed in the Christian life. Throughout this Year of Faith, participating fully at Mass helps us grow in faith and nourishes a strong belief in God.



Above and at right: W.P. Witman Ltd.

- 1** Arrive at Mass a few minutes early and spend time in silent prayer, opening your heart to God.
- 2** Christ is really and truly present in several aspects of the Mass. He is present in the presider, in the Word as read from the sacred Scriptures, and in the community gathered as Christ's body. He is present most fully in the holy Eucharist. Really greet Jesus in all aspects of Mass.
- 3** Sit in a different section of the church each week and notice how this gives you a unique perspective of the Mass. Greet the new faces around you. If a family with young children is sitting near you, welcome and praise them for their presence.

WE BELIEVE

The Mass is a unique and marvelous sacrifice. It is the mystical reality in which Christ's sacrifice on the cross is renewed. The Mass is also a sacred banquet where together as the church family we fulfill Jesus' command at the Last Supper to "Do this in memory of me."

REFLECTIONS

ON THE APOSTLES' CREED

I believe... in Jesus Christ, his only Son, our Lord,
 who was conceived by the Holy Spirit,
 born of the Virgin Mary,
 suffered under Pontius Pilate,
 was crucified, died and was buried;
 he descended into hell;
 on the third day he rose again from the dead;
 he ascended into heaven,
 and is seated at the right hand of God the Father almighty;
 from there he will come to judge the living and the dead.

The Paschal Mystery – the crucifixion, death and resurrection of Jesus – is at the center of our faith. We believe that Jesus is the Messiah, the only Son of God. He is the salvation of the world, now and forever.

What does it mean to believe in Jesus Christ?

How does professing Jesus as the only Son of God transform your priorities?

HOLY LIVING

Keeping Sunday Sacred

Keeping the Sabbath holy is a modern challenge, especially in our fast-paced, workaholic culture. In this Year of Faith, we strive to keep Sunday sacred:



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Share the faith. After Mass, gather with family and friends for coffee and conversation. Thank God for the important people in your life.



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Do some spiritual reading. Set aside a few minutes each Sunday (maybe before bed) to read about the lives of the saints. The stories of these real-life people, who lived out their faith in courageous and inspiring ways, serve as models for all believers.



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Make sacred space in your home. Signs of your faith throughout the house – a crucifix, an icon, or a statue of Mary – remind you (and your guests) of what you believe and why. Spend a few moments praying with one of these “sacramentals” on Sunday afternoon.

The apostles celebrated an early form of the Mass with the very first Christians (Acts 2:42).

The Book of Revelation is a vision of how the Mass on earth is part of the worship that goes on in heaven forever.

Matters of Faith

The Second Vatican Council (1962-1965), often called “Vatican II,” was a worldwide meeting of bishops with the pope. Out of that gathering came *The Constitution on the Sacred Liturgy* which states that “every liturgical celebration, because it is an action of Christ the priest and of His Body which is the Church, is a sacred action surpassing all others” (7).



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THE MASS IN SCRIPTURE

Jesus told his disciples that they must eat his flesh and drink his blood (John 6:53-56).

At the Last Supper, Christ instituted the Mass when he said, “This is my Body,” and “This is my Blood” (Matthew 26:26-28).

On the road to Emmaus, Jesus’ followers recognized him in the breaking of the bread (Luke 24:13-35).

