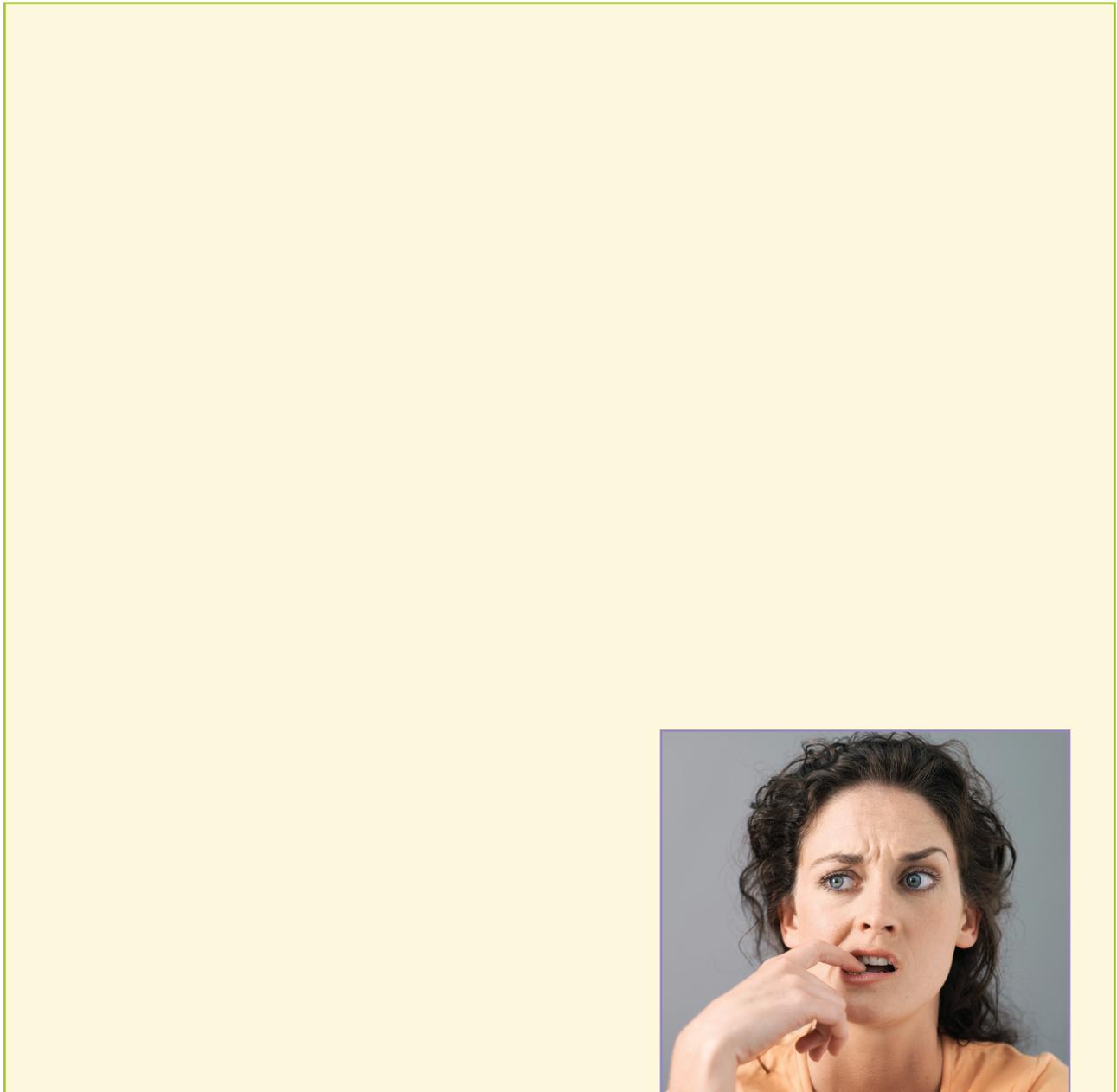


KNOWING: A Little H.E.L.P.

IMAGINE THAT YOUR PASTOR CALLED YOU and said that he was unable to attend a meeting of a new Catholic-Jewish-Muslim dialogue group and that he wanted you to go in his place. Oh, and by the way, it was supposed to be his turn to give a brief overview of the Catholic faith for those in attendance . . . now he needs you to do so!

What would be the outline of your presentation? What would you include in your overview of the Catholic faith in order to give non-Catholics a basic understanding of Catholicism?



KNOWING: A Little H.E.L.P. (page 2)

SO, WHAT CAN CATHOLICS speak of to describe our faith? For the answer to that, we can go to the four pillars of our Catholic faith as outlined in *The Catechism of the Catholic Church*. If someone were to ask us to explain the Catholic faith to them, we should be able to turn to these four pillars—Creed, Sacraments, Morality, and Prayer—for guidance. When it comes to talking about our faith, these four pillars provide us with all of the H.E.L.P. that we need:

H	We Hold on to our faith that is revealed to us through Scripture and Tradition and is summarized in the <i>Creed</i> .
E	We Express our faith in the liturgy and <i>sacraments</i> of the Church.
L	We Live our faith according to Catholic <i>morality</i> .
P	We Pray our faith by maintaining a healthy <i>prayer</i> life.

With H.E.L.P., we should be able to do as St. Peter urged in his Letter: “Always be ready to give an explanation to anyone who asks you for a reason for your hope.” (1 Peter 3:15)

(Excerpted from *A Well-Built Faith: A Catholic’s Guide to Knowing and Sharing What We Believe*, by Joe Paprocki. For more information, visit www.loyolapress.com/wellbuiltfaith.)



KNOWING: The Language of Mystery



Song

Ritual

Sign & Symbol

Silence and Reverence

Storytelling