

## Viewing Oprah Winfrey's *Belief* Series from a Catholic Perspective

Beginning Sunday, October 18, 2015 (8 p.m. ET/PT), Oprah Winfrey will present a seven-night event, [Belief](#), on the OWN network, in which she will explore humankind's ongoing search for connecting with something greater than ourselves. She will be exploring diverse faiths in an attempt to capture the essence of the spiritual journey.

Episode 1—"Belief: The Seekers" (searching for purpose and meaning in life)

Episode 2—"Belief: Love's Story" (searching for what it means to love one another)

Episode 3—"Belief: Acts of Faith" (enduring and overcoming challenges)

Episode 4—"Belief: A Change Is Gonna Come" (how beliefs help us change)

Episode 5—"Belief: God Help Us" (coping with tragedy, illness, or loss)

Episode 6—"Belief: The Practice" (coming to spirituality through study and practice)

Episode 7—"Belief: A Good Life" (how beliefs shape our view of death and the afterlife)

As Catholics, we applaud Oprah for exploring spirituality and for inviting others to do so. We also know that our Catholic faith offers us a rich treasury of spiritual wisdom. This is a good opportunity for us to view a contemporary and non-denominational exploration of spirituality and to do so through the lens of our own Catholic faith. View the series on your own or with a group, and engage in discussion using the following questions.

- What do the featured people in each segment say about the topic of the episode?
- What insights did they share that you were moved by or that resonate with you?
- What insights or thoughts did they share that are in harmony with your Catholic faith? Were there any that seemed to conflict with your Catholic faith?
- What does the Catholic faith teach about the topic explored in this segment? (For help, use the online [Catechism of the Catholic Church](#), with search tool, at [www.usccb.org](http://www.usccb.org).)
- What Scripture stories or passages speak to this topic? What did Jesus say or do in relation to this topic?
- What wisdom can be found on this topic in Catholic Tradition (the lives of the saints and Church documents)?
- What questions did this episode raise for you about spirituality and the Catholic faith that you would like to explore further?