



### *A Journey through the Mass...*

*Greetings brothers and sisters, as we continue on our journey together through the Mass, this week we'll look at the 'Profession of Faith'*

When we're all at Mass together, after the Homily, we as the gathered faithful all stand and **Profess our Faith**. We stand as a community of believers and profess our faith in God that we all share together. The Creed comes from the Latin word, *Credo*, which means 'I believe'. This is why it is important that the Creed not just be recited, but actually **prayed** from our hearts. The structure of the Creed reinforces our belief in the Holy Trinity, addressing the Father, then the Son and then also the Holy Spirit, stressing that the three are One God. At the heart of our faith we believe that God came here to be with us through the birth of Jesus, and in order to show importance and reverence to this belief, we all bow together at the words "and by the Holy Spirit was incarnate of the Virgin Mary, and became man."

The Creed is a statement of the truths and beliefs which we all hold as Catholics. When we pray this prayer together, we express not only our individual belief, but also the faith which all of us, are proud to hold in common with one another.

*Love & Blessings,  
Deacon Ryan*

