



Catholic Family Challenge

Start children off in the way they should go, and even when they are old they will not turn from it. Proverbs 22:6

The Creed: Our Profession of Faith

After the homily, we profess our faith together as a Church. On weekend Masses and Holy days, this always occurs. It is not always a part of our daily Mass as a school. A creed is any summary of the beliefs of a group of people. For the Catholic faith, we say either the Apostles' Creed or the Nicene Creed. Both professions of faith state our beliefs as Catholic Christians. This is why we repeat the phrase "I believe" so often during the creed. But why are there two different creeds that we say at Mass? And how do we know which one to say? The Apostles' Creed dates all the way back to the beginning of the Christian faith with the Apostles. We pray the Apostles' Creed to begin the Rosary, and it is sometimes used at Mass. It is the shorter version of the two Creeds often used to renew our Baptismal promises. Most often for Sunday Mass, we say the Nicene Creed. This Creed was written during a council in the early Church where the Christian leaders from all over the world gathered to solidify the beliefs expressed in the Creed. At the time in the early Church, there were false teachings, called heresies, spreading about the faith. To combat those heresies, the Nicene Creed goes into greater detail about our beliefs of God and the Holy Trinity. The Catholic Family Challenge is to pick one line of the Creed that is said at Mass this week and discuss what it means with you family. Remember as you say the Creed that it is our way of saying "we believe"!



Please read the above information together and complete the assigned activity with your family. Once you have done this, fill out and sign the bottom section of this page and return to the office. Only one page needs to be returned per family.

Student Name(s): _____

Family Name: _____

Parent Signature: _____ Date: _____