

Why go to Mass on Sunday?

Because the Eucharist is the heart of Catholic life: we gather as Christ's body, receive His Body & Blood, and are sent out to live, love and serve. It's not just a duty, but the source and summit of our faith.

What do Catholics believe about salvation — is faith enough?

The Church teaches that we are saved by God's grace through faith *and* we respond in love and good works (which flow from that faith). The two are not opposed but complementary.

Why do Catholics believe the Eucharist is the real Presence of Christ?

Because Jesus said "This is my body... this is my blood" and entrusted the Apostles to continue His sacrifice by which we meet Him. The Church affirms that in the consecrated Eucharist, Christ is truly, really present.

Why do Catholics go to Confession/Reconciliation?

Because we believe sin damages our relationship with God and neighbour — confession gives us the grace of forgiveness, healing, and the chance to begin again.

Are Catholics saved if they weren't baptized as children or have drifted away?

Yes, God's mercy is unlimited. The Church invites every person back into full communion with Christ and his Church — and offers baptism, conversion, reconciliation accordingly.

Why are there priests and why do we call them "Father"?

Because Jesus appointed the Apostles to lead, serve, and shepherd the Church. Calling a priest "Father" reflects his role as a spiritual father-in-Christ to the community.

Why do Catholics honor Mary and the Saints? Isn't that worshipping them?

Catholics honor (not worship) Mary and the Saints as friends and models of faith — we ask them to pray *for* us, much like asking a friend to pray. Worship is due to God alone.

What is the Church's view on sexuality, relationships, and love in today's world?

The Church affirms that every person has dignity, and teaches that sexual intimacy is ordered to the union of husband and wife and open to life. It calls young adults to chastity and integrity, not mere abstinence but a whole way of living in love and respect.

How does the Church view LGBTQ+ persons?

The Church teaches that every person is created in the image of God and deserves respect, compassion and sensitivity. At the same time, it holds that sexual acts must be in accord with the virtue of chastity — this applies to all persons.

What is the Church's position on abortion and the dignity of life?

The Church teaches that human life is sacred from the moment of conception until natural death. Thus, abortion is seen as the gravest moral disorder. The Church also supports and ministers to those who've experienced this tragedy.

What about the scandals in the Church? How can I trust?

Yes, there have been grave sins and failures. But the Church acknowledges them, seeks reform, and calls each of us to holiness and accountability. Our trust is ultimately in Christ and his promise, not in human perfection.

Why is Catholicism often seen as rigid or old-fashioned?

Because it stands on timeless truths in a world of shifting values. But those truths are offered not as rules to restrict, but as a path to freedom, meaning, and authentic life.

How do I know God is real and cares about me?

Faith invites encounter: through prayer, Scripture, sacraments, community. Many young adults testify to meeting Christ concretely by opening their heart and letting Him act.

What is the role of community and church beyond just belief?

Faith is not a solo journey. The parish is a family, a living body of Christ — supporting each other, serving the poor, growing together. Especially for young adults, it's a space of belonging, friendship, and mission.

Why do Catholics believe in Tradition as well as the Bible?

Because the Church teaches that Divine Revelation comes as both Sacred Scripture *and* Sacred Tradition--the living transmission of the faith. Scripture and Tradition work together.

What about other Christian denominations — are Catholics Christian?

Yes. Catholics are Christian. The Catholic Church sees itself as the church founded by Jesus Christ, and recognizes that other Christian communities share many elements of faith. Dialogue and unity remain goals.

How do I live out my faith at work, school, and in social media?

The Church calls you to witness — to carry Gospel values into your world: honesty, respect, service, mercy. In social media especially, you can be a light of truth and kindness in a noisy culture.

What's the deal with priests' celibacy?

In the Latin rite of the Church, priests promise celibacy (forgoing marriage) to more fully devote themselves to Christ's service and the whole Church. It's a gift and a challenge, not a sign of defect.

What if I've been away from Church for years — can I come back?

Absolutely. The Church is always waiting, with open arms. The first step is simply to walk back in, perhaps speak to a priest or someone you trust, and let the community welcome you.

How does the Church approach mental health and wellness?

The Church affirms that mental health is real and deserves compassionate care. Faith communities can support each other, accompany those struggling, and point to the hope we have in Christ, while also encouraging professional help.

What about climate change, poverty, injustice — does my faith matter here?

Yes. The Church's social teaching calls for care of creation, justice for the poor, human dignity, solidarity and subsidiarity. Faith is meant to transform how we live, not just what we believe.

Is being “spiritual but not religious” enough?

Spirituality alone often becomes undefined. The Church offers structure, community, sacraments — which help spirituality become rooted in real life, not just feeling.

Why do we have saints and relics and sacraments — aren't they weird?

Because Christianity is incarnational: God meets us in real, physical ways: Jesus in the Eucharist, water in Baptism, etc. Saints and relics point to the hope that ordinary people can be extraordinary in Christ.

What is the purpose of suffering and death?

The Church teaches that suffering, united with Christ, can have meaning. Death is not the end — we believe in resurrection and eternal life. Our faith gives hope beyond the grave.

Why can't I pick and choose which Church teachings I like?

Because our faith is a communion. The Church's teaching is interconnected: picking and choosing undermines the integrity of the Gospel. Yet the Church also recognizes the journey of faith, conversion, and growth.

How do I pray if I don't know what to say?

Prayer can be simple: talk to God like a friend, be silent and listen, use Scripture, use the Rosary, journal. The Church gives many forms of prayer — the important thing is to keep showing up.

What is the role of the parish for young adults?

A parish is more than Sunday Mass. It's a place for you to build friendships, serve others, grow in leadership, engage in mission. Young adults can lead and transform their parish — you are needed.

Why do Catholics keep old liturgical practices and rituals?

Because ritual communicates truths that words alone cannot. The Church's liturgy connects us with centuries of believers and the universal Church — rooting us in something bigger than ourselves.

How does the Catholic Church view wealth, careers, ambition?

Careers, ambition, skills — all good. The Church teaches that we are called to use our talents for the common good, not just ourselves. Wealth is a tool, not an end, and success is measured in service and love, not just money.

What does it mean to be Catholic today — in a world full of distractions, technologies, shifting morals?

It means to live intentionally: to recognize that lasting joy comes not from "likes" or screens, but from love, service, truth and the presence of Christ. Being Catholic means you have a place, a purpose, a community, a mission — and you're not alone.