

Welcome

The purpose of this book is to invite you to enter into a deep, rich and fulfilling relationship with God through the Catholic faith.

Getting started

This book is designed to be read from beginning to end, with each section building on what has come before it.

The book is divided into four sections: *Hearing God's Call*; *Understanding the Catholic Faith*; *Receiving the Sacraments*; *Responding to God's Call: Faith in Action*.

In the first section, *Hearing God's Call*, we explore God's call to us, which we experience as a desire to know more about the mystery at the heart of life. The second section, *Understanding the Catholic Faith*, is an examination of God's message as communicated to us through the Bible and the Catholic Church. In Section 3, *Receiving the Sacraments*, we explore the idea of God inviting us to share in God's life. The last section, *Responding to God's Call: Faith in Action*, is an examination of the twin ideas of working with God in the task of turning our life around and the role the Catholic Church plays in making our world a place in which all may find fulfilment.

You are encouraged to make your way through this book gradually, taking opportunities to reflect upon each chapter before moving on to the next one.

As you begin this book you might find the idea of prayer somewhat overwhelming. You have, however, probably been praying for many years. Each time you expressed a deep sense of 'Thank you' to the heavens or a cry from the heart of 'Why?', you have been engaged in prayer. Perhaps you were not sure to whom you were praying or why, and even questioned whether you were heard. Spontaneous and personal prayers can enrich our life and feed our spirit. Formal prayers can also be of value as you begin to align your heart and