

Why wear the button?

Every time we leave our homes, whether it's to go to work, school or the grocery store, we have the opportunity to live out what we believe as Catholics. Often that means we make decisions or choose to act in ways that are loving and full of gratitude for all that God has given us. Sometimes we also have a chance to share what we believe through our words.

It can be intimidating to think about sharing our faith with our words, though! How would we start? What if people don't want to talk with us? What if they ask us questions we can't answer?

Ask me why!

The "Ask Me Why" initiative, as a part of *Spirit Alive!* is meant to help people share their faith in a way that is easy, unobtrusive, and comfortable. It allows all of us to live out our discipleship in the world at a level that is possible for anyone at anytime.

So take a moment to consider wearing the button today!



Looking for more information
on how to live as a disciple?

Interested in faith sharing or
online resources?

Go to
www.rochesterspiritalive.org
and look around!

**Ask me
why!**

**Sharing What I Believe
Everywhere I Go**

Ask Me Why!

What do I need to do?

The point of the button is to create an opportunity to share why you are a Catholic! This is about your personal experience as a Catholic, what you love about your faith, and what you would love other people to know about your faith community.

To be a part of the “Ask Me Why” initiative, first decide when and where



you would like to wear the button. Can you commit to wearing it one day a week to work? Or every time you go shopping? Maybe you could wear it to all sports events you attend, every meeting for school, or while volunteering in your community.

You don't have to wear it on your shirt. You could attach it to your coat lapel, or put it on a purse or bag that you carry often. Teens may want to put it on their backpacks or lunch bags. Or it could be attached to the interior of a work cubicle. No matter how often you decide to wear or display the button, you should be prepared to answer the most obvious question: “Why what?”

What should I say?

Remember that this is about your personal experience, so ask yourself the question: “Why am I a Catholic?” or “What is it about my faith that I love?”

Perhaps you love the celebration of the sacraments every week, or find that rituals are an important way for you to express something as deep as your spirituality. Maybe you love being a part of a community that is global, and that has thrived for thousands of years. Or maybe for you the inspiration of the lives of the saints is a vital part of understanding and living your relationship with Jesus. Being a part of a community with strong social justice tradition may be important to you. Or perhaps the way in which Catholicism brings Scripture and Tradition together is a key part of your love of your faith.

Regardless of how you answer, or how you change your answer over time, be sure to approach the question with an attitude of respect and love for the one who asks it of you. It may be that you are the first *positive* experience of a person of faith for the one asking the question! And more

often than not our sharing of faith is about planting seeds that God will help to nourish and grow in ways we may never see personally. So don't be discouraged if someone says “no thanks” to your invitation to share. It may be enough for them to know that you were willing to do so!



Also, remember that this invitation may inspire people to ask questions about your faith—sometimes questions you may not know how to answer! With over 2,000 years of teaching and history this should be no surprise! We are always called to grow in our own faith, so use this as an opportunity to find the answer and reconnect with the person who asked the question. Or help the person connect with your local pastoral leader.

Finally, if the person would like to share their faith story with you, be sure to respect their journey of faith as well, even if it's different from your own. Like all things, the more you practice the better you will be, so test out your answers, and keep being open to someone asking you about your faith!