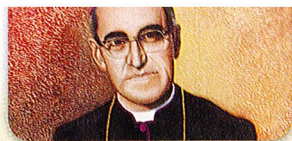


Looking Ahead

In this chapter, the Holy Spirit invites you to ►



EXPLORE how Óscar Romero gave praise and thanks to God.



DISCOVER how the Eucharist is a memorial.



DECIDE on how Jesus' presence helps you to glorify God.



The Sacraments of Christian Initiation: The Eucharist

? Symbols and signs point to something beyond themselves. For example, smoke may be a sign of a fire. What symbols and signs you have seen or heard, and what do they point to?

In this psalm, God is praised for remaining faithful to his Chosen People by keeping his promises:

*He spread a cloud as a cover,
and made a fire to light up the night.
They asked and he brought them quail;
with bread from heaven he filled them.
He split the rock and water gushed forth;
it flowed through the desert like a river.*

PSALM 105:39-41

? What signs are used in this psalm to remember God's love for his people?



Disciple Power

Faithfulness

This Fruit of the Holy Spirit is the steadfast commitment a Christian demonstrates as an act of his or her faith in Jesus Christ as the Son of God, Lord, and Savior. Often faithfulness to God involves a struggle, but Jesus shows us the way to remain faithful to God, especially when it involves sacrifice.

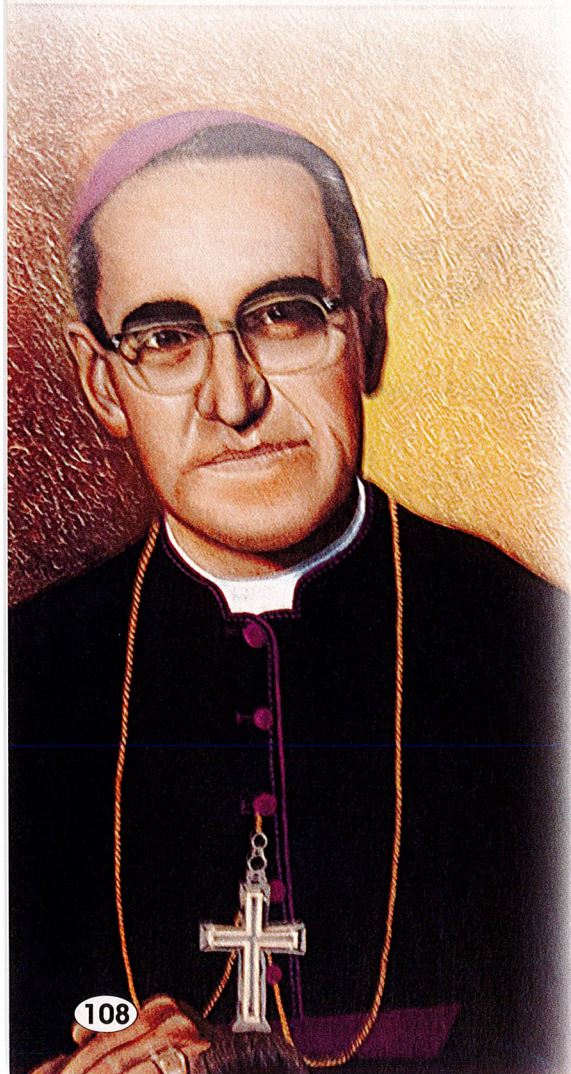
THE CHURCH FOLLOWS JESUS

Archbishop Óscar Romero

Christians since the early days of the Church have given their lives out of love for God and others. Óscar Romero, the archbishop of San Salvador, gave up his life serving Christ and the people of San Salvador. On March 24, 1980, as he began to raise the consecrated bread in his hands, he was shot through his heart and killed. He was assassinated because he truly lived the command we all receive during the Concluding Rites of the Mass, "Go in peace, glorifying the Lord by your life."

During his homily at that Mass, Archbishop Romero said, "Those who give their lives to the service of the poor through love will live like the grain of wheat that dies. The harvest comes from the grains that die. We know that every effort to improve society, when society is so full of injustice, is an effort that God blesses, God wants, and God demands of us. I am bound by God's command to give my life for all the people of El Salvador, even those who want to kill me."

Archbishop Romero was faithful to Jesus Christ and his message. He believed that the Gospel demanded that he serve the poor and be their voice. He was truly bread of life for the poor. Like the grain of wheat, he died to bring a harvest of justice to the people of his country.



Activity

List three ways that you can assist the poor in your community.

1. _____

2. _____

3. _____

The Sacrament of the Eucharist

The Gift of Nourishment

Many of the Old Testament events point to, or prefigure, the mystery of the **Eucharist**, which we celebrate at **Mass**. Three accounts in the Old Testament, in particular, provide excellent examples of how God provided nourishment for his Chosen People, who in return offered thanksgiving to God. These are the stories of Melchizedek, the Passover, and the story of manna from Heaven.

Melchizedek

Upon settling in Canaan, Abram (Abraham) celebrated victory over an enemy ruler with Melchizedek, king of Salem. This story has a deep meaning for Christians. Three elements in this Old Testament story prefigure Christ's giving of himself to us in the Eucharist (read Genesis 14:17-20). These elements are the inclusion of bread and wine, the offering of bread and wine as gifts to God, and the grateful remembrance of what God has done for his people.

Passover

During the events of the Exodus, God protected and saved his people from slavery and plagues. In remembrance of God's saving power, the Israelites celebrated Passover each year with unleavened bread, the Passover lamb, bitter herbs, and wine (read Exodus 12:1-20). Jesus Christ, the Lamb of God, gave us a new Passover meal in the Eucharist.

Manna

While the Israelites wandered in the desert searching for the Promised Land, God gave them manna to eat (read Exodus 16:1-15). Manna is a bread-like substance produced on a shrub. This account reveals how God continually provided nourishment to his people. The Church teaches that manna prefigured the Eucharist, the Bread of Life God gives us.

? In what ways is the story of Melchizedek similar to how we celebrate Mass?

FAITH FOCUS

What does the Church celebrate at Mass?

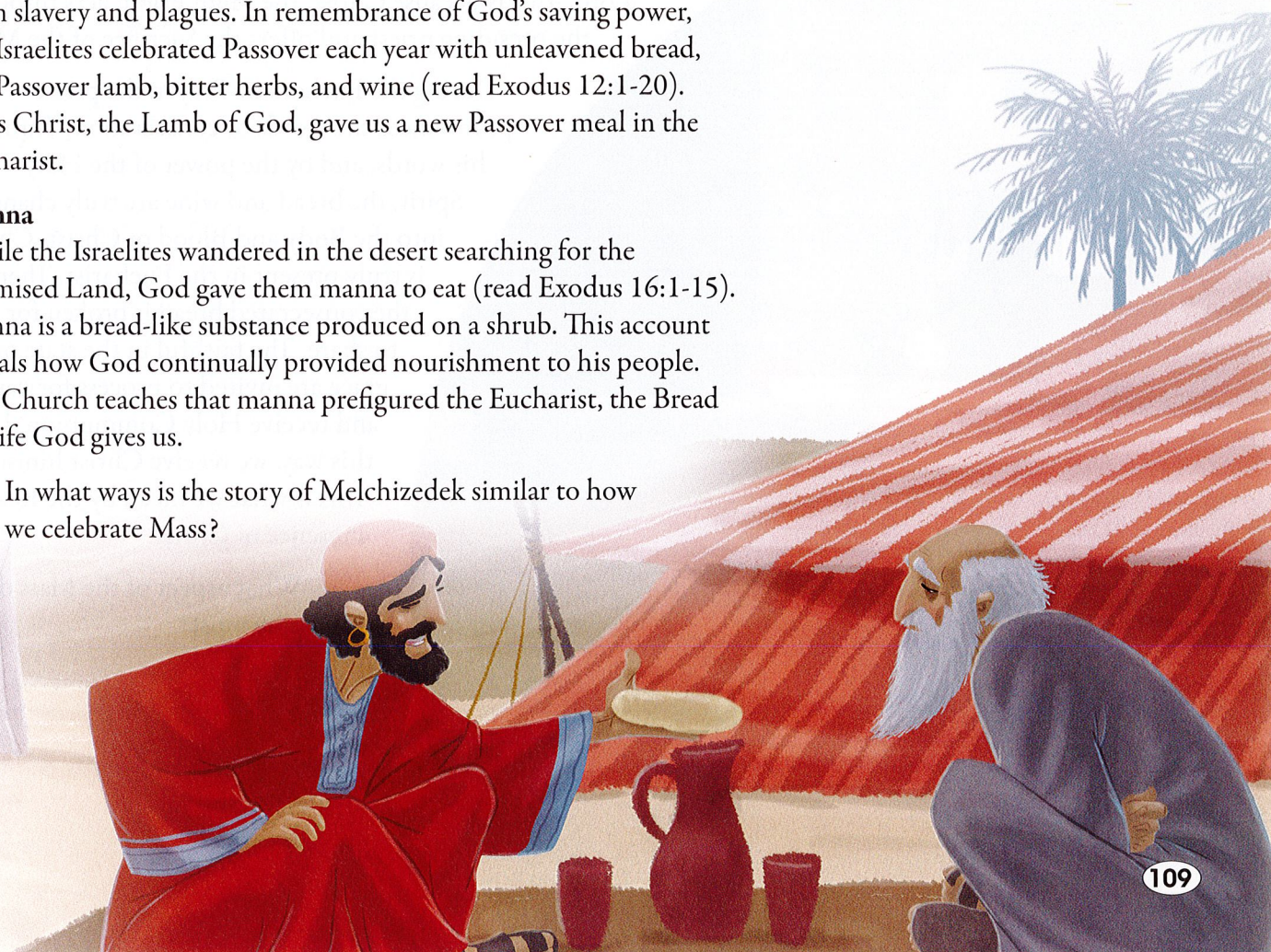
FAITH VOCABULARY

Eucharist

The Eucharist is the Sacrament of the Body and Blood of Christ; the Sacrament of Christian Initiation in which we receive the Real Presence of Christ and are most fully joined to Christ and to the Church.

Mass

Mass is the main sacramental celebration of the Church at which we gather to listen to God's Word and through which we share in the saving Death of Christ and give praise and glory to God the Father.





Faith-Filled People

Saint Dominic de Guzman

Dominic gave his life to preaching the Gospel and explaining the meaning of the Word of God. So important was this work for Dominic that many soon joined him. They became the Order of Preachers and today are known as Dominicans. The Church celebrates the feast day of Saint Dominic on August 8.

The Mass

The Eucharist, prefigured by the manna, the offering of Melchizedek, and the Passover meal, is the great Sacrament of God's love. Celebrating the Eucharist at Mass recalls and makes present the one sacrifice of Christ. This is why we talk about the Sacrifice of the Mass.

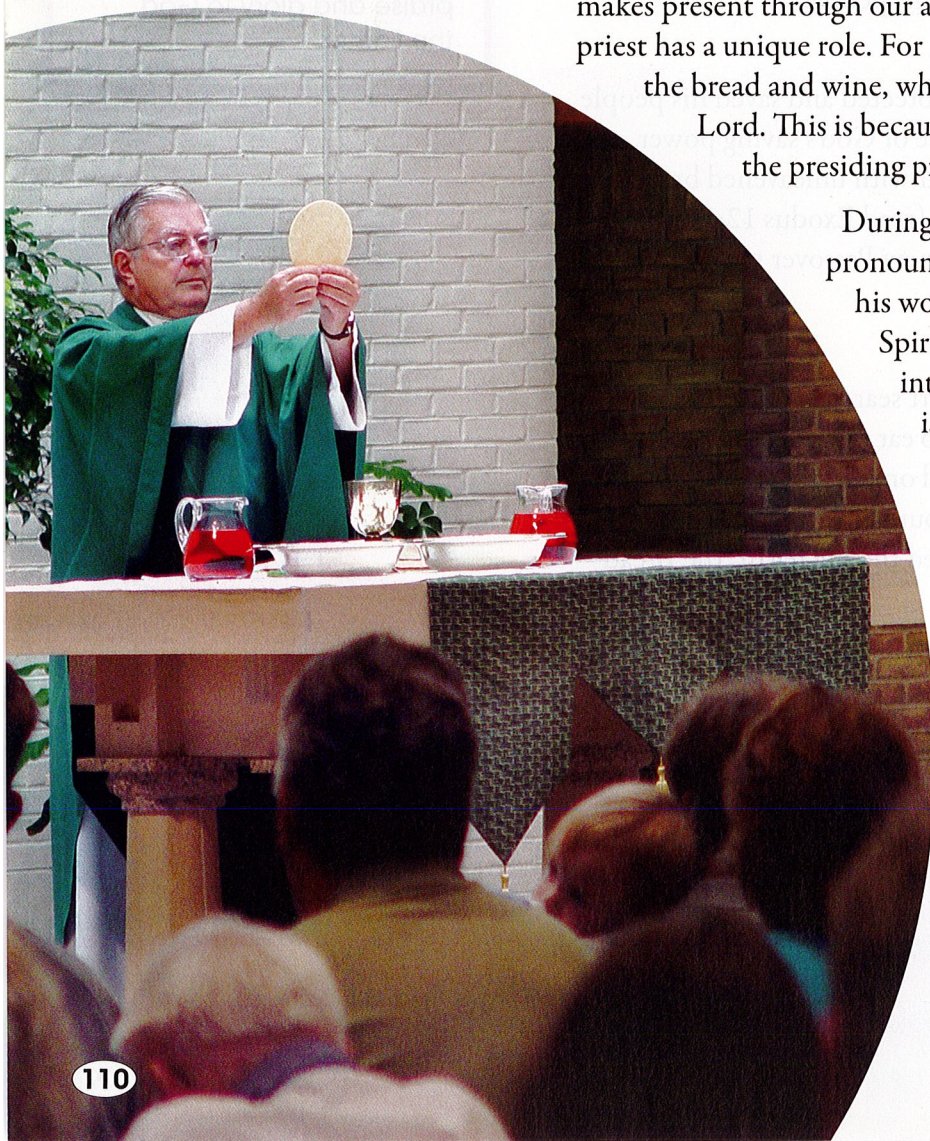
The two parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist. These two parts make up one single act of worship that we call the Mass. The proclamation of God's very own Word in the Scriptures is the center of the Liturgy of the Word. The Word of God feeds us, nourishing our minds and hearts. It also inspires us to praise and thank God for showing us a path for living.

Blessing and Thanksgiving

In the Liturgy of the Eucharist, the Church celebrates the great prayer of blessing and thanksgiving to God the Father. God calls each of us to participate through our prayers of praise and thanksgiving. We all have the essential role of participating in the Mass. Together we celebrate a memorial—we remember what God makes present through our actions in the liturgy. The presiding priest has a unique role. For example, only the priest can consecrate the bread and wine, which become the Body and Blood of our Lord. This is because Christ, the High Priest, acts through the presiding priest and offers the Sacrifice of the Mass.

During the Eucharistic Prayer, the priest pronounces the words of consecration. Through his words, and by the power of the Holy Spirit, the bread and wine are truly changed into the Body and Blood of Christ. Christ is truly present in the Eucharist. Then the consecrated bread is broken for us to share. The faithful in the state of grace are invited to process forward and receive Holy Communion. In this way, we receive Christ himself. This is what we mean by the Real Presence of Christ.

? What aspect of the Mass do you enjoy most?



Catholics Believe

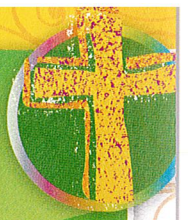


Table of the Lord

The altar is the table of the Lord. From this table, we are fed with the Body and Blood of our Lord Jesus. The altar is also a symbol of Christ. It reminds us that Jesus sacrificed his life for us on the Cross. That is why at the beginning of the Mass and at the end of the Mass, the priest venerates, or honors, the altar by kissing and bowing before it. We too are to honor the altar through our own reverence before the altar.

Holy Communion

In and through the Mass, Christ is present. We encounter Christ in the faithful assembled, in the Word of God proclaimed, in the priest who is minister of the Mass, and most importantly in the Eucharist that unites us. In Holy Communion, we are united more closely to Christ and to one another. The Eucharist preserves the life of grace received at Baptism. In this state of grace, we are separated from sin. We are strengthened to live our faith and be witnesses for Christ.

Therefore, the Church calls us to obligate ourselves to receive the Eucharist at least once a year. Strengthened and united as the Body of Christ, the Church professes the Eucharist as the source and summit of her life. This is truly a celebration to give thanks and praise to God. The amazing effect of the Eucharistic liturgy is that the Eucharist makes us the Body of Christ. We receive Holy Communion and become a holy communion, a people united in Christ.

Activity What are some ways that you actively participate in the Mass? After the Mass, how do you continue to glorify the Lord by your life?



I FOLLOW JESUS

Receiving the Eucharist in Holy Communion strengthens your union with Jesus and the Church. Each time you participate in the Mass, you receive the call and the grace of the Holy Spirit to faithfully love and serve the Lord.

THE BREAD OF LIFE

Quietly read these words of Jesus. Reflect on what they tell you about being a disciple of Jesus:

Jesus said, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst" (John 6:35). Describe how the Bread of Life helps you to be a disciple of Christ.



.....

MY FAITH CHOICE

Through the week, I will live the Mass and glorify God. I will stay faithful to Jesus by:



Pray, "Father, you have given us your Son, the Bread of Life. Nourish me with your Word so that I may remain faithful. Amen."

Chapter Review

Read each sentence and unscramble the words to complete it.

1. The Sacrament of the _____ is the Sacrament of the Body and Blood of Christ.
shaucErit
2. The _____ meal prefigures the Last Supper and the Eucharist.
sPaersov
3. During the Eucharistic Prayer, the priest pronounces the words of _____. These are the words Jesus spoke at the Last Supper.
crcontionsea

TO HELP YOU REMEMBER

1. Many events in the Old Testament prefigure, or point to, the mystery of the Eucharist.
2. We encounter Christ in and through the Mass. The two parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist. These two parts make up one single act of worship that we call the Mass.
3. The Eucharist is a memorial of the Paschal Mystery.

Praise to You, Lord!

The Eucharist nourishes us to live the Gospel. Celebrate the following Liturgy of the Word. Then go forth and be bread for the world.

Leader: Heavenly Father, giver of all blessings, thank you for the gift of your Son, Jesus, the Bread of Life. Send the Holy Spirit to help us serve others as your Son did.

Reader: Proclaim John 6:32–35.
The gospel of the Lord.

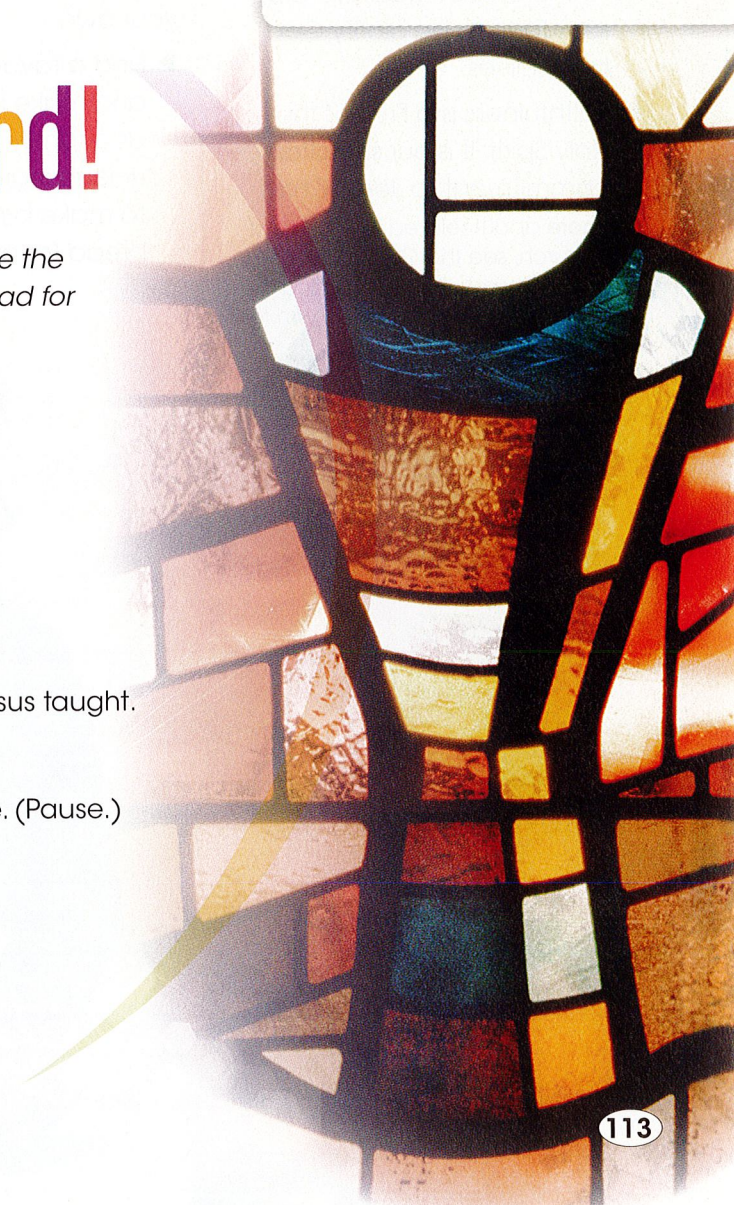
All: Praise to you, Lord Jesus Christ.

Leader: Let us now pray to God the Father as Jesus taught.

All: Our Father . . .

Leader: Let us offer one another a sign of peace. (Pause.)

All: Thanks be to God.



With My Family

This Week ...

In Chapter 12, "The Sacraments of Christian Initiation: The Eucharist," your child learned:

- ▶ The Old Testament stories of elchizedek, Passover, and the manna prefigure the Eucharist.
- ▶ The Eucharist is the Sacrament of the Body and Blood of our Lord, Jesus Christ.
- ▶ In the Mass, the bread and wine truly become the Body and Blood of Christ through the power of the Holy Spirit and the words of the priest.
- ▶ At the end of Mass, we are sent forth to go glorify God by our lives.
- ▶ Faithfulness is a fruit of the Holy Spirit. It is our steadfast commitment to Jesus Christ.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 1322–1419, and the *United States Catholic Catechism for Adults*, pages 215–232.

Sharing God's Word

Read together 1 Corinthians 11:17-34. Emphasize that the Eucharist is the Sacrament of the Body and Blood of Christ. Sharing in the Eucharist nourishes us and strengthens us to love and serve God and one another.

We Live as Disciples

The Christian home and family is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own:

- ▶ Find a favorite bread recipe and make homemade bread as a family. Talk about the unique ingredients needed to make bread rise. Use the bread for a special meal.

- ▶ When you take part in the Mass this week, listen and think carefully about the readings and prayers. After Mass, discuss what you heard and thought about during Mass.
- ▶ Talk about some ways you can participate in Mass more actively. Invite each family member to share how the family can help encourage conscious, active participation in Mass.

Our Spiritual Journey

Fasting helps us deepen our awareness of our dependence on God. The Eucharistic fast deepens our desire for receiving the Body and Blood of Christ. It helps strengthen our union with him and the Church. A faithful Catholic receives Holy Communion frequently. It acknowledges that we are not alone.

For more ideas on ways that your family can live as disciples of Jesus, visit

www.BeMyDisciples.com



Unit 3 Review

Name _____

A. Choose the Best Word

Fill in the blanks within the paragraph by using the terms in the word bank.

Last Supper
Word

salvation
Sacraments

Holy Communion
Paschal Mystery

The story of God's loving plan of creation and _____ in Jesus Christ is proclaimed and celebrated by the Church in the _____. Through rituals, the Church celebrates the liturgy, and we are made sharers in the _____ of Jesus Christ. The Sacrament of the Eucharist is celebrated at Mass. During the Liturgy of the _____, we listen to readings from Scripture. During the Liturgy of the Eucharist, we do what Jesus did at the _____.

B. Show What You Know

Read each statement and circle the best answer.

1. Which season of the Church year celebrates the Resurrection of Jesus?

A. Advent

B. Christmas

C. Lent

D. Easter

2. What is a Sacrament?

A. Words and actions used in the liturgy

B. Ways of living the Commandments

C. A sacred sign and cause of grace in the Church

D. Codes for happiness

3. Which Sacrament is not a Sacrament of Christian Initiation?

A. Ordination

B. Baptism

C. Confirmation

D. Eucharist

4. What are the two main parts of the Mass?

A. Eucharistic Prayer and Communion Rite

B. Liturgy of the Word and Liturgy of the Eucharist

C. Consecration and Concluding Rites

D. Liturgy of the Word and Dismissal

C. Connect with Scripture

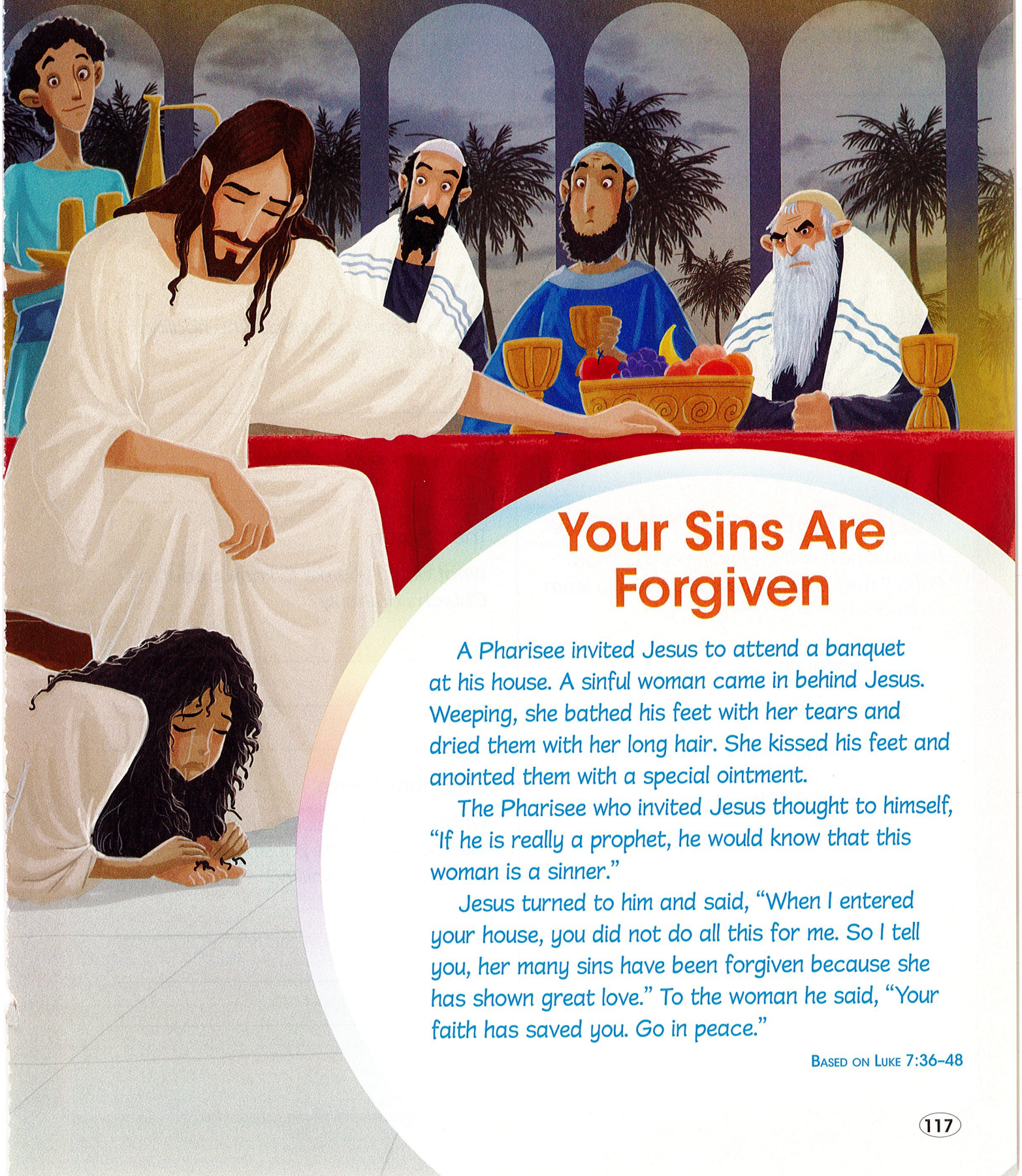
Reread the Scripture passage on page 81.

What connection do you see between this passage and what you learned in this unit?

D. Be a Disciple

1. Review the four pages in this unit titled *The Church Follows Jesus*. What person or ministry of the Church on these pages will inspire you to be a better disciple of Jesus? Explain your answer.

2. Work with a group. Review the four Disciple Power virtues, or gifts, you have learned about in this unit. After jotting down your own ideas, share with the group practical ways that you will live these virtues day by day.



Your Sins Are Forgiven

A Pharisee invited Jesus to attend a banquet at his house. A sinful woman came in behind Jesus. Weeping, she bathed his feet with her tears and dried them with her long hair. She kissed his feet and anointed them with a special ointment.

The Pharisee who invited Jesus thought to himself, "If he is really a prophet, he would know that this woman is a sinner."

Jesus turned to him and said, "When I entered your house, you did not do all this for me. So I tell you, her many sins have been forgiven because she has shown great love." To the woman he said, "Your faith has saved you. Go in peace."

BASED ON LUKE 7:36-48

What I Have Learned

What is something you already know about these faith concepts?

examination of conscience

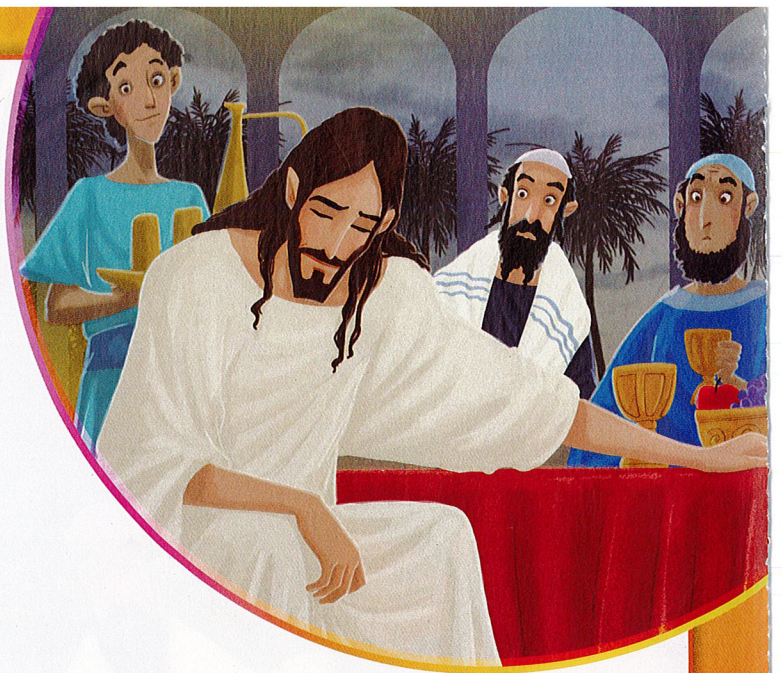
the Sacraments of Healing

the Sacraments at the Service of Communion

Faith Terms to Know

Put an X next to the faith terms you know.
Put a ? next to faith terms you need to learn more about.

- _____ mortal sin
- _____ venial sin
- _____ penance
- _____ hospice care
- _____ Ordination
- _____ bishop
- _____ spousal love
- _____ complementarity



The Bible

What do you know about the healing miracles of Jesus?

The Church

What would you like to know about the Church's authority?

Questions I Have

What questions would you like to ask about the vocation to the priesthood, religious life, or lay ecclesial ministry?
