

# Get CONNECTED

with family and friends

## Holy: Jesus Christ in the Sacraments

The Seven Sacraments are encounters with the living Christ. They are vital ways in which we experience God's profound love at important times in our lives. The Sacraments help us connect God with the ordinary and extraordinary events in our lives. They are God's gifts of love, and we always celebrate them within the Church. Sacraments celebrate our life in Christ and are actions that are to be lived. They bring God's love and grace into every aspect of our lives.



### Activity

Each of us has moments to remember—some big and some small. Some of these moments involve God, such as receiving a Sacrament for the first time. What Sacraments have you received? Do you remember how you prepared to receive each Sacrament? Do you remember who helped you? Do you remember how you felt on the day you received each Sacrament?

Do one of the following.

1. Dig up photos or videos of big moments in your life in which God played a part. Talk to your parents about the way that God was present on those special occasions.
2. Make a list of some special moments in your life. Recall with your family how you celebrated these moments.

## Trivvia

- Church History
- Social Studies
- Arts & Culture
- People & Places

T. S. Eliot is one of the most renowned literary figures of the twentieth century. His well-known play *Murder in the Cathedral* is about the death of Saint Thomas Becket, archbishop of Canterbury, at the hands of four of King Henry II's knights.

### Quotable Scripture

You are "a chosen race, a royal priesthood, a holy nation, a people of his own."

—1 Peter 2:9



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## ✚ Scripture Background

### In the Early Church

**The Origin of the Sunday Mass** In the earliest Eucharistic celebrations, prayers were spoken by priests who presided over these gatherings. These celebrations, as they do today, commemorated the Last Supper, where Jesus instituted the Eucharist and the priesthood. These shared meals adapted several Jewish customs and prayers. Usually held early in the morning and eventually on Sunday, these celebrations also commemorated the Resurrection. During the second century, Saint Justin wrote about Christian practices in *The First Apology*, in which he described a Eucharistic celebration. The celebration included Scripture readings, a sermon, common prayers, an offertory, a sign of peace, a eucharistic prayer, and the distribution of Holy Communion.

Read Acts 2:43–47 to learn more about how the early Christians gathered to celebrate the Eucharist.

## WEEKLY PLANNER

### On Sunday

After you receive Holy Communion, pray for all those at Mass with you, remembering that each person is your brother or sister in Christ.

### On the Web

[blestarewe.com](http://blestarewe.com)



Visit our Web site for the saint of the day and the reflection question of the week.

### Saint of the Week



**Saint Thérèse of Lisieux**  
(1873–1897)

Saint Thérèse is known for her “little way” to sainthood. Thérèse entered a Carmelite convent at age 15. She died at age 24. Her autobiography, *Story of a Soul*, was published after her death and has inspired countless people to follow her way to holiness.

**Patron Saint of:** France, missionaries

**Feast Day:** October 1



**A Prayer for the Week**

Lord, thank you for the gift of the Sacraments. May we be open to the grace and gifts that you give so freely. We pray that your Sacraments will bring us closer to you. Amen.



## 2 Holy: Jesus Christ in the Sacraments



And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him.

Luke 24:30-31

### Share

Jason was on the basketball court trying to get in the game, and it seemed like an eternity before anyone picked him to play. His mom's words kept ringing in his head: *No one ever said this was going to be easy.* He thought about how much he disliked his new home. It was a shock—moving into a Latino neighborhood.

Jason thought, *I bet they'll pick me last 'cause I'm new and I look different.*

The next day, Sunday, Jason did everything he could to convince his mom he was too sick to go to Mass. He had been thinking about what happened the day before and how the kids had acted like he was from another world.

"I knew this was going to happen," Jason whispered to his mom when they were at the church.

"What do you mean?" his mom asked.

"It's strange here. Our church was never like this," Jason said. "Why do they have to use Spanish for so many prayers?"

Then, at the Sign of Peace, Jason recognized the kid standing behind him.

Alex reached out and shook Jason's hand and smiled, saying, "Hey, what's up, Jason? That was a good game you played yesterday."

Jason smiled back and said, "Thanks, Alex."



### Activity

Before the Second Vatican Council—a worldwide gathering of bishops that began in 1962 and ended in 1965—the Catholic Church celebrated Mass in only one language, Latin. Since Vatican II, however, Catholics all over the world have been celebrating Mass in their native languages.

Imagine what it would be like if you attended Mass at which the prayers were said in an unfamiliar language to you. What parts of the Mass do you think you would understand, no matter what language was spoken?

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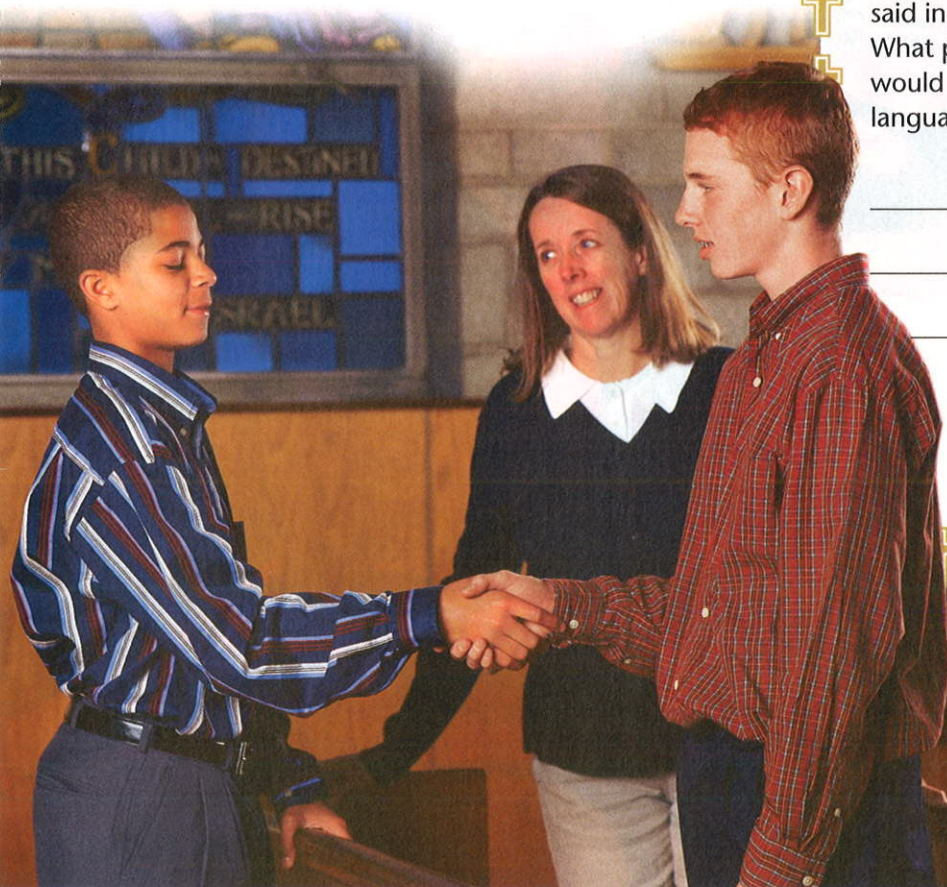
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Where do we encounter Jesus?





## Hear & Believe

### **Worship** *Breaking Bread Together*

This Scripture story in Luke's Gospel about the Risen Jesus' appearance to two of his disciples on the road to Emmaus is often read during the Easter Season.

On the third day after Jesus had been put to death on a cross, Cleopas and his companion traveled from Jerusalem to the village of Emmaus. As they walked, Cleopas and his companion talked about the events that led to the Crucifixion of Jesus. Jesus' death had left them feeling defeated, crushed, and abandoned.

Cleopas asked his companion, "Do you think we misunderstood Jesus?" At that moment, the Risen Jesus appeared beside them. But the two disciples did not recognize him.

"What are you discussing as you walk along?" Jesus asked them.

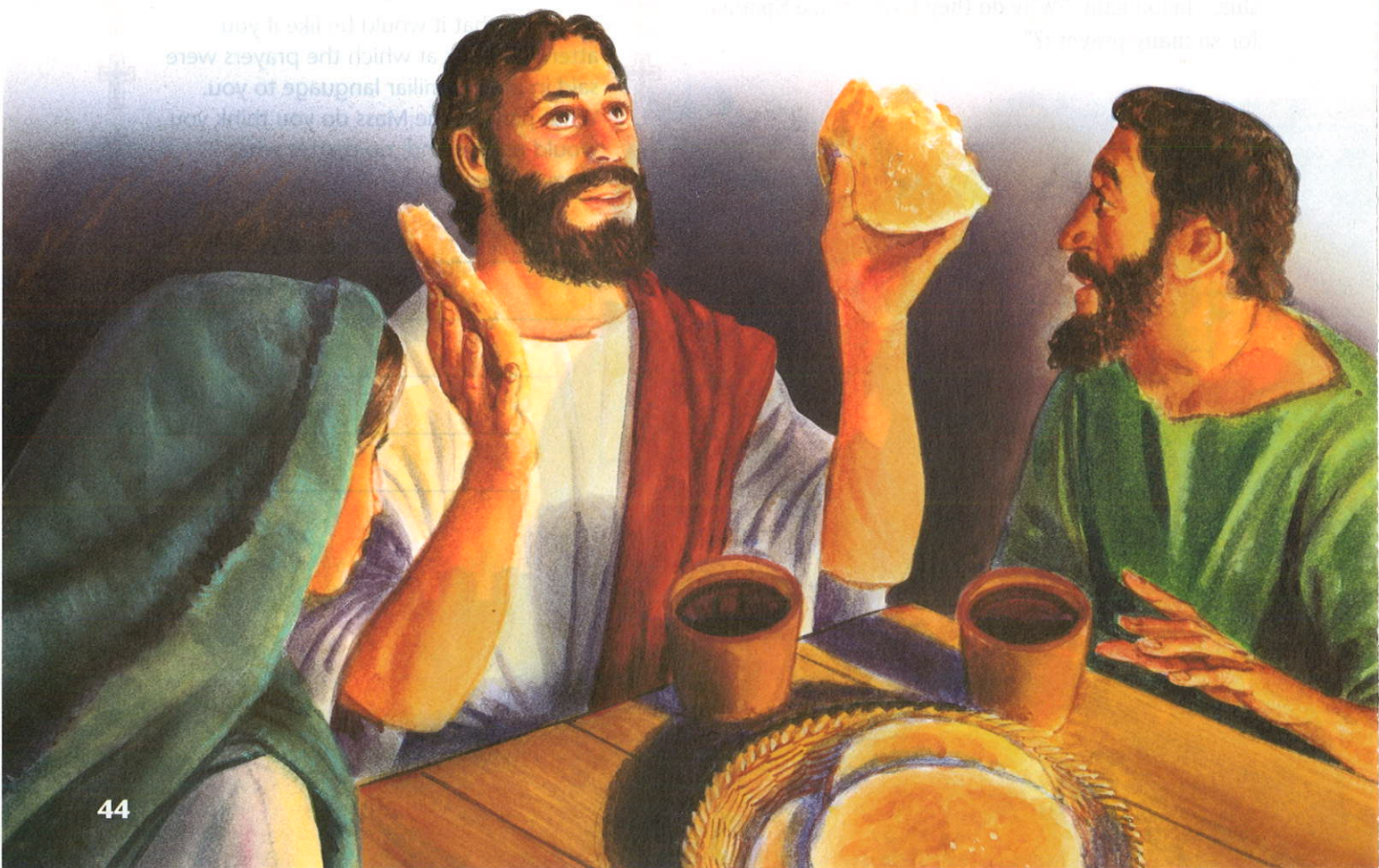
Cleopas and his friend stopped, looking downcast. "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these last few days?" asked Cleopas.

Jesus replied, "What things?"

"The things that happened to Jesus, the Nazarene, who was a mighty prophet. He spoke and did great things," they explained. "But he was handed over to the Romans to be crucified. We had been hoping that he would be the one who would save our people."

Jesus asked them, "Do you think that it was not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the Prophets, he explained what the Scriptures said about the Messiah.

The things that Jesus said to the two disciples made sense. The more Cleopas and his companion listened to Jesus' words, the more they wanted to hear. As the three of them approached Emmaus, Jesus gave the impression that he was going to





walk on farther. But by now, Cleopas and his companion were not yet ready to say goodbye to the stranger.

“Stay with us a little while longer,” they said. While he was with them at the table, Jesus took bread, said the blessing, broke the bread, and gave it to them. With that, their eyes were opened and they recognized that the traveler was Jesus. But then, just as quickly as he had appeared to them on the road from Jerusalem, Jesus vanished from their sight.

The two set out at once, returned to Jerusalem to the other disciples, and explained what had taken place.

*Based on Luke 24:13–35*

The Gospel story describes that it was in the “breaking of bread” that Cleopas and his companion understood that they had been talking with Jesus all along. Jesus is really present in the **Eucharist** and made known to us.

### Jesus Is with Us

God the Father sent his only Son, Jesus, to be our Savior. Through our faith and Baptism in Christ, we share in the love that God the Father has for us. Even though members of the Church may have different cultural backgrounds or speak different languages, all come together as one family, the one People of God.

The experience of the two disciples on the road to Emmaus is a model of our experience as members of the Church. When we gather together for the Eucharist, Jesus Christ is with us, for he promised, “For where two or three are gathered together in my name, there am I in the midst of them” (Matthew 18:20).

Christ is always present in the sacramental life of the Church. When the Gospel is proclaimed at Mass, Jesus Christ speaks to us through the Holy Scriptures. Christ is present in a unique way in the Eucharist. Through the power of the Holy Spirit and the words and actions of the priest the bread and wine become the Body and Blood of Christ. Jesus is really and truly present in the Eucharist.

The Eucharist is “the source and summit of the Christian life.” It is one of the Seven **Sacraments**, one of the actions of the Church by which Jesus Christ, through the Holy Spirit, continues his saving work among us today. The Seven Sacraments are sacred signs and causes of grace instituted by Christ himself.

### Activities

When do you most strongly encounter Jesus’ presence with you?

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Some Catholic young people today think that they do not get anything out of taking part in the celebration of Mass. What could you say to them about how receiving the Eucharist regularly can help them develop their relationship with Jesus?

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### Faith Words

**Eucharist** In the Sacrament of the Eucharist, bread and wine become the Body and Blood of Jesus Christ. The Eucharist is the central Sacrament of the Church, the source and summit of the Christian life.

**Sacrament** A Sacrament is a sacred sign and cause of grace instituted by Christ, entrusted to the Church, makes us sharers in Divine life, and continues God’s saving action among us. The Seven Sacraments are the main liturgical actions of the Church.

How do we become holy?



## Hear & Believe

### A Message from Peter

During the Easter Season, the Scripture readings at Mass, such as the Emmaus story, tell how the early Church experienced the presence of the Risen Lord. These readings also help us understand how knowledge of Jesus spread throughout the world.

The New Testament Epistles, or letters, that are read from the Scriptures during this season tell us even more about the lives and times of the early Church. These letters, which were written by Paul and other Apostles, helped the early Church understand Jesus and how to live his message. In those days, when travel was difficult and dangerous, letters were an important way to communicate.

Many communities of new believers lived within the Roman Empire, where they suffered and were rejected for their faith in Christ. To encourage one of these communities, Peter wrote:

Believe in Jesus, the cornerstone of our faith, . . . You are a chosen race, a royal priesthood, and a holy nation. You are God's own people. You have been brought out of darkness into a wonderful light. Praise God for all that he has done for you.

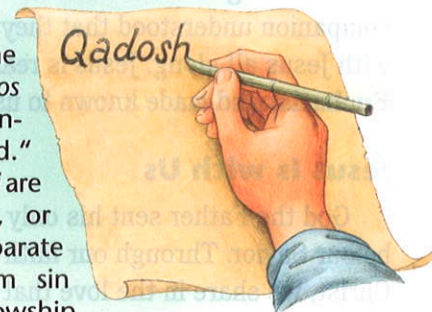
*Based on 1 Peter 2:4-10*



### A CLOSER LOOK

#### The Word *Holy*

*Holy* is the English translation of the Hebrew word *Qadosh*, which means "separated from all that is not sacred; set apart for God." The Greek word *hagios* also means "consecrated to God." Therefore, *hagioi* are the holy ones, or saints, who separate themselves from sin and live in fellowship with God. Old English gives us *hailo* or *hal*, which means "whole" or "free from injury." We know that Jesus Christ frees us from sin, allowing us to be both whole and holy.



### Our Church Teaches

Catholics worldwide celebrate the Seven Sacraments with expressions of their unique cultural traditions. These celebrations unite the Church on earth and the Church in Heaven in our worship of God.

The Church, the People of God, is on a journey toward holiness. The Sacrament of Baptism is the first step on that journey. We cannot have to do anything to deserve Baptism because it is a grace and gift from God. Like Baptism, Confirmation is a

Sacrament of Christian Initiation that places a special spiritual mark on the soul and, therefore, can be received only once. Through Baptism and Confirmation and the Sacrament of the Eucharist, the third Sacrament of Christian Initiation, we become full members of the Church. We are strengthened to overcome temptation and sin and live as disciples of Christ. As each of us grows in holiness, so does the entire Church.

**We Believe**  
Jesus Christ is  
made known to us  
through the Sacraments  
working to transform us  
into a holy people.



*You are a chosen race, a royal priesthood, God's own people*

### Activities

1. In the Sacrament of Baptism we receive an indelible spiritual mark on our soul that can never be removed and that distinguishes us as one of God's own people. As we mature, our faith must be developed and nurtured by others and through our own choices. People cannot see our baptismal mark, but they should see from our words and actions that we are disciples of Jesus. List some everyday actions that Catholic young people can do to show that they are disciples of Christ.

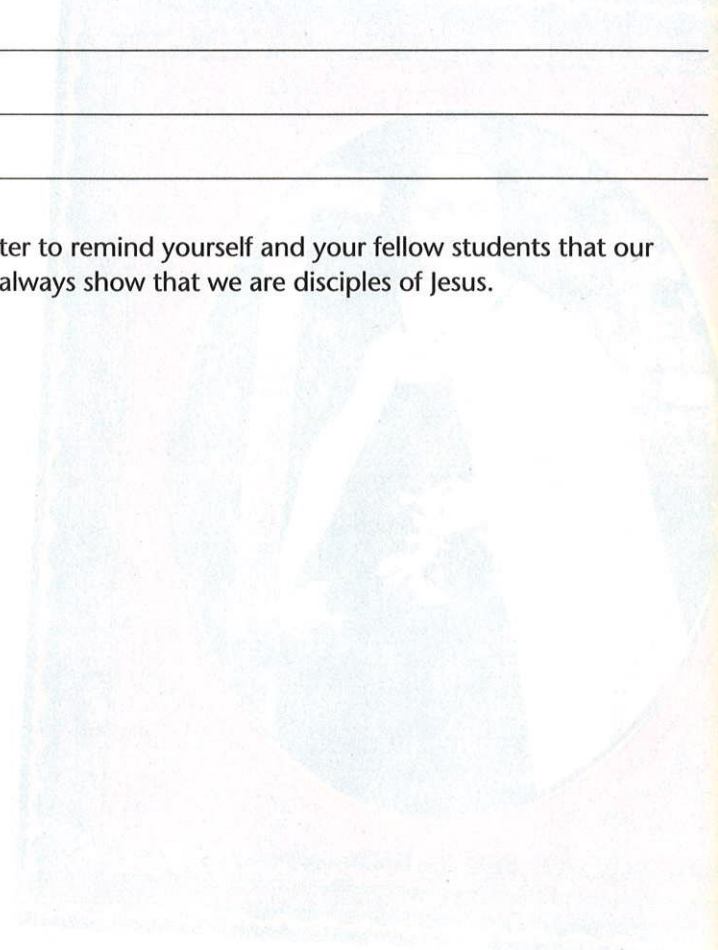
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2. In this space, design a poster to remind yourself and your fellow students that our words and actions should always show that we are disciples of Jesus.



*God's own people (based on 1 Peter 2:9)*

*You are a chosen race, a royal priesthood, God's own people (based on 1 Peter 2:9)*

How can we express appreciation for the gift of the Mass?





## Respond

### Saint Thérèse of Lisieux

Thérèse of Lisieux was an ordinary young girl with little opportunity to do great things for God. Thérèse wanted to be a saint. She believed that her desire to be a saint came from God.

One day, as Thérèse was reading the Bible, she read, "Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these" (Luke 18:16). These words were

the key that Thérèse was searching for! She did not have to do great things; she could follow a "little way" to sainthood by doing ordinary things with great love for Jesus. This ordinary girl became one of the most beloved saints of all time.

Her story begins in 1873, in Alençon, France. The ninth child born into the Martin family, she was called "Little Queen" by her father. Thérèse lived life with gusto. She had an incredible desire to do God's will and was determined to serve him forever by becoming a nun. At age fifteen, Thérèse entered a convent of Carmelite sisters.

At first, Thérèse found life in the convent difficult, but accepting her daily challenges helped her grow in love. She also experienced periods of doubt. For comfort, she turned to the Gospels and the words of the saints. Thérèse copied her favorite Scripture verses and memorized them. Her prayers grew from her intense desire to love God. She once explained, "I tell God what I want quite simply, without any splendid turns of phrase, and somehow he always manages to understand me." Thérèse teaches us that what matters in life is "not great deeds, but great love."

Thérèse promised to pray even more after death. Before she died in 1897 at age twenty-four, she said, "I will spend my heaven doing good on earth. I will let fall a shower of roses."

In 1997 Pope John Paul II named Saint Thérèse of Lisieux a **Doctor of the Church**.





## Activities

1. Saint Thérèse wanted to do great things, but she discovered that God wanted her to do ordinary things with great love. Like Saint Thérèse, we can achieve holiness by doing ordinary things with great love for God. In the left column, list four ordinary things that you do nearly every day. In the right column, write how you might do these things in a way that better shows your love for God.

### Everyday things that I do

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### How I can do them better

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2. Take a few moments to reflect on the following questions.

- \* Do I pay attention to what God wants of me each day?
- \* How do I respond to God's call to me to live a life that honors and glorifies him?
- \* Do I make my relationship with God an important part of each day, through prayer, reading Scripture, and simply reflecting on his presence in my life?

On the lines below, write ways that you can make God a greater part of your life every day. Then write a prayer asking God to help you put these ideas into action.

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### My Prayer

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How do we offer praise and thanksgiving during the Liturgy?







## Prayer Celebration

### Eucharistic Prayer II

The Eucharist is the central act of worship of the Church. Like the travelers on the road to Emmaus, we meet the Risen Jesus in the Breaking of Bread. Let us now stand and pray together.

**Reader 1:** You are indeed Holy, O Lord,  
the fount of all holiness.

**Reader 2:** At the time he was betrayed  
and entered willingly into his Passion,  
he took bread and, giving thanks,

**Reader 3:** broke it, and gave it  
to his disciples, saying:

**All:** TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY **B**ODY,  
WHICH WILL BE GIVEN UP FOR YOU.

**Reader 4:** In a similar way, when supper was ended,  
he took the chalice

**Reader 5:** and, once more giving thanks,  
he gave it to his disciples, saying:

**All:** TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY **B**LOOD,  
THE **B**LOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU  
AND FOR MANY  
FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.

**Reader 6:** The mystery of faith.

**All:** We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.

Roman Missal



**A Complete the sentences with words from the box.**

- In the Sacrament of the Eucharist, \_\_\_\_\_ become the \_\_\_\_\_ of Jesus Christ.
- A \_\_\_\_\_ is a sacred sign and cause of grace instituted by Christ and given to the Church to continue the saving action of God through the \_\_\_\_\_.
- The Church is the \_\_\_\_\_, and her members are on a journey to \_\_\_\_\_.
- The Mass is celebrated in different \_\_\_\_\_ and \_\_\_\_\_ the whole Church both on earth and in Heaven.
- When the \_\_\_\_\_ is proclaimed at Mass, \_\_\_\_\_ speaks to us through the Holy Scriptures.

People of God  
holiness  
Jesus  
languages  
bread and wine  
Sacrament  
unites  
Gospel  
Holy Spirit  
Body and Blood

**B Match Column A with Column B by writing the correct number in the space provided.****A**

- Saint Thérèse
- Epistle
- Eucharist
- Baptism
- Eucharistic Prayer

**B**

- \_\_\_ first step on our Christian journey to holiness
- \_\_\_ source and summit of the Christian life
- \_\_\_ a New Testament letter that was written by Paul or another Apostle
- \_\_\_ the part of the Mass in which the priest consecrates the bread and wine
- \_\_\_ said that what matters in life is not great deeds but great love



**C** Circle the letter of the best answer.

1. Cleopas and his friends were on the road to \_\_\_\_\_ when they met the Risen Jesus.
  - a. Damascus
  - b. Emmaus
  - c. Jerusalem
  - d. heaven
2. They recognized Jesus when he \_\_\_\_\_.
  - a. instructed them in the Scriptures
  - b. told them his name
  - c. broke the bread
  - d. met them on the road
3. The \_\_\_\_\_ of the Church unites us more closely with Jesus and the Church, the Body of Christ.
  - a. origin
  - b. authority
  - c. mandate
  - d. sacramental life
4. The \_\_\_\_\_ is the central sacrament of the Church and the heart of Catholic worship.
  - a. Eucharist
  - b. Sacred Scripture
  - c. homily
  - d. last judgment
5. The Sacraments of \_\_\_\_\_ place an indelible, or permanent, spiritual mark on the soul; therefore, they may be received only once.
  - a. Baptism and Penance
  - b. Baptism and Confirmation
  - c. Penance and Confirmation
  - d. Anointing of the Sick and Matrimony

**D** Write a prayer in the style of a Eucharistic Prayer in which you thank Jesus for his Real Presence in the Eucharist.

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