

Lesson 16 - Eucharist: The Heart of Catholic Life

QUESTIONS AND ANSWERS

1. Eucharist is derived from Greek word 'Eucharistia' which means?

Answer: Thanksgiving

2. What is the heart of the Eucharist celebration?

Answer: At the heart of the Eucharistic celebration are the bread and wine that, by the words of Christ and the invocation of the Holy Spirit, become Christ's Body and Blood.

3. What are Catholics beliefs of the Eucharist?

Answer: Catholics believe that :

- ✚ Jesus is truly present in the Sacrament of the Eucharist.
- ✚ The Eucharist is known as the **SOURCE** (Foundation) and **SUMMIT** of Catholic Faith.
- ✚ The church becomes the sacrament of Jesus; a sign that the spirit of Jesus is an ongoing presence in the world.
- ✚ The Eucharist unites a person with the mystery of Jesus. It celebrates the memory of life, death & Resurrection of Jesus Christ.

4. What is Eucharist often called? Why?

Answer: Eucharist is often called "a memorial," or a meal of remembrance.

We recall the,

- ✚ **life and teaching of Jesus**; by listening & reflecting on the readings stated in the Scriptures.
- ✚ Jewish Passover meal that Jesus shared at the **Last Supper**, when Jesus told his closest friends to "**do this in memory of me**" (Lk 22:19).
- ✚ In each celebration of the Eucharist, we remember **Jesus' sacrificial death** on the cross, through which he made **salvation** possible for all humanity.

5. What does the Catechism of Catholic Church (CCC) 1365 say of the Eucharist?

Answer: In the Eucharist, Christ gives us the very body which he gave up for us on the cross, the very blood which he poured out for many for the forgiveness of sins”.

6. What is the place where the Scriptures (Liturgy of the word) are proclaimed called?

Answer: Ambo.

7. What is the place of the breaking of the bread (Liturgy of the Eucharist) called?

Answer: Altar.

8. At the “Communion Rite” what does the word “Amen” – as our response to the words, “The body of Christ”: mean?

Answer: “AMEN” comes from a Hebrew word that means “yes, this is certain”. It expresses the speaker’s belief that Christ is truly present in the bread and wine.

9. What are the two parts of the Eucharistic Celebration?

Answer: The two parts of the Eucharistic celebration – the Liturgy of the Word, and the Liturgy of the Eucharist.

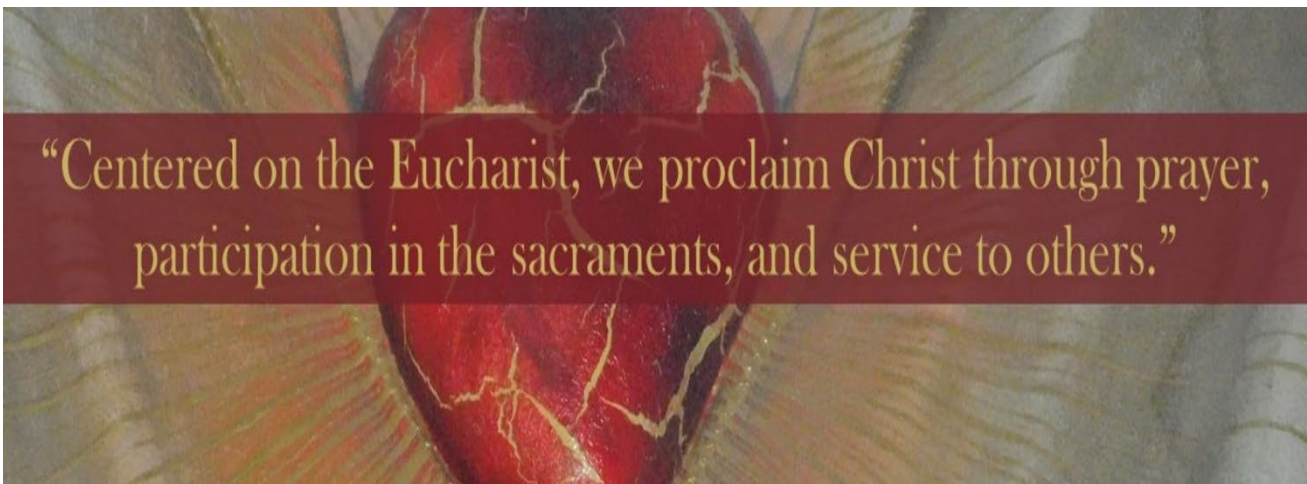


ACTIVITY: WHAT IS THE EUCHARIST?

Below are **9 True Statements of the Eucharist**. Consider each statement carefully, and then:

1. choose **3 statements** which you feel are the most significant meanings of the Sacrament – mark with a star *
2. **sort as per importance (1 to 9)**, which you feel are the most **significant meanings of the Sacrament?**

- The Eucharist is a special way both to remember and celebrate that Jesus saved us from sin through his sacrificial death on the cross and his Resurrection from the dead.
- The Eucharist is a symbolic meal shared by people as a sign of their friendship with one another in Christ.
- The Eucharist is sacred time in a sacred place—a chance to take time out, pray, and remind myself of God’s presence
- The Eucharist is a challenge for us to live our Catholic faith every day, especially by working for justice and peace, and serving those in need just as Jesus did.
- The Eucharist is what Jesus told his followers to do in order to remember him.
- The Eucharist is a prayer offered to God giving thanks for all God’s gifts to people.
- The Eucharist is a special way that Christ is present in the community.
- The Eucharist is the most important way that Catholics identify themselves as members of the Church.
- The Eucharist is Jesus truly present under the appearances of bread and wine.



ACTIVITY: ELEMENTS FROM THE MASS

Complete this multiple-step activity on the parts of the Mass that have to do with Communion and sending forth.

First, unscramble the word or words in the boxes. Then match the statements in the list below to the words in the boxes by writing the number of the matching statement in the correct box. When you finish, the numbers you have written in the boxes should add up to the same total across, up and down, and diagonally.

BALM OF GDO _____ _____	ISTEUCCHAR _____ _____	LTAAR _____ _____
YBDO FO STRICH _____ _____	ACTIONFR FO EHT BERAD _____ _____	OSLDR RAYPRE _____ _____
COMUINMON _____ _____	AONCUNE EHT GOPSEL _____ _____	ITER FO EACEP _____ _____

1. This means “giving thanks to God” and refers to the Body and Blood, and the Mass as a whole event.
2. The high point of the entire Eucharist and the thing that strengthens us throughout the week.
3. Said by everyone at the finish of the Eucharistic Prayer.
4. Handshake, kiss, or hug that we share with one another at Mass.
5. When the priest breaks the consecrated bread into smaller pieces so it can be shared.
6. This litany is sometimes spoken, sometimes sung, as we recall how Jesus is our Paschal Lamb.
7. This refers to the consecrated bread and wine, and to all the people who are part of the Church.
8. The table from where the Holy Eucharist are consecrated.
9. At the final part of the Eucharist, we are sent out to do this.