Lesson 16



Eucharist: The Heart of Catholic Life

QUESTIONS AND ANSWERS

1. **When and where did the Institution of the Eucharist take place?**
   Answer: Jesus instituted the Eucharist or the First Mass at the Passover meal or Last Supper in Jerusalem with his Apostles.

2. **Where is the institution of the Eucharist mentioned in the Bible?**
   Answer: In the 3 Gospels: Matthew, Mark and Luke. The oldest account of the Eucharist is found in St. Paul's letter to the Corinthians **(1 Corinthians 11:23-25)**.

3. **What is the heart of the Eucharist celebration?**
   Answer: At the heart of the Eucharistic celebration is the transformation of the **bread and wine into the Body and Blood of Christ**, by the words of Christ and the invocation of the Holy Spirit.

4. **Eucharist is derived from Greek word 'Eucharistia' which means _____?**
   Answer: Thanksgiving. A Sacrament that gives us the Body and Blood of Christ and Re-enacts his Sacrifice on the Cross.

5. **What are the different names of the Eucharist?**
   Answer: The Holy Mass, The Lord's Supper, The Breaking of Bread, The memorial of Passion, Death and Resurrection of the Lord, The Eucharistic Assembly, The Holy Communion.

6. **Why is the Eucharist so important?**
   Answer: The Eucharist is the SOURCE and SUMMIT of Catholic Faith.
   - It is the **Sacrament of Sacraments**, as Jesus is truly present, body, blood, soul and divinity.
   - Bestows **Spiritual nourishment** with Christ's love, mercy, and grace.
   - Fosters **communion** with God and with our fellow worshipers.
   - **Transforms us** by the power of Christ' love and sacrifice to work within us.

7. **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.

8. **What is the place where the Scriptures (Liturgy of the word) are proclaimed called?** **Answer:** Ambo.

9. **What is the place of the breaking of the bread (Liturgy of the Eucharist) called?**
Answer: Altar.

10. **Which are the two Principal Parts of the Eucharistic Celebration?**
Answer: The two Principal Parts of the Eucharistic Celebration are :
The Liturgy of the Word: Listening to the Word of God – Faith is strengthened. **Liturgy of the Eucharist:** In the Eucharist the Word is made flesh as our Spiritual food.

11. **What do you mean by the Penitential Act?**
Answer: The Penitential act calls for a change of heart as we recall to mind our sins, and place our trust in God's abiding mercy.

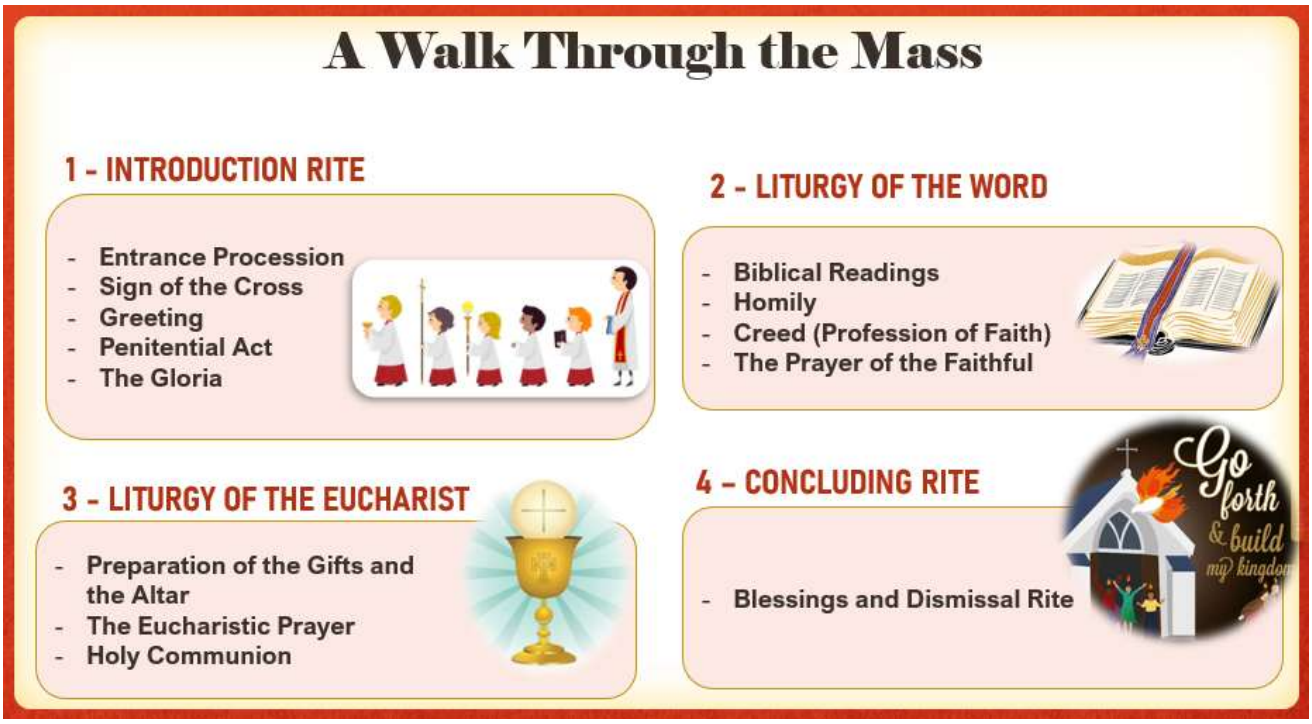
12. **What are the Scriptures?**
Answer: The Scriptures are the Word of God written under the inspiration of the Holy Spirit; God Speaks to us.

13. **What does the Sign of Peace expresses in the Communion Rite?**
Answer: The Sign of Peace expresses reconciliation and union with God. Peace, forgiveness and harmony with one another.

14. **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 **"So be it".** It expresses the speaker's belief that Christ is truly present in the bread and wine.

15. **At the Dismissal Rite, the Priest blesses the congregation in the name of the Holy Trinity and dismisses with what formal command?**
Answer: "Go in peace to love and serve the Lord."

16. **What are the Steps to Holiness?**
Answer: The Steps to Holiness are:
    - Frequent reception of the Eucharist
    - Eucharistic Adoration
    - Regular Confession
    - Devotion to Blessed Mother through the recitation of the Rosary
    - Discovering and imitating the lives of Saints
    - Acts of Charity



ACTIVITY: What is the Eucharist?

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

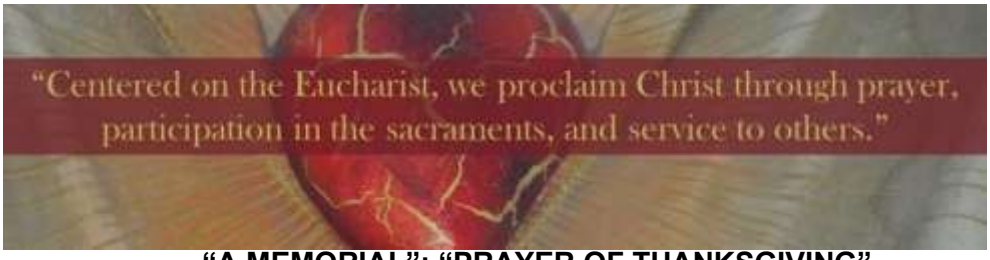
_____ The Eucharist is what Jesus told his followers to do in order to remember him.

_____ 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.



"A MEMORIAL"; "PRAYER OF THANKSGIVING"

COLUMN A	COLUMN B
INTRODUCTORY RITE	Lord invites us to “Come…”
PENITENTIAL RITE	The priest invites us to think of ways we have offended God and one another and ask for forgiveness.
KYRIE ELEISON *	Act of Penitence is either **‘I CONFESS’** or ‘**KYRIE ELEISON**’ - Greek word meaning ‘Lord have Mercy’
GLORIA *	We praise God in this song.
LITURGY OF THE WORD	Lord tells us to “Listen….”
ALLELUIA	Gospel acclamation. Hebrew word meaning **‘Praise the Lord’**
LITTLE SIGN OF THE CROSS	When the Gospel is about to be read, we make a little cross with our thumb, on our head, lips, and heart; that may the Gospel be in our mind + on our lips + in our hearts
PROFESSION OF FAITH *	**Credo:** We tell God that we believe in him.
PRAYER OF THE FAITHFUL	We pray for various needs of the Church, our Church leaders and those who have died.
SANCTUS *	Latin word for ‘Holy’ - Joyful Shout of Thanks and Praise to our Lord with the Host of Angels.
TRANSUBSTANTIATION	The transformation of the bread and wine into the body and blood of Our Lord.
AGNUS DEI * final chant used in the celebration of the Eucharist (Kyrie, Gloria, Credo, Sanctus, Agnus Dei)	When the celebrant breaks the consecrated bread as the people sing Agnus Dei (Latin word) - ‘Lamb of God’ – Jesus becomes the sacrificial, unblemished lamb.
EUCHARISTIC PRAYER	Lord tells us to “Give thanks…”
LITURGY OF THE EUCHARIST	The prayer, which is the center and high point of the entire celebration.
LORD’S PRAYER	We are united as we pray to Our Father in heaven in the words Jesus Himself taught us.
COMMUNION RITE	We offer one another Christ’s peace.
CONCLUDING RITE	Lord calls us to “Go…and serve…”

UNDERSTANDING THE LITURGICAL COLORS AND ITS SYMBOLISM

LITURGICAL COLOR	USED WHEN & SYMBOLISM
PINK	On Third Sunday of Advent and it symbolizes **Joy and Love.**
RED	During Pentecost, Feasts of the Apostles. It symbolizes the **fire of charity** and the **blood of Christ**.
PURPLE	During Advent and Lent. It symbolizes **Humility and Penance.**
GOLD/WHITE	During Feasts of Our Lord Jesus Christ, The Blessed Virgin Mary and non-martyred saints. It symbolizes **glory, innocence, and purity of the soul.**
GREEN	During Ordinary Time. It symbolizes **Hope.**

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 **6**	ISTEUCHAR **1**	LTAAR **8**
YBDO FO STRICH **7**	ACTIONFR FO EHT BERAD **5**	OSLDR RAYPRE **3**
COMUINMON **2**	AONCUNE EHT GOPSEL **9**	ITER FO EACEP **4**

LAMB OF GOD(6) EUCHARIST(1) ALTAR (8) BODY OF CHRIST (7) FRACTION OF THE BREAD (5) LORDS PRAYER (3) COMMUNION (2) ANOUNCE THE GOSPEL(9) RITE OF PEACE (4)