

Sacred Heart Catholic Church

FIDE

Heart & Soul
Monthly Catechetical Resource

Eucharist

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Introduction

Welcome to the fourth issue of this year's *Heart & Soul: Monthly Catechetical Resource*! In this month we will be learning about the Sacrament of the Eucharist, which will especially be important for those preparing to receive First Communion. However, it is also important for all of us to be reminded of the glory and majesty of the Eucharist especially since many Catholics today do not believe, or are unaware of the true presence of Christ in the Eucharist. In learning about the Sacrament of the Eucharist we will look at where the Eucharist is mentioned in the Bible, what the saints have to say about the Eucharist, Eucharistic Adoration, and much more! In the resource section on page 9 you will find several different books, articles, and videos for all age groups that will be helpful in learning about the Eucharist as a family.

On page 10 you will find a section on feast days and how to celebrate them. We will also have a section on events for the month of October on page 11 and upcoming events for the month of November on page 12. Finally, as always, your SAP and the Director of Evangelization (EJ) are at your service. Feel free to meet or contact them if you need assistance or guidance. EJ's email is ecerdeiras@shcatholic.org



What is the Eucharist?

The Eucharist is the Body, Blood, Soul and Divinity of Jesus Christ. It is not something that resembles Jesus, nor is it just bread and wine that Jesus' spirit resides in. We, as Catholics, literally believe that the Eucharist is the Body, Blood, Soul, and Divinity of Jesus Christ. The Catechism of the Catholic Church states, "The Eucharist is "the source and summit of the Christian life" (1324). All other Sacraments are oriented to the Eucharist because the Eucharist is Jesus Himself. Up until the Protestant Reformation, there was no Christian who did not believe that the Eucharist was the Body and Blood of Jesus Christ. It has always, and will continue to be the Catholic teaching and belief that the Eucharist is literally Jesus in the flesh.

A commonly asked question that arises when teaching that Jesus is truly present in the Eucharist is, "why does He still look like and taste like bread and wine?" The simple answer is that it is a mystery. However, though a mystery, we are able to use reason guided by Divine Revelation (Sacred Tradition and Sacred Scripture), to understand that while the appearance and taste of bread and wine (accidents) remain, what they actually are (substance) is the Body and Blood of Jesus. At the moment of consecration the bread and wine transform into the Body and Blood of Christ. The Church calls this process Transubstantiation.

Why does Jesus keep the appearance of bread and wine? Would it not be easier to have faith if He appeared as He does in Scripture? There can be two responses to this question, both of which have to do with us not being afraid to receive Christ.

- 1) Jesus does not want us to receive Him in a bloody manner. He wants us to receive Him without hesitation and with joy (you can learn more about this topic in the resource section under "why receiving the Eucharist is not considered cannibalism").
- 2) Jesus does not want us to feel shame. If He were to appear in His full majesty we would feel unworthy to receive Him. Jesus wants us to approach Him without fear and worry. Therefore, He humbles Himself into the appearance of Bread and Wine.



Biblical Accounts of the Eucharist

Below you will look at three Scripture passages on the Eucharist (though there are more), as well as a short reflection on each:

Matthew 26:26-29

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."

Reflection

In the passage above we get an account of the "Last Supper" in the Gospel according to Matthew. In Gospel, Christ clearly states that the bread He is giving the Apostles is His body, and the wine is His blood. These words from Christ also appear in the Gospels of Mark and Luke, which provides consistency in the claim that Christ makes. The "Last Supper" provides the "Words of Institution" which we hear at every Mass.

1 Corinthians 11: 27-29

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the

body, eat and drink judgment against themselves.

Reflection

In the passage above we that Paul explains that those who receive the bread and wine of the Lord unworthily will have to answer to the Body and Blood of the Lord. In other words, Paul is explicitly saying that the bread and wine you receive is the Body and Blood of Jesus. Therefore, it is imperative that you are receiving Jesus in a worthy manner (free of mortal sin/properly fasted)

John 6:22-66

This passage is too long to include here, so please read it directly from the Bible.

Reflection

John 6 is the most popular passage used to defend the true presence of the Eucharist because Christ Himself is put in a position where He has to defend it. After explaining that He is the "living bread" and "Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh," The Jews questioned Him about His statement. In response to the questioning of His teaching, Jesus replies, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you." Now His disciples even questioned His teachings, but He remained true to what He said. At that point many disciples left Jesus. This passage shows us that Jesus teaches that the Eucharist is the Body and Blood because even when questioned, He makes it clear to the point that people could not accept this teaching and left Him.

What the Saints have to Say about the Eucharist

“If it is ‘daily bread,’ why do you take it once a year? Take daily what is to profit you daily. Live in such a way that you may deserve to receive it daily. He who does not deserve to receive it daily, does not deserve to receive it once a year.” - St. Ambrose of Milan

“Always remain close to the Catholic Church, because it alone can give you true peace, since it alone possesses Jesus in the Blessed Sacrament, the true Prince of Peace.” - St. Padre Pio

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest of the sacraments, the one dearest to God and the one most helpful to us.” - St. Alphonsus Liguori

“What wonderful majesty! What stupendous condescension! O sublime humility! That the Lord of the whole universe, God and the Son of God, should humble Himself like this under the form of a little bread, for our salvation” - St. Francis of Assisi

“He said: This is my Body; therefore the Eucharist is not the figure of his Body and Blood, as some have said, talking nonsense in their stupid minds, but it is in very truth the Blood and Body of Christ.” - St. Macarius the Great



"Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored it."
- St. Augustine

"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration." - Mother Teresa

The Eucharist in the Mass

It is sometimes overlooked that the Mass is actually a sacrifice. The altar where the priest presides during the Mass is actually a sacrificial altar. It is on the altar that we partake in Jesus' sacrificial offering on the Cross. On that altar, Jesus (who is represented by the priest) makes present to us the sacrifice that took place on the cross. The Sacrifice of the Mass and the sacrifice of the cross are the same sacrifice, but with different modes (one bloody and one unbloody). This does not mean that Jesus is sacrificed and killed multiple times, rather, it means that Jesus, in His glorified state makes present for us His one sacrifice so that we may partake in that sacrifice.

After the homily, the Liturgy becomes a preparation for the sacrifice of Christ (Liturgy of the Eucharist). It is then at the moment of consecration that the priest blesses the bread and wine which transforms them into the Body and Blood of Jesus Christ. At the moment Jesus is truly present and invites us to join in His in the sacrifice of Himself. By our full presence we participate in this sacrifice, and when we

receive the Eucharist we become one with Christ in His sacrifice. Therefore, it is of great importance to receive the Eucharist as frequently as possible in order to unite to the sacrifice of Christ at a deeper level.





Sacrificial offering of the Mass and is then exposed to all to admire and adore.

Eucharistic Adoration puts us face to face with Jesus Christ in a very intimate way. It is during Adoration that prayer becomes more direct during Adoration because Christ becomes physically present before us. For this reason, it is important as Catholic to try and attend Eucharistic Adoration as frequently as possible so that we may grow in a deeper and more intimate relationship with our Lord, Jesus Christ.

Eucharistic Adoration

Eucharistic Adoration is a Roman Catholic devotional practice that started in the 11th Century. The practice was started in response to a heretical movement that claimed that the Eucharist was not truly Jesus in the flesh. In a response, led by Pope Gregory VII, the Eucharistic processions and exposures of the Blessed Sacrament began (go [here](#) for more information).

The practice of Eucharistic Adoration still continues today in Catholic Church all around the World. It must be noted that Eucharistic Adoration is not a separate event apart from the Mass, but an extension of the Mass. The Eucharist is consecrated in the



Resources on the Eucharist

For Adults

- [Article on The Eucharist \(Catholic Answers\)](#)
- [What the Church actually teaches about the Eucharist](#)
- [EWTN Q&A Article on “What is the Eucharist?”](#)
- [Bishop Barron on the Eucharist](#)
- [Dr. Scott Hahn on how the Eucharist made him Catholic](#)
- [True Presence of Jesus in the Eucharist– Tim Staples](#)
- [The Holy Bread of Eternal Life- Peter Kwasniewski](#)
- [Real Presence: What Does It Mean and Why Does It Matter?- Timothy P. O’Malley](#)
- [Guided Lectio Divina on Eucharist \(FORMED\)](#)

For Teens

- [Fr. Mike Schmitz on the Eucharist](#)
- [Fr. Mike Schmitz on Real Presence](#)
- [Carlo Acutis - The First Millennial Saint \(Book– Good inspiration for teens\)](#)
- [Video on What the Eucharist is](#)
- [Mass Handbook](#)
- [Jackie Angel on the Eucharist \(Great for young ladies\)](#)
- [Video on the “Real Presence of Jesus in the Eucharist”](#)

For Middle School aged Children

- [Video on What the Eucharist is](#)
- [Baltimore Catechism– First Communion \(book\)](#)

- [Receiving Holy Communion \(book\)](#)
- [Jesus in the Monstrance Bulletin Board \(Project\)](#)
- [Mass Handbook](#)
- [First Communion Workbook](#)
- [Why Do Catholics Celebrate the Eucharist? Article, Questions, & Crossword](#)
- [Video on the “Real Presence of Jesus in the Eucharist”](#)
- [Real Presence in the Eucharist \(Project\)](#)
- [What is the Eucharist? \(FORMED\)](#)
- [Video on Real Presence](#)
- [A Eucharistic Book for Children](#)
- [The Weight of a Mass \(Book– good for engaging kids\)](#)

For Young Children

- [Video on Real Presence](#)
- [Jesus in the Monstrance Bulletin Board \(Project\)](#)
- [Body, Blood, Soul, Divinity Coloring Page](#)
- [First Communion Workbook](#)
- [Why Do Catholics Celebrate the Eucharist? Article, Questions, & Crossword](#)
- [Real Presence in the Eucharist \(Project\)](#)
- [What is the Eucharist? \(FORMED\)](#)
- [Brother Francis on the Eucharist \(FORMED\)](#)
- [Zig-Zag Fold Project \(Jesus transforms into Eucharist\)](#)
- [A Eucharistic Book for Children](#)
- [The Real Presence– Board Book](#)
- [The Weight of a Mass \(Book– good for engaging kids\)](#)
- [My First Interactive Mass Book](#)

Church's Teachings on the Eucharist

- [Catechism of the Catholic Church](#)
- [Sacramentum Caritatis](#), Pope Benedict XVI
- [Ecclesia De Eucharistia](#), Pope John Paul II
- [Dominicae Cena](#), Pope John Paul II,
- [Sacrosanctum Concilium](#)—Pope Paul VI

The Eucharist as a Sacrifice

- [Dr. John Bergsma on the Eucharist as a Sacrifice](#)
- [Eucharist is a Sacrifice/Communion \(FORMED\)](#)
- [USCCB on Eucharist Being a Sacrifice](#)

The Eucharist in Scripture

- [Dr. Scott on Hahn- The Eucharist in Scripture](#)
- [Tim Staples on the Eucharist in Scripture](#)

Is the Eucharist Cannibalism?

- [Article on why the Eucharist is not Cannibalism](#)
- [Why the Eucharist is not Cannibalism – Jim Blackburn](#)

Transubstantiation Explained

- [Trent Horn on Transubstantiation](#)
- [Transubstantiation and its History](#)
- [Word on Fire– Transubstantiation](#)

Eucharistic Miracles

- [List of 5 out of 32 Eucharistic Miracles](#)
- [Video on a Eucharistic Miracle](#)
- [St. Carlo Acutis' Website on all Recorded Eucharistic Miracles](#)
- [Eucharist Miracle in Buenos Aires, Argentina](#)
- [Pints with Aquinas on Eucharistic Miracles](#)

Feast Days in October

Note: Nor all Feast Days are listed

- ***October 2*** - Memorial of Holy Guardian Angels
 - [What to know about your Guardian Angel](#)
 - [Guardian Angel Prayer](#) (Say out loud as a family)
 - [Ways to Celebrate Gaudian Angel's Day](#)
- ***October 7*** - Memorial of Our Lady of the Rosary
 - [About Our Lady of the Rosary](#)
 - [Make a Knotted Rosary](#)
 - Say The Rosary as a Family (Or a Decade)
- ***October 17*** - Memorial of St. Ignatius of Antioch
 - [About St. Ignatius of Antioch](#)
 - Cook Mediterranean food for dinner in honor of St. Ignatius being the Patron Saint of Eastern Mediterranean
- ***October 22*** - Memorial of Pope St. John Paul II
 - [About Pope St. John Paul II](#)
 - [Ideas on how to celebrate Pope St. John Paul II's feast day](#)
- ***October 28***—Feast of Apostles Simon and Jude
 - [About Sts. Simon and Jude](#)
 - Bake [Soul Cake](#) in honor of Sts. Simon and Jude (read about soul cakes [here](#))

Events in September

October 1st

First Saturday

- First Saturday Rosary (7:25am)
- First Saturday Meditation (8:30am)

Wednesdays of September

Mass/Adoration/Confession

- Mass starts at 5:15, followed by adoration and confession

October 19th

Wednesday FIDE Night (6:30pm)

- *FIDE* gathering time. Meet with your SAPs, the Director of Evangelization (EJ), and/or other families during this time to discuss, share ideas, or just enjoy each other's company. This is an open door event, so come when you want and leave when you must.

October 5th and October 24th

Podcasts on Baptism (English on 5th and Spanish on 24th)

- Video podcasts on prayer will be released every other week starting on Aug. 1st. These podcasts can be found on YouTube and our Podcast outlets. All podcast will be directed toward adults, but will be kid friendly as well.

October 23rd

Open Hour with Director of Evangelization (After 8am Mass)

- Talk to Director of Evangelization (EJ) about anything regarding theology, spirituality, or philosophy. Location will be in the cafeteria.

October 27th

Catechism Series (3:30pm)

- Fr. Eckert and Michael Becker discuss a section of the Catechism of the Catholic Church (live on FB and YouTube at 3:30pm)

October 29th

Saints Alive (If we get enough volunteers)

- Saints Alive is a fun way to celebrate All Saints Day and help children learn about the saints. It is a "Trunk or Treat" event where children will go around to different saints (volunteers dressed as saints) and will be told about the saints story while given candy. The event will start at 6:15pm. (Volunteers Needed! Please email EJ Cerdeiras if interested– ecerdeiras@shcatholic.org)

What's Coming in November

Heart & Soul Topic for November: Marriage and Holy Orders

- What is Marriage?
- What is Holy Orders?
- How can I teach my kids about marriage and sexuality?
- How do I help my child discern a vocation?
- What are the vocational options?
- And more!

Events in November

- First Saturday: November 5th
- First Friday Adoration: November 4th-5th
- Every Wednesday in November: Mass/Adoration/Confession starting with Mass at 5:15pm.
- Wednesday *FIDE* Night: November 16th @6:30pm
- Podcasts Discussing Eucharis: November 1st and 28th
- Open Hour with Director of Evangelization: TBD
- Catechism Series: November 24th @3:30pm

For more information, and to access hyperlinks, scan the QR code on the bottom right, or follow the instructions below to get access on our website:

salisburycatholic.org → FIDE → Heart and Soul: Monthly Catechetical Resource



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