

## SACRAMENTS - SESSION THIRTEEN - EUCHARIST

Our Youth will come to appreciate the Eucharist as Jesus' way of being present with human beings through the whole of time. In this session we will look at Eucharist as Presence of Jesus. In the next sessions we will look at Eucharist as Sacrifice and then Eucharist as Sacrament.

### Parents:

- Your reverence and profound appreciation of Eucharist is what will form your children into individuals who are persons of faith
- Eucharist is the Central Celebration of the Catholic Community.
- As Sacrifice, it makes us present to Christ's total gift of Self to God – the most profound act of worship – in time or eternity .
- As Sacrament, its reception empowers us to become the One we receive for the world of our day
- As Presence, it reminds us of the great love of God for us in going through so much to be with us till time blends into eternity.
- It is your personal relationship with God through Jesus shown both in sacrament and life that touches the hearts of others
- As the third of the Sacraments of Initiation, note that Eucharist is "Food for our Pilgrim Journey."
- The Altar in the Church is both the Altar of Sacrifice and the Table of the Lord.
  
- An interesting way to share with your children what love God has for us is the following.  
A priest once asked a class of 2<sup>nd</sup> Graders: "How many of you have pet dogs?" Almost every hand went up. "How much do you love your pet?" "Lots" was the universal response. "But do you love your pet enough to become a dog?" He was assured that indeed they loved their dog enough to become a dog. But then the priest pointed out that if they became a dog, there would be no more McDonalds, no more little league, no more TV, no more nintendo games. They would have to take their meals off the floor, bathroom privileges would be revoked and there would be no more Turkey Dinners, Christmas Gifts, and this was only the beginning. They thought they would not do this. And yet this is precisely what God did in becoming one of us.  
Just as they would have to empty themselves of all the privileges of being PEOPLE, Jesus had to empty self of all the privileges of being God. And it cost Him. GOD LOVES EACH ONE OF US PROFOUNDLY AND FROM BEFORE THE WORLD WAS MADE.
  
- Part of appreciation of Eucharist as Presence is sharing with your children Who it is That is present. The following ideas reflected upon in the home with your children or even on the way to Church or the night before coming might help create a sense of Who it is that is present to us in Eucharist:
  1. From before the world was made, God knew the life of each one of us – start to finish.
  2. God knows us better than we know ourselves.
  3. Looking at both our weaknesses and our great points, God liked what He saw and gave life to each of us. Each one of us then can say: I am loved as an individual by God from before the world was made.
  4. Our dependence on God is like the dependence of a on my hand to keep it aloft. Were I to let go of the book for a single instant, it would crash to the floor. That's how much I need God each moment of each day. Creation is not a date on an ancient calendar. It is something God does for us each day or all things fall apart.
  5. I need God even to disobey God. The God I disobey keeps me in existence each moment.
  
- Another way of helping your children appreciate both the presence of Jesus and how much God loves us is to share with your children your own appreciation of the fact that the God of the Universe in whom "All things live and move and have their being went through a lot of trouble to remain with us in the Eucharist till the world is no more. The words of one person not of our faith are useful to remember: "If I believed, as you Catholics do, that the God who made me and keeps me in existence, is present in each Catholic Church, you would not be able to get me out of church for anything in this world.
  
- Some questions for personal reflection for all of us:
  1. What does the Presence of Christ mean to me? How much is it part of my thoughts each day?
  2. How does my belief that God Himself is present in our church?
  3. How does this belief show in the reverence with which I focus on Christ's presence on entering, on being at Mass, on the way I participate in the Mass?
  4. Would my children, observing me, know of a certainty that Mass is the most important moment of my week?
  5. Do I attempt to get to Mass on weekdays thereby showing its importance to me?
  6. If I am unable to attend Mass, do I make an effort to look at the daily readings either of our parish website, a Missal, or keeping the Sunday Bulletin which has the readings for each day listed?
  7. What revisions and editing do I need to make in my life to make my reverence for the Eucharist more eloquent?
  8. Read the 6<sup>th</sup> Chapter of John's Gospel to hear Jesus' promise of Eucharist as Food of Eternal Life.