

“Remain in me, as I remain in you.”

(John 15:4)

+ Leader: In the Gospel of Luke we read that on the day of the Resurrection, the Risen Christ met two of his disciples on the road to a village called Emmaus.

Narrator: These disciples, who were leaving Jerusalem, did not recognize Jesus. They were saddened by his Death and did not know that he had risen from the dead. They could not understand why he had suffered and died. But Jesus said to them:

Jesus: “Was it not necessary that the Messiah should suffer these things and enter into his glory?” (Luke 24:26)

Narrator: “Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther.” (Luke 24:27–28) But they urged Jesus:

Disciples: “Stay with us, for it is nearly evening and the day is almost over.” (Luke 24:29)

Narrator: “So he went in to stay with them. 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, but he vanished from their sight.” (Luke 24:29–31)

Leader: Lord Jesus, help us to recognize you when we receive the Eucharist, your Body and Blood under the appearances of bread and wine. Help us to recognize you in all the members of the Body of Christ—in our families, in our parish, and throughout the world. Help us to recognize you in our friends and in those we have yet to meet. Help us to recognize you in those who are poor or in need. In your name, Lord Jesus, we pray:

All: Help us to recognize that we are one with you, Lord, and with one another. Amen.



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The Big Question:

How does unity with others strengthen me?

Discover the value of unity in life.
Read this humorous tale.

There is a story about four people. Their names are **Everybody**, **Somebody**, **Anybody**, and **Nobody**. The story goes that there was a very important job that needed to be done. **Everybody** was supposed to do this job. Now **Anybody** could have done this job, but **Nobody** was willing to do it. Then **Somebody** got angry about this because it was **Everybody's** job to do. Well, **Everybody** thought that **Anybody** could have done it!

But **Nobody** realized that **Everybody** blamed **Somebody** for not doing the job. Still **Nobody** did it. The arguing got worse, and finally **Nobody** would talk to **Anybody** and **Everybody** blamed **Somebody**. What a shame that **Anybody** could have done the job, and **Everybody** could have helped **Somebody**, but who ended up doing the job? **Nobody**!



How does this story relate to the need for unity?
In what ways does unity help us to accomplish things and do the work that we are called to do?

In this chapter

we learn that, in the Eucharist, we are made one with Christ and one with the entire Church. Through this chapter, we hope



to recognize Jesus in the Eucharist and in his Body, the Church



to be thankful for Jesus' gift of himself in the Eucharist



to share the strength and love of Jesus with others.



American hockey team at Olympic award ceremony, Lake Placid, New York, 1980

During the 1980 Winter Olympics, on the day before the hockey match between the U.S. and Soviet Union teams, an article in *The New York Times* declared that the Soviet team would certainly win the Olympic gold medal unless the ice melted, or unless the U.S. team performed a miracle. The U.S. team was made up of amateur and college hockey players, while the Soviet team consisted of highly skilled, professional players. Everyone thought that the odds of the U.S. hockey team winning this match were slim to none.

Yet, defying all expectations, the U.S. hockey team defeated the Soviet team. Did the ice melt, or was it a miracle? Neither! The U.S. hockey players—though from all different parts of the country, with varying levels of hockey experience—banded together and worked hard to win the game. But it

didn't stop there. With one united effort and with their hearts set on a common goal of victory, they beat the Finnish team in the final game for the gold medal! Their gold-medal win is considered by many to be the greatest American sports achievement of the twentieth century. It is also a powerful example of how people can come together as one to achieve a common goal.

Activity What role has unity played in your life? Write a story about a positive experience of working together with others to meet a common goal. The story can be based on your own life or on other events. Then write a slogan to summarize this experience, or choose one of the slogans on this page. Share your slogan and story with your group.

"Coming together is a beginning, keeping together is progress, and working together is success."

(attributed to Henry Ford, American inventor and businessman)

"I am because we are."
(African proverb)

"United we stand, divided we fall."

(Aesop, famous ancient fable-writer)

"Few burdens are heavy when everyone lifts."

(Anonymous)

"Many of us are more capable than some of us . . . but none of us is as capable as all of us!"

(Tom Wilson, author of the comic strip *Ziggy*)

"No road is long with good company."

(Turkish proverb)

We are nourished by the Body and Blood of Christ.

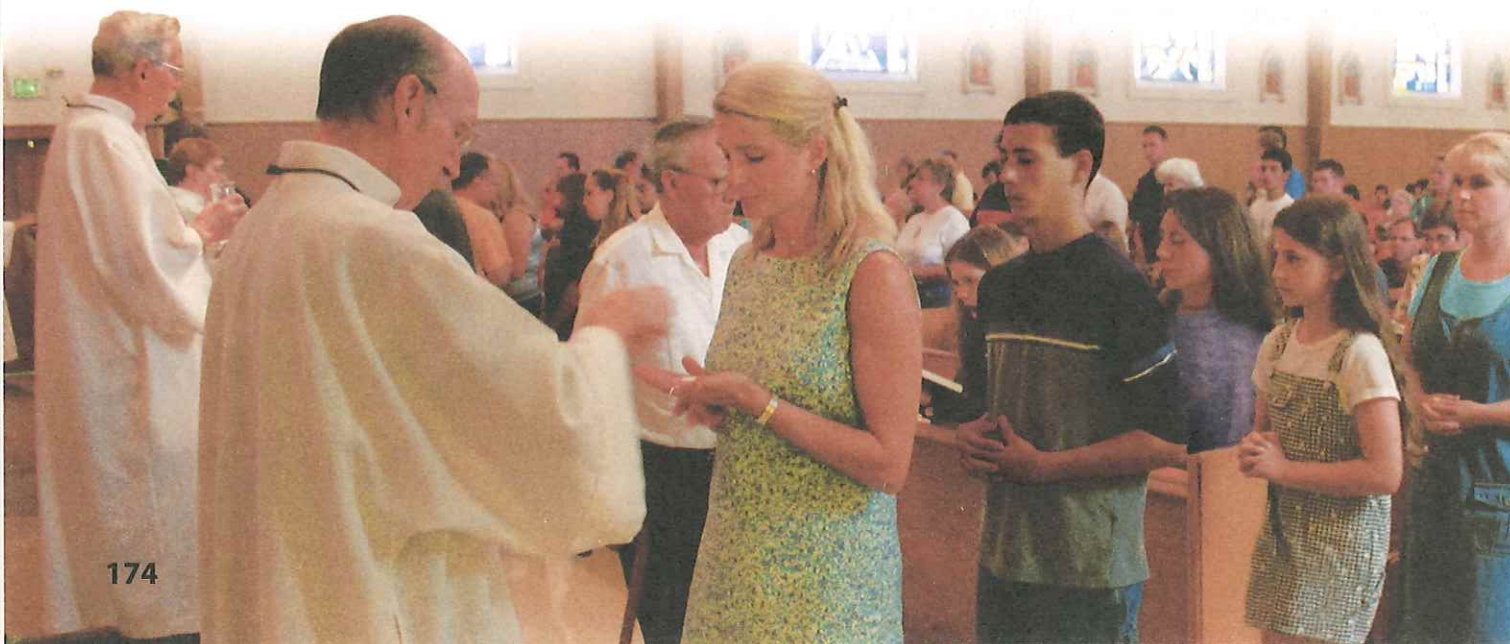
Throughout the history of salvation, bread and wine were a source of life for God's people. During Jesus' public ministry, when he miraculously fed a crowd of people assembled to hear his words and see his works, Jesus showed the importance of sustaining life, of feeding the hungry. He "took the loaves, gave thanks, and distributed them" (John 6:11). Jesus also shared the importance of sustaining God's life within us. He taught, "For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him . . . Whoever eats this bread will live forever" (John 6:55–56, 58).

Through the Sacrament of the Eucharist we receive everlasting nourishment—the bread and wine that by the power of the Holy Spirit become the Body and Blood of Christ. And as we become one with Christ, sharing in his Body and Blood in the Sacrament of the Eucharist, we complete our initiation into Christ and his Church. Like the first Apostles and disciples we gather as a community to share the life of Jesus, to become one with him and with one another. Through our unity in the Eucharist we are the Body of Christ in the world. We are his living presence, sharing God's life with others, recognizing needs in the world just as Jesus did, and reaching out to meet the needs of others in his name. Nourished by the Body and Blood of Christ

we commit ourselves to living as Christ lived and to working for true justice and peace. We too try to feed those who are hungry, reach out to comfort those who are sorrowful, and seek ways to heal those who are ill. Through our unity with Jesus Christ, really present in the Eucharist, we are able to live the fullness of God's life in us—with the Spirit strengthening and preparing us to "proclaim the Paschal mystery of Jesus 'until he comes'" at the end of time (CCC, 1344).

Activity Our unity with Jesus Christ in the Eucharist calls us to be Christ for others and to work for justice and peace as he did. There are many injustices in the world today. What are some things we can do to work for justice as Jesus did? Complete the chart below, naming some injustices and ways that, nourished by Christ, you can work to overcome them.

INJUSTICE	OVERCOMING INJUSTICE



Jesus gives his disciples a new covenant.

On the night that we, as Catholics, now celebrate as Holy Thursday, Jesus and his disciples were in Jerusalem. They gathered in the upper room of a house to celebrate the Passover. On this Jewish feast they remembered the way God had delivered their people from slavery and death in Egypt. They recalled the night on which God had told the Hebrews in Egypt to sacrifice a lamb and mark their doorways with its blood. On that night, a plague swept through Egypt, killing all of the Egyptians' firstborn sons. But it *passed over* the homes marked with blood, thus sparing the Hebrews. The Egyptians, in their fear, allowed the Hebrews to leave Egypt, and so the Hebrews began their journey, or *exodus*, to freedom.

Paschal means "of or relating to the Passover." At the Passover meal that Jesus and his disciples ate, everything—the unleavened bread, the wine, the lamb, the bitter herbs—had special meaning in light of the Exodus from Egypt. And for Jesus and his disciples, this Paschal meal was a reminder, as it still is for Jews today, of God's covenant with his people.

This Paschal meal was the last meal that Jesus would share with his disciples before his Death. Jesus "took the bread, said the blessing, broke it, and gave it to them, saying, 'This is my body, which will be given for you; do this in memory of me.' And likewise the cup after they had eaten, saying, 'This cup is the new covenant in my blood, which will be shed for you'" (Luke 22:19–20). As it is explained in the *Catechism*, "The Eucharist that Christ institutes at that moment will be the memorial of his

sacrifice" (611), for, as the Priest of the new covenant, Jesus offered himself as the Paschal Lamb and sacrificed himself in the breaking of the Paschal bread, his Body. And through the suffering and Death on the Cross that Jesus endured, the

new covenant between God and his people was sealed with Jesus' Blood.

God brought freedom to the people of Israel, and then, through Christ, freed us from the slavery of sin. We

can again share in God's love and friendship. Jesus Christ is given as our deliverance, not just at a point in time, but for all time in the Eucharistic

sacrifice. In the Sacrament of the Eucharist, all who share the Body and Blood of Christ come to the fulfillment of hope—to new freedom and new life.

**"Whoever eats this bread
will live forever."**

(John 6:58)

Faith Word

Paschal



The Last Supper from the movie *King of Kings* (1961)

Activity Write a prayer to Jesus that you can say after you receive him in the Eucharist.

Sacrament of redemption

The *Catechism* calls the Eucharist "the sacrament of redemption" (1846). In the Eucharist we receive the Body and Blood of Jesus Christ, which he offers for our redemption and the forgiveness of our sins. As Jesus said, "This is my body, which will be given for you. . . . my blood, which will be shed for you" (Luke 22:19, 20).

Through the celebration of the Eucharist, we receive forgiveness for our *venial sins*, our less serious sins. The Eucharist also strengthens our love for God, our neighbor, and ourselves and helps us to live united to God. However, we cannot be united to God unless we freely choose to love him. So, if we *seriously* sin against him, we commit a *mortal sin* and cannot receive Holy Communion before first being absolved in the Sacrament

of Penance and Reconciliation. Only then will we be restored to God's friendship and ready to receive Christ in the Eucharist. Children who are preparing for First Holy Communion also must first receive the Sacrament of Penance and Reconciliation.

Give thanks for the forgiveness you receive through the Eucharist.

**CATHOLIC
IDENTITY**

We are one with Jesus Christ.

How can we share Christ's presence with others?

After the Resurrection, as some of Jesus' disciples were walking to the village of Emmaus, the Risen Christ walked with them, though they did not know it was he. At supper Jesus "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).

After Christ's Ascension, his disciples would be enlightened by the Holy Spirit, enabled to understand Christ's words and actions more completely. Filled with the Spirit, the disciples would recognize the Eucharist as the reality of Christ's presence in the breaking of the bread.



We read in the Acts of the Apostles that in the small Christian community, the early Church, the Eucharist continued to be celebrated, through the power of the Holy Spirit, in the breaking of the bread. As members of the Church, we too gather in community for the Eucharist. We gather on Sunday or Saturday evening for **Mass**, the celebration of the Eucharist. At this celebration Christ is present in the person of the priest, in the assembly, in God's Word, and most especially under the appearances of bread and wine. We hear the stories about God, and, just as the disciples on the road to Emmaus, we recognize in the breaking of the bread the true presence of Christ—his Body and Blood under the appearances of bread and wine. We partake of Christ's Body as he commanded us and drink the cup of his Blood, sharing in his life.

Faith Word

Mass

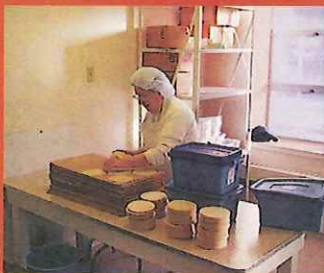
Through the Real Presence of Christ, Body and Blood, which we receive in the Eucharist, we are nourished to live as Jesus' disciples and carry on his mission. In the Eucharist Christ's presence becomes a reality in our lives. And through this "Sacrament of sacraments" (CCC, 1211), we are enabled to share the reality of Christ's presence with one another.

The making of altar breads

Altar breads, or unconsecrated hosts, are the small round wafers of bread that are later consecrated at Mass, becoming the Body of Christ. Altar breads are often made by religious communities dedicated to a life of prayer. These communities bake and sell altar breads as a way to support themselves in their way of life. The Benedictine Sisters of Perpetual Adoration, for example, bake two million altar breads each week at their monastery in Clyde, Missouri. They send these altar breads to parishes in the United States, Haiti, Mexico, Nicaragua, Canada, Ireland, Russia, New Zealand, Australia, and Japan—and even to ships at sea.

Altar breads are made of wheat flour and water. Because Jesus used unleavened Passover bread at the Last Supper, the dough for the Eucharist bread is also unleavened—in other words, baked without yeast so that it does not rise.

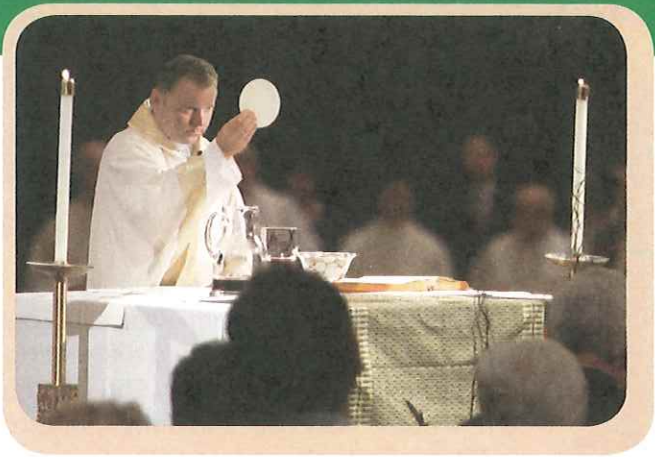
Do you know who makes the altar breads that your parish uses? Try to find out. Say a special prayer in thanksgiving for these people the next time you receive the Eucharist.



Activity Design a concept for a video game that has a main character whose mission is to share the ways Christ is present in the world. Include obstacles or challenges this character has to overcome, plus good works or actions the character has to perform. On a separate sheet of paper, list your ideas or draw some scenes from your game, and share with a partner. Don't forget to name your video game and character(s).

We celebrate the Eucharist.

We gather as an assembly in the name of the Blessed Trinity, the Triune God, to celebrate the Eucharist. And “all who eat the one broken bread, Christ, enter into communion with him and form but one body in him” (CCC, 1329). In assembly with the priest we are the Body of Christ. Together at Mass we worship and pray.



THE MASS: THE CELEBRATION OF THE EUCHARIST

Introductory Rites

<i>Entrance Chant</i>	<i>Gloria</i>
<i>Greeting</i>	<i>Collect</i>
<i>Penitential Act</i>	

Together we enter into prayer. We confess our unworthiness, seeking to be made holy to participate in the sacrifice of Christ that will be made present for us.

Liturgy of the Word

<i>First Reading</i>	<i>Gospel</i>
<i>Responsorial Psalm</i>	<i>Homily</i>
<i>Second Reading</i>	<i>Profession of Faith</i>
<i>Alleluia or Gospel Acclamation</i>	<i>Prayer of the Faithful</i>

We glorify God and listen to the stories of God’s covenant with his people. We rise at the reading of the Gospel, the Good News of Jesus’ presence with us. In the words of the homily the priest or deacon explains more fully what the Scripture readings mean for us today. We affirm our belief in God and the history of salvation. We pray, as the Body of Christ, for our community, the whole Church community, and all God’s people.

Liturgy of the Eucharist

<i>Preparation of the Gifts</i>
<i>Prayer over the Offerings</i>
<i>Eucharistic Prayer</i>
<i>Communion Rite</i>
<i>Lord’s Prayer</i>
<i>Rite of Peace</i>
<i>Breaking of the Bread</i>
<i>Holy Communion</i>

Prepared by healing, listening, sharing, and prayer, we offer the gifts, bread and wine, as Christ did, and we join ourselves to him. We praise the greatness and wonder of God. By the power of the Holy Spirit, through the words and actions of the priest, the bread and wine become the Body and Blood of Christ. We acclaim the life, Death, and Resurrection of Jesus. He is present on the altar for the glory of God, and we shout out in joy. We beg the Father’s strength and support in the words Jesus gave us and we share a sign of peace. We receive Christ in Holy Communion. Sanctified by his Body and Blood, we become one with and in Christ. Together we reflect on our oneness with Jesus.

Concluding Rites

<i>Greeting</i>
<i>Blessing</i>
<i>Dismissal</i>

The priest blesses us in the name of the Father, the Son, and the Holy Spirit and the priest or deacon dismisses us. In this dismissal the priest may commission us to go in peace and announce the Gospel. The Paschal Mystery is represented in the Eucharistic celebration, and we are commissioned to share the Good News of this mystery with those community members who could not be with us. We also share it with the whole world—through what we do in Jesus’ name.

Note: Also see page 309 for a description of each of these individual parts.

“All who eat the one broken bread, Christ, enter into communion with him and form but one body in him.”
(CCC, 1329)

Activity How can you fulfill the commission that is given to you during the Concluding Rites?

RESPONDING...

Recognizing Our Faith

Recall the question at the beginning of this chapter: *How does unity with others strengthen me?* In this chapter we learned that through the Eucharist we are united to Christ and to one another. How does this unity strengthen us? Design a flier or an insert for your parish's weekly bulletin that answers this question.



Living Our Faith

This week decide on one way you can share Christ's presence with another person.

Catholic Relief Services

Catholic Relief Services (CRS) is a nonprofit organization that was founded in 1943 to help poor, homeless, and disadvantaged people living outside the United States. CRS first began by helping people who became refugees as a result of World War II (1939–1945). *Refugees* are

people who must leave their own countries due to war, famine, or oppression. The organization helped refugees settle in the United States and in other free countries.

Partners in FAITH

Today CRS continues its good works around the world by helping people who are poor or hungry, working to remove the causes of poverty, and giving aid to people in need, no matter where they live. CRS has helped people affected by religious persecution, civil wars, and natural disasters such as earthquakes and tsunamis. Through these actions, CRS promotes justice and peace around the world.

The Eucharist calls us to work for justice and peace. Decide on one thing you will do this week to promote justice and peace.



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Putting Faith to Work

Talk about what you have learned in this chapter:



We recognize Jesus in the Eucharist and in his Body, the Church.



We are thankful for Jesus' gift of himself in the Eucharist.

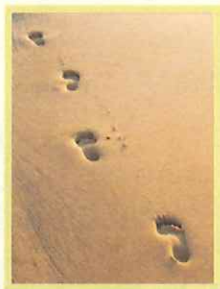


We share the strength and love of Jesus with others.

Decide on ways to live out what you have learned.



ENCOUNTERING GOD'S WORD



At the Last Supper, after Jesus washed the feet of the disciples, he said,

“If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do”

(John 13:14–15).



READ the quotation from Scripture.



REFLECT on the following:

During the Holy Thursday liturgy, the Church follows Jesus' command to do as he did by performing the ritual action of the washing of the feet. But how do we, the Church, carry out Jesus' command in everyday life?



SHARE your reflections with a partner.



DECIDE on one way to truly serve others this week, and make it happen!

Short Answers

1. What is another name for the celebration of the Eucharist? _____
2. What does the word *Paschal* mean? _____
3. How does Jesus nourish us? _____
4. How was the new covenant between God and his people sealed? _____

Complete the following.

5. The Liturgy of the Word consists of the following parts: _____
6. The Liturgy of the Eucharist consists of the following parts: _____
7. In the Sacrament of the Eucharist, by the _____, through the words and actions of the priest, the bread and wine become the Body and Blood of Christ.
8. In the Concluding Rites the priest blesses us in the name of _____

9–10. ESSAY: How does the Eucharist unite us to Christ and to one another?

RESPONDING...

Sharing Faith with Your Family

Discuss the following with your family:

- We are nourished by the Body and Blood of Christ.
- Jesus gives his disciples a new covenant.
- We are one with Jesus Christ.
- We celebrate the Eucharist.

Think of a way to help your family become more aware of the Sunday celebration of the Eucharist as a special time to strengthen your unity with Christ and one another. You might want to find a simple family activity that could become an "after-Mass" custom. What could that be for your family?



The Worship Connection

At every Mass, we pray the Lord's Prayer, asking for our "daily bread," a reminder of the Eucharist we are soon to receive, and asking for forgiveness "as we forgive." We are then ready to become one with Christ and one another in Holy Communion.

More to Explore

Research the way cultures affect the celebration of the Eucharist in this country and around the world.

Catholic Social Teaching Checklist

Theme of Catholic Social Teaching:

Option for the Poor and Vulnerable

How it relates to Chapter 16: For Jesus, helping people who were poor, weak, disadvantaged, and in need was always a top priority. As his Church, the Body of Christ, we have an obligation to continue his work.

How can you do this?

☐ At home:

☐ At school/work:

☐ In the parish:

☐ In the community:

Check off each action after it has been completed.