

Chapter  
18

# Liturgy of the Eucharist



Let Us Pray

**Leader:** God our Father, feed us with heavenly food.

"You bring bread from the earth,  
and wine to gladden our hearts,"

*Psalm 104:14-15*

**All:** God our Father, feed us with heavenly food. Amen.

## Activity

## Let's Begin

### ● Food Facts

- Every day 800 million people in the world go hungry.
- In the United States 12 million children have to skip meals or eat less than they want so that their families can make ends meet.
- Each year 6 million children die from causes related to hunger.
- The basic health needs of the world's poorest people could be met for less money than what animal lovers in the United States and Europe spend on pet food each year.

*Statistics from Bread for the World*

Now think about how those who are hungry depend on others.  
Would you be willing to sacrifice so that others could eat?

How could you reduce waste in your home and school?



### Write a Paragraph

Think about all the ways that food is part of your family activities and celebrations. On a separate sheet of paper, describe some special food that your family has on a certain holiday or special occasion.



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# Feed the Hungry



Focus

What hunger does the Eucharist satisfy?

This story, adapted from Russian writer Yevgeny Yevtushenko's life story, shows how sacrifice and generosity can lead to renewed hope and life.

## BIOGRAPHY

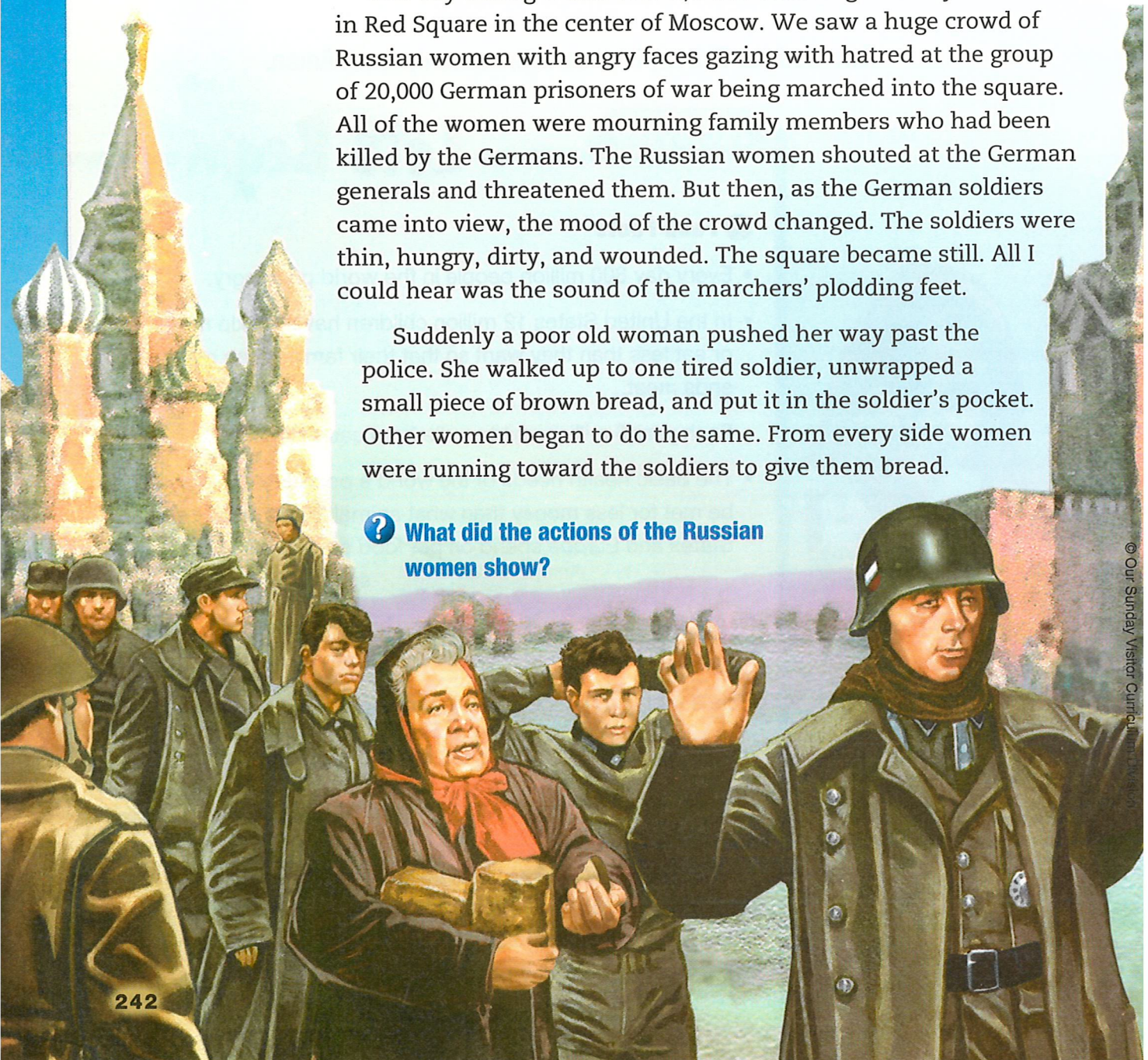
### YEVGENY'S STORY

One day during World War II, I was standing with my mother in Red Square in the center of Moscow. We saw a huge crowd of Russian women with angry faces gazing with hatred at the group of 20,000 German prisoners of war being marched into the square. All of the women were mourning family members who had been killed by the Germans. The Russian women shouted at the German generals and threatened them. But then, as the German soldiers came into view, the mood of the crowd changed. The soldiers were thin, hungry, dirty, and wounded. The square became still. All I could hear was the sound of the marchers' plodding feet.

Suddenly a poor old woman pushed her way past the police. She walked up to one tired soldier, unwrapped a small piece of brown bread, and put it in the soldier's pocket. Other women began to do the same. From every side women were running toward the soldiers to give them bread.



**What did the actions of the Russian women show?**



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## Eucharist

The story you have just read illustrates both the necessity of food and the way that food and hunger can create a bond among people.

No matter what the cause, the hunger that people suffer is real. But those who hunger for bread also hunger for spiritual food. This hunger is as real as physical hunger. It is the hunger for happiness and love. Only God can feed this hunger, for God alone is the source of true happiness. God gave people a taste of true happiness in Jesus, the Savior.

In the Sacrament of the Eucharist, you share the Bread of Life and the Cup of Salvation. You taste the happiness you will one day experience fully with God in heaven. The bread you eat at meals and the Bread of Life in the Eucharist are similar in that both offer nourishment. The Bread of the Eucharist, however, offers lasting spiritual nourishment and the promise of eternal life.



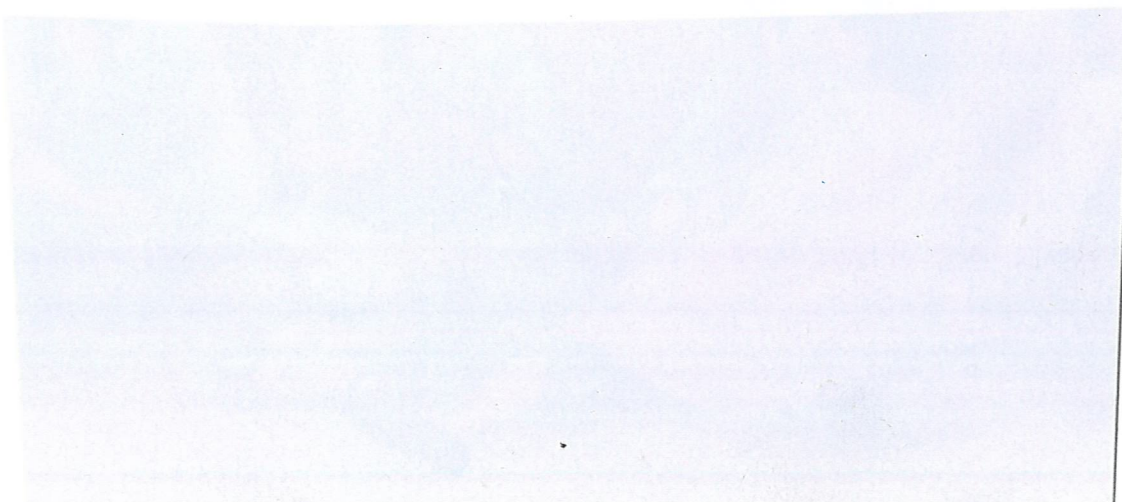
### Activity

## Share Your Faith

**Reflect:** Imagine that you are producing a movie called *Bread of the World*.

**Share:** With a partner, discuss ways in which the Eucharist is food for others.

**Act:** Draw one scene for your movie. Describe your idea to the class.





# The Eucharistic Mystery


**Focus**
**Why is the Eucharist a sacrifice?**

At the Last Supper, Jesus' words and actions changed the traditional Passover meal into something new. It became a living memorial of the sacrifice that Jesus was about to make by his death.


**SCRIPTURE**
**Matthew 26:26–28**

## The Last Supper

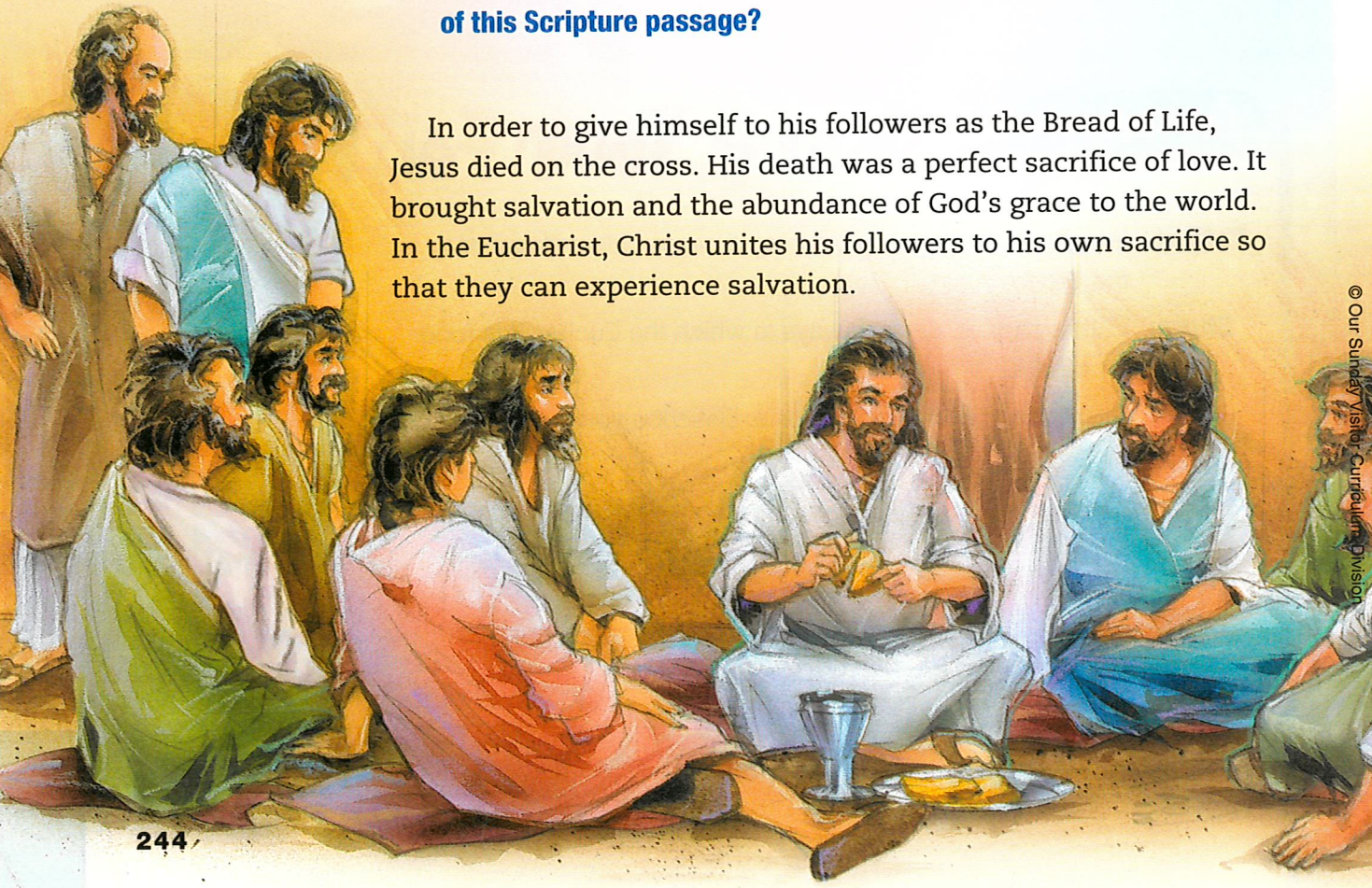
While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins."

*Matthew 26:26–28*

**? In what part of the Mass do you hear the words of this Scripture passage?**

In order to give himself to his followers as the Bread of Life, Jesus died on the cross. His death was a perfect sacrifice of love. It brought salvation and the abundance of God's grace to the world. In the Eucharist, Christ unites his followers to his own sacrifice so that they can experience salvation.

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## Through the Holy Spirit

Every time you participate in the Eucharist, you share both in the meal and in the sacrifice of Jesus. Throughout the Mass, the assembly is gathered and led by God's Spirit. In the Eucharistic Prayer, the people, led by the priest, ask the Father to send the Spirit. This great prayer is at the heart of the second half of the Mass—the Liturgy of the Eucharist.

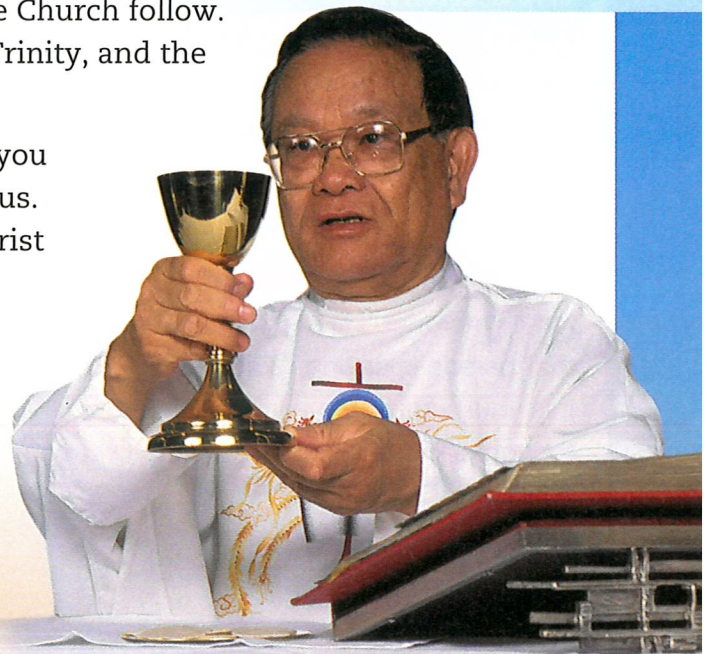
The priest calls on the Holy Spirit to make holy the assembly and the gifts of bread and wine. In the part of the prayer called the **consecration**, the priest uses Jesus' own words from the Last Supper to consecrate the bread and wine. By the words of the priest and the power of the Holy Spirit, the wheat bread and grape wine are transformed into something sacred. They become the Body and Blood of Jesus. The Church refers to this mystery as **transubstantiation**. Through the action of the priest, Christ himself offers the sacrifice. Prayers for the whole Church follow. The Eucharistic Prayer ends with praise for the Trinity, and the assembly responds with the Great Amen.

When you truly believe and respond in faith, you can be transformed by the Body and Blood of Jesus. Through the Eucharist you live in Christ, and Christ lives in you.

## Words of Faith

The **consecration** is that part of the Eucharistic Prayer in which the words of Jesus are prayed over the bread and wine, and these elements become the Body and Blood of Christ.

**Transubstantiation** is the process by which the power of the Holy Spirit and the words of the priest transform the bread and wine into the Body and Blood of Jesus.



### Activity

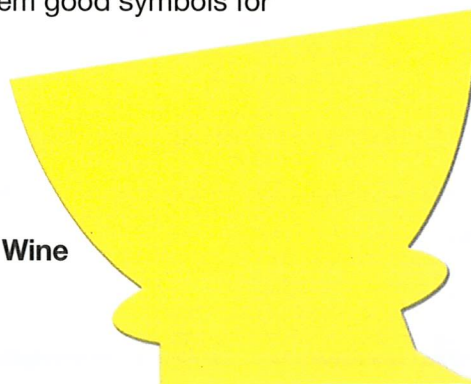
## Connect Your Faith

**Talk About Symbols** Why do you think that Jesus chose bread and wine to symbolize his Body and Blood? In the two figures, write all the things that bread and wine can signify that make them good symbols for Jesus' sacrifice.

Bread



Wine





# Live the Eucharist



## Focus

What does it mean to live the Eucharist?

Having received Christ in the Eucharist, the assembly is sent forth to live the Eucharist. There are ways to be more active in living the Eucharist in your daily life.

## Share the Gift of Love

As you perform these actions, remember that you are acting in Jesus' name. You are following his example of love and service.

### Give thanks

Every day, think about the gifts that you and your friends and family have been given and thank God for them.

### Communicate

When you are with a friend or family member, listen to what that person is saying. When it is your turn, share your thoughts and feelings.

### Sacrifice

Once each day, do something to help someone else, but do not tell anyone about it.

### Remember

Set aside some special time to read the stories of Jesus in the New Testament. Think about what they are saying about your own life.

### Go forth

Observe your school and neighborhood. Identify people who need help or situations that you could improve, and take some action.

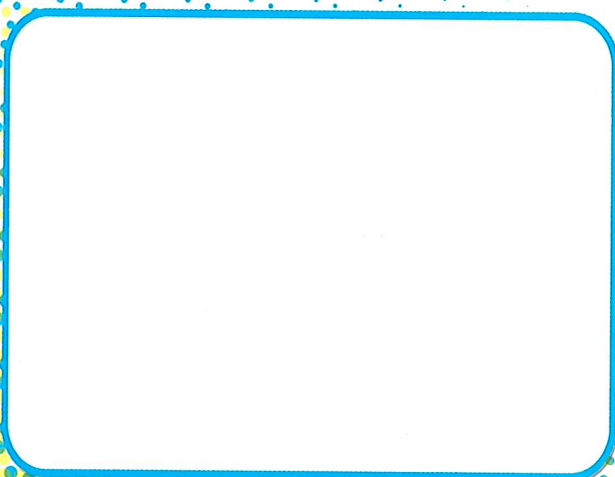
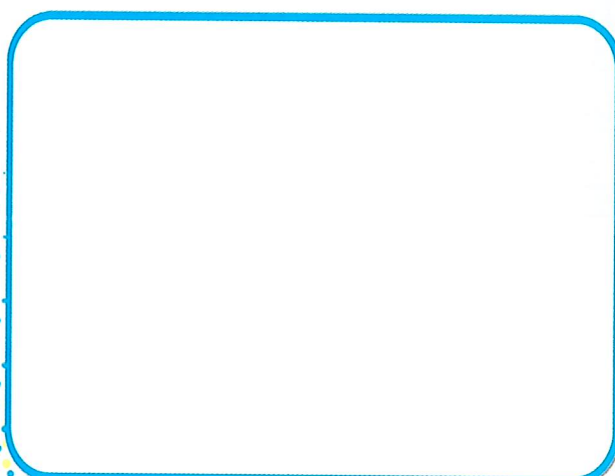
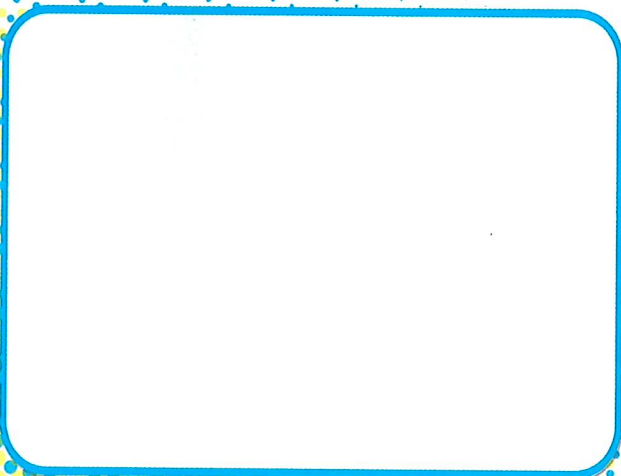
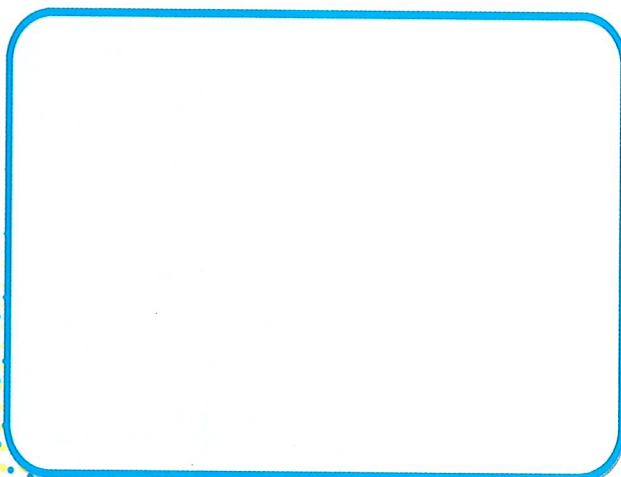
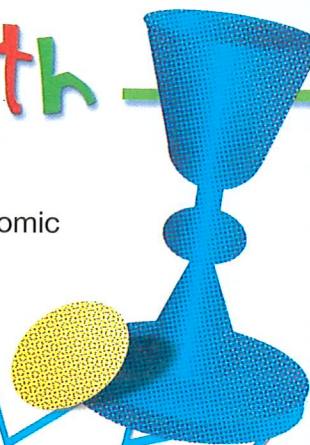
- ❓ How is the Eucharist a gift?
- ❓ What responsibility does the Eucharist impose on us?



## Activity

# Live Your Faith

**Draw a Comic Strip** In the frames provided, design and draw a comic strip that shows people your age living out the Eucharist. Show as many of the ways explained on the opposite page as you can.





# Litany of the Eucharist



## Let Us Pray

Gather and begin with the Sign of the Cross.

**Leader:** Brothers and sisters, in the Eucharist Jesus continues to give us his life and his love. Let us praise and thank him for his goodness.

**Reader 1:** Praise to you Lord Jesus, Bread of Life;

**All:** You share your life with us in the Eucharist.

**Reader 2:** Praise to you Lord Jesus, Cup of Salvation;

**All:** The life you give us knows no end.

**Reader 3:** Praise to you Lord Jesus, Food of Pilgrims;

**All:** You strengthen us on the journey of faith.

**Reader 4:** Praise to you Lord Jesus, Wine of Compassion;

**All:** You sustain us in times of sorrow and pain.

**Reader 5:** Praise to you Lord Jesus, Nourishment of our Spirits;

**All:** All who accept you will be satisfied and filled.

**Reader 6:** Praise to you Lord Jesus, Chalice of Blessing;

**All:** May we know the joy of your presence forever.

**Leader:** Let us pray.

*Bow your heads as the leader prays.*

**All:** Amen.



Sing together the refrain.

Eat this bread, drink this cup, come to him and never be hungry. Eat this bread, drink this cup, trust in him and you will not thirst.

"Eat This Bread" © 1984, Les Presses de Taïge, GIA Publications, Inc., agent



**A Work with Words** Circle the choice that best completes the sentence.

1. The Eucharist is both a \_\_\_\_\_ and a \_\_\_\_\_.  
(sacrament/commandment, sacrifice/sacred meal, sacrifice/tabernacle)
2. Living the Eucharist means having gratitude for God's gifts and showing it through \_\_\_\_\_. (meditation, sacrificing for others, doing penance)
3. The changing of bread and wine into the Body and Blood of Jesus is called \_\_\_\_\_. (redemption, celebration, transubstantiation)
4. In the Eucharistic Prayer, the words and activities of the priest and the power of the Holy Spirit bring about the \_\_\_\_\_ of the bread and wine.  
(consecration, sacrifice, celebration)
5. Jesus gave himself \_\_\_\_\_. (to change the Third Commandment, as a perfect sacrifice of love, to consecrate a tabernacle)

**B Check Understanding** In the boxes provided, write the words that complete the sentences. If your other answers are correct, the answer to number 10 will appear in the shaded boxes.

6. The Russian women gave bread to the \_\_\_\_\_.
7. The Bread of the Eucharist offers lasting spiritual \_\_\_\_\_.
8. When you truly believe and respond in faith, you can be \_\_\_\_\_ by the Body and Blood of Jesus.
9. "This is my blood of the \_\_\_\_\_, which will be shed on behalf of many for the forgiveness of sins."
10. In the Sacrament of the Eucharist, you share the Bread of \_\_\_\_\_ and the Cup of Salvation.

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# Family Faith



## Catholics Believe

- In Sunday worship and daily living, the community shows that the Eucharist is the source and the summit of the Catholic Church.
- The Eucharist closely unites Christ's followers to him and to one another.



## SCRIPTURE

Read 1 Corinthians 11:23–34 to learn more about the Lord's Supper.

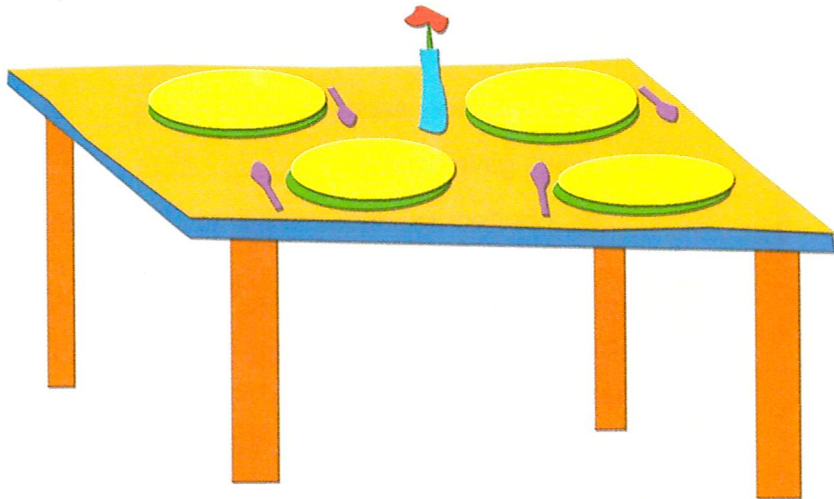


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For weekly scripture readings and seasonal resources

## Activity

# Live Your Faith

**Improve Meals** Discuss the experience of mealtimes in your home. Are they enjoyable, hectic, or a little of both? Recall the best meals you have shared as a family. Did they nourish your spirit as well as your body? Decide on three simple choices you can make to improve your family mealtimes. Now put your ideas into practice!



## People of Faith

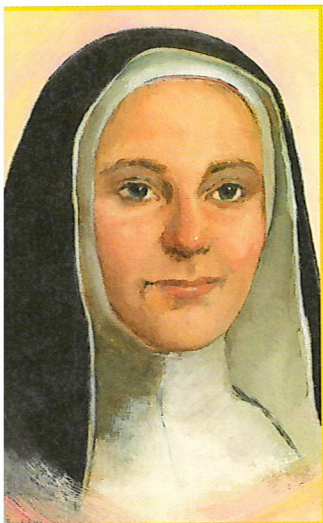
**Clare** grew up in Assisi with Francis, who also later became a saint, and she was one of his first disciples. She led a group of women who wished to lead a life of poverty and prayer. Clare asked the pope to allow her sisters to live entirely by begging! Despite her poverty, Clare lived happily. The townspeople loved her. Twice, when enemies threatened Assisi, the people brought Clare, holding in her hands the Blessed Sacrament, to the city walls. Both times the enemies fled. Saint Clare's feast day is August 11. She is the patron saint of television.



## Family Prayer

**Saint Clare, pray for us that we may share your joy in poverty and your love of peace. May we learn from you to remain faithful to the prompting of the Spirit and always keep our hearts fixed on the will of God. Amen.**

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▲ Saint Clare  
of Assisi  
1194–1253

In Unit 6 your child is learning about SACRAMENTS.

250 CCC See Catechism of the Catholic Church 1324, 1372, 1398 for further reading on chapter content.