



Our Lady of the Rosary
FAMILY CATECHISM

LESSON 22: ON THE HOLY EUCHARIST



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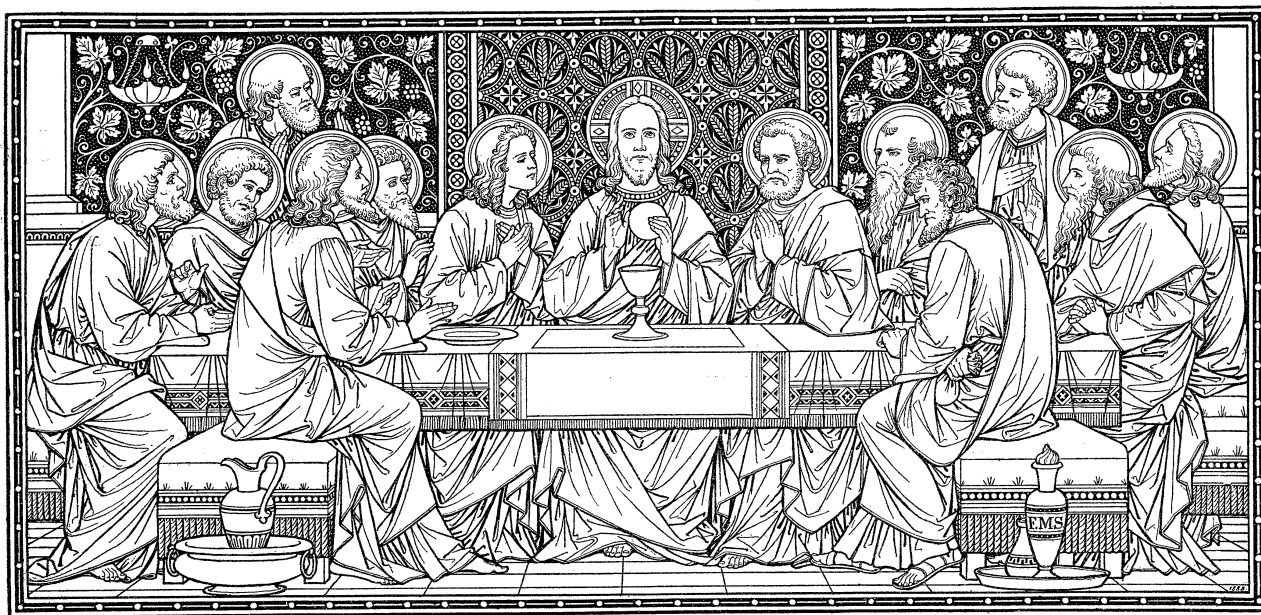
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Lesson 22: On the Holy Eucharist

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.



Activity 1: Verbal repetition

Repeat orally the questions and answers from the Baltimore Catechism.

238. Q. What is the Holy Eucharist? A. The Holy Eucharist is the Sacrament which contains the body and blood, soul and divinity of Our Lord Jesus Christ under the appearances of bread and wine.

239. Q. When did Christ institute the Holy Eucharist? A. Christ instituted the Holy Eucharist at the Last Supper, the night before He died.

240. Q. Who were present when Our Lord instituted the Holy Eucharist? A. When Our Lord instituted the Holy Eucharist the twelve Apostles were present.

241. Q. How did Our Lord institute the Holy Eucharist? A. Our Lord instituted the Holy Eucharist by taking bread, blessing, breaking, and giving to His Apostles, saying: "Take ye and eat. This is My body"; and then by taking the cup of wine, blessing and giving it, saying to them: "Drink ye all of this. This is My blood which shall be shed for the remission of sins. Do this for a commemoration of Me."

242. Q. What happened when Our Lord said, "This is My body, this is My blood"? A. When Our Lord said, "This is My body," the substance of the bread was changed into the substance of His body. When He said, "This is My blood," the substance of the wine was changed into the substance of His blood.

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243. Q. *Is Jesus Christ whole and entire both under the form of bread and under the form of wine?* **A.** Jesus Christ is whole and entire both under the form of bread and under the form of wine.

244. Q. *Did anything remain of the bread and wine after their substance had been changed into the substance of the body and blood of Our Lord?* **A.** After the substance of the bread and wine had been changed into the substance of the body and blood of Our Lord there remained only the appearances of bread and wine.

245. Q. *What do you mean by the appearances of bread and wine?* **A.** By the appearances of bread and wine I mean the figure, the colour, the taste, and whatever appears to the senses.

246. Q. *What is this change of the bread and wine into the body and blood of Our Lord called?* **A.** This change of the bread and wine into the body and blood of Our Lord is called Transubstantiation.

247. Q. *How was the substance of the bread and wine changed into the substance of the body and blood of Christ?* **A.** The substance of the bread and wine was changed into the substance of the body and blood of Christ by His almighty power.

248. Q. *Does this change of bread and wine into the body and blood of Christ continue to be made in the Church?* **A.** This change of bread and wine into the body and blood of Christ continues to be made in the Church by Jesus Christ through the ministry of His priests.

249. Q. *When did Christ give His priests the power to change bread and wine into His body and blood?* **A.** Christ gave His priests the power to change bread and wine into His body and blood when He said to His Apostles, "Do this in commemoration of Me."

250. Q. *How do the priests exercise this power of changing bread and wine into the body and blood of Christ?*

A. The priests exercise this power of changing bread and wine into the body and blood of Christ through the words of consecration in the Mass, which are the words of Christ: "This is My body; this is My blood."

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Activity 2: Prayer

As a family, make a **visit to the Blessed Sacrament**. You may be able to attend a Eucharistic Holy Hour together or simply, make a visit to Our Lord in the tabernacle at your local Church.

Adore Our Lord, remembering that it is truly Jesus, body, blood, soul and divinity, present in the Blessed Sacrament. You may wish to make an act of **Spiritual Communion**.



Spiritual Communion

Prayer composed by St. Alphonsus Liguori

My Jesus, I believe that Thou art truly present in the Most Blessed Sacrament.

I love Thee above all things, and I desire to possess Thee within my soul.

Since I am unable now to receive Thee sacramentally, come at least spiritually into my heart.

I embrace Thee as being already there, and unite myself wholly to Thee;

never permit me to be separated from Thee.

Amen.

Activity 3: Sacred Music

The *Salutaris Hostia* and *Tantum Ergo* are sections of two traditional Eucharistic hymns written by St. Thomas Aquinas. They are associated with Eucharistic Adoration and Benediction of the Blessed Sacrament. The **Divine Praises** are also recited during Benediction of the Blessed Sacrament.

Prayerfully listen to these two hymns, meditating on the words of adoration and praise of Our Lord in the Blessed Sacrament. You may wish to learn to sing these hymns.

CD Recommendation: *Adoration at Ephesus* by the Benedictines Of Mary, Queen of Apostles.

Track 02: O Salutaris and Track 10: Tantum Ergo (Traditional Melody).

This CD provides a number of beautiful chants and hymns that you may wish to prayerfully listen to and sing together as a family.

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Tantum Ergo

Latin

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Præstet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

V. Panem de cælis præstitisti eis (Alleluia).
R. Omne delectamentum in se habentem
(Alleluia).

V. Oremus: Deus, qui nobis sub sacramento
mirabili, passionis tuæ memoriam reliquisti:
tribue, quæsumus, ita nos corporis et sanguinis
tui sacra mysteria venerari, ut redemptionis tuæ
fructum in nobis iugiter sentiamus. Qui vivis et
regnas in sæcula sæculorum.
R. Amen.

English

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the Everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honour, blessing,
Might, and endless majesty.
Amen.

V. Thou hast given them bread from Heaven
(Alleluia).
R. Having within it all sweetness. (Alleluia).

V. Let us pray: O God, who in this wonderful
Sacrament left us a memorial of Thy Passion: grant,
we implore Thee, that we may so venerate the sacred
mysteries of Thy Body and Blood, as always to be
conscious of the fruit of Thy Redemption. Thou who
livest and reignest forever and ever.
R. Amen.

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O Salutaris

Latin *Hostia*

O Salutaris Hostia,
Quae coeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

English

O Saving Victim, opening wide,
The gate of Heaven to man below,
Our foes press hard on every side,
Thine aid supply; thy strength bestow.

To thy great name be endless praise,
Immortal Godhead, One in Three.
Oh, grant us endless length of days,
In our true native land with thee. Amen.

The Divine

Latin

Benedictus Deus.
Benedictum Nomen Sanctum eius.
Benedictus Iesus Christus, verus Deus et verus homo.
Benedictum Nomen Iesu.
Benedictum Cor eius sacratissimum.
Benedictus Sanguis eius pretiosissimus.
Benedictus Iesus in sanctissimo altaris Sacramento.
Benedictus Sanctus Spiritus, Paraclitus.
Benedicta excelsa Mater Christi, Maria sanctissima.
Benedicta sancta eius et immaculata Conceptio.
Benedicta eius gloriosa Assumptio.
Benedictum nomen Mariae, Virginis et Matris.
Benedictus sanctus Ioseph, eius castissimus Sponsus.
Benedictus Deus in Angelis suis, et in Sanctis suis. Amen.

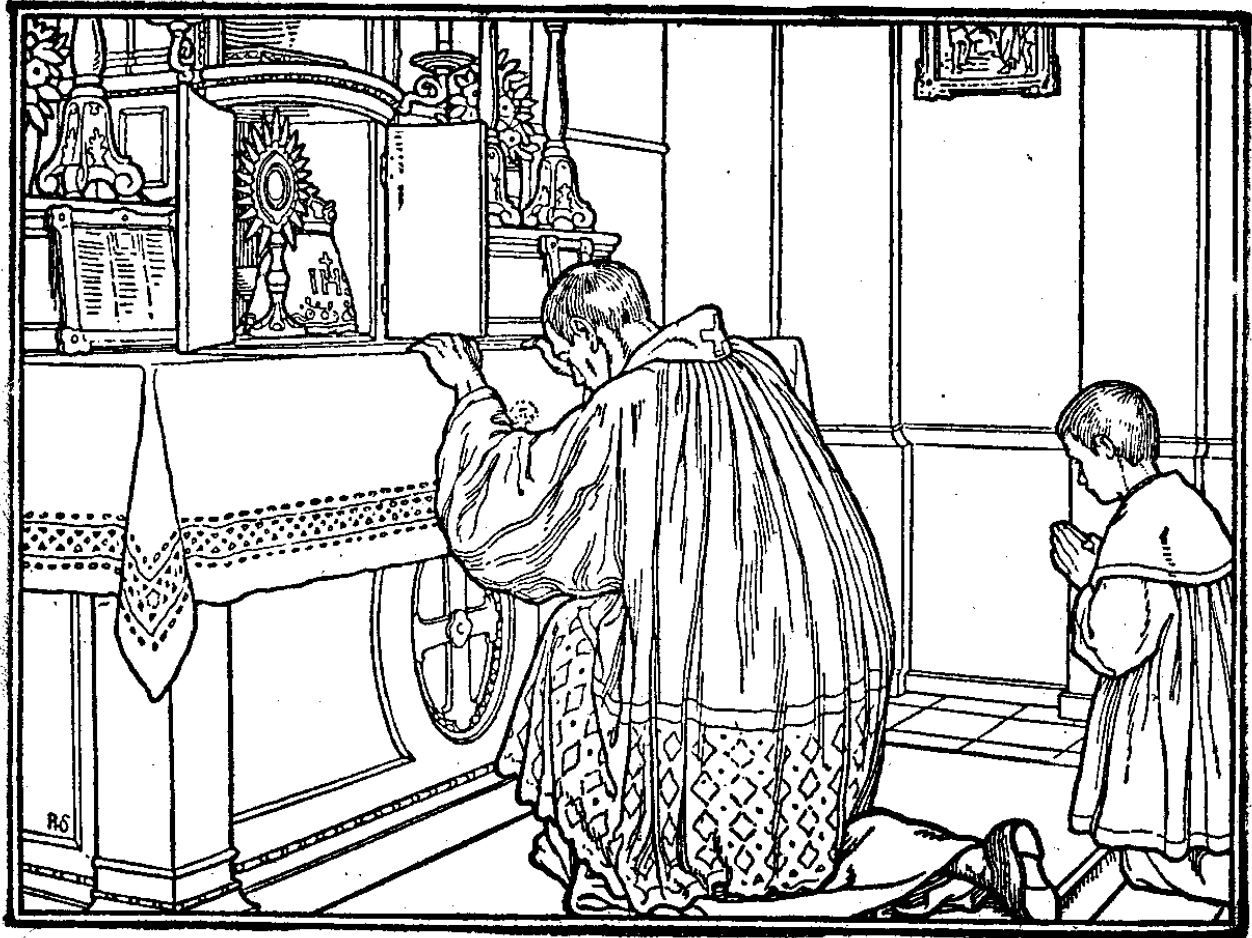
English

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints. Amen.

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Activity 4: Colouring



Activity 5: Word search

Words

1. HOLY
2. EUCHARIST
3. LAST
4. SUPPER
5. SUBSTANCE
6. BODY
7. BLOOD
8. SOUL
9. DIVINITY
10. CONSECRATION

C	U	S	V	E	O	A	S	E	U	B	S
B	O	D	Y	D	S	U	P	P	E	R	U
L	L	N	L	A	L	S	O	D	L	N	H
O	S	V	S	O	U	L	U	I	A	U	O
O	E	M	U	E	N	P	S	V	P	L	L
D	E	D	B	O	C	B	V	I	M	A	Y
B	N	U	S	B	U	R	L	N	S	S	D
D	A	V	T	S	D	K	A	I	T	T	T
S	T	D	A	P	E	A	S	T	V	T	B
E	P	N	N	T	V	K	K	Y	I	N	S
V	E	U	C	H	A	R	I	S	T	O	K
L	U	S	E	P	B	S	O	A	D	K	N

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Activity 6: Fill in the gaps to the questions and answers from Activity 1. Can you do this from memory?

238. Q. What is the Holy Eucharist? A. The Holy Eucharist is the Sacrament which contains the _____ and _____, _____ and _____ of Our Lord Jesus Christ under the appearances of _____ and wine.

239. Q. When did Christ institute the Holy Eucharist? A. Christ instituted the Holy Eucharist at the _____, the night before He died.

240. Q. Who were present when Our Lord instituted the Holy Eucharist? A. When Our Lord instituted the Holy Eucharist the _____ were present.

241. Q. How did Our Lord institute the Holy Eucharist? A. Our Lord instituted the Holy Eucharist by taking bread, blessing, breaking, and giving to His Apostles, saying: "Take ye and eat. This is _____"; and then by taking the cup of wine, blessing and giving it, saying to them: "Drink ye all of this. This is _____ which shall be shed for the remission of sins. Do this for a _____ of Me."

242. Q. What happened when Our Lord said, "This is My body, this is My blood"? A. When Our Lord said, "This is My body," the _____ of the bread was changed into the substance of His _____. When He said, "This is My blood," the substance of the _____ was changed into the substance of His _____.

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243. Q. *Is Jesus Christ whole and entire both under the form of bread and under the form of wine?* A. Jesus Christ is _____ and _____ both under the form of bread and under the form of wine.

244. Q. *Did anything remain of the bread and wine after their substance had been changed into the substance of the body and blood of Our Lord?* A. After the substance of the bread and wine had been changed into the substance of the body and blood of Our Lord there remained only the _____ of bread and wine.

245. Q. *What do you mean by the appearances of bread and wine?* A. By the appearances of bread and wine I mean the figure, the colour, the _____, and whatever _____ to the senses.

246. Q. *What is this change of the bread and wine into the body and blood of Our Lord called?* A. This change of the bread and wine into the body and blood of Our Lord is called _____.

247. Q. *How was the substance of the bread and wine changed into the substance of the body and blood of Christ?* A. The substance of the bread and wine was changed into the substance of the body and blood of Christ by His _____.

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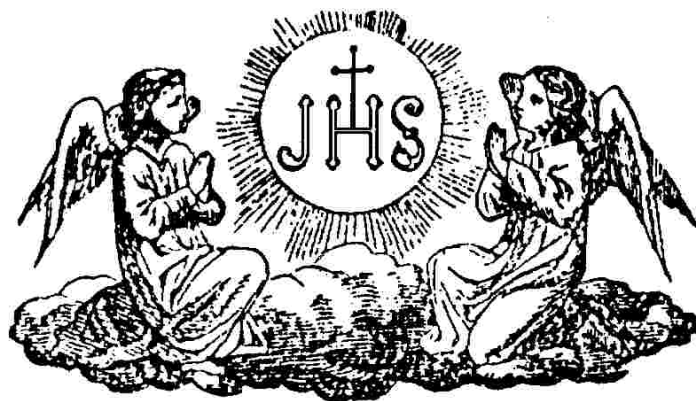
O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners
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248. Q. Does this change of bread and wine into the body and blood of Christ continue to be made in the Church? A. This change of bread and wine into the body and blood of Christ continues to be made in the Church by _____ through the ministry of His _____.

249. Q. When did Christ give His priests the power to change bread and wine into His body and blood? A. Christ gave His priests the power to change bread and wine into His body and blood when He _____ to His Apostles, " _____ this in commemoration of _____."

250. Q. How do the priests exercise this power of changing bread and wine into the body and blood of Christ?

A. The priests exercise this power of changing bread and wine into the body and blood of Christ through the words of _____ in the _____, which are the words of Christ: "This is My body; this is My blood."



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Activity 7: Match the questions and answers

Use an arrow to join up the questions with their corresponding answer.

Once you have done this, cut out the questions and answers and stick them together to make **FLASH CARDS**.

Alternatively, you may wish to use them to play **MEMORY PAIRS**.

238. Q. What is the Holy
Eucharist?

A. Christ instituted the
Holy Eucharist at the Last
Supper, the night before He
died.

239. Q. When did
Christ institute the
Holy Eucharist?

A. When Our Lord
instituted the Holy
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Apostles were present.

240. Q. Who were present
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blood of Our Lord is called
Transubstantiation.

246. Q. What is this
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A. This change of bread and wine
into the body and blood of Christ
continues to be made in the
Church by Jesus Christ through
the ministry of His priests.

247. Q. How was the
substance of the bread and
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blood of Christ?

A. The substance of the bread
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248. Q. Does this change of
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249. Q. When did Christ give His priests the power to change bread and wine into His body and blood?

A. This change of bread and wine into the body and blood of Christ continues to be made in the Church by Jesus Christ through the ministry of His priests.

250. Q. How do the priests exercise this power of changing bread and wine into the body and blood of Christ?

A. The priests exercise this power of changing bread and wine into the body and blood of Christ through the words of consecration in the Mass, which are the words of Christ: "This is My body; this is My blood."



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