

Sacred Heart Yokosuka

Religious Education



Rosary: The Fifth Sorrowful Mystery: The Crucifixion

There they crucified him, and with him two others, one on either side, and Jesus between them.

Gospel: John 9:1-41

"Neither he nor his parents sinned; it is so that the works of God might be made visible through him."

Main Topic: Mass: The Liturgy of the Eucharist

#1: 88-94

#2: 105-112

#3: 98-102

#4: 79-83

1. Eucharist means "Giving thanks"
2. The Liturgy of the Eucharist consists of the Offertory and the Eucharistic Prayer, which includes the Preface, the Sanctus, the Epiclesis, the Consecration, the Anamnesis, the Oblation, the Intercessions, and the Doxology
3. During the Offertory, bread and wine are brought up to the altar and the priest offers them to God
4. During the Preface, the Priest, glorifies God the Father and gives thanks to him for some particular aspect of his salvation
5. During the Sanctus, the whole congregation, joining with the heavenly powers, acclaims God's glory
6. During the Epiclesis (the first time the bells are rung) the Church implores the power of the Holy Spirit
7. During the Consecration, the priest repeats the words and actions of Christ, and thereby truly changes the bread and wine into His Body and Blood, just as Jesus did.
8. During the Anamnesis, the Church remembers Christ's blessed Passion, glorious Resurrection, and Ascension into heaven, from where he will come again
9. During the Oblation, the Church offers the Jesus who is the unblemished sacrificial Victim to the Father, and so we learn to offer ourselves
10. During the Intercessions, we pray for the whole Church, the living and the dead, especially the people for whom the Mass is offered
11. During the Doxology, we pray through, with, and in Jesus, in the unity of the Holy Spirit, and everyone responds "Amen."

Faith Focus: 5Ws of the Eucharist

Who gave us the Eucharist?

Jesus, on the night before he died, took bread and said “This is my Body” and took a chalice of wine and said “This is the Chalice of my Blood.”

What is the Eucharist?

The Eucharist is the Body, Blood, Soul, and Divinity of Christ.

Where is the Eucharist kept?

The Eucharist is kept in the tabernacle.

When does the bread and wine change?

At the Consecration, when the priest says Jesus’ words, the bread and wine change through Transubstantiation into the true Body and Blood of Jesus Christ.

Why did Jesus give us the Eucharist?

Jesus said that he would be with us always, until the end of the world.

Saint: St. Thomas Aquinas

January 28

St. Thomas Aquinas was born in Italy in 1225. From a young age, Thomas was a deep thinker who loved to learn about God. When he decided he wanted to become a Dominican priest, his family was so mad that they locked him in a castle for a year. But Thomas stayed faithful to his vocation, and eventually became one of the most famous teachers and writers in history. St. Thomas wrote many books, but is most famous for the *Summa Theologiae*, where he answered 2669 questions about theology. For every question he thought of several wrong answers, explained why they were wrong, and then gave the correct answer.

When Pope Urban IV decided that the Church should have a holiday celebrating the Eucharist, he gave St. Thomas the job of writing all the prayers and hymns for Mass. Thomas was not only smart enough to write all these prayers, but he also was a fantastic poet who could write hymns so beautiful that we still sing them today.

One of the poetic prayers that St. Thomas wrote about the Eucharist is called “Adoro Te Devote”. Here is the beginning:

*Godhead here in hiding whom I do adore,
masked by these bare shadows, shape and nothing more.
See, Lord, at thy service low lies here a heart,
lost, all lost in wonder at the God thou art.
Seeing, touching, tasting are in thee deceived.
How says trusty hearing? That shall be believed.
What God's Son has told me, take for truth I do.
Truth himself speaks truly or there's nothing true.*

Keyword: Anamnesis – remembering

During the liturgy, we remember God's saving deeds in history, and this inspires us to thank and praise Him. Jesus commanded us to do the Eucharist in memory of him.

Prayer: Grace After Meals

We give thee thanks, Almighty God, for these and all thy benefits, who live and reign forever and ever. Amen.

Next time... Rosary: The Fifth Luminous Mystery: The Institution of the Eucharist 1 Corinthians 11:23-30

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.” In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died.