

Sacred Heart Yokosuka Religious Education



Rosary: The First Glorious Mystery: The Resurrection

"Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee. There you will see him, just as he told you.

Gospel: Luke 24:13-35

"Oh, how foolish you are! Was it not necessary that the Christ should suffer these things and enter into his glory?"

Main Topic: Holy Communion

#1: 95-102 #2: 113-118 #3: 103-108 #4: 84-90

1. "Eucharist" means "thanksgiving". "Most Blessed Sacrament" because it is the sacrament of sacraments. "Holy Communion" because it is our union with Christ and each other. "Holy Mass" because it sends us on a mission
2. The Form of the Eucharist is: "This is my Body" and "This is the chalice of my Blood"
3. The essential rite of the Eucharist is wheat bread and grape wine, on which the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper
4. A baptized Catholic in a state of grace who believes that it is truly the Body and Blood of Christ may receive Communion up to two times in a day
5. The ordinary minister of the Eucharist is a Bishop or Priest. The ordinary minister of Holy Communion is a Bishop, Priest, or Deacon
6. No one can be an extraordinary minister of the Eucharist. The extraordinary minister of Holy Communion is an acolyte or other lay person whom the bishop has appointed
7. In Communion, the faithful receive the Bread of Heaven and the Chalice of Salvation, the Body and Blood of Christ who offered himself for the life of the world
8. Communion with the Body and Blood of Christ increases our union with the Lord, forgives venial sins, preserves from grave sins, and reinforces the unity of the Church
9. When we receive Communion, we promise to remember Jesus
10. Jesus promises that if anyone eats his flesh and drinks his blood they have eternal life and remain in him, and He in them
11. Anyone who is conscious of grave sin may not celebrate Mass or receive the Body of the Lord without Confession, unless there is a grave reason and no opportunity to confess; then they are to make an act of perfect contrition, which includes the resolve to go to Confession as soon as possible

Faith Focus: Adoration

Who is the Blessed Sacrament?

Jesus

What is Adoration?

To be in the presence of the Blessed Sacrament thinking about God. As one saint said, "He looks at me and I look at Him."

When did Jesus ask us to adore the Blessed Sacrament?

When he asked His disciples, "Can you not pray one hour with me?"

Where can we adore the Blessed Sacrament?

On the altar during Mass, in the Tabernacle before and after Mass, and in the Monstrance during Exposition

Why do we adore the Blessed Sacrament?

Because Christ himself is present in the sacrament of the altar, he is to be honored with the worship of adoration

Saint: St. Clare of Assisi

August 11

In the town of Assisi in Italy, Chiara Offreduccio, was born in 1194. She grew up in a palace, the eldest daughter of a noble family. Her mother taught her about Jesus, and from an early age, Clare dedicated her life to prayer and helping the poor, even giving food from her own meals to the hungry.

Clare heard Francis preach in the church. Francis was also from a wealthy family but had chosen to live poverty and preach the Gospel. On Palm Sunday in 1212, Clare secretly left her family's home and met Francis and his friars at a chapel. She traded her gown for a simple robe, and Francis cut off her long hair. Her father tried to force her to come home, but Clare refused, clinging to the altar of the church. Clare's sister Agnes joined her. They lived in a simple home next to the church. Other women joined them. They lived a simple life: wearing no shoes, eating no meat, and doing manual labor and prayer. They owned nothing and depended completely on what God provided through the kindness of others.

When soldiers came to attack the city and her convent, St. Clare faced the invaders holding the Blessed Sacrament. The soldiers were overcome with fear and fled without harming anyone. St. Clare is the patron saint of television

because once, when she was too sick to go to the chapel for Christmas Mass, she was able to see and hear the Mass on the wall of her room.

She fought to preserve the "privilege of poverty" that was so important to her and Francis, resisting pressure from people who wanted her to own things. After she died, the Poor Ladies became known as the Poor Clares. Today, there are thousands of Poor Clare nuns in the world.

Keyword: Source and Summit – beginning and goal

The Eucharist is the source and summit of the Christian life. Our fellowship and union with Jesus and other baptized Christians in the Church, which has its source and summit in the celebration of the Eucharist, Communion is our deepest vocation.

Prayer: Regina Caeli

Queen of heaven, rejoice, alleluia. The Son whom you merited to bear, alleluia! Has risen as he said, alleluia! Pray for us to God, alleluia!

Next time... Rosary: The Second Glorious Mystery: The Ascension

Acts 1:6-11

So when they had come together, they asked him, "Lord, will you at this time restore the kingdom to Israel?" He said to them, "It is not for you to know times or seasons that the Father has fixed by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." And when he had said these things, as they were looking on, he was lifted up, and a cloud took him out of their sight. And while they were gazing into heaven as he went, behold, two men stood by them in white robes, and said, "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven."