

The Mass and the Theology of the Eucharist

Session Description:

This session discusses the celebration of the Mass with special emphasis on the Liturgy of the Eucharist with its rich and diverse aspects.

Focus of the Session:

“The Eucharist is the heart and summit of the Church’s life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by the sacrifice he pours out the graces of salvation on His body which is the Church.” (*Catechism of the Catholic Church*, #1407).

Content:

In conducting this session the instructor will:

1. Explore the terms and names related to the Mass and Eucharist: Mass, Eucharist, Celebration, Holy Communion, Liturgy of the Word, Liturgy of the Eucharist, Breaking of the Bread, Memorial, Sacrifice, Most Blessed Sacrament (*Catechism of the Catholic Church*, #1328-1332).
2. Introduce the movement of the celebration of the Eucharist.
3. Acquaint participants with what is required for one to receive and the fruits that come from reception of the Eucharist.
4. Explain and describe the Paschal Mystery.
5. Clarify Catholic teaching concerning the real presence of Christ in the Eucharist and provide illustration for communicating this mystery to children.

Learning Outcomes:

As a result of this session, the catechist will:

1. Recognize the central role of the Eucharist in the sacramental life of the Church.
2. Understand and be able to communicate Catholic teaching on the real presence of Christ in the Eucharist using the Gospels- specifically the Bread of Life discourse in John 6.
3. Have a better understanding of the Mass in the life of the Church.
4. Have a deeper personal appreciation of the Eucharistic celebration.
5. Know clearly the requirements for preparation and reception of the Eucharist.

References:

Catechism of the Catholic Church (#1322-1419)

Code of Canon Law (#912-921)

The Bible