

Sacrament of the Eucharist



“Holy Communion; because by this sacrament we unite ourselves to Christ, who makes us sharers in his Body and Blood to form a single body.”

Pope Francis



What is the Eucharist?

The Eucharist is the very sacrifice of the Body and Blood of the Lord Jesus which he instituted to perpetuate the sacrifice of the cross throughout the ages, until his return in glory. Thus, he entrusted to his Church this memorial of his death and Resurrection. It is a sign of unity, a bond of charity, a paschal banquet, in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.

When did Jesus Christ institute the Eucharist?

Jesus instituted the Eucharist on Holy Thursday, “the night on which he was betrayed” (1 Corinthians 11:23), as he celebrated the Last Supper with his apostles.

How is the celebration of the Holy Eucharist carried out?

The Eucharist unfolds in two great parts which together form one, single act of worship.

- ❖ The Liturgy of the Word involves proclaiming and listening to the word of God.
- ❖ The Liturgy of the Eucharist includes the presentation of the bread and wine, the prayer containing the words of the consecration, and communion.

What kind of worship is due to the Eucharist?

The worship due to the sacrament of the Eucharist, whether during the celebration of Mass or outside it, is the worship of latria, that is, the adoration given to God alone. The Church guards with the greatest care Hosts that have been consecrated. They are brought to the sick and to other people who find it impossible to participate at Mass. The Church encourages the faithful to make frequent visits to adore the Blessed Sacrament reserved in the tabernacle.



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The Eucharist is at the heart of “Christian initiation,” together with Baptism and Confirmation, and it constitutes the source of the Church’s life itself.

Pope Francis

“In the Eucharist, Christ is always renewing His gift of self, which He made on the Cross. His whole life is an act of total sharing of self out of love.”

“It is so important to go to Mass on Sunday not just to pray, but to receive Communion. It is a beautiful thing to do, precisely the day of the resurrection of the Lord. That is why Sunday is so important to us.”

Pope Francis



When does the Church oblige her members to participate at Holy Mass?

The Church obliges the faithful to participate at Holy Mass every Sunday and on holy days of obligation. She recommends participation at Holy Mass on other days as well.

When must one receive Holy Communion?

The Church recommends that the faithful, if they have the required dispositions, receive Holy Communion whenever they participate at Holy Mass.

What are the fruits of Holy Communion?

Holy Communion increases our union with Christ and with his Church. It preserves and renews the life of grace received at Baptism and Confirmation and makes us grow in love for our neighbour. It strengthens us in charity, wipes away venial sins and preserves us from mortal sin in the future.

Why is the Eucharist a “pledge of future glory”?

The Eucharist is a pledge of future glory because it fills us with every grace and heavenly blessing. It fortifies us for our pilgrimage in this life and makes us long for eternal life. It unites us already to Christ seated at the right hand of the Father, to the Church in heaven and to the Blessed Virgin and all the saints.



In the Eucharist, we “break the one bread that provides the medicine of immortality, the antidote for death and the food that makes us live forever in Jesus Christ.”

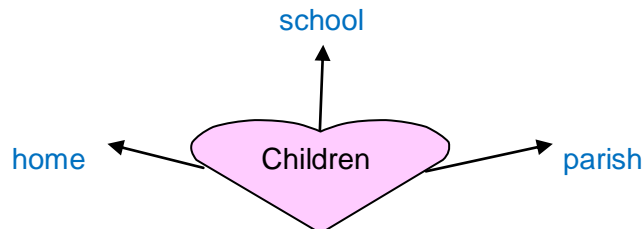
(Saint Ignatius of Antioch)



Teaching the Sacrament in St. Mark's Primary School

Christian moral teaching positively affirms all human life as precious. Our Catholic faith recognises that all people are created in God's image and are loved in a unique way by God.

This is a very special year in the spiritual development of your child as they prepare to receive the sacrament of First Holy Communion. The sacramental preparation will be shared by the home, school and parish.



Home

In helping your child to prepare for the Sacrament of First Holy Communion, you will be fulfilling your role as the first and most important educators of your child in the ways of the faith. Since you know your child better than anyone else, you will have an active part to play as your child learns about this Sacrament and prepares to receive it for the first time.

School

In St Mark's Primary School, our staff are highly trained in delivering the appropriate teaching for your child to be fully prepared for the sacrament they will receive. The school will use the 'This Is Our Faith' Religious Education Programme, alongside lessons from the 'Alive-O 4' Religious Education Programme, to support your child in their preparation for this Sacrament.

Parish

Details of enrolment and other relevant information will be shared at Mass by Father Dominic Quinn, Parish Priest of St. Peter's Church, Buchanan Cres, Hamilton, South Lanarkshire ML3 8LL, 01698 423016

The Family Workbook

The Family Workbook has Home Sessions which compliment the teaching which takes place in the classroom.

The sessions contain information for parents and activities which can be carried out by parents and children at home.

Prayertime

Each Home Session ends with a Prayertime. This is a very important part of the session. If you have your child's Baptismal Candle, you could light this during Prayertimes. If not, perhaps you could use another candle.

Completion and Return of Home Sessions

Each time that the Family Workbook is sent home, please look at Page 4. On this page, each week, your child's teacher will have written the numbers of the two Home Sessions to be completed. Once both Home Sessions are completed, please give the workbook back to your child to take back to school on Friday, ready for the following week. Please do not move ahead with Home Sessions until work has been covered in school.



"Go to Mass, not just to pray, but to receive Communion, the bread that is the Body of Jesus Christ who saves us, forgives us, and unites us to the Father."

Pope Francis



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“It is important that children be prepared well for their First Communion, because it is the first step of this intense belonging to Jesus Christ, after Baptism.”

Pope Francis



Partnership between Home and School

Week beginning	Lessons in school will include -	Home Sessions
3rd Mar	Theme One: Community of Faith	Home Session 1
10 th Mar	Theme Two: The Sacraments	Home Session 2
17 th Mar	Theme Three: Journey of Faith	Home Session 3
24 th Mar	Theme Four: The Last Supper	Home Session 4 Home Session 5
31 st Mar	Theme Five: Holy Communion	Home Session 6
21 st Apr	Theme Six: The Liturgy of the Word	Home Session 7
21 st Apr	Theme Seven: Liturgy of the Eucharist	Home Session 8
7 th , 14 th & 21 st June	SACRAMENT OF FIRST HOLY COMMUNION	
After child has made First Communion	Theme Eight: After First Communion	Home Session 9

First Holy Communion Retreat

The children who are preparing to receive the Sacrament of First Holy Communion will participate in a retreat. The retreat will allow the children to experience and understand their spiritual journey in more depth as well as, complimenting the teaching and work completed within the classroom with class teachers.



Meeting about the Sacraments in the School Hall

Third Thursday in February

7.00pm Reconciliation

7.30pm Communion

8.00pm Confirmation

A short meeting about learning and teaching of the sacrament.