

Getting Ready for Chapter 18

Take Home



The Eucharist

The bread of life is the gift Christ left us when he died. How to make it central to our life is the challenge that faces all Catholics. We often think that we must be self-reliant, but God invites us to come to the Eucharist for help.

ACTIVITY

Grains of Wheat What are the ingredients needed to make bread? Look in a recipe book to see. Talk with your child about how important each ingredient is for the recipe to work properly. Relate this to how each person is important in making up the Body of Christ.

WEEKLY PLANNER

On Sunday

Remind your child that the Eucharist is kept in the tabernacle. The candle, or sanctuary lamp, reminds us that Christ is present.

On the Web

www.blestarewe.com



Visit our Web site for the saint of the day and the reflection question of the week.

Saint of The Week



Saint Alphonsus Liguori
(1696–1787)

Saint Alphonsus Liguori was a bishop and doctor of the Church. Alphonsus began a career as a lawyer, and later decided to become a missionary. He organized a group of priest missionaries, now known as the Redemptorists.

Patron Saint of: vocations
Feast Day: August 1



**A Prayer
for the
Week**

Your Body gives us life, dear Lord. Keep us strong and faithful like Saint Alphonsus Liguori. May we never tire of your care for us. Amen.



Scripture Background

In the Time of Jesus

Bread Every morning women worked for hours to make bread for their families. They began by using a hand mill to grind the kernels of barley or wheat into flour. After mixing it with other ingredients, the women shaped the dough into round thin disks, about seven inches in diameter. They baked the bread on hot stones or in ovens located outside the home. Typically, a person ate three loaves of bread at every meal. Besides being a staple food, bread is also associated with religious rites.

Read about the bread Jesus shared with his disciples in Mark 14:12–16; 22–26.

OUR CATHOLIC TRADITION in Church Teachings

The Year of the Eucharist In what turned out to be the final year of his pontificate, Pope John Paul II proclaimed 2005 as the Year of the Eucharist. In his encyclical on the Eucharist, the Holy Father wrote, “The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church” (*Ecclesia de Eucharista*, 1). In October 2005, as this special year came to a close, newly elected Pope Benedict XVI was asked by a child how Jesus Christ can be truly present in the Eucharist. He said, “We do not see him with our eyes, but we see that wherever Jesus is, people change—they improve... We do not see the Lord himself, but we see the effects of the Lord: so we can understand that Jesus is present.”