

ONEWITH

OneWith community, OneWith faith, OneWith Christ.

February 7, 2021

Virtual Reflection Outline Grade 10-11 ~ Session #9



Session Goals

Scripture Unpacked:

- Articulate the meaning of a Scripture passage from the Sunday readings (or homily).
- Reflect on *and articulate* at least 1 way these lessons could apply to contemporary life.
- Commit to one practice of Christian discipleship that corresponds to their own learning before the next session.

Catholicism Unpacked

“Eucharist” is a word we hear at Church all the time but what does it mean? And perhaps more importantly, what does it mean to YOU! [see full notes on pg. 3]

Learning Outcomes:

- *Eucharist comes from a Greek word that means “thanksgiving/gratitude for God’s grace”.*
- *Eucharist describes **the celebration** of the “breaking of the bread” by Jesus’ disciples.*
- *Eucharist describes **the Presence of Christ** in the (appearance of) bread and wine.*
- *Eucharist describes **the bond, the common-union** between humanity and God (and each other).*
- *As a class, continue to develop a “working definition” of the Sacrament of the Eucharist.*

Scripture Unpacked (10-12 minutes)

As Catholics, we believe that the Bible is the living Word of God. That alone should give us reason to pay attention, but there's more! Scripture offers us lessons and wisdom that can be beneficial to OUR lives – right now!

Today's Gospel shows us that in the midst of an extremely hectic 24 hours where Jesus effectively launches his public ministry, he takes time to go aside to a lonely place and pray. The passage tells us that it was "long before dawn" that he did this. It may have been his usual practice to pray early in the morning or he may have been restless after the events of the previous day and the thought of what lay ahead. Nevertheless, Jesus provides us with a model of using prayer to reflect on events and to prepare ourselves for the day ahead.

Digging Deeper - Scripture Questions

Choose and discuss one or more of the following questions:

- Why might healing have been such an important part of Jesus' ministry?
- Why did Jesus go away by himself to pray?
- How can you better follow Jesus' example of using prayer in the busy times?

Homily: What was the main point of the Priest/Deacon's homily? How does that message tie back to the bible readings and/or your life?

Scripture Application Questions

Disciples Do! The "Discipleship Challenge" asks our youth to take the practical lesson/wisdom that they have discerned from the Scripture readings (aka – the Bible) and/or the homily – and apply that in the context of their own lived experience.

Note: We are looking for something specific/concrete for them to commit to. "Being a better person" would be too generic... We also want to stay away from "praying" or "praying for someone" - We certainly want them to pray, but prayer is a separate practice of discipleship. If a youth is having problems coming up with something, start with their learned lesson/wisdom and work from there. The point here is to put faith into action by working up a tangible way for them to become agents of mercy, justice and love in their families, among their friends and in our world.

"Discipleship Challenge"

- What is one "practical lesson" or bit of wisdom that YOU can take away from the Bible readings and/or homily?
- What is one thing that you can do in the next two weeks to "heal" someone's emotional or relational wounds?

Catholicism Unpacked (10-12 minutes)

The Liturgy of the Eucharist – A OneWith Retrospective

This year we've been encouraging you to look at key moments in the Mass to help you better understand the history, mystery and power of this ancient but ever-new way of encountering the living God! This year's focus has been on the Liturgy of the Eucharist. The Liturgy of the Eucharist is the second big movement of the Mass and follows the reading of the scripture and the preaching of the word of God.

So far this year we have

- *Learned that the word Eucharist means “Thanksgiving” (from the Greek: eukharistia)*
- *Discussed the Eucharist's historical (and theological) ties to the Passover meal.*
- *Learned that the (liturgical rite) Presentation of the Gifts is an offering (both individual and as a community of believers) of our labor (works of justice and mercy, income/money, bread & wine)... “the work of human hands”*
- *Reflected on the altar: as a place for sacrifice; Where bread and wine are exchanged for God's own life; and a table that unites us with the New Covenant Jesus gave to us at the Last supper.*
- *Learned how the Eucharistic prayer invokes the “New Covenant” of salvation and draws into the central mystery of our faith – the Eucharist... the body and blood of Jesus... the true presence of Christ!*

By now you can clearly see that the liturgy is not a show or presentation to be watched; but rather an interactive prayer/process that invites each of us to participate through prayer, singing, offering, and acknowledgement of God's presence among us (within us).

The Lord's Prayer

There is perhaps no better representation of this interactivity than the “Lord's Prayer” (or the “Our Father” as it is often called). We say it at every Mass and it is the prayer that Jesus taught to his disciples. The Lord's Prayer can be found in the Gospels of Matthew (6:5-15) and Luke (11:1-13). The genius of the Lord's Prayer is found in the simple yet profound way that this prayer sums up what we need from God (and what He wants from us!).

The Lord's Prayer has 7 petitions. The first 3 concern God's desires from us. The last 4 concern our desires from God.

- *It reminds us of the importance to honor God's name and to live our lives so that His kingdom in Heaven may be one with ours on earth in love and obedience.*
- *Notice how in the context of Mass, that “our daily bread” has a wonderful double meaning: bread as food for our bodies and as the Body of Christ in the Eucharist as food for our souls.*
- *The prayer also highlights one of the core themes of Jesus's teaching in the Gospels: Forgiveness. “Forgive us our trespasses as we forgive those who trespass against us,”*
- *The final two petitions “and lead us not into temptation but deliver us from evil.” Remind us to rely on God's for help in resisting temptations and not letting them overcome us.*

[Group Share]

- **Do you find it difficult to pray? Why or why not?**
- **What do you pray for? How is it similar to/different from the Lord's Prayer?**
- **The Lord's Prayer is often called the “Our Father”**
 - **What does this phrase communicate to you? How does it make you feel?**
 - **Notice how many times “our” and “we” are used in this prayer... How might this insight impact your thinking?**
 - **Notice how is God both personal and communal (me & we).**
- **Why is forgiveness so important that Jesus included it in this prayer?**
(See Matthew 18:21-22; Luke 23:34; John 8:3-11).
- **What part of the Lord's Prayer speaks most powerfully to you? Why?**

“What is Eucharist?” / “Eucharist to me” Project

So, the original concept was/is to help each of the youth to craft their own definition of “what is Eucharist to me”. Once this is complete... then each group would work together to make a 3-5 minute video that would incorporate the youth giving voice to their definition. See the Sample Videos below for examples from 2019.

Covid, of course, has changed things. It will undoubtedly be more difficult to collaborate on making these videos – perhaps prohibitively so. You know your group best. If this is something that you think your group would like to move forward with I will be happy work with you to make that happen. If this seems like an insurmountable task, then concentrate on developing the individual definitions and having them share that with the rest of the group.

*The bottom line is we want each youth to be able to “think through” and be able to articulate their own understanding of – and connection to - this “central theological mystery of our faith” – the Eucharist.
Barry*

Sample Videos

- Lovedahl Group - <https://youtu.be/d51USmGJ-gw>
- Mayer/Schindele Group - <https://www.youtube.com/watch?v=rcCC19Y4t6o&feature=youtu.be>
- Lape/Allen Group - https://www.youtube.com/watch?v=a0_inYWgV2o&feature=youtu.be

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Session References /Resources

Scripture:

Sunday Readings:

Reading #1: Job 7:1-7

Responsorial Psalm: 147:1-7

Reading #2: I Corinthians 9:16-23

Gospel: Mark 1:29-39

A full copy of the readings for the week can be found on the U.S. Bishop's website:

<https://bible.usccb.org/bible/readings/020721.cfm>

Reflection on the 5th Sunday in Ordinary Time (*Jeff Cavins – Bible Scholar, Author and SJTW parishioner!*) <https://www.youtube.com/watch?v=8xoW-oKNouA>

Eucharist:

CCC #1324 - The Eucharist is "the source and summit of the Christian life."¹³⁶ "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself.

Links to get you thinking about ways to explain Eucharist...

"Jesus is McDonalds on Sandals" (*Video: Fr. Mike Schmitz – Bread of Life Discourse: John 6:22-59*)

Fr. Mike Schmitz has one of the top podcasts in the US. <https://www.youtube.com/watch?v=vbxiIVx2jVO>

"See You in the Eucharist... No, Really" (*Life Teen blog post*)

<https://lifeteen.com/blog/see-you-in-the-eucharist-no-really/>

Bread of Life (*Loyola Press reflection on bread*).

<https://www.loyolapress.com/catholic-resources/scripture-and-tradition/jesus-and-the-new-testament/who-do-you-say-that-i-am-names-for-jesus/jesus-the-bread-of-life/>

“What is Eucharist?” / “Eucharist to me” Sample Videos

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- Mayer/Schindele Group - <https://www.youtube.com/watch?v=rcCC19Y4t6o&feature=youtu.be>
- Lape/Allen Group - https://www.youtube.com/watch?v=a0_inYWgV2o&feature=youtu.be

Links for total nerds

- Euchaayrist: Meal, Sacrifice, Presence (*Video: Bishop Robert Barron*) - <https://www.youtube.com/watch?v=PFsFv-TWVfy>
- Breaking of the Bread (*a short article on the Fraction Rite*) - https://rcspirituality.org/finding_the_plug/the-liturgy-of-the-eucharist-the-communion-rite-the-fraction-of-the-bread/
- Order of the Liturgy of the Eucharist (*US Bishops – breakdown of each segment of the rite*). <https://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist>

Gospel Reflection

Historical Context – Capernaum

Jesus appears to have made Capernaum his base after leaving Nazareth. He may, in fact, have based himself at Simon Peter's house. There are many references in the gospels to Jesus' actions in Capernaum. Archaeologists have identified the house in Capernaum that they believe to be Simon Peter's house—less than 100 metres from the Capernaum synagogue. Evidence reveals carved inscriptions and symbols that identify both Jesus and Peter. The house appears to have been used as a “house-church” until a church was built on the site in the 5th Century. Excavations of the site can be seen today.

Scriptural Context – Public Ministry

This week's gospel follows directly on from last week's reading and, as is typical with Mark's gospel, the events occur on the very same day. The urgency of the gospel is obvious in this week's reading; Jesus had a very busy 24 hours! Having launched his public ministry in the synagogue earlier that day, Jesus accompanies his new disciples to meet some of their family and have a meal. However, on arriving at the home of Simon and Andrew, they find Simon's mother-in-law is sick. Unlike the public displays of his healing power that preceded and will follow this episode, Jesus does not say anything but simply takes the woman by the hand and helps her up. Her response of beginning to wait on Jesus and his disciples is a faith response and a recognition of who Jesus is. A theme that runs through this gospel is that the disciples never fully understand who Jesus is. Here, a woman who has just met him recognizes him as the Messiah and begins to serve him

Prayer

In the midst of an extremely hectic 24 hours where Jesus effectively launches his public ministry, Jesus takes time to go aside to a lonely place and pray. The passage tells us that it was “long before dawn” that he did this. It may have been his usual practice to pray early in the morning or he may have been restless after the events of the previous day and the thought of what lay ahead. Nevertheless, Jesus provides us with a model of using prayer to reflect on events and to prepare ourselves for the day ahead.

Questions for Adolescents

- Q. Why might healing have been such an important part of Jesus' ministry?
- Q. Why did Jesus go away by himself to pray?
- Q. What message does this passage hold for us today?

Questions for Parents/Sponsors

- Q. What is the significance of Jesus healing by touch alone?
- Q. Why might people like Simon's mother-in-law recognize Jesus as the Messiah when the disciples don't?
- Q. Where and when do you find prayer most powerful?
- Q. How can you better follow Jesus' example of using prayer in the busy times?

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