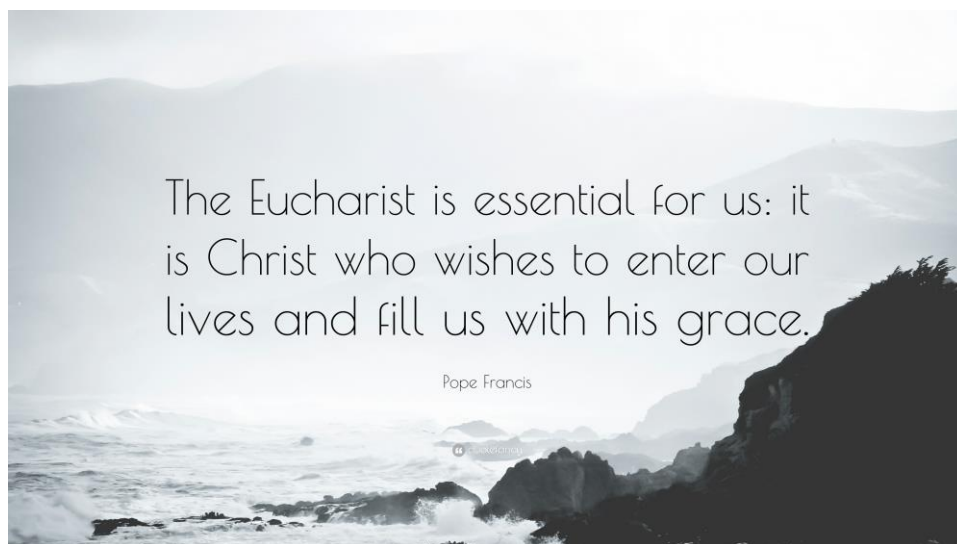


ONEWITH

OneWith community, OneWith faith, OneWith Christ.

October 11, 2020

Reflection Break Outline Grade 10-11 ~ Session #1:



OneWith Session Goals/Resources

Catechetical Outcomes:

- Analyze the gospel reading – discern a value or lesson that is personally relevant. Reflect on/articulate one or more ways that a lesson/value found in one of the readings or in the homily, could be applied to contemporary life.
- Commit to one practice of discipleship that corresponds to the gospel message.

Catholicism Unpacked:

- Eucharist means “thanksgiving, gratitude”
- Eucharist was “instituted” by Jesus at “The Last Supper” (Jewish Passover meal)
- There is Biblical (and extra-biblical) evidence that the “breaking of the bread” was an established the Christian ritual prior to 55 AD.

“Virtual” OneWith Session

The Catholic Mass is an inexhaustible Mystery! Not the kind of mystery that you don't know/cannot find the answer to – but a spiritual mystery that continues to open up new layer after new layer... the more carefully you look the more exquisite and profound its meaning. What layer of mystery did you uncover today?

*Youth should use the notes from their “Virtual” **OneWith** Reflection Packet to help them participate in the following discussions...*

Liturgical Reflection

This part of the reflection is designed to get youth familiar with the different “movements” of the Mass as well as the many “rites” of worship that it contains.

(Youth should have prepared a reflection of 2-3 sentences on this question)

What was the one element of the liturgy that stood out to you? How did it help focus or enrich your experience of Mass.

*(See the “Virtual” **OneWith** Reflection Packet for full details about this reflection.)*

- Introductory Rites Reflection:
- Liturgy of the Word:
- Liturgy of the Eucharist:
- Closing Rites:

Scripture Reflection

The ability to listen deeply to God's word and extract its wisdom and meaning for our lives today is vital to the life of a Christian disciple! This part of the reflection is designed to help youth develop the skill set to be able distill the meanings and wisdom that are found in the weekend scripture AND (with a little help from the priest or deacon – perhaps) apply these lessons/wisdom to our own life. This is not easy task! Be patient, but persistent – our youth are pretty sharp, and they should be able to borrow from their academic skill set of literature analysis, etc.

Scripture Readings of the week

- Reading #1: Isaiah 25:6-10
- Responsorial Psalm: 23:1-4
- Reading #2: Philippians 4:12-14
- Gospel: Matthew 22:1-14

[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/101120.cfm>]

Choose one of the readings used at Mass this weekend...

- *Who is speaking in this passage?*
- *To whom are they speaking?*
- *What is the main “message” from this passage and how might that be applied in your own life? (3-4 sentences)*

What was the main point of the Priest/Deacon's homily (preaching)? How does this message connect to your lived experience? (2-3 sentences)

Theological Reflection: The Eucharist

This session kicks off our year-long focus on Eucharist! Each session we will unpack the theological and communal aspects of this sacrament which is THE central “mystery” of our Catholic faith.

- *What is Eucharist?*
 - *Origin of the sacrament.*
 - *What did Jesus / New Testament writers teach about “Breaking of the Bread”.*
 - *What do we believe (theologically) about this sacrament*
- *Eucharist in liturgy*
 - *What do all those words and phrases really mean?*
 - *How do we experience Christ in the Mass (community/universally)?*
 - *How can I experience Christ in the Eucharist (personally)?*

As well as addressing teen’s questions about Eucharist and the Mass.

Eucharist is a celebration, it unifies the community of believers, it give strength to disciples and healing to the afflicted. Eucharist is sacrament that is bound in layer up layer of symbol, ritual and mystery – yet it is the most approachable of all sacraments. The Eucharist IS Christ and it is Christ that we all need.

~ Barry

This year we will be focusing on Eucharist. We will explore questions like:

- **“What does Eucharist mean/What are all the prayers/point of all the rituals?”**
- **“What do Catholics believe about the Eucharist/how is that different from other faiths?”**
- **“What is the reason we should come to Mass?”**
- **As well as your own questions about the Eucharist/Mass.**

“Eucharist” comes from the Greek word *eukharistia* - meaning "thanksgiving, gratitude" The earliest written account of a Christian eucharistia is found in the Apostle Paul’s first letter to the Corinthians (around AD 55). Paul makes it clear that "eating the bread and drinking the cup of the Lord" was not a social or informal meal but a celebration of a "Supper of the Lord" connected to the Last Supper of Jesus some 25 years earlier. Paul considers celebrating the rite as a mandatory/central practice of the community of believers.

- **“Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf” (1 Corinthians 10:17).**
- **“For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes” (1 Corinthians 11:26).**

Mass is a “Come to Jesus” moment.

You may have heard the phrase about someone having (or being in need of) a *come-to-Jesus moment*. It is often used to describe that moment when a politician, employee or wild-child understands that he or she is on the wrong path and must change direction...

The Eucharist gives the “Come to Jesus” phrase a very different – and very personal meaning. This “come to Jesus” is an invitation to enter into a common-union (communion) with Jesus and his disciples... to share in Christ’s own life and mission.

[Group Share]

- **What do you remember about the first time that you received Eucharist?**
- **What do you remember being taught about this sacrament from parents, grandparents, religion class, etc.? (Brainstorm a list as a class - see how many you get)**
- **What questions do you have about the Sacrament of the Eucharist? (Brainstorm a list and/or anonymously collect questions – to be answered during the year).**

Intercessory Prayer

Take a few minutes to bless each other and pray for your needs (and those of the whole world).

Praying for each other, those who are suffering in this world, and for those who have passed from this world is one of the great Traditions of Catholicism. In a moment we will pray with a liturgical form that is called Intercessory Prayer. But first we need to add YOUR “intentions” to our list of prayers tonight...

What can we pray for in your life? *(Grandparents/loved ones, general or specific health needs, other stressors, etc... Make a list and insert them as indicated below)*

Each session one of you will be asked to lead our closing prayer – we will rotate so that everyone gets a chance to serve as prayer leader and to avoid the awkward “I’m not going to move or make eye contact” stand-off...

This is how it will work, the leader will end each prayer petition by saying “**We pray to the Lord...**”. Everyone else responds by saying “**Lord, hear our prayer**” following each intention. Is there someone who would like to a volunteer or should we start alphabetically?

Leader: For the Church, may always be instruments of peace - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For victims of war, refugees, widows and the orphans - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For victims of systematic injustice - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For profound peace in our world, nation and community - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For all who are from the Covid-19 Virus and its effects - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For all essential and health care workers - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For the victims of natural disasters - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For our sister parish, St. Catherine’s in Bouzy, Haiti - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For those who have died - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For [Read your group’s intentions here...] - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

Leader: For the prayers we hold in silence, (pause) - “*We pray to the Lord.*”

Re: Lord, hear our prayer.

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Resource Links:

The Church’s teaching about the Eucharist is deeply rooted in sacred Scripture. In addition to the passages used above here are a few more references to the Eucharist found in the bible:

- *Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me (John 6:54-57).*
- *They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone, and many wonders and signs were done through the apostles (Acts 2:42-43).*
- *I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die (John 6:48-50).*

Sophia SketchPad Video “The Eucharist”: <https://www.youtube.com/watch?v=QcB7Uemoon4>

Liturgy Training Video – “The Eucharist”: <https://www.youtube.com/watch?v=NoADf5rbmbY>

Sunday Readings: <https://bible.usccb.org/bible/readings/101120.cfm>