

# Topic: The Celebration of the Paschal Mystery of Christ / The Eucharist: Source and Summit of the Christian Life

Family Small Group for Confirmation Week 21/22 (March 27th, 2022)

## Parent Resources

**These resources are used in the lesson in some way. Parents, consider reading them before doing the lesson with your student. Otherwise, read them within the lesson with your student when directed to do so.**

### Catechism Readings:

- Chapter 14: *How Do We Celebrate* (171-172)
- Chapter 17: *The Mass is a Holy Meal* (222-223)

### Confirmed in the Spirit:

- *All That We Have* (page 65)

### Life Teen Resource (Optional):

Article: [Rediscovering Spiritual Communion](#)

## 1. Opening Prayer (read together)

### Psalm 149:1-2, 5-6

Sing to the Lord a new song,  
A hymn in the assembly of the faithful.  
Let Israel be glad in their maker,  
The people of Zion rejoice in their king...  
Let the faithful rejoice in their glory,  
Cry out for joy at their banquet,  
With the praise of God in their mouths.

## 2. Personal Connection

**Parents-** Reflect on then discuss the following:

Why is the Eucharist important to you? What was it like being away from the Eucharist during 2020?

**After sharing, ask your student:**

The Eucharist is a unique trait of the Catholic Church. What does the Eucharist mean to you?

## 3. Activity

**Miracle Fact or Fiction:** *Each family member will need a paper and a pencil for this activity.* Amended from Life Teen.

Number your paper 1-9. For each number, determine if the statement about miracles is Fact or Fiction. (Answer key is at the bottom of the page). The family member with the most correct answers wins!

1. The Catholic Church does not have any documented or approved miracles related to the Eucharist.
2. The term Eucharist means "body of Christ."
3. All of the documented Eucharistic miracles that have been approved by the Church have the same blood type, AB.
4. The only Eucharistic miracles documented occurred before the 1900s.
5. The most recent Eucharistic miracle occurred in 2013.
6. There was an investigation into a Eucharistic miracle in Salt Lake City, Utah which was determined not to be an actual miracle, but rather red bread mold.
7. Pope Francis witnessed a Eucharistic miracle while he was a cardinal in Argentina.
8. The most common Eucharistic miracle reported is the host turning to flesh.
9. A particular Eucharistic miracle involved a host turning into a piece of flesh. After scientists studied the tissue, they determined it was heart tissue and was woven into pieces of the host bread in a way that could not be reproduced by human means.

## 4. Discussion Questions (writing down answers prior to discussion may encourage deeper conversations)

1. After reading *How do we Celebrate* (Catechism for Adults pgs. 171-172), list all of the ways the Church celebrates the liturgy. What is your favorite part of the Mass?
2. How does the "holy environment" (171) of the Church help us to "experience God's invisible presence" (171)?

3. Read *The Mass is a Holy Meal* (Catechism for Adults pgs. 222-223). Finish this quote, “Unless you eat the flesh of the Son of Man and drink his blood, you do not have \_\_\_\_\_ (John 6:53)” (222).
4. What should you do to prepare for Holy Communion each week at Mass? How does Holy Communion nourish us?
5. Read *All That We Have* in Confirmed in the Spirit (65). Given that as the People of God, “it [is] part of our mission to care for people” (65), what can you do for the Church who is the Body of Christ?

**5. Closing** (choose one or both)

Discuss takeaways and questions about Fr. Tilley’s recent Sanctuary Lesson.

As a family, discuss your current prayer intentions and take a moment to pray together.

**Activity Answer Key**

- 1) Fiction (there were 153 as of 2018)
- 2) Fiction (It means thanksgiving)
- 3) Fact
- 4) Fiction (the most recent Vatican approved Eucharistic miracle was a Bleeding Host in Poland, 2013)
- 5) Fact
- 6) Fact
- 7) Fact
- 8) Fiction (Actually, hosts that are bleeding are the most common.)
- 9) Fact