

# Sacraments / Mass

## From Our Series on The Four Pillars of the Catholic Church

Creed  
(We Believe)

**Sacraments / Mass**  
(We Worship)

Christian Morality  
(We Live It!)

Christian Prayer  
(We Pray)

A Sacrament is "an outward sign instituted by Christ to give grace." We've heard the definition, but what does that mean? From Americancatholic.org:

"The Latin word sacramentum means 'a sign of the sacred.' The seven Sacraments are signs that point to what is sacred, significant and important for Christians. They are special occasions for experiencing God's saving presence. That's what theologians mean when they say that sacraments are at the same time signs and instruments of God's grace."

These seven sacraments bring our Catholic spirituality into our homes and hearts. Sacraments give us a sample of the love and mercy of God. They help make the sacred become reality. They help make Christ real for us. They help us realize God's mercy and His love.

## Seven Sacraments of the Catholic Church

- **Baptism**
- **Eucharist**
- **Confirmation**
- **Reconciliation**
- **Anointing of the Sick**
- **Holy Matrimony**
- **Holy Orders**



# The Sacraments

## **Sacraments of Initiation**

Baptism  
Eucharist  
Confirmation

## **Sacraments of Vocation**

Holy Matrimony  
Holy Orders

## **Sacraments of Healing**

Reconciliation  
Anointing of the Sick

We learn about the sacraments throughout our lives. We begin by learning the definition of a sacrament and the names of the seven sacraments. We learn that sacraments are divided into three different types: Initiation, Healing and Vocation. As we grow in understanding we learn that sacraments are a gift from God that allows us a tangible knowledge of this intangible love. There are times in our life when we want to belong, when we want to profess what we believe, times when we need healing, and a time in our life when we are ready to commit to our vocation.

Our children are able to understand these sacraments at certain times in their lives as well. Junior High and High School aged students are able to explore themes of vocation and service. Younger children understand what it means to forgive, to mend or make better. Pay attention to what's going on in your child's life that may help them understand sacrament. Teaching moments are found in the daily things of life. There are moments in our mealtimes that can be related

to the Mass. As we eat a meal with our family, we can point to certain moments in the meal to teach us about the Mass: the gathering together, asking the Lord to bless the food we are about to receive, giving thanks for the gifts we have received, sharing our celebrations and our concerns.

Sacraments engage the senses. Words, actions and tangible things from our world convey the grace of God in our own language, in a way that we can experience God. The seven sacraments are beautiful gifts that we must be open to receive. God has given us these special signs of his love.

What signs of the sacraments can we see?

**Baptism:** Water - God gives new life.

**Confirmation:** Holy Oil - The gifts of the Holy Spirit are given.

**Eucharist:** Bread and Wine - The Body and Blood of Christ are present.

**Penance & Reconciliation:** Outstretched Hands - God forgives those who are sorry.

**Anointing of the Sick:** Soothing Oil - God helps heal our bodies and our spirits.

**Matrimony:** Wedding rings - God blesses the love of a man and a woman.

**Holy Orders:** Holy Oil - God calls men to lead and serve the Church.



The **Sacraments of Initiation** welcome us into the Catholic Church, and confirm that we accept our call to discipleship in this faith in which we were baptized in the name of the Father, and of the Son and of the Holy Spirit. With Confirmation our initiation into the Catholic faith is sealed. The bishop speaks the words, “Be sealed with the Gift of the Holy Spirit.”

Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason one can receive this sacrament only once in one's life. (CCC #1317)

The other Sacrament of Initiation - Eucharist is one of only two sacraments which a Catholic can receive regularly. The other is Reconciliation.

There are two sacraments we can receive on a regular basis:

Reconciliation and Eucharist



Reconciliation is one of the **Sacraments of Healing**, the other is Anointing of the Sick.

The Church believes and confesses that among the seven sacraments there is one especially intended to strengthen those who are being tried by illness, the Anointing of the Sick: This sacred anointing of the sick was instituted by Christ our Lord as a true and proper sacrament of the New Testament. It is alluded to indeed by Mark, but is recommended to the faithful and promulgated by James the apostle and brother of the Lord. (CCC1511)

The special grace of the sacrament of the Anointing of the Sick has as its effects: the uniting of the sick person to the passion of Christ, for his own good and that of the whole Church; the strengthening, peace, and courage to endure in a Christian manner the sufferings of illness or old age; the forgiveness of sins, if the sick person was not able to obtain it through the sacrament of Penance; the

restoration of health, if it is conducive to the salvation of his soul; the preparation for passing over to eternal life. (CCC1532.)

Sacraments of Vocation are also called the Sacraments at the Service of Communion.

...Holy Orders and Matrimony, are directed towards the salvation of others; if they contribute as well to personal salvation, it is through service to others that they do so. They confer a particular mission in the Church and serve to build up the People of God (CCC1534).

Every person has a vocation. God has a plan for each and everyone of us! Some persons are called to the vocation of marriage, In this vocation they are brought together in the Sacrament of Marriage and sent forth to serve others in a particular mission.

Holy Scripture affirms that man and woman were created for one another: "It is not good that the man should be alone."<sup>92</sup> The woman, "flesh of his flesh," his equal, his nearest in all things, is given to him by God as a "helpmate"; she thus represents God from whom comes our help.<sup>93</sup> "Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh."<sup>94</sup> The Lord himself shows that this signifies an unbreakable union of their two lives by recalling what the plan of the Creator had been "in the beginning": "So they are no longer two, but one flesh."(CCC1605)

So too, in the special vocation of priesthood, a man receives the Sacrament of Holy Orders and is "consecrated in Christ's name "to feed the Church by the word and grace of God"<sup>2</sup> (CCC1535).

Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time: thus it



# Activity and Discussion Guide

## **Discussion:**

Parents tell your stories:

Tell your child about their baptism. Who was there? How did you feel?

Talk about your first communion day. What was it like? Who was there? How did you feel?

Tell your child about your wedding day. Where did it happen? Who was there? What are some of your special memories?

Have you ever received either Reconciliation or Anointing of the Sick? Tell about that healing experience.

What family rituals did you have growing up? How do family rituals help families stay strong and close? What rituals do you want to hold on to and pass on?

What do you remember of your Confirmation? Who was the bishop who confirmed you?

Discuss the meaning of sacraments in your life and in the life of the Church.

How does the Eucharist help you to live out your mission as a Catholic Christian?

How do we all participate in celebrating the liturgy? Your voice is needed to respond to the prayers; your mind is needed to listen to the readings; your presence is needed to show you belong to the people of God. How can you participate more fully in the liturgy?

Sunday is the day we gather together as a Christian family. Why is Sunday a day for worship and rest? In addition to taking part in Mass, what are other ways your family can take time on Sundays to honor the Lord?

## **Activity:**

Encourage your child to write a paragraph about the meaning of the word sacrament and how each of the sacraments of initiation helps to welcome members into life within the church.

Make a list of questions to ask a priest, deacon, religious man or woman, or committed single or married person about their understanding of their mission and ministry.

# Celebration of the Eucharist

## The Catholic Community of St. Jude Mass Schedule

“This is my body, which will be given for you; do this in memory of me...and likewise the cup after they had eaten, saying, “This cup is the new covenant of my blood which will be shed for you.”

~Luke 22: 19-20

### Weekend Mass Schedule

**Saturday at 5pm**  
**Sunday at**  
**7am, 9am, 11am**  
**& 7pm LIFE Mass**

### The 7pm LIFE Mass

is a ministry to and by the youth of our community. Teens take on roles in music ministry, and roles of lector, gift bearers, greeters, and Extraordinary Ministers of the Eucharist.

### Daily Mass Schedule

Monday - Saturday 7:30am

Wednesday - 8:30am

Thursday - 9:20am

(Thursday Mass is celebrated only on school days)



### We invite all to come forward:

We invite all persons present at Mass to come forward at Communion. Young children and adults who do not receive Communion are invited to come forward for a blessing from the Priest or the Extraordinary Minister of the Eucharist. As an indication that you wish a blessing we ask that you cross your arms over your chest, if necessary say “I wish for a blessing.” Our coming forward at Communion is an expression of our belief in what Jesus did at the Last Supper, and in the unity of all people. We invite all to come forward even though they cannot fully participate.

# SACRAMENTS

## Some Catechism Connections

1275 Christian initiation is accomplished by three sacraments together: Baptism which is the beginning of new life; Confirmation which is its strengthening; and the Eucharist which nourishes the disciple with Christ's Body and Blood for his transformation in Christ.

1278 The essential rite of Baptism consists in immersing the candidate in water or pouring water on his head, while pronouncing the invocation of the Most Holy Trinity: the Father, the Son, and the Holy Spirit.

1282 Since the earliest times, Baptism has been administered to children, for it is a grace and a gift of God that does not presuppose any human merit; children are baptized in the faith of the Church. Entry into Christian life gives access to true freedom.

1317 Confirmation, like Baptism, imprints a spiritual mark or indelible character on the Christian's soul; for this reason one can receive this sacrament only once in one's life.

1319 A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.

1406 Jesus said: "I am the living bread that came down from heaven; if any one eats of this bread, he will live for ever; . . . he who eats my flesh and drinks my blood has eternal life and . . . abides in me, and I in him" (Jn 6:51, 54, 56).

1407 The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.

1486 The forgiveness of sins committed after Baptism is conferred by a particular sacrament called the sacrament of conversion, confession, penance, or reconciliation.

1660

The marriage covenant, by which a man and a woman form with each other an intimate communion of life and love, has been founded and endowed with its own special laws by the Creator. By its very nature it is ordered to the good of the couple, as well as to the generation and education of children. Christ the Lord raised marriage between the baptized to the dignity of a sacrament (cf. CIC, can. 1055 § 1; cf. GS 48 § 1).

1666 The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called "the domestic church," a community of grace and prayer, a school of human virtues and of Christian charity.



# Reconciliation at Saint Jude Catholic Church

Reconciliation is available upon request at anytime  
Speak with one of our priests to arrange a time.

## Scheduled Times:

Every Saturday 3:30 - 4:30 pm  
Wednesday 6:30 - 7:00 pm (Sept thru May)

The Sacrament of Reconciliation goes by many names:

- Confession - An essential element of this sacrament is confessing our sins to a priest.
- Penance - This name for the sacrament emphasizes that something must be done to repair the damage caused by our sins. This may be the saying of prayers, works of mercy or service, or some other action that fits the spiritual needs of the individual.
- Reconciliation - because through this sacrament we are healed and reconciled with God.

The Sacrament of Reconciliation can bring us peace, comfort our souls, and strengthen us to live the Christian Life. There are two documents on our website that can assist you in preparing for this sacrament of God's mercy and love - just click on these titles to go to the 3 page documents. Feel free to print these pages.

[The Sacrament of Reconciliation](#) - A brief explanation of the Sacrament, tips to help you prepare and maybe to put any anxieties aside.

[Examination of Conscience](#) - Helps us to gain an understanding of our basic attitudes and the direction in which our life is headed. Am I headed to God or not? Do I really love and care for others?

Someone once asked Father William Sullivan, O.S.A. "If I confess my sins to you, aren't you seeing me at my worst." Father Bill replied, "When I see someone who wants to be reconciled with God and heal the brokenness in their life, I see someone at their best."



# Resources Section

## Books

### For Adults:

- ***Building Better Families: A Guide to Raising Amazing Children.*** A book by Matthew Kelly, released by Ballantine Books, February 2008 .
- ***For Better Forever: A Catholic Guide to Lifelong Marriage.*** A book by Gregory Popcak, released by Our Sunday Visitor, March 1999.
- ***Lord, Have Mercy: The Healing Power of Confession.*** A Book by Scott Hahn, released by Doubleday Religion, 2003.
- ***Parenting with Grace.*** A book by Gregory Popcak, released by Our Sunday Visitor, March 2010.
- ***Signs of Life: 40 Catholic Customs and Their Biblical Roots.*** A book by Scott Hahn released by Doubleday Religion, 2009.
- ***The Untapped Power of the Sacrament of Penance: A Priest's View.*** A book by Christopher J. Walsh, released by Servant Books in 2005
- ***When Your Child Becomes Catholic: What Parents and Sponsors Should Know (The Christian Initiation of Children).*** A book by Rita Burns Senseman, released by St. Anthony Messenger Press, May 2000.

### For Children:

- ***The Beatitudes for Children.*** A book by Rosemarie Gortier and Donna Piscitelli, released by Our Sunday Visitor in 2009.
- ***Child's Guide to First Holy Communion.*** A book by Elizabeth Ficocelli, released by Paulist Press, January 2003.
- ***Child's Guide to Mass.*** A book by Sue Stanton, released by Paulist Press, March 2001 .
- ***Child's Guide to Reconciliation.*** A book by Elizabeth Ficocelli, released by Paulist Press, 2003.
- ***Child's Guide to Seven Sacraments.*** A book by Elizabeth Ficocelli, released by Paulist Press, September 2005.
- ***Little Acts of Grace.*** A book by Donna Piscitelli and Rosemarie Gortier, released by Our Sunday Visitor, 2002.
- ***Living the Ten Commandments.*** A book by Rosemarie Gortier and Donna Piscitelli, released by Our Sunday Visitor in 2007
- ***The Mass Book for Children.*** A book by Donna Piscitelli, and Rosemarie Gortier, released by Our Sunday Visitor, October 2004.

## Online Articles:

- DeGidio, Sandra. **“The Sacrament of Reconciliation: Celebrating God’s Forgiveness,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (March, 1986)  
<http://www.americancatholic.org/Newsletters/CU/ac0386.asp>
- Mahony, Cardinal Roger. **“Participating Fully at Sunday Mass: An Adaptation of Gather Faithfully Together: A Guide for Sunday Mass.”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger Press (June, 1998) <http://www.americancatholic.org/Newsletters/CU/ac0698.asp>
- McBride, Alfred. **“Eucharist: A Short History,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (October, 2006)  
<http://catalog.americancatholic.org/product.aspx?prodid=C1006&pcat=334>)
- Mick, Lawrence. **“Finding Jesus in the Eucharist: Four Ways He is Present,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (July, 2005) <http://catalog.americancatholic.org/product.aspx?prodid=C0705&pcat=334>)
- Richstatter, Thomas. **“How to Celebrate Reconciliation Today,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (August, 2000)  
<http://www.americancatholic.org/Newsletters/CU/ac0800.asp>
- Richstatter, Thomas. **“A Walk Through the Mass: A Step-by-Step Explanation,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (Revised 2005) <http://www.americancatholic.org/Newsletters/CU/ac0889.asp> (Available in Spanish)
- Richstatter, Thomas. **“Ten Tips for Better Confessions: The Gift of Reconciliation,”** *Catholic Update* Cincinnati, OH: St. Anthony Messenger (August, 1990)  
<http://www.americancatholic.org/Newsletters/CU/ac0890.asp> (Available in Spanish)



A Note About the Ringing of Bells  
Some parishioners ask why we no longer ring bells during the consecration. The Secretariat for Liturgy of the U.S. Bishops' Conference states: "The ringing of bells during the Eucharistic Prayer is no longer required by the General Instruction of the Roman Missal. In a day when the people could neither see nor hear what the priest was doing, bells provided a 'signal' that something important was about to happen. This need is no longer present. The Order of Mass shows a keen appreciation for the Eucharistic Prayer as the one 'great prayer' of priest and people. It is indeed the entire Eucharistic Prayer which is consecratory. In order to foster an appreciation of this seamless character of the Eucharistic Prayer, the ringing of bells is optional."

# The Catechism of the Catholic Church

## What is the Catechism of the Catholic Church?

A catechism is a text which contains the fundamental Christian truths formulated in a way that facilitates their understanding. The Catechism of the Catholic Church conveys the essential and fundamental content of Catholic faith and morals in a complete and summary way. It is a positive, objective and declarative exposition of Catholic doctrine.

The content of the Catechism is faithful to Apostolic Tradition, Scripture and the Magisterium. It incorporates the heritage of the Doctors, Fathers, and Saints of the Church and illuminates with the light of faith, contemporary situations, problems and questions. Sources for teachings are listed in each section.

The entire text of the Catechism of the Catholic Church can be found online at the USCCB site: <http://old.usccb.org/catechism/text/entiretoc1.shtml>

## For whom is the Catechism intended?

The Catechism is intended, first of all, for bishops as teachers of the faith and pastors of the Church. They have the first responsibility in catechesis. Through the bishops, the Catechism is addressed to editors of catechisms, priests, catechists and all others responsible for catechesis, including parents. It is useful for all the faithful. The Holy Father has said that the Catechism "is offered to all the faithful who want to understand better the inexhaustible riches of salvation." The USCCB published **The United States Catholic Catechism for Adults** in 2006 to give the faithful (parents and lay people) a guide to understanding the catechism better. It is published in a study format (independent of group study).

## Where can we find information about Sacraments in the Catechism of the Catholic Church?

The Catechism is arranged in four parts. Content regarding Sacraments can be found in Part Two. The Catechism is divided into the following parts:

- The Profession of Faith (Creed)
- The Celebration of the Christian Mystery (Sacraments/Mass)
- Life in Christ (Christian Living)
- Christian Prayer

## What does it mean when I see CCC and a number next to some teaching of the catechism in my child's books, or in the home lessons?

CCC stands for Catechism of the Catholic Church. The number is the number of the paragraph of the teaching in the catechism. For example:

### **CCC 1133**

The Holy Spirit prepares the faithful for the sacraments by the Word of God and the faith which welcomes that word in well-disposed hearts. Thus the sacraments strengthen faith and express it.

This is paragraph number 1133 in the Catechism of the Catholic Church. All paragraphs are numbered, and easily distinguishable in the text.

# St. Jude Explore Four

**& Life of the Parish Events and Opportunities that assist in the learning about (and the celebration of) Sacraments and Worship:**

- First Reconciliation Preparation Sessions
- First Eucharist Preparation
- First Eucharist Practice
- Confirmation Preparation #1
- Confirmation Preparation #2
- Confirmation Preparation #3
- Parish Advent Reconciliation Service
- Parish Lenten Reconciliation Service
- Worship Music Ministries
- Training for Extraordinary Ministers of the Eucharist
- Training for Altar Servers
- Training for Lectors
- Holy Hour before the Blessed Sacrament (Thursdays)  
(also found under Christian Prayer)
- First Friday Holy Hour (First Friday of the Month)

## Explore Four Events/Opportunities

