



Presence

THE MYSTERY OF THE EUCHARIST

Session One

*Part 1:
God is With Us*

*Hosted by
The Council of Catholic Women-
Archdiocese of Washington*

Welcome

Cheryl Holley, CCW-ADW President

Opening Prayer *Phyllis Winston*

Reflection *Carol Monaco,
Spirituality Chairperson*

Video

Q & A *Attendees*

Closing Remarks *Cheryl Holley*

Closing Prayer *Phyllis Winston*



*We are recording the
presentation but not the
Q & A.*

*All participants will be on
mute once the program
begins.*

*If your name is under your
picture we can say hi more
easily!*

*If you have any questions,
you can write them in the
Chat.*

*We hope you enjoy
tonight's program!*



Opening Prayer

Divine Savior, we come to your sacred table to nourish ourselves, not with bread but with yourself, true Bread of eternal life. Help us daily to make a good and perfect meal of this divine food. Let us be continually refreshed by the perfume of your kindness and goodness. May the Holy Spirit fill us with his love. Meanwhile, let us prepare a place for this holy food by emptying our hearts.

Amen.

—St. Francis de Sale

Let's Connect

- ▶ What is your favorite way to enjoy the presence of your family or close friends?
- ▶ What comes to mind when you think about God's love for you?



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Overview of the Program

- ▶ These sessions have been carefully designed to help participants discover the powerful way that God is present to us in the Eucharist, inviting us into an intimate union with himself.
- ▶ We will examine the effects of the sacrament and its setting in the Mass, explore the scriptural foundation of the sacrament, and discover the beauty of Holy Communion and the transformative power of the grace God offers us in this sacrament.
- ▶ The Presence series utilizes session videos and specific questions to guide teams in their discussions —to communicate its message.

Overview of the Program

We adapted the four-part Presence program of: God Is with Us, The Story of the Eucharist, Bread for the Journey, and Biblical Foundations of the Eucharist for a Zoom presentation.

1. **God Is with Us** examines God's saving presence with his people throughout salvation history, culminating in the Incarnation and his abiding Real Presence in the Eucharist.
2. **The Story of the Eucharist** looks at how the Eucharist was prefigured in the Old Testament as well as in Jesus's miracles and teaching.
3. **Bread for the Journey** focuses on the necessity of the Eucharist for our spiritual nourishment and explores the different parts of the Liturgy of the Mass.
4. **Biblical Foundations of the Eucharist** responds to objections to the Church's doctrine of the Eucharist with biblical apologetics. Understanding and responding to the objections of those who disagree with us (apologetics) is an important part of evangelization.

Session 1: God is With Us

Part 1 Objectives

- Understand that a sacrament is a sign instituted by Christ to communicate his grace, his divine life, to us.
- Recognize that the Eucharist is the source and summit of the Christian life.
- Be able to define transubstantiation as a real change in the substance of the bread and wine, such that they truly become the Body, Blood, Soul, and Divinity of Jesus Christ, though the appearances of bread and wine remain.

Video



<https://watch.formed.org/presence/season:1/videos/god-is-with-us>

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Breakout Session Discussion Questions

What was one thing from the video that you heard for the first time or that was an “aha” moment for you?

The Eucharist is called by many names. Which one is your favorite? Why?

The video asks the questions “How big is God?” and “How small is God?” How would you answer these questions? How is God both “big” and “small” in the Eucharist?

Let's Share



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WRAP UP

Key points of this session are:

- A sacrament is a sign instituted by Christ to communicate his grace to us.
- The Eucharist is the Sacrament of sacraments and the source and summit of the Christian life.
- Transubstantiation means that in the Eucharist the bread and wine really change into the Body, Blood, Soul, and Divinity of Jesus, although they retain the appearance of bread and wine.



Commit – Encountering God's Presence

Take – home Activity:

To strengthen your understanding of this week's lesson answer:

*How have you experienced
God's presence in your
life?*

Share your thoughts the next time we meet on Feb. 6 for Part 2

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Digging Deeper

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect on the right side of the frame, while the left side is mostly white.

The 7 Sacraments



1. *Baptism*
2. *Confirmation*
3. *Eucharist*
4. *Penance*
5. *Anointing of the sick*
6. *Holy Orders*
7. *Matrimony*

But WHAT IS A SACRAMENT?

The Catechism of the Catholic Church defines the sacraments as “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (CCC 1131).

This means that, by the power of the Holy Spirit, the sacraments actually give us the grace that they represent.

The sacraments are visible, tangible signs that make present to us the invisible, supernatural actions of Christ.

God desires that we intimately know his love and the presence and power of his grace, so these sacramental signs allow us to experience in a real and human way God’s gift of divine love and grace.

Effects of the Sacraments

- Grace is a totally free and unmerited gift from God that gives us a participation in his own divine life.
- The graces imparted by the Church through the sacraments are called sacramental graces.
- The effects of these graces are both personal and ecclesial: communion with God and with the Church (see CCC 1129; 1134). They bear fruit in daily life through fidelity to the demands of Christian life and active participation in the Church's mission.
- The Catechism also tells us that it is actually Jesus who is at work in the sacraments. Although we see and hear the priest speaking the words and performing the actions, it is really Jesus who is working through the sacraments to offer us the grace he won for us through his sacrifice on the Cross (see CCC 1084–85)

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The Seven Sacraments

How Do I know the Sacraments Work?

- The Church teaches that the sacraments act *ex opere operato*, which literally means “by the very fact of the action’s being performed” (see CCC 1127–28).
- The power of the sacraments comes from Christ—not from our holiness or the holiness of the one presiding over it.
- We can be disposed to be more or less receptive to the fruits of each sacrament, but each of the sacraments effectively communicates its proper grace.
- Just as the visible signs of the sacraments are humble, everyday things—water, oil, bread, wine—the effects of the sacraments are often hidden and imperceptible.
- Even with great faith and an open heart, we may not always feel fed when we receive the Eucharist, but the Eucharist is the Body, Blood, Soul, and Divinity of Jesus Christ, and if we are properly disposed to receive this sacrament with reverence, it will nourish us, whether we feel like it does or not.

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Names of the Eucharist

“The Eucharist is ‘the source and summit of the Christian life.’ . . . In brief, the Eucharist is the sum and summary of our faith” (CCC 1324, 1327).

The Eucharist is so important that the Church has many different names for it. Each name illuminates a different facet of the sacrament.

- **Eucharist**—from the Greek word for “thanksgiving” because it is the perfect act of giving thanks to God.
- **The Lord’s Supper**—because Jesus instituted the Eucharist at the Last Supper, and because it points forward to the heavenly wedding feast of the Lamb.
- **The Breaking of Bread**—because Jesus broke bread at the first Eucharist at the Last Supper, and because it was by this action that his disciples at Emmaus recognized him; this was the name given to the sacrament by the first Christians.
- **The Eucharistic Assembly**—because the sacrament is celebrated amid the faithful gathered together.



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Names of the Eucharist continued

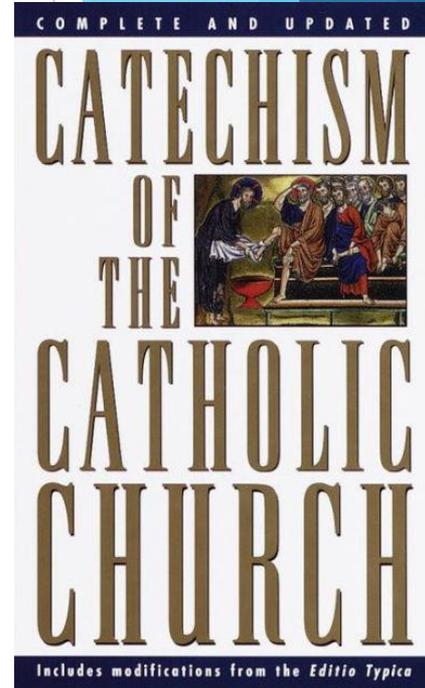
- **The Memorial of the Lord's Passion and Resurrection and The Holy Sacrifice of the Mass**—because it makes Jesus's sacrifice on the Cross present to us and invites us as a priestly people to make a sacrificial offering of ourselves with Christ to the Father.
- **The Holy and Divine Liturgy and The Sacred Mysteries**—because it is the center of the Church's whole liturgy and a participation in the heavenly liturgy.
- **The Most Blessed Sacrament**—because it is the “Sacrament of sacraments” (CCC 1330).
- **Holy Communion**—because it is by this sacrament that we are intimately united to Christ.
- **Holy Mass**—(Latin missa)—because the liturgy ends (Latin *Ite, missa est*) by sending forth (Latin *missio*) the faithful to live out God's will in the world

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For Further Reading

- **Catechism of the Catholic Church**, 1077–1134 (“The Liturgy—Work of the Holy Trinity” and “The Paschal Mystery in the Church’s Sacraments”), 1333–44 (“The Eucharist in the Economy of Salvation”), 1373–81 (“The Presence of Christ by the power of his word and the Holy Spirit”), 1996–2005 (“Grace”)
- **Joan Carroll Cruz, Eucharistic Miracles and Eucharistic Phenomena in the Lives of the Saints** (TAN Books: 1991)
- **Joseph Cardinal Ratzinger, God Is Near Us: The Eucharist, the Heart of Life** (Ignatius Press: 2003)
- **Robert Barron, Eucharist** (Orbis Books: 2008)



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Biblical Foundations

- Genesis Chapters 1, 2, 3
- Exodus 3
- Exodus 6: 7
- Exodus 12
- Exodus 16
- Leviticus 17
- Ezekiel 37: 26-27
- John 2: 1-12
- John 6
- Luke 22: 14-20
- Matthew 14: 13-21
- Matthew 15: 32-39
- Matthew 26: 26-29
- Mark 6: 30-43
- Mark 8: 1-10
- Mark 14: 22-25
- Luke Chapters 1 & 2
- Luke 9: 10-17
- Luke 22: 14-20
- Acts 2: 42
- 2 Peter 1: 3,4
- 1 John 4: 7-12
- 1 Corinthians 11: 23-26

Closing Remarks

- Join CCW-ADW 's Nightly Phone Rosary 8 PM, 7 days a week
Call 605-468-8016, code 357090#
- Please join us again Feb.6: Presence: The Mystery of the Eucharist
- Join our Tea & Reflection as we celebrate Black History Month on Feb. 19
at 3 p.m.
- If you want to know more about CCW-ADW and how you and/or your
parish can get involved email us at archdiocesecw@gmail.com
 - Council of Catholic Women – Archdiocese of Washington
 - *“Connecting Catholic Women”*
 - <https://www.councilofcatholicwomen-adw.com/>

Council of Catholic Women- Archdiocese of Washington



2023 Black History Month
Afternoon Tea and Reflection
February 19, 2023
3:00pm

Special Guest: Sister Patty
Chappell, SNDdeN

You Don't want to miss it!!

Email:
archdiocesccw@gmail.com

More information to come



Closing Prayer

Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation.

With joy I will draw water from the wells of salvation. Give thanks to the Lord, call upon his name; make known his deeds among the nations, proclaim that his name is exalted.

Sing praises to the Lord, for he has done gloriously; let this be known in all the earth. Shout, and sing for joy, O inhabitant of Zion, for great in our midst is the Holy One of Israel!

Amen