



Overview of

The Eucharist Course



Each session of this course examines a part or aspect of the Eucharist. The sessions will help the participants to uncover the deeper, hidden meanings that can be found in the concrete, tangible symbols of the Mass.

The opening session teaches the participants how to read liturgical symbols with the eyes of faith so they can peel away each layer to discover the mystery of Christ within. Then the following sessions examine the primary symbols and actions of the Eucharist to show how our praying together in memory of Jesus teaches us about our faith and how to live it in the world. Through these sessions and the participants' own experience

of the Eucharist, you will be able to catechize about the meaning of thanksgiving, proclamation, intercession, imagination, procession, sacrifice, prayer and blessing, time and movement, breaking and sharing, mission, commitment, and service.

The Eucharist catechizes us. In turn when you begin to catechize through the experience of the Eucharist, you will help the participants to discover the wonder and awe of this prayer of the Church and its meaning for their lives.

Course Themes

Core Session: 1. Introduction to the Liturgy

This session introduces the participants to the nature of liturgy and underscores how we see God through the symbols and actions of the liturgy.

Core Session: 2. The Eucharist: The Heart of All Liturgy

This session introduces the participants to the Eucharist and helps them to understand that celebrating the Eucharist is a way we express our thanks to God.

Core Session: 3. The Liturgy of the Word

This session explores the Liturgy of the Word and presents the Scriptures proclaimed at Mass as a living Word.

Core Session: 4. The Liturgy of the Eucharist: Using Our Gifts

This session, the first of two on the Liturgy of the Eucharist, focuses on the Preparation of the Gifts and explores the meaning of offering, gift, and sacrifice.

Core Session: 5. The Liturgy of the Eucharist: The Power of Prayer

This session, the second of two on the Liturgy of the Eucharist, focuses on the Eucharistic Prayer, the Church's principal prayer of thanksgiving to God. The session draws the participants' attention to the roles in the prayer.

Core Session: 6. Communion

This session explores Communion and how it leads us to mission.

Core Session: 7. Sending Forth

This session presents the dismissal as a commissioning and explores how the Eucharist sends us out to serve others.

Life Issue Session: 8. Family

This session helps the participants to understand the nature of family relationships and guides them in visualizing the Church as a family gathered around the Eucharistic table.

Life Issue Session: 9. Time

The participants consider how they use their time and relate it to the concepts of *chronos* and *kairos*. The session highlights that time spent celebrating sacraments is special because of God's unique presence. It also points out that we can recognize the special quality of all our time if we keep our eyes open to God's constant presence and love.

Concluding Session: 10. Take, Bless, Break, Share

In the final session, the participants work together to create a ritual prayer by preparing four different prayer elements: word, music, environment, and movement.

Optional Course Project: Preparing a Mealtime Prayer

The participants will prepare a mealtime prayer that can be used at an additional gathering of the participants, in place of session 10, or in their family homes.