

## Unit 3 Web-Based Resources and Videos

### Chapter 6

#### Recipe for Unleavened Bread

- <https://www.allrecipes.com/recipe/213682/matzah/>

A fun and engaging, hands-on activity would be to make unleavened bread or “matzah.” You can find a recipe here.

#### Symbols of the Eucharist

- <https://www.newadvent.org/cathen/05590a.htm>

An excellent article on the symbols of the Eucharist in the New Testament accounts.

#### Jesus' Flesh and Blood

- [https://www.youtube.com/watch?v=NDVLBUK5FGw&feature=emb\\_logo](https://www.youtube.com/watch?v=NDVLBUK5FGw&feature=emb_logo)

Bishop Barron speaks on the mystery of eating Jesus' flesh.

#### Jesus, the Bread of Life

- [https://www.youtube.com/watch?v=YLZvJXmP7fo&feature=emb\\_logo](https://www.youtube.com/watch?v=YLZvJXmP7fo&feature=emb_logo)

A short video explaining what Jesus meant when he said he was the bread of life (see John 6:35).

### Chapter 7

#### What Are the Historical Roots of the Mass?

- <https://www.smp.org/resourcecenter/resource/3415/>

A short video explaining the historical roots of the Mass, how and why the Mass is changing, and what does it all mean for you?

#### Parts of the Mass

- <https://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/upload/parts-of-the-mass.pdf>

A handy, one-page sheet describing the parts of the Mass in detail.

#### What Is the Collect?

- <https://www.youtube.com/watch?v=lftp3KihE6A>

A brief video explaining the significance of the Collect, as it suggests how we ought to approach the Opening Prayer of the Mass.

#### Sunday

- <https://www.smp.org/resourcecenter/resource/8202/>

Why is it important to attend Mass every Sunday?

#### My Sacrifice and Yours

- <https://www.youtube.com/watch?v=Vodo0LRG93Y>

A short video with a clear and engaging explanation of what “sacrifice” in the Mass means.



### Active Participation in the Liturgy

- <https://www.youtube.com/watch?v=YfeWize3GVY>

An engaging explanation of what it means to be “active participants” in the liturgy.

### The Role of Bishop

- [https://www.youtube.com/watch?v=X-yezha5\\_Fc](https://www.youtube.com/watch?v=X-yezha5_Fc)

A short video explaining the three primary roles of a bishop.

### What Does a Catholic Priest Do?

- <https://www.ukpriest.org/what-does-a-catholic-priest-do>

Fr. Lawrence Jones give a personal and inspiring explanation about his calling to the priesthood and what his daily life as a parish priest is like.

### Understanding the Diaconate

- <https://www.youtube.com/watch?v=u4vt25nC6zU>

A short video in which Deacon Frank Chavez defines the role of deacon in the Church.

## Chapter 8

### We Are the Body of Christ

- <https://www.ascension-parish.com/snapshot-3-eucharist/>

A short video about why we receive the Eucharist and the difference it makes in our life.

### Understanding the Mass: The Concluding Rites

- <https://www.youtube.com/watch?v=wnpP8E3A3rQ>

A short video that explains how the Concluding Rites orient our prayer and give meaning to the rest of the Mass.

### The Dismissal

- [https://www.youtube.com/watch?v=ibj6\\_UqYZ9A](https://www.youtube.com/watch?v=ibj6_UqYZ9A)

A brief explanation answering “Why have a dismissal?”

### What Do We Do in Adoration?

- <https://www.youtube.com/watch?v=mbyMeNPddBs>

Father Josh puts forth some simple guidelines you can use to help you improve your relationship with God through Adoration.

### “Pope Paul’s Views on Development 50 Years Ago Important Today”

- <https://www.irishtimes.com/opinion/pope-paul-s-views-on-development-50-years-ago-important-today-1.3017446>

An excellent article explaining the ideas of Pope Paul VI’s encyclical “On the Progress of Peoples” (*Populorum progressio*) and why it is still relevant today.

