**Session 1**

1. **How is or how can this presence of Christ in the Eucharist be the**

 **source of strength and consolation as you journey through your life?**

**2. In what ways can you grow in appreciating and embracing Christ’s presence in the Eucharist?**

**Key points of this session:**

* 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.
* God wants to be united with us, and he accomplishes this through the Eucharist.

**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 had 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

**For Further Reading:**

*Catechism of the Catholic Church,* 1077-134 (“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)

**Parent meeting dates: 1. Feb. 9th**

 **2. March 29th**

 **3. April 19th**