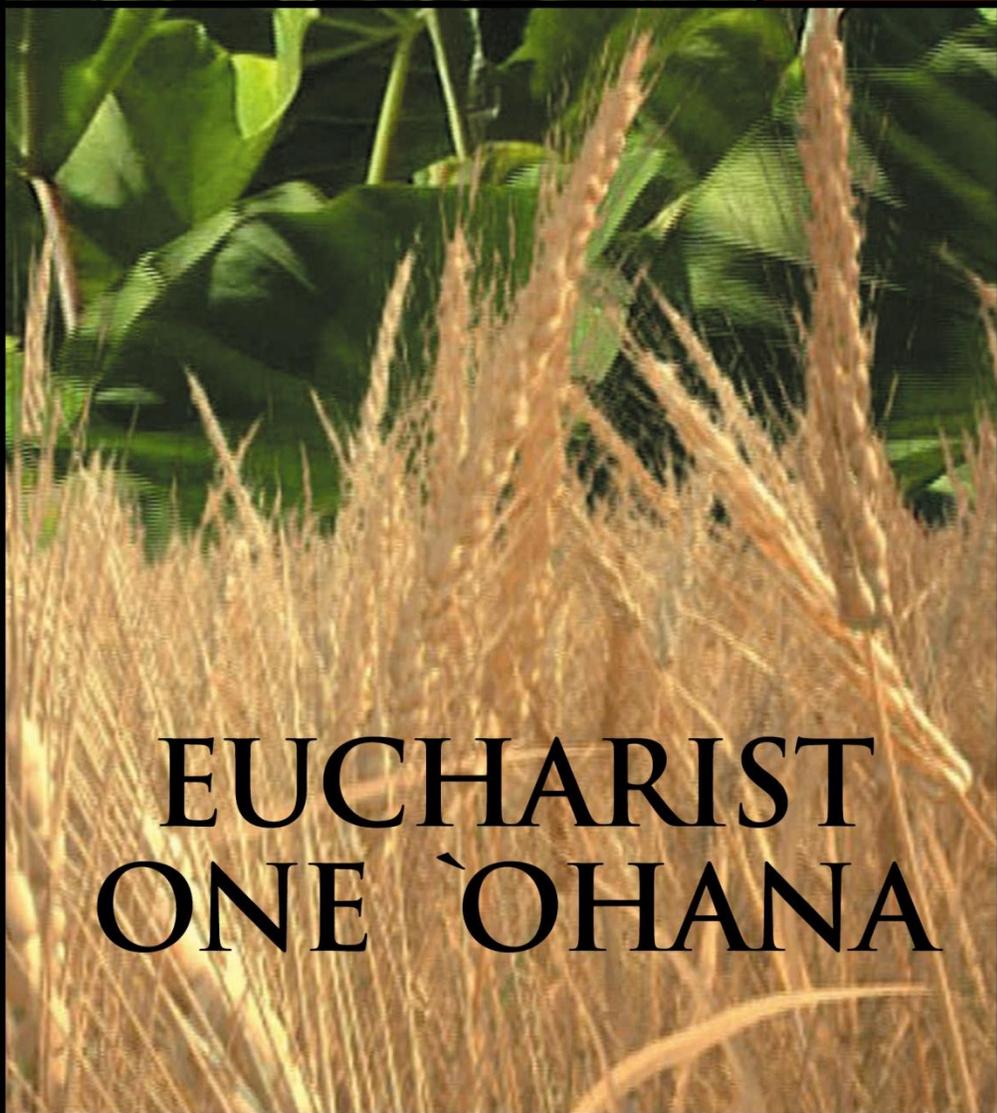




DIOCESE OF HONOLULU  
OFFICE OF RELIGIOUS  
EDUCATION



# EUCHARIST ONE `OHANA

Telly  
Awards

BRONZE  
WINNER



RESOURCE PACKET

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## **WELCOME AND INTRODUCTIONS**

Warmly welcome parents and godparents. Invite them to share their names and the names of their infants.

## **OVERVIEW OF THE SACRAMENTS**

Sacraments are “powers that come forth” from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are the “masterworks of God” in the new and everlasting covenant (Catechism of the Catholic Church 1116).

The Latin word *sacramentum* means "a sign of the sacred." The seven sacraments—Baptism, Confirmation, Eucharist, Penance, Matrimony (Marriage), Holy Orders, and the Anointing of the Sick—are the life of the Catholic Church. Each sacrament is an outward sign of an inward grace. When we participate in them worthily, each provides us with graces—with the life of God in our soul. In worship, we give to God that which we owe Him; in the sacraments, He gives us the graces necessary to live a truly human life.

The first three sacraments—Baptism, Confirmation, and Eucharist—are called the **sacraments of initiation**, because the rest of our life as a Christian depends on them.

**The Sacrament of Baptism:** The Sacrament of Baptism, the first of the three sacraments of initiation, is also the first of the seven sacraments in the Roman Catholic Church. It removes the guilt and effects of Original Sin and incorporates the baptized into the Church, the Mystical Body of Christ on earth.

**The Sacrament of Confirmation:** The Sacrament of Confirmation is the second of the three sacraments of initiation because, historically, it was administered immediately after the Sacrament of Baptism. Confirmation perfects our baptism and brings us the graces of the Holy Spirit that were granted to the Apostles on Pentecost Sunday.

**The Sacrament of Eucharist:** While Catholics in the West today normally make their First Communion before they receive the Sacrament of Confirmation, the Sacrament of Eucharist, the reception of Christ's Body and Blood, was historically the third of the three sacraments of initiation. This sacrament is the source of great graces that sanctify us and help us grow in the likeness of Jesus Christ.

**Sacraments of Healing:** Penance, Anointing of the Sick

**The Sacrament of Penance:** The Sacrament of Penance is one of the least understood, and least utilized, sacraments in the Catholic Church. In reconciling us to God, it is a great source of grace, and Catholics are encouraged to take advantage of it often, even if they are not aware of having committed a mortal sin.

**The Sacrament of the Anointing of the Sick:** Traditionally referred to as Extreme Unction or Last Rites, the Sacrament of the Anointing of the Sick is administered both to the dying and to those who are gravely ill or are about to undergo a serious operation, for the recovery of their health and for spiritual strength.

**Sacraments at the Service of Communion:** Matrimony, Holy Orders

**The Sacrament of Matrimony:** Marriage, a lifelong union between a man and a woman for procreation and mutual support, is a natural institution, but it is also one of the seven sacraments of the Catholic Church. It reflects the union of Jesus Christ and His Church.

**The Sacrament of Holy Orders:** The Sacrament of Holy Orders is the continuation of Christ's priesthood, which He bestowed upon His Apostles. There are three levels to this sacrament: the episcopate, the priesthood, and the diaconate.



## SEGMENT I

### WE GATHER AS ONE 'OHANA TO GIVE THANKS

In John's Gospel, Jesus told us, "I am the living bread that came down from heaven; if any one eats of this bread, he will live forever; 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)

As Catholic Christians, we believe that the Eucharist is the signature sacrament of our faith. It is our primary sacrament. Jesus celebrated the first Eucharist with his apostles at the Last Supper and because Jesus asked us to "do this in memory" of Him.

In this session, we are going to watch a video that will help us explore together what the Sacrament of Eucharist means for Catholic Christians. This video is broken into three distinct sections with a brief introduction.

As this introduction says, the Eucharist "Gathers us as One 'Ohana to give thanks, it nourishes us as One 'Ohana in a Sacred Meal, and it sends us forth as One 'Ohana to serve." So let's look at these three actions of the Eucharist one by one. We will begin with the introduction and the first section, "We Give Thanks." After this first section, we will pause the video so we can talk story about our reactions to the idea that the Eucharist is about *gathering to give thanks*. Then, we will do the same thing again with the second section of the video, which is on being *nourished in a sacred meal* and finally, we will watch and discuss the third segment which is about how the Eucharist *sends us forth to serve*.

Let's begin the first segment, "We Give Thanks." As you watch the video:

- Try to remember the images and words that have special meaning for you.
- Are there images from Hawaii that especially help you understand the Eucharist?
- Can you imagine you and your family in this video?

➔ (Begin Video. Segment One "We Give Thanks" )

(After watching segment): This portion of the video shared how the Eucharist literally means to “give thanks” and how when we receive Holy Communion, it reminds us that we are all in union with one another, that we are called to be the body of Christ, that we are all One ‘Ohana. Thinking about what we just saw together, let’s spend some time thinking about and sharing our thoughts on a few questions.

## **WE GIVE THANKS**

### **Personal Reflection:**

- What does it mean to you when you hear that Eucharist is an action, a verb, that gathers us to give thanks as One Ohana? How is being gathered together for the Thanksgiving Holiday similar to being gathered together in the Eucharist to give thanks as One ‘Ohana?
- The Eucharist literally means to “to give thanks.” What are some of the things you are most thankful for? Why does the Bishop say what we give thanks for mostly is that “God so loved us that He sent His only Son”—and why does the little girl receiving first communion say “Jesus is the most important gift” in her life?
- How does receiving Eucharist remind us that “we are part of the same family, we are in union with one another,” that we are One ‘Ohana—(discuss what the Disney quote “‘Ohana means family—and family means no one gets left behind, no one is forgotten”?)

### **Adult Faith Formation Specific Questions:**

- What does it mean to you when you hear the Eucharist is the primary and signature sacrament for Catholics from which all sacraments flow, that it is the “source and summit” of our faith?
- What do we mean when we say “Jesus left us his presence in the Eucharist?”

### **Rites for Christian Initiation of Adults (RCIA) Specific Questions:**

- You’ve heard the saying, “You are what you eat.” How would you apply this saying to what we are learning about the Eucharist? What does it mean to say Jesus is in us?
- What does the Bishop mean by saying that “the Eucharist is a relationship that we need to develop daily.” How is the Eucharist the opportunity to grow our relationship with God?

### **First Communion Specific Questions:**

- How can the Eucharist unite us as family—as One ‘Ohana, where everyone is welcome, no one is left behind? Share examples from your own family.
- How is the ‘Ohana Mass a special celebration of including all God’s children, including persons with disabilities? How can disabilities bring the best out in persons?



## SEGMENT II

### WE ARE NOURISHED AS ONE ‘OHANA THROUGH A SACRED MEAL

Now that we have been sharing how the Eucharist is about giving thanks, we are going to focus on how Eucharist nourishes as One ‘Ohana through a sacred meal. Food is basic to all human beings. We have to be nourished or we literally will die. Jesus himself talked about nourishing us, when, for example, he said, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst” (John 6:36). With this Scripture passage in mind, let’s watch this portion of the video so we can begin reflecting on how the Eucharist nourishes us and is the primary food of our faith.

➔ (Begin Video. Segment Two “We Are Nourished”)

(After watching segment): At the very end of this part of the video, Fr. Gomes said that we receive the Eucharist so that we can become the Eucharist. There was a lot of information here about how the Eucharist nourishes us and how we become Eucharist. Why don’t we take some time now to share some of our thoughts to these questions about the Eucharist as nourishment.

## WE ARE NOURISHED

### Personal Reflection:

- What did it mean in the video that the planting of kalo and pounding kalo into poi can deepen our understanding of Eucharist? What food(s) are special, even sacred for you and your family and in what ways can you describe them as metaphors of the Eucharist?
- What does it mean and can you give examples of how the Eucharist not only nourishes us but makes us hungry for a deeper relationship with God and others, helps us become a better person, helps bring out the best in us and helps us bring out the best in others?
- As the Bishop says, “Once you realize that you are not just receiving bread and wine, but you are being fed and nourished with the Body and Blood of Jesus Christ, God, the Savior of the world... it is an AWESOME thing, and it will transform.” How do you see the Eucharist as AWESOME nourishment?

**Adult Faith Formation Specific Questions:** We believe that the Eucharist changes us so that we can become more a part of Jesus alive in the world. How has the Eucharist changed you, transformed you, brought out the best in you and helped you bring out the best in others in your life?

**Rites for Christian Initiation of Adults (RCIA) Specific Questions:** How do you hope the Eucharist will nourish your faith and transform you and your family, in your relationships after your First Communion?

**First Communion Specific Questions:** What questions have you asked your children about Eucharist? How did they respond? What questions have your children asked you about Eucharist? What insights did you learn from them?



## SEGMENT III WE ARE SENT FORTH AS ONE ‘OHANA TO SERVE

Pope Francis is continually telling us that an essential part of our faith is service, that we are all called to be Eucharist for one another, to treat people how we want to be treated, and to be bread broken and wine poured out for others. This final segment is called “We Are Sent” and it shares how the Eucharist is to be lived out in our lives, that the Eucharist always sends us to serve.

➔ (Show remaining segment of video.)

(After video ends): At the Last Supper, after washing the disciples’ feet, Jesus said, “You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet. I have given you a model to follow, so that as I have done for you, you should also do” (John 13: 13-14). Before we finish, let’s take time to talk about this vital action of the Eucharist, namely, that we are sent to serve.

### WE ARE SENT

#### Personal Reflection:

- Saints Damien and Mother Marianne of Moloka’i are a very special part of our faith story in Hawaii. How do their lives inspire you, and how do you think the Eucharist can help you follow in their footsteps of witnessing to Jesus through service with vulnerable persons?
- Bishop Silva says that the mission the Eucharist has for us is to take Him who is our Living Bread come down from heaven and to multiply Him. By reaching out to the poor, visiting the sick and those in prison, comforting those who are mourning, we are the presence of Jesus. What are ways that you think you can multiply Jesus in service to others in need?
- Bishop Silva sees Jesus as the greatest of fishermen, because he baited us and then we became hooked. What has been some “bait” that Jesus the fisherman has used to “hook” you? In what ways are has the gift of Jesus in the Eucharist made you hungry to see and serve Jesus in the hungry and in so doing come closer to God and your neighbor?
- What does the phrase “living the Eucharist” mean to you? What mission do you feel Jesus has personally given to you as a consequence of your participation in the Eucharist?

**Adult Faith Formation Specific Questions:** In what ways do you feel called to exemplify Jesus in service to others? In what ways could you serve others more?

**Rites for Christian Initiation of Adults (RCIA) Specific Questions:** At this point in your life, how is service connected with your faith and relationship with Jesus Christ? How does knowing that the Eucharist is inextricably tied to service affect how your will prepare for and live after your First Communion?

**First Communion Specific Question:** From Sunday to Sunday how does your family participate in the Eucharist's mission to serve one another and those in need all around you?



## PRAYERS AFTER RECEPTION OF THE EUCHARIST

### Anima Christi – attributed to St. Thomas Aquinas

Soul of Christ, sanctify me  
 Body of Christ, save me  
 Blood of Christ, inebriate me  
 Water from Christ's side, wash me  
 Passion of Christ, strengthen me  
 O good Jesus, hear me  
 Within Thy wounds hide me  
 Suffer me not to be separated from Thee  
 From the malicious enemy defend me  
 In the hour of my death call me  
 And bid me come unto Thee  
 That I may praise Thee with Thy saints  
 And with Thy angels  
 Forever and ever  
 Amen.

### Prayer of St. Francis

Lord, make me an instrument of thy peace.  
 Where there is hatred, let me sow love;  
 Where there is injury, pardon;  
 Where there is doubt, faith;  
 Where there is despair, hope;  
 Where there is darkness, light;  
 Where there is sadness, joy.

O divine Master, grant that I may not so much seek  
 To be consoled as to console,  
 To be understood as to understand,  
 To be loved as to love;  
 For it is in giving that we receive;  
 It is in pardoning that we are pardoned;  
 It is in dying to self that we are born to eternal life.

**Words to the Song of the Body of Christ**  
**Words by David Haas to Traditional Hawaiian Melody**

Refrain: We come to share our story. We come to break the bread.  
 We come to know our rising from the dead.

1. We come as your people. We come as your own.  
 United with each other, love finds a home.
2. We are called to heal the broken, to be hope for the poor.  
 We are called to feed the hungry at our door.
3. Bread of life and cup of promise, In this meal we all are one.  
 In our dying and our rising, may your kingdom come.
4. You will lead and we shall follow.  
 You will be the breath of life; living water, we are thirsting for your light.
5. We will live and sing your praises. "Alleluia" is our song.  
 May we live in love and peace our whole life long.

**Communion Meditation for Children**

*Parents or catechists may teach this process prior to Mass to help children stay focused on  
 Jesus during the communion meditation.*

Place your hand over your heart and close your eyes...feel your heart beating.  
 A little golden door appears on your heart...you open the door and enter into a cozy room filled  
 with light... You notice there are two chairs in the room...sit in one of the chairs. It is so soft  
 and comfortable! You now see a person is sitting in the other chair. It is Jesus! Jesus smiles at  
 you because he is so happy to see you... You tell Jesus you are happy to see him, too.  
 Jesus tells you that he loves you and your family very much ... what else is Jesus saying to you?  
 What message do you have for Jesus?

It is time to leave. You thank Jesus for being in your heart and promise to pray to him every day.  
 He gives you a big, warm hug. He tells you he is always with you.  
 Now, open your eyes and place your hands together in prayer.

Additional resources are available on the Diocese of Honolulu's website:  
[www.catholichawaii.org](http://www.catholichawaii.org)