



# Catch the Spirit



## This week, your child learned that:

- ▶ A Sacrament is an outward and visible sign of an inward and invisible grace.
- ▶ The Seven Sacraments are Baptism, Confirmation, Eucharist, Penance and Reconciliation, Anointing of the Sick, Marriage, and Holy Orders.
- ▶ The Church herself is a Sacrament, because she is a visible sign that points to the invisible reality of Christ's Kingdom.
- ▶ The Mass is an unbloody re-presentation of Jesus' sacrifice on Calvary.
- ▶ God is love.
- ▶ Jesus instituted seven Sacraments so we may share in His divine life of love.
- ▶ A Sacrament is an efficacious sign of grace, instituted by Christ and entrusted to the Church, through which divine life is dispensed to us.



## Family Talk Time

Why are the Sacraments so important in our lives?  
How would you begin to explain the Sacraments to somebody who did not know about them?



## Meditation for This Week:

Lord, you told us that whoever is in Christ is a new creation: the old things have passed away; behold, new things have come. Open our hearts to you so we may better receive you, and make us anew in Christ. Amen.



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## This week, your child learned that:

- ▶ In Baptism, Jesus washes us of Original Sin and makes us adopted children of the Father.
- ▶ Baptism is the foundation of the whole Christian life, the gateway to life in the Spirit.
- ▶ Baptism was prefigured in the Old Testament.
- ▶ Jesus gave the Apostles the mission to baptize, and the Baptism of Jesus is the model for our Baptism.
- ▶ The Sacrament of Baptism is essential for salvation and is the ordinary means of salvation.
- ▶ The effects of Baptism are the forgiveness of sins, becoming a new creature, becoming a member of the Church, forming bonds of Christian unity, and imprinting an indelible mark on the soul.



## Family Talk Time

How is it that we are made a new creature at Baptism? If you were a missionary, how would you explain the Sacrament of Baptism to someone who had never heard of it?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Baptism as the means of becoming members of your Holy Church and sons and daughters of the Father. Help us to always live as children of God and imitate you in all we do. Amen



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## This week, your child learned that:

- ▶ The Sacrament of Confirmation more perfectly binds a baptized person to the Church and fills him or her with a special strength of the Holy Spirit.
- ▶ At Pentecost, Christ's promise of an outpouring of the Holy Spirit was fulfilled when the Holy Spirit descended upon the Blessed Virgin Mary and the Apostles, who went out and proclaimed the Good News to all the nations.
- ▶ The Gifts of the Holy Spirit are wisdom, counsel, fortitude, understanding, knowledge, piety, and fear of the Lord.
- ▶ Striving to cultivate virtue helps graces received in Confirmation to bear fruit and helps us to avoid sin.
- ▶ There have been many examples of young people throughout the centuries who have fought for Christ with the strength of the Holy Spirit and even given their lives for Him.



## Family Talk Time

Who do you know that has wisdom and understanding? Is there someone in your life to whom you go for counsel, or advice? What do you think are some of the signs of true piety?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Confirmation as a way of pouring out your Holy Spirit upon us. Help us to use the Gifts of the Holy Spirit that you give to us to share the Gospel with all we meet. Amen.



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## This week, your child learned that:

- ▶ The Eucharist is the “source and summit of the Christian life.”
- ▶ Jesus is the Passover Lamb of God whose sacrifice saves us from sin and death.
- ▶ Jesus clearly taught that we must eat His Body and drink His Blood in order to have eternal life.
- ▶ The Eucharist is the Body, Blood, Soul, and Divinity of Jesus Christ.
- ▶ Transubstantiation is the teaching that the bread and wine at Mass cease to be in substance bread and wine and transform into the true Body and Blood of Jesus Christ, while retaining the accidental forms of bread and wine.
- ▶ It takes faith to truly recognize Jesus.
- ▶ When we eat the Body of Christ, we become the Body of Christ: united with Him and with each other.



## Family Talk Time

Do you look at the Eucharist differently after this week? Why? How is Jesus the Passover Lamb of God?



## Meditation for This Week:

Dear Lord Jesus, You gave us your very Body and Blood, Soul and Divinity in the Eucharist. Help us to always receive you worthily and to live as you taught us. Fill us with your love and shower us with your mercy and grace. Amen



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## This week, your child learned that:

- ▶ Jesus gave St. Peter, the first pope, the authority to make decisions for the Church that would be binding on earth and in Heaven.
- ▶ Jesus gave the Apostles, the first bishops, the power to forgive or retain sins.
- ▶ Penance and Reconciliation is the Sacrament by which our sins are forgiven and we are reconciled to God and His Church.
- ▶ God's mercy is revealed in the Old Testament; His mercy has no limit.
- ▶ The effect of this Sacrament is reconciliation with God and the Church.
- ▶ We need Confession to be forgiven of mortal sins.
- ▶ Symbols of Penance and Reconciliation include key(s), a stole, raised hands, and a cross.



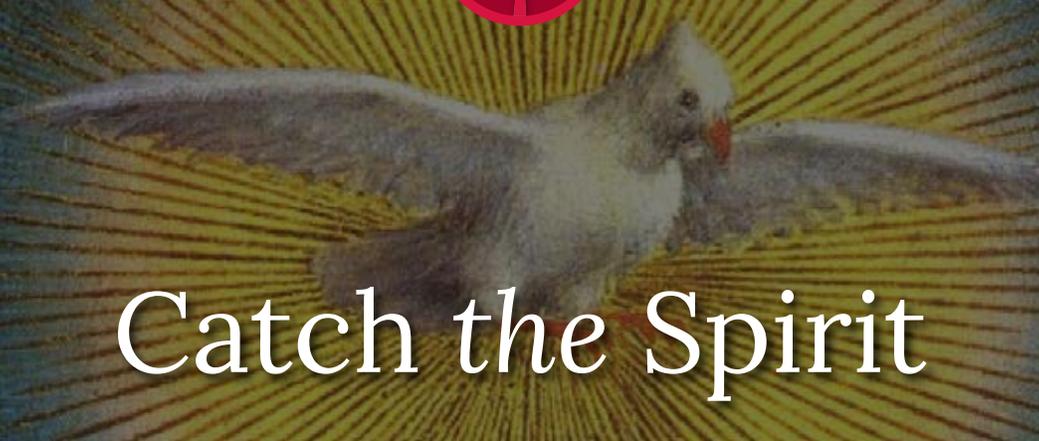
## Family Talk Time

Why do you think we seek reconciliation when we have done wrong? Have you ever hurt someone you love and wanted forgiveness? Why do you think you felt that way? How did it feel to be forgiven by that person?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Penance and Reconciliation as the means of receiving your forgiveness and mercy and to be reconciled with your Church. Help us to always strive to avoid temptation and sin, but when we fall, to always seek your mercy in this Sacrament. Amen



# Catch the Spirit



## This week, your child learned that:

- ▶ Sickness and death as part of the human condition are the result of Original Sin.
- ▶ Jesus came to free us from suffering, sickness, and death through His own suffering and Death on the Cross.
- ▶ In the Sacrament of Anointing of the Sick, we receive an outpouring of God's grace to strengthen us to face suffering and sickness and even death that results from Original Sin.
- ▶ The matter, form, minister, and effects of the Sacrament of Anointing of the Sick are based in Scripture.



## Family Talk Time

How has Christ's passion changed our view of suffering and sickness? What are some ways can we help those who are sick and suffering in our lives?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Anointing of the Sick as the means of strengthening us when we face serious illness and death. Help us to walk in your ways all the days of our life so that we may one day be with you in Heaven. Amen.



# Catch the Spirit



## This week, your child learned that:

- ▶ The Bible begins with the first marriage of the original man and woman and ends with a vision of the wedding feast of the Lamb, Jesus, who is united for all eternity with His Bride, His Church.
- ▶ Jesus is first revealed to the public as the Messiah at the Wedding at Cana.
- ▶ Jesus elevated marriage to a Sacrament at the same time when He announced that the time had come for God's relationship with His people to be restored.
- ▶ United in marriage, man and woman open themselves up to children, and thus become an icon of the Trinity.
- ▶ Marriage forms an unbreakable bond between the husband and the wife, which was God's plan for humanity from the beginning.
- ▶ Marriage requires self-giving, sacrificial love in imitation of Christ.
- ▶ Jesus offers spouses the virtues and graces needed to endure.



## Family Talk Time

How does the Sacrament of Marriage reflect God's love? What are some ways that spouses sacrifice for each other?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Holy Matrimony so that one man and one woman may joined together in a communion that reflects the love that is God. Help us to always to love you above all things and to love our neighbor as ourselves for the love of you. Amen.



# Catch the Spirit



## This week, your child learned that:

- ▶ Holy Orders is the Sacrament through which Christ continues His ministry in the Church until the end of time.
- ▶ At the Last Supper, Jesus made the Apostles the first priests, commanding them to celebrate Mass for all Christians.
- ▶ Jesus gave priests spiritual powers so that all people would be able to encounter Him through the Sacraments.
- ▶ Bishops and priests - by virtue of the Sacrament of Holy Orders - are consecrated to serve *in persona Christi Capitas* (in the person of Christ the Head).
- ▶ Bishops and their collaborators, priests, are the successors of the Apostles.
- ▶ Jesus' choice of only men to serve as Apostles does not mean that women are somehow inferior or less talented.



## Family Talk Time

What are some ways that your parish priest makes Christ present to you?



## Meditation for This Week:

Dear Lord Jesus, you gave us the Sacrament of Holy Orders so that the men you call to priesthood act in your Person to bestow the graces of the Sacraments and lead your flock to holiness. Help us to always love and respect our priests and pray for their holy ministry. Amen.