

The Eucharist as Communion that calls for *Service*

Instructions for Parents and Catechists

The following eight Resource Pages can be used over several sessions.
The Resource Pages introduce us to:

1

'That they may all be one'

The Eucharist as
Communion
1 page

2

The Communion of Saints

Aims to cover an
aspect of being in
communion that
spans time and space
2 pages

3

Saint Mary MacKillop

Two related sayings
from Saint Mary, which
are covered more
fully in the following
two resource sheets
1 page

4

Getting to know Jesus and what he teaches us to do

A short Gospel passage
to be read prayerfully to
provide an experience
of listening to Jesus'
words through using
the Bible to get
to know Jesus
1 page

5

How to follow Jesus 2 pages



6

The Story of Saint Mary MacKillop

To be used if students
are unfamiliar
with Saint Mary
MacKillop's life
1 page



'That they may all *be one*' The Eucharist as Communion

'The Lord addresses an invitation to us, urging us to receive him in the sacrament of the Eucharist.'

Catechism of the Catholic Church, paragraph 1384

The Eucharist is also known as "Communion".

☐ **Can you see the word "union" which means "being one" or together?**

Therefore, the word "Communion" means "being one with" or "being united with" the Risen Jesus in the Eucharist at Mass.

Saint Paul reminds us in his Letter to the Galatians that we are "all one in Christ Jesus" (Chapter 3, verse 28).

Jesus himself tells us that he is the true Vine and we are the branches who **receive life from him** and, therefore, by being one with him we can do good works that will last (see John 15:1-5)

Being one with the Risen Jesus means that we are called to live like him by listening and learning from what he says to do in the Bible.

Jesus teaches us we are to help those who are in need, such as, those who are thirsty, hungry, do not have a home to live in, are sick, hurt, afraid or may be lonely.

When we do this, because we are all one, we are also helping Jesus himself, who said: 'Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me.' (Matthew 25:40)



The Communion of *Saints*

Being one with the Risen Jesus also points to the Communion of Saints – or as the writer of the Letter to the Hebrews says – points to the “great cloud of witnesses all around us” (Hebrews 12).

The Communion of Saints means all the friends of Jesus who now live with him in heaven and, together with the Holy Spirit, inspire us to live good lives.

There are examples of the Communion of Saints in the Bible.

- ☐ **One example is the true story called “The Transfiguration of Jesus”.**
- ☐ **Can you recall what happened? Here is a picture that may help:**



Here is the true story of Jesus’ Transfiguration if you wish to hear it again:

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light.

Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. ‘Lord,’ he said, ‘it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.’ He was still speaking when suddenly a bright cloud covered them with shadow and from the cloud there came a voice that said, ‘This is my Son, the Beloved; he enjoys my favour. Listen to him.’ When they heard this the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. ‘Stand up,’ he said, ‘do not be afraid.’ And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, ‘Tell no one about the vision until the Son of Man has risen from the dead.’

– Gospel of Saint Matthew,
Chapter 17, verses 1-9



Questions for discussion/reflection

- 1 What did Jesus look like when he was transfigured?
- 2 Who was with Jesus when he was transfigured?
- 3 What were the names of the two people standing and talking with Jesus?
- 4 What do they show us about those who belong to the Communion of Saints?
- 5 What is the name of Australia's first officially recognised Saint?

Saint Mary MacKillop

Saint Mary MacKillop, who is officially Australia's first saint, says this about us being united with Jesus in the Eucharist and about loving one another like Jesus said to do:

"The heart of Jesus in the Eucharist is large enough to hold all our hearts in unity and is the dynamic factor that breaks open our hearts to include the poor."

Saint Mary MacKillop's deep understanding of the link between the presence of the Risen Jesus in the Eucharist and the presence of the Risen Jesus in his suffering people is surely the deepest origin of her most famous piece of advice:

"Never see a need without doing something about it."

Saint Mary's lesser-known piece of advice is equally significant:

"Never forget who it is you are following."



How do these two pieces of advice help us today?

First, 'never forgetting who we are following' reminds us to think and act like Jesus. But to do that you need to get to know Jesus first.

- ☐ What are some ways we can get to know Jesus? (We get to know Jesus by spending quiet time with him in prayer, by reading the Bible about how he treated others, how he saved us and opened the way to everlasting life, and by being gathered together to be united to the Risen Jesus in the Eucharist).
- ☐ You can listen prayerfully to Jesus' words on the next page called "Getting to know Jesus and what he teaches us to do"

Second, to be able to most truly 'see a need and do something about it' - by firstly knowing Jesus and asking 'What would Jesus do?' - we realise we are never alone: we have Jesus and the friends of Jesus who belong to his Church to help guide us.

This is especially important when it comes to helping with more widespread needs.

By following Jesus and belonging to his Church, we realise that we do not need to try and 'save the world' all by ourselves.



Getting to know *Jesus* and what he teaches us to do

Read these words of Jesus slowly and prayerfully.

Listen carefully for Jesus' words to our Father that speak about you and me today being one with God and all those across time and space.

Start with praying the Sign of the Cross:

In the name of the Father, and of the Son, and of the Holy Spirit.

A reading from the Gospel of Saint John.

Jesus said:

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one

another. By this everyone will know that you are my disciples, if you have love for one another. (John 13:34-35)

As you [Father] have sent me into the world, so I have sent them into the world. ... I ask not only on behalf of these but *also on behalf of those who believe in me through their word*, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. (John 17:18-21)

*This is the Gospel of the Lord.
Praise to you, Lord Jesus Christ.*

*Jesus showing us
how to love and
serve one another
(see John 13:3-17)*



How to follow Jesus

"Never forget who you are following"
– Saint Mary MacKillop

- ☐ Remembering Jesus' teachings also saves us from being tricked (or tempted) into doing many, many good things that might distract us from doing the *right* thing.

There is an old saying, "It is hard to trick a good person to do something wrong, but it is easier to trick a good person to do many, many good things to distract them from doing the right thing."

Jesus told off some leaders who thought they were doing a good job by following many, many good rules but they were forgetting to be kind and caring. For example, one law said everyone had to rest on the Sabbath day to spend time with God, which is a good thing, but they thought this meant no one was even allowed to help someone who was in need. So, Jesus taught



them a lesson about what is good and right by healing someone on the day of rest.

- ☐ Listen to another example of "good and right" happening in the Bible:

One day, Jesus was visiting a village and a woman named Martha welcomed him into her house. She had a sister called Mary who sat down at Jesus' feet and listened to him speaking. Now Martha who was distracted with all the serving said, "Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me." But Jesus answered: "Martha, Martha," he said, "you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her." (Luke 10:38-42)

Question: If you had invited God into your home, would you firstly sit with God or would you run off straight away and start getting food ready?



"Never forget who you are following"
– Saint Mary MacKillop

Here some other examples about remembering **we are followers of Jesus first** that then show us how to help others because we are all created and loved by God:

Imagine:

You are going for a walk with some friends to get some exercise. However, you are so caught up with wanting to be with your friends and with doing some exercise – which are both good things to do – that you choose to walk right passed your neighbour who is trying to lift some shopping bags out of a car instead of listening to a little thought that had entered your mind saying 'we should stop to offer some help'.

- ☐ Do you see the difference between there being good things and the right

thing? By being a prayerful person, we become more aware of God prompting us to do good. We become more Christ-like, e.g. Saint Paul talks about having the same mind as Christ (Philippians 2:5; 1 Corinthians 2:16)

Imagine:

You are at school having fun with your friends. You notice one of your other classmates is sitting alone and looking upset.

- ☐ What could you do to help?

Listening, Receiving and Doing

We are invited to listen ever more deeply to Jesus Christ whom we encounter through the Bible and receive in the Eucharist and who sends us out to encounter and love him in his people, and especially in those who are poor, abandoned or in need.



The Story of Saint Mary MacKillop

Mary MacKillop was born in 1842. She was the eldest of eight children. When she grew up she became a teacher.

One day, she met Father Julian Tenison Woods, a priest from South Australia. He had a dream. It was to gather a group of teachers to show God's love to poor children. Mary offered to help him.

In 1866, Mary went with two of her sisters to Penola in South Australia. There she taught students in the parish school. Other teachers began to hear about the work she was doing. In two years, 120 young women joined Mary.

They taught children in parish schools. They founded homes for orphans and poor women. They visited poor people in their homes, in hospitals and in prisons. Over the next forty-three years many more women joined Mary. They helped people to know that God was with them.

They became known as the Sisters of St Joseph. Soon they were working to help the poor and needy all over Australia.

Mother Mary of the Cross, as she became known, died at the age of 67 on 8th August 1909. In 2009, the Pope announced that Mary MacKillop would be Australia's first officially recognised saint. She was canonised on 17 October 2010. Now she is known as **Saint Mary of the Cross**.

- ☐ In what country did Mary MacKillop live?
- ☐ How did Mary MacKillop show courage?
- ☐ What were three things that Mary MacKillop did?

