



SESSION 26

Sacraments at the Service of Communion



What students will learn:

- › Jesus also calls us to follow in His example of service.
- › The saints provide powerful examples of how to follow Jesus' example and respond to His calling in our lives.
- › The theological virtues assist and enliven us in our service of others.

What students will do:

- › Look at sacred art.
- › Read Scripture.
- › Read saint biographies and describe how they lived lives of service.
- › Determine if quotation strips describe faith, hope, or love.

Session at a Glance



Workbook pages your students will complete:

- Foot Washing (page 187)
- Sacraments at the Service of Communion (page 188)
- Saint Biographies (page 190)
- Saints at the Service of Communion (page 197)



Other materials you will need:

- Markers and/or colored pencils
- Catechist Resource: Catholic Wisdom on Faith, Hope, and Love (page 429 in this guide)



Vocabulary your students will learn:

- **Sacraments at the Service of Communion:** The Sacraments of Matrimony and Holy Orders. These Sacraments are primarily directed toward the salvation of others by giving a particular mission in the Church to help build up the People of God.
- **Theological Virtues (n.):** Virtues infused directly into the human soul by God that help human beings relate to God. They inform and give life to all the other virtues. They are: faith, hope, and love (charity).
- **Vocation (n.):** The calling or destiny of all people in this life and the next. God first calls everyone to love and serve Him and to seek the perfection of holiness. God also calls each person to a state of life: either marriage, religious life, or ordained priesthood.



Prayer for this session:

Dear Father, we thank you for your blessings and ask you to increase our holiness so that we may use our gifts in your service. We ask this in the name of Jesus Christ, Our Lord. Amen.

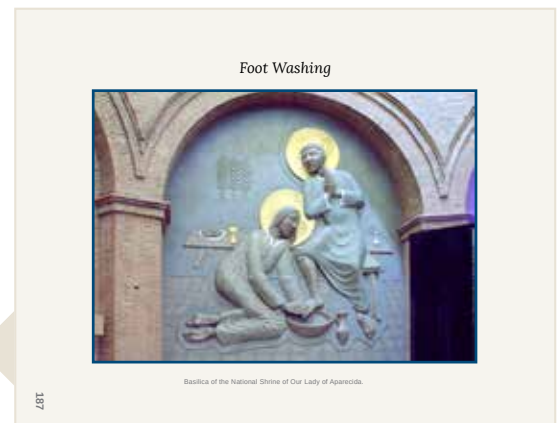
Session Plan

Choose from a warm-up and activities.

Note: Before class, photocopy and cut out enough copies of **Catechist Resource: Catholic Wisdom on Faith, Hope, and Love (page 429 in this guide)** so that each group of three or four students has a complete set.

Warm-Up

- A. Begin with the prayer for this session.
- B. Arrange students into groups of three or four. Have them turn to **Foot Washing (page 187)**. Give students several minutes to quietly view the art before you say or ask anything.
- C. Read aloud to your students **John 13:1-15**.
- D. Then ask your students the following questions:
 - How does the sculpture illustrate this Scripture story? Jesus is washing the feet of one of the Apostles, likely St. Peter, since he is the focus of the Scripture story. The emotion on St. Peter's face conveys a change in attitude when he says "Master, then not only my feet, but my hands and head as well." Jesus is depicted as lovingly washing Peter's feet, while the table for the Eucharistic sacrifice is set behind Him.
 - What reason does Jesus give in the Scripture story for washing the feet of the Apostles? He has given them a model to follow, that as He has done for them, they should do for others, and that is, even though they may find themselves in high and respected positions, they should always serve others, even to the point of making themselves less than the other and washing their feet.
 - What things did you notice in the background of this sculpture? The bread and wine for the Last Supper. Stalks of wheat, symbolizing the material the bread was made of. A menorah, which is a traditional Jewish candle, symbolizes the nature of the Passover feast as central to Jewish faith.



EXPLAIN to your students that the Church recognizes two of the seven Sacraments as Sacraments at the Service of Communion. This means that these Sacraments are “directed towards the salvation of others” (CCC 1534). In fact, in these two Sacraments, the recipients are given the grace by Jesus to serve others and help lead them to Salvation in order to build up the People of God. Whereas Baptism, Confirmation, and the Eucharist are about our own initiation and salvation, the Sacraments at the Service of Communion are focused on our role in the salvation of others. Just as every Baptized and Confirmed Christian is consecrated, or set apart for God and tasked with the mission of attaining holiness, so too are those who receive these two Sacraments consecrated with a unique calling, a vocation, by God.

- E. Ask your students which of the seven Sacraments they think are the two Sacraments at the Service of Communion. *Holy Matrimony and Holy Orders. Holy Orders is the Sacrament by which men who are called to the priesthood are ordained as priests. Holy Matrimony is the Sacrament by which men and women who are called to be married are brought together in a sacred bond of unity and love.*
- F. Ask your students how they think the story of Jesus washing the Apostles’ feet at the Last Supper helps us understand these Sacraments. *Jesus modeled how to serve others and then called each of the Apostles to do as He had done for them. Jesus calls us too to follow in His example of service. Further, as beautifully illustrated in the sculpture Foot Washing, Jesus washed His Apostles’ feet immediately before He gave to them His Body and Blood in the Eucharist. This is a reminder to us all that the service of others that we are called to in Holy Matrimony and Holy Orders requires all that we have as a gift to others.*

Sacraments at the Service of Communion

Directions: Read the paragraph below taken from the Church document called *Lumen Gentium*. This document teaches us about how the Catholic Church understands herself. Then answer the questions and create a symbol on the next page.

Those of the faithful who are consecrated by Holy Orders are appointed to feed the Church in Christ's name with the word and the grace of God. ...Christian spouses, in virtue of the sacrament of Matrimony ... help each other to attain to holiness in their married life and in the rearing and education of their children. ...From the wedlock of Christians there comes the family, in which new citizens of human society are born, who by the grace of the Holy Spirit received in baptism are made children of God, thus perpetuating [continuing] the people of God through the centuries.

~LUMEN GENTIUM, 11

1. How are those who receive the Sacrament of Holy Orders tasked by God to serve others?

2. How are those who receive the Sacrament of Holy Matrimony tasked by God to serve others?

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Activity 1

- A. Ask students to turn to **Sacraments at the Service of Communion (page 188)**. Have each student work individually to complete the two questions on the worksheet.
- B. Review and discuss the answers to the two questions on **Sacraments at the Service of Communion**.
- C. Make markers and/or colored pencils available and have students create a symbol for one of the Sacraments at the Service of Communion. Then have them share their symbols with the class and explain how they represent that the recipient of the Sacrament is called to serve others.

Activity 2

- Explain to your students that the lives of the saints give us powerful examples of how to be holy. We are now going to look at some of these examples of the saints and consider what their lives show us about responding to God's call to serve others and help build up the People of God.
- Arrange students into groups of three or four. Assign each group of students two saints from **Saint Biographies (page 190)**. Have each group read their assigned saint biographies and complete **Saints at the Service of Communion (page 197)**.
- Circulate the room and assist as needed.

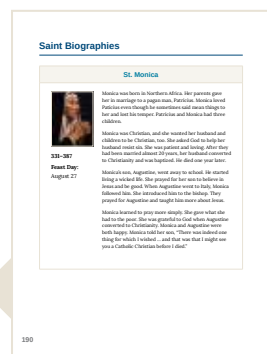
Activity 3

- Explain to students that the saints all practiced the theological virtues of faith in love, but most of all love, in their service of others. List the theological virtues on the board: faith, hope, and love (also called charity).
- Read aloud to your students 1 Corinthians 13:2-3, 13:

And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing... So faith, hope, love remain, these three; but the greatest of these is love."

- Ask your students the following questions:
 - What does St. Paul say will happen to him without love? *He will be nothing or gain nothing.*
 - Which of the theological virtues is the greatest? *Love.*
- Read aloud to your students *Catechism of the Catholic Church 1827*:

The practice of all the virtues is animated and inspired by charity, which "binds everything together in perfect harmony"; it is the form of the virtues; it articulates and orders them among themselves; it is the source and the goal of their Christian practice. Charity upholds and purifies our human ability to love, and raises it to the supernatural perfection of Divine Love.



Saints at the Service of Communion

Directions: Read the Saint Cards given to you and complete the chart.

Saint	What was this saint's vocation or calling from God?	How did this saint work for the salvation of others?	What example did this saint give for your own call to holiness?

- E. Ask your students the following questions:
- What is the relationship between charity (love) and all of the other virtues? *They are animated and inspired by charity (love).*
 - What is the source of the Christian practice? *Charity (love). It upholds and purifies our human ability to love, and raises it to the supernatural perfection of divine love. In other words, the virtue of charity (love) perfects our human love and makes it mirror the Divine Love that is God.*
- F. Explain to your students that the fruits of charity (love) are joy, peace, and mercy (CCC 1829). In order to properly serve others, we must pray to God constantly that He animates our hearts with the gift of faith, hope, and love.
- G. Arrange students into groups of three or four and distribute to each group a set of **Catechist Resource: Catholic Wisdom on Faith, Hope, and Love (page 429 in this guide)**. Instruct them to read the quotations and decide if the quotation describes faith, hope, or love, and separate them into three piles accordingly.
- H. Circulate around the room and assist as needed. Review each group's piles when they are finished.



Get Ready for the Next Session

- ☐ Bring construction paper or card stock and markers and/or colored pencils.
- ☐ Review the upcoming session.

Foot Washing



Basilica of the National Shrine of Our Lady of Aparecida.

Answer Key

1. They are appointed to feed the Church in Christ's name with the word and the grace of God.
2. They help each other to attain to holiness in their married life and in the rearing and education of their children. Family comes from the union of husband and wife, thus perpetuating the people of God through the centuries.

Sacraments at the Service of Communion

Directions: Read the paragraph below taken from the Church document called *Lumen Gentium*. This document teaches us about how the Catholic Church understands herself. Then answer the questions and create a symbol on the next page.

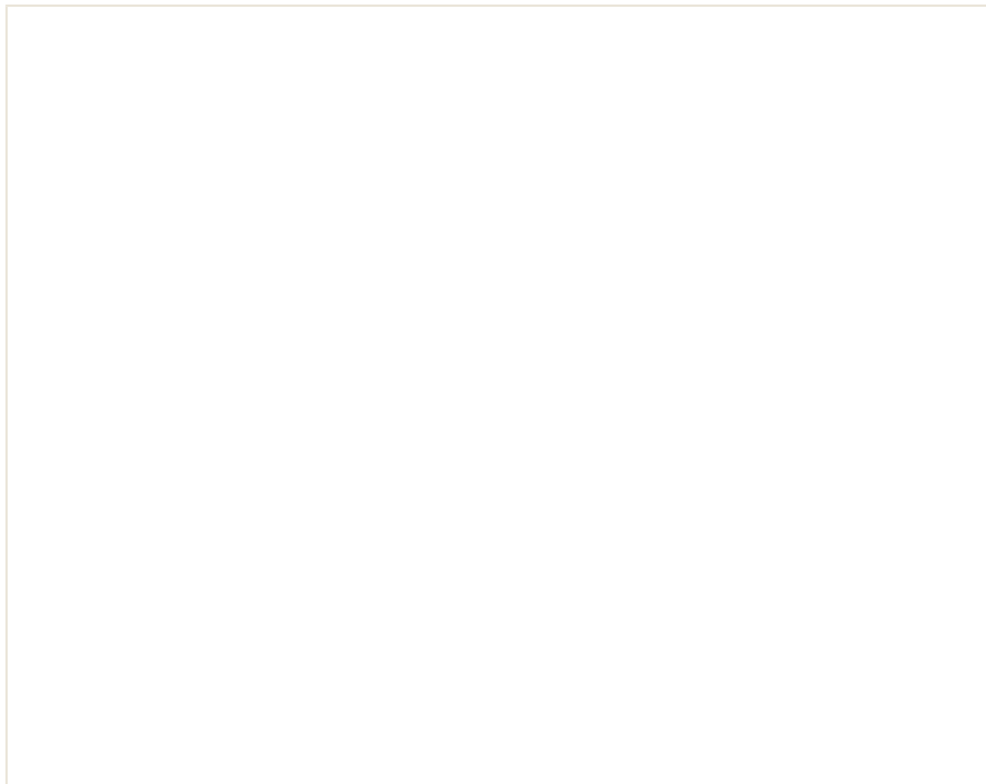
Those of the faithful who are consecrated by Holy Orders are appointed to feed the Church in Christ's name with the word and the grace of God. ...Christian spouses, in virtue of the sacrament of Matrimony ... help each other to attain to holiness in their married life and in the rearing and education of their children. ...From the wedlock of Christians there comes the family, in which new citizens of human society are born, who by the grace of the Holy Spirit received in baptism are made children of God, thus perpetuating [continuing] the people of God through the centuries.

—LUMEN GENTIUM, 11

1. How are those who receive the Sacrament of Holy Orders tasked by God to serve others?

2. How are those who receive the Sacrament of Holy Matrimony tasked by God to serve others?

Choose either Holy Orders or Holy Matrimony and create a symbol that represents God's unique calling within that Sacrament to serve others.

A large, empty rectangular box with a thin black border, intended for a student to draw a symbol representing God's unique calling within a sacrament.

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Saint Biographies

St. Monica



331–387

Feast Day:
August 27

Monica was born in Northern Africa. Her parents gave her in marriage to a pagan man, Patricius. Monica loved Patricius even though he sometimes said mean things to her and lost his temper. Patricius and Monica had three children.

Monica was Christian, and she wanted her husband and children to be Christian, too. She asked God to help her husband resist sin. She was patient and loving. After they had been married almost 20 years, her husband converted to Christianity and was baptized. He died one year later.

Monica's son, Augustine, went away to school. He started living a wicked life. She prayed for her son to believe in Jesus and be good. When Augustine went to Italy, Monica followed him. She introduced him to the bishop. They prayed for Augustine and taught him more about Jesus.

Monica learned to pray more simply. She gave what she had to the poor. She was grateful to God when Augustine converted to Christianity. Monica and Augustine were both happy. Monica told her son, "There was indeed one thing for which I wished ... and that was that I might see you a Catholic Christian before I died."

St. Gianna Beretta Molla



1922–1962

Feast Day:
April 28

Gianna was born into a Catholic Italian family. She had twelve siblings. When she was 20, she went to Milan so that she could go to school to become a doctor. When she graduated, she opened an office. Her patients were children.

When Gianna was 33 she got married. She and her husband had four children. While Gianna was pregnant with their fourth child, Gianna grew very sick. She had a tumor growing in her womb near her unborn daughter. A tumor is a growth of unhealthy cells in the body. Some tumors, like Gianna's, can be very serious. The tumor had to be removed.

Gianna had to decide what to do. Some of the ways the doctors could treat her would have killed her baby. Gianna did not want that to happen. She asked her doctors to take out the tumor, but to protect her baby.

The doctors took out the tumor, but Gianna was still sick. She knew that her doctors might have to decide between saving her, or saving her baby. She told her family she wanted her doctors to save her baby if they had to choose. Finally her little girl was born. Gianna lived for one more week and then she died. She was 39 years old.

St. Thomas More



1478-1535

Feast Day:

June 22

Thomas More was born in London. He went to good schools, and impressed his teachers. One of his teachers said he spoke Latin as easily as he spoke English!

More became a successful lawyer. He was also a great speaker and a great writer. He served in Parliament, which makes laws for England. Later he became a helper to the King of England, King Henry VIII.

The king wanted to divorce his wife. He tried to use the Bible to say divorce was okay. More knew that the king was wrong. The king decided to break England away from the Catholic Church and start his own church. The king told More he had to stop being Catholic and be loyal to him instead. More said no, and the king put More in jail. He took away More's property. The king even took More's writing materials so he wouldn't be able to send letters to his family. Finally, the king had More beheaded.

More's last words were: "I die the good King's servant, but God's first."

Pope St. John Paul II



1920–2005

Feast Day:
October 22

Karol Wojtyla was born in Poland. When he was a young man, a lot of evil things were happening in Europe. The Nazis were sending Jews, Catholics, and many other people to camps. At the camps those people were tortured and killed. Karol secretly went into seminary (a school that prepares men to be priests). He was made a priest soon after World War II ended.

Even though the war had ended, people in Poland were suffering. They were not free under a Communist government. Fr. Wojtyla was made bishop of Krakow (Poland) in the 1960s. When he was elected Pope, he chose the name John Paul II. He helped people of Poland free themselves from the Communist Party. Pope John Paul II also tried to help England come back to Catholicism.

Pope John Paul II founded World Youth Day. On World Youth Days, young Catholics from all over the world come together to be with the Pope and attend Mass he offers for them.

He wrote many important essays and books that helped people learn more about God. He died in April 2005. Thousands of people came to his funeral.

St. Ignatius of Loyola



1491-1556

Feast Day:

July 31

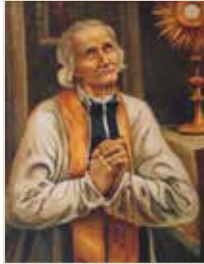
Ignatius was the youngest of 13 children of a wealthy Spanish family. He served as a courtier (a helper to the King) and a soldier. He hoped to win fame and popularity. When he was 30, a cannonball injured his legs. He was carried to the hospital in Loyola. During his recovery, Ignatius read books about the life of Jesus. He read about prayer and the lives of the saints. He was very inspired by the simplicity of the life of St. Francis of Assisi.

When Ignatius recovered, he spent time in a monastery devoted to prayer. He left his sword and armor in a chapel dedicated to Mary. He gave all his clothes to the poor and wore a sackcloth robe.

While a university student in Paris, Ignatius and 6 other students founded the Society of Jesus, or the Jesuit religious order. These 7 men took vows of poverty, chastity, and obedience to the Pope, and hoped to go evangelize the Holy Land. Ignatius and his companions were ordained priests. Ignatius wrote a Rule of Life for his community to live by and went to Rome to offer the services of the Society of Jesus to the Pope. The Pope welcomed them and wanted to send them out as missionaries. Ignatius's companions were sent around the world to Portugal, India, Japan, Ireland, Germany, and many other places to evangelize. Ignatius remained in Rome and directed all these men by writing letters to them. The missionaries founded schools, colleges, and seminaries as well as gathered more men into their order.

Inspired by his earlier readings about Jesus and prayer, Ignatius wrote the *Spiritual Exercises*. These exercises help people to pray. The missionaries had founded 100 religious houses, and the order had 1,000 members when Ignatius died.

St. Jean-Marie Vianney



1786-1859

Feast Day:
August 4

Jean-Marie lived with his parents and five siblings in a French village. When Jean was very young, France was at war. The government outlawed Catholicism. Catholic priests were forced to hold Mass in secret. Jean and his family traveled for miles to farmhouses where priests said Mass in rooms with windows covered to prevent the candlelight from being seen. Jean admired the priests who risked their lives to offer the Mass and hear confessions.

When Jean was 16, the French Revolution ended. He began studying for the priesthood. But he was soon drafted into Napoleon's army. As he walked to the army base, he paused to pray. A Catholic saw him and offered to guide him to the base, but instead led Jean to a hidden village where many Catholics lived. Jean started a school for the children in the village. When French soldiers came looking for Jean, he hid inside stacks of old hay. Several months later, he was able to return to seminary. Jean was ordained at age 39 and assigned to the parish of Ars.

Fr. Jean worked hard in his parish. He tried to revive people's interest in the Faith, for the Revolution had caused many people to feel suspicious or careless about being Catholic. Fr. Jean preached excellent homilies. He started a home for girls, and he heard the Confession of everyone who came to him. He sat in the confessional for up to 16 hours a day, every day, to listen, advise, and absolve the thousands of people who traveled miles to confess and receive his instruction. He heard confessions every day until he died at age 73.

Pope St. John XXIII



1881–1963

Feast Day:
October 11

Angelo Roncalli was born to a large Italian farming family. He completed his seminary studies and became a priest when he was 23. Fr. Angelo was assigned to work of secretary to his bishop.

During World War I, Fr. Angelo was drafted to serve as a sergeant, stretcher-bearer, and chaplain. After the war, the Pope appointed him to help spread the Faith in Italy. The next Pope had Fr. Angelo consecrated a bishop and sent him to work in dioceses in Eastern Europe and the Middle East. Bishop Angelo helped thousands of Jewish and European refugees find safety.

When World War II began, Bishop Angelo was sent as Apostolic Nuncio (a person in charge of a diplomatic mission) to France. He helped save thousands of refugees, especially Jews, from the Holocaust. After the war, he was made a cardinal. Shortly afterward, he was elected Pope, and he took the name John.

Pope John XXIII visited children in hospitals as well as prisoners and young people in reformatory school. He wrote about marriage and divorce, illness and age. He wrote that each person is valuable and has the right to live, and that every person has the duty to care for other people. On October 11, 1962, he began the Ecumenical Council, Vatican II, in order to preserve, teach, and spread the truth of our Catholic Faith in our current age. He died of stomach cancer a few months later.

Saints at the Service of Communion

Directions: Read the Saint Cards given to you and complete the chart.

Saint	What was this saint's vocation or calling from God?	How did this saint work for the salvation of others?	What example did this saint give for your own call to holiness?

Accept reasoned answers

Choose one of the saints you studied and write a prayer asking for her/him to pray for you in a special way.



Catholic Wisdom on Faith, Hope, and Love

LOVE

Let love be sincere; hate what is evil, hold on to what is good

ROMANS 12:9

LOVE

“You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.”
The second is this: “You shall love your neighbor as yourself.”
There is no other commandment greater than these.

MARK 12:30-31

LOVE

Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails. If there are prophecies, they will be brought to nothing; if tongues, they will cease; if knowledge, it will be brought to nothing.

1 CORINTHIANS 13:4-8

LOVE

There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.

1 JOHN 4:18

LOVE

Beloved, let us love one another, because love is of God;
everyone who loves is begotten by God and knows God.

1 JOHN 4:7

LOVE

Pure love ... knows that only one thing is needed to please God: to do
even the smallest things out of great love - love, and always love. (140)

ST. FAUSTINA

LOVE

“The proof of love is in the works. Where love exists, it works
great things. But when it ceases to act, it ceases to exist.”

POPE ST. GREGORY THE GREAT

LOVE

“Lord, grant that I might not so much seek to be loved as to love.”

ST. FRANCIS OF ASSISI

LOVE

“We cannot all do great things, but we can
do small things with great love”

ST. TERESA OF CALCUTTA

LOVE

“There is no place for selfishness—and no place for
fear! Do not be afraid, then, when love makes demands.
Do not be afraid when love requires sacrifice”

POPE ST. JOHN PAUL II

FAITH

Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move. Nothing will be impossible for you.

MATTHEW 17:20B

FAITH

Faith is the realization of what is hoped for and evidence of things not seen.

HEBREWS 11:1

FAITH

[F]or we walk by faith, not by sight.

2 CORINTHIANS 5:7

FAITH

For by grace you have been saved through faith, and this is not from you; it is the gift of God.

EPHESIANS 2:8

FAITH

In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one.

EPHESIANS 6:16

FAITH

Faith is to believe what you do not see; the reward of this faith is to see what you believe.

ST. AUGUSTINE

FAITH

I believe though I do not comprehend, and I hold
by faith what I cannot grasp with the mind.

ST. BERNARD

FAITH

To one who has faith, no explanation is necessary. To
one without faith, no explanation is possible.

ST. THOMAS AQUINAS

FAITH

Be faithful in small things because it is in them that your strength lies.

ST. MOTHER TERESA OF CALCUTTA

FAITH

Where there is hatred, let me sow love. Where there
is injury, pardon. Where there is doubt, faith.

ST. FRANCIS ASSISI

HOPE

Where, O death, is your victory? Where, O death, is your sting? The
sting of death is sin, and the power of sin is the law. But thanks be to
God who gives us the victory through our Lord Jesus Christ. Therefore,
my beloved brothers, be firm, steadfast, always fully devoted to the
work of the Lord, knowing that in the Lord your labor is not in vain.

1 CORINTHIANS 15:55-58

HOPE

Then Joshua said to them, “Do not be afraid or dismayed,
be firm and steadfast. This is what the LORD will do
to all the enemies against whom you fight.”

JOSHUA 10:25

HOPE

Rather the LORD takes pleasure in those who fear
him, those who put their hope in his mercy.

PSALM 147:11

HOPE

We must have confidence in God, Who is what He always has been, and
we must not be disheartened because things turn out contrary to us.

ST. PHILIP NERI

HOPE

When we find ourselves in some danger, we must not lose courage,
but confide much in the Lord; for where danger is great, great also
is the assistance of Him Who is called our Helper in tribulation.

ST. AMBROSE