

St Bernadette Catholic Primary School Newsletter Thursday 11th October 2018



Year of the Eucharist

Adoremus is an initiative of the Catholic Bishops' Conference of England and Wales to create a special opportunity to reflect on the centrality of the Eucharist in the life of the Church. To celebrate the Year of the Eucharist we will be taking part in a number of activities at school. The children will spend time getting to know Jesus through the Blessed Sacrament. The children will have the opportunities to explore the Blessed Sacrament through prayer, adoration, art and poetry.

We share the Cardinal's hope for a 'rejuvenation' of love for the Eucharist in our communities and schools. We introduced the children to the Year of the Eucharist through an assembly and discussed the meaning behind the Year of the Eucharist. I have attached a homework project for key stage 1 and 2 to help them prepare and deepen their relationship with the Eucharist. Please see the next page for further information.

Miss Howard

It is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist which seeks to break down not only the walls that separate the Lord and ourselves but also and especially the walls that separate us from one another.

(Pope Benedict)

The Eucharist - this word comes from the Greek word meaning "thanksgiving". In the Eucharist we give thanks for all that God has given us and most importantly for Jesus' sacrifice of total love on the cross and his promise of resurrection.

Each moment that you spend with Jesus will deepen your union with him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about everlasting peace on earth.

St Teresa of Calcutta

HOMework



Year 1 and 2

Children will receive a booklet to complete. Children can write or draw their responses to the key questions.

My Blessed Sacrament Booklet



NAME: _____



HOMework

DUE:

5TH NOVEMBER

Year 3,4,5 and 6

Create a PowerPoint* about the Eucharist.
You can include:

- *Who is God? Images and names of God*
- *What is the Eucharist?*
- *What is Adoration?*
- *Symbols (monstrance)*
- *Ways we can become closer to God through our actions*
- *Prayer of the Eucharist*

Completed PowerPoints can either be brought into school on a USB stick or emailed to parents@stbernadette.Herts.sch.uk

If children don't have access to PowerPoint they can present their work in a different way.

Frequently asked questions

Blessed be God



"The greatest love story of all time is contained in a tiny white host."

Archbishop Fulton J. Sheen

What is the Blessed Sacrament?

It is Jesus under the appearance of bread and wine once it has been consecrated at Mass. It is not only a Sacrament but also a sacrifice. We call it the Blessed Sacrament, or the Sacred Heart and the Precious Blood, or the Eucharist.

What is the Eucharist?

Eucharist comes from the Greek word 'eukharistia' meaning thanksgiving. The Eucharist makes present Christ's saving sacrifice at Calvary and unites us to Him and to each other in Holy Communion. At the Eucharist Christians remember Jesus' death and are united with Him through bread and wine. Eucharist is another word for the Mass and Sacrament as well as the Sacred Host (Jesus' Body in the form of bread).

What is Adoration?

Adoration is the worship of Jesus Christ Who is present, Body, Blood, Soul and Divinity, under the appearance of the consecrated host.

What is Exposition?

At the beginning of the exposition of the Blessed Sacrament, a priest or deacon removes the sacred host from the tabernacle and places it in the monstrance on the altar for Adoration by the faithful. We may sing 'O Sacrament most holy' or 'Salutaris Hostia' at this point. All praise and all thanksgiving me every moment thine,' at this time.

What is Benediction?

Benediction means the blessing given by the priest or deacon with the Sacred Host at the end of Exposition. It includes hymns, prayers and readings related to the Real Presence of the Lord Jesus in the Eucharist eg the Divine Praises.

What is a Holy Hour?

A Holy Hour is when we spend a set amount of time (like an hour) in Eucharistic Adoration where a priest has exposed the Blessed Sacrament and we pray together with other people. A Holy Hour will often begin with Exposition and end with Benediction.

What is the Tabernacle?

The tabernacle is the ornate, secure box in which the Blessed Sacrament is reserved outside of Mass. It is often at the centre of the church. The sanctuary lamp burns near the tabernacle as a sign in honour of the Real Presence of Christ.

Which vestments are worn during Benediction?

The priest wears a big cloak called the cope and a humeral veil to cover his hands and shoulders as a sign of respect.



USEFUL PRAYERS



Westminster Prayer

*Jesus, You are truly present
in the Most Holy Eucharist.
Help me feel Your presence
every time I visit you.
Give me Your strength
when I receive You
in Holy Communion.
And, receiving Your love,
help me take that love to others.
I ask this in Your name.
Amen*

Blessed be God, three in one

Blessed be God the Father, origin of life and love,
A gentle Father and the God of all consolation
Who comforts us in all our sorrows,
So that we can offer others in their sorrows,
The consolation that we have received from God.

Blessed be Jesus Christ, God in human form,
One of us, who knew the satisfaction of a hard day's
work,
Who knew the joy of sunrise over the lake, breakfast
with friends,
The pain of betrayal, the fear of the mob –
Redeemer, teacher, friend.

Blessed be the Holy Spirit, breath of God,
Life of God, inspiration of the whole human race -
Our best ideas, our unexplained moments of goodness,
A sudden shaft of light,
Our humble guide on the path of life.

(from 'Prayers for Schools' by Raymond Friel)

Adoration Prayer

My Lord Jesus Christ
I believe that You are really
here in this Sacrament.
Night and day You remain
here,
compassionate and loving.
You call, You wait for,
You welcome everyone who
comes to visit You.
I thank You, Jesus my Divine
Redeemer
for coming upon the earth
for our sake
and for instituting the
Adorable Sacrament
of the Holy Eucharist
in order to remain with us
until the end of the world.
Grant me grace and
perseverance in your faithful
service. Amen.