

A close-up photograph of a hand holding a golden chalice. Inside the chalice is a white host and some golden particles. A rosary with dark beads is visible in the lower part of the image. The background is a soft, out-of-focus light color.

# ***Atmavinte Niravil - 4***

**Faith Formation Series of Kerala Latin Catholic Church**

# **SACRAMENTS**

## MESSAGE



Preserving perpetually fresh the command of our Lord Jesus Christ to his apostles “*go into the world and proclaim the good news to the whole creation*” (Mk 16:15), the Church always holds in high esteem the Faith Formation, the essential element in the process of evangelization, as a means to keep alive the proclamation and transmission of the Word of God to the future generation.

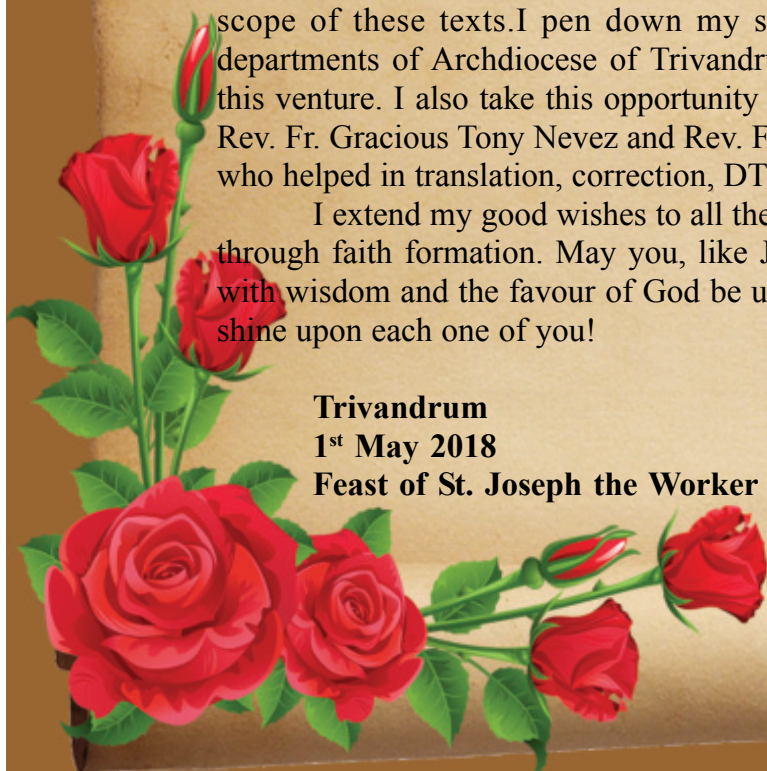
Emphasizing the significance of catechetical ministry, St. John Paul II in his Apostolic Exhortation *Catechesi Tradendae*, exhorts: “*Quite early on, the name Catechesis was given to the totality of the Church’s efforts to make disciples, to help people believe that Jesus is the Son of God so that believing they might have life in his name and to educate and instruct them in this life, thus building up the Body of Christ*” (CT 1). Catechesis enables the faithful to inculcate God’s grace in their day today lives, to experience the invisible power of God through the celebration of the sacraments within the community and to bear witness to it with self-denial.

Noting the prime and vital role of the catechism texts in the Faith Formation process, KRLCBC’s (Kerala Regional Latin Catholic Bishops Council) Commission for Catechetical took a bold step in forming these texts in vernacular language from standard 1 to XII in the year 2007. The content presentation of these texts are noteworthy and needs to be appreciated; its presentation is simple and elegant and uses modern teaching techniques. Care has been taken to depict true beliefs along with the inclusion of the history of the Latin Catholic Church and the special characteristics of the sacraments. Sensing the need of the modern epoch, these texts are now translated into English, which further widens the scope of these texts. I pen down my sincere appreciation to the catechetical departments of Archdiocese of Trivandrum and Diocese of Calicut for initiating this venture. I also take this opportunity to congratulate Rev. Dr. Laurence Culas, Rev. Fr. Gracious Tony Nevez and Rev. Fr. Muthappan Appoli and their colleagues who helped in translation, correction, DTP and page layout.

I extend my good wishes to all the children who desire to deepen their faith through faith formation. May you, like Jesus, grow and become strong, be filled with wisdom and the favour of God be upon you’ (cf. Luke 2:40). Let God’s light shine upon each one of you!

**Trivandrum**  
**1<sup>st</sup> May 2018**  
**Feast of St. Joseph the Worker**

**Archbishop Soosa Pakiam M.**  
**President, KRLCBC**  
**Archbishop of Trivandrum**





## DEDICATION

All those who believe in Christ are constantly called to deepen their faith through faith formation, the essential phenomenon that molds a mature faith and enables the faithful to proclaim vigorously. Faith formation is indeed the prime and vital mission of the Church and therefore it is an essential moment in the process of evangelization (cf. *General Directory for Catechesis* 63; *Catechesi Tradendae* 18).

None in this cosmos remain as individual entities but as part and parcel of communities. As we are commissioned by Jesus “to go into the world and proclaim the good news to the whole creation” (Mark 16:15), we just cannot ignore our mission of being the proclaimers and protagonists of the Kingdom of God, which is based on truth and justice. As the members of Christ’s community we are obliged to live an exemplary life according to the Gospel.

Faith formation text books play a vibrant role in the formation of faith in the lives of faithful. Taking into consideration the significance of text books in faith formation, KRLCBC (Kerala Regional Latin Catholic Bishops Council), Commission for Bible and Catechesis did a wonderful work of creating text books in vernacular language from class 1 to XII. Deeming it as the need of the time, the Commission translated these text books into English, which is coordinated by the catechetical departments of Archdiocese of Trivandrum and Diocese of Calicut.

At this juncture, I deem it fit to place on record my heartfelt gratitude to Rev. Dr. Laurence Culas, Rev. Fr. Gracious Tony Nevez and Rev. Fr. Muthappan Appoli for their untiring works and leading role in carrying on this translation. I also thank all the translators for their strong will power and hard work. Hoping these text books would shape the character of the students and teachers on the basis of gospel, I present these books happily for the use of everyone.

Kochi  
1<sup>st</sup> May 2018  
Feast of St. Joseph the Worker

Bishop Joseph Kariyil  
Chairman  
KRLCBC Commission for  
Catechetics

## MESSAGE

“To begin with, it is clear that the Church has always looked on catechesis as a sacred duty and an inalienable right. On the one hand, it is certainly a duty springing from a command given by the Lord and resting above all on those who in the new covenant receive the call to the ministry of being pastors. On the other hand, one can likewise speak of a right: from the theological point of view every baptized person, precisely the reason of being baptized, has the right to receive from the Church instruction and education enabling him or her to enter on a truly Christian life” (*Catechesi Tradendae* 14).

KRLCBC Commission for Catechesis, in its whole hearted efforts owning this mind of the Mother Church regarding catechesis, deemed it necessary to present the Catechism texts in languages more comfortable to the students. So, the translation of the current vernacular text into English and Tamil was included in the decennial plan presented in the Vallarpadam Mission Congress and BCC Convention as one of the primary objectives to be achieved. Moreover, constant plea from the part of students and their parents as well as the teachers necessitated this huge venture.

The great and praise worthy efforts invested by the Pastoral Ministry of Latin Archdiocese of Trivandrum under the direction of Rev. Dr. Laurence Culas and Rev. Fr. Muthappan Appoli and by the diocese of Calicut under the guidance of Rev. Fr. Gracious Tony Nevez towards the realization of this objective have been of immense worth. Their service to the formation of the new generation in the Latin Church of Kerala goes gratefully and proudly marked. This will go a long way to realize the specific aim of catechesis as St. Pope John Paul II says: “to develop, with God’s help, an as yet initial faith, and to advance in fullness and to nourish day by day the Christian life of the faithful young and old...Catechesis aims therefore at developing understanding of the mystery of Christ in the light of God’s word, so that the whole of a person’s humanity is impregnated by that word” (*Catechesi Tradendae* 20).

On behalf of the Chairman of the Commission for Catechetics and its members my heart overflows with great appreciation for and deep gratitude to all those who toiled to make this dream come true. May God bless them and reward them with the joy of seeing the new generations “to maturity to the measure of the full stature of Christ” (Eph 4:13).

Kochi  
1<sup>st</sup> May 2018  
Feast of St. Joseph, the Worker

Rev. Dr. Joy Puthenveetil  
Secretary  
KRLCBC Commission for  
Catechetics

## GRATITUDE

The word Catechesis, derived from the Greek word ‘*katekheis*’ means ‘echo;’ implying that as catechists, we echo the teachings of Christ and of the apostles. Catechism texts, playing a vital and inevitable role throughout the faith formation process, must be biblically, theologically and doctrinally reliable and infallible; thus enabling us to proclaim with Jesus, “*My teaching is not mine but his who sent me*” (John 7:16).

KRLCBC (Kerala Regional Latin Catholic Bishops Council), Commission for Catechetics was authorized to consolidate the contents and to formulate catechism texts for the usage of the faithful of Latin Catholic Dioceses in Kerala. The principal task of this commission was to review and evaluate the biblical and theological contents and doctrinal accuracy of the texts for children and youth; as a result of which catechism texts for standard 1 to 12 was formulated in Malayalam and implemented for usage since 2007. Taking into consideration, the dire need of the modern era, now these texts are translated into English for further usage.

With appreciation we place on record our sincere gratitude to Archbishop Soosa Pakiam M, the President of KRLCBC and Bishop Joseph Kariyil, the Chairman, KRLCBC Commission for Bible and Catechetics and Rev. Dr. Joy Puthenveetil, Secretary, KRLCBC Commission for Catechetics. We are indebted to the translators for their competence and hard work, especially Miss Vera Moses for the translation of this text. We are also very thankful to all those who corrected the texts. A special thanks to Mrs. Reena Shabu, Mrs. Sahayamary Delvan, Ms. Francisca T and Mrs. Sophi Godfrey for DTP work, page layout and graphics and to Chackala printers.

Bringing the entire nations to Jesus and assisting everyone to have a personal relationship with him will take place only when we, the faithful deepen our faith through faith formation, have a very personal relationship with him, which in turn strengthens us to proclaim genuinely the message of the Gospel with joy and courage; and thus attracting the entire people to him. Let the light of Jesus reflect through these texts and let everyone who use this text be enlightened by his divine light.

Trivandrum and Calicut  
1<sup>st</sup> May 2018  
Feast of St Joseph, the Worker

Rev. Dr. Laurence Culas  
Rev. Fr. Gracious Tony Nevez  
Rev. Fr. Muthappan Appoli



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## Chapter One

# SACRAMENTS

How beautiful is the world in which we live!  
Trees flowering and bearing fruits. A green earth.



We all have a mango tree in our compound. The tree is full of sweet juicy mangoes during the mango season. If a branch of the tree is cut off, we know what will happen to it. **It withers and dies because it does not receive nourishment through the roots.** Then how can that branch bear fruit?  
Have you not heard the **parable of the vine** told by Jesus?



I am the vine.  
You are the branches.  
Those who abide in Me  
bear much fruit.

“I am the vine and you are the branches. Those who abide in me and I in them bear much fruit because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers” (John 15:5-6).

**Just as a branch not joined, so the tree  
does not have life. We too will not have  
life if we do not stay with Jesus.**

**You have studied: Sacraments  
are streams of life  
instituted  
by Jesus for us,  
to remain  
in Him and have life.**

**The meaning of the word  
‘Sacrament’ is ‘rite of purification.’**

Look at the signs given  
below and write down what they indicate.



**Sacraments are signs to experience  
the invisible God and invisible  
Saviour who loves us.**



**Jesus instituted seven sacraments.**

**The Church alone has the authority to administer them.**

Through the Sacraments, Jesus deeply unites himself to  
every part of our lives.

### **Baptism**



By baptism we obtain  
spiritual life, we become  
children of God, members of  
the Church and eligible for  
eternal life.

## Confirmation



By confirmation, we are filled with the Holy Spirit, we become witnesses to Christ. We receive steadfastness and strength to stand firm in the faith and fight against evil.

## Holy Eucharist



By Holy Eucharist, Jesus gives us His body and blood as food and drink. We become one body in Christ and partakers of eternal life.

## Reconciliation



Through the Sacrament of Reconciliation we obtain forgiveness of sins and are at harmony with God and neighbours.

## Anointing the sick



Through the Anointing of the sick, God comforts us in our illness and heals us.

## Ordination



Ordination is the laying of hands by the Bishop and praying to the Holy Spirit. It puts an indelible mark on the candidates and they become Ministers.

## Matrimony

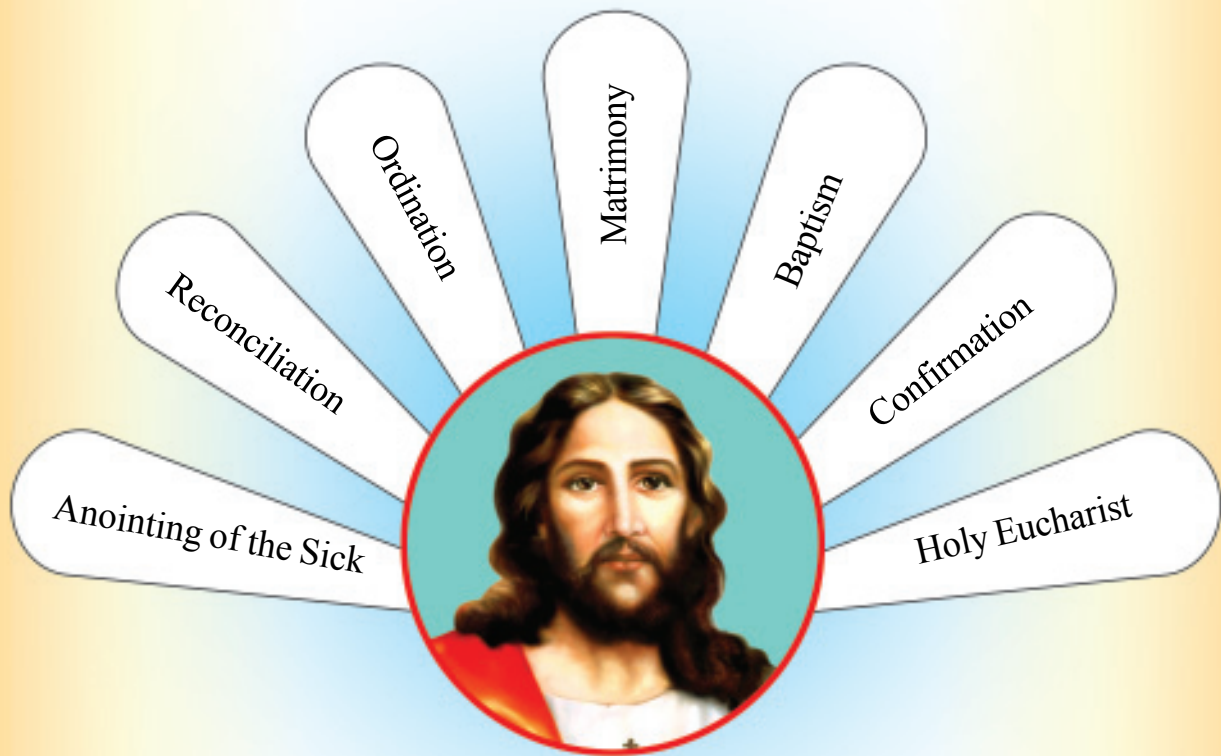


Matrimony establishes a family by joining the man and woman and through the children they beget, the Church and Community is sustained.

To sustain our life, let us remain united with Jesus, the source of life. By the frequent reception of the Sacraments of Reconciliation and the Holy Eucharist, we can remain in the path of salvation.

Through good deeds we can bear much fruit. Jesus instituted seven sacraments. By these sacraments Jesus shares with us God's love and unites us with God and makes us eligible for eternal life. The sacraments enable us to grow in the love of God each day of our lives.

Of the Sacraments given below color only the Sacraments of initiation.



**Tell, what will you do under these circumstances:**

1. Your friend is living in sin by disobeying his teachers and parents.
2. Your neighbour is seriously ill.

Write the names of the sacraments you can receive more than once on the leaves on the right side and those that can be received only once on the left side:



### Let us find the answers

1. What will happen to the branches not joined to the stem? Why?
2. What is the difference between ordinary signs and the signs of the sacraments?
3. What should we do in order that we do not lose our spiritual life but remain steadfast in it?
4. What are the sacraments you have received so far?
5. Who instituted the sacraments?



### Let us sing

Sacraments are seven,  
Instituted by Jesus Lord,  
Means to obtain heaven  
And invisible gifts of the Lord.

Branches have life,  
If with the tree united it be,  
So too we shall have life,  
If with God united we be.

### Let us pray

Jesus, source of eternal life,  
teach us to remain united to you and  
to bear good fruits.



### Let us remember the Word of God

“I came that they may have life and have it abundantly” (John 10:10).



### Memorize

Through the visible sacraments instituted by Jesus  
and entrusted to the Church, we obtain  
invisible and inward graces.

## Chapter Two

# BAPTISM



Look at these pictures. What will happen if a seed is not sowed or if sufficient water and manure is not given to it? Surely, it will die.

If a sprouted seed is placed in a pot prepared for it and water and manure are supplied, it will grow to be a healthy tree and produce much fruit.

Our life is also like that. Baptism gives the necessary nourishment for spiritual growth. Even though we are born of our parents, we are born with original sin due to the disobedience of our first parents. Therefore, we do not have the grace for spiritual growth.

Through **Baptism**, we are cleansed from the original sin and obtain sanctifying grace, we become children of God and the door to eternal life is opened for us. Therefore, **Baptism is called the door of Christian Life.**

“Very truly, I tell you no one can see the Kingdom of God without being born from above” (John 3:3).

We who have become the children of God through Baptism become the members of the Church.

“Go, therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19).

**Baptism means  
‘to plunge’ or ‘immerse.’**

Through Baptism, all sins, original sin and all personal sins, are forgiven.  
We receive sanctifying grace. We become the children of God. We become heirs of the Kingdom of Heaven.  
We become members of the Church.  
Like Jesus, we ought to live doing good to everyone and share God’s love with others.

## **The Sacrament of Baptism**



Infant to be Baptized is brought to the Church by the parents, god-parents and relatives. The priest gives a new name to the infant. Calling the infant by the new name the priest makes the sign of the cross on its forehead to show that the infant belongs to Christ and to welcome it to the Christian Community, the Church.



Then the priest anoints the infant with the Oil of Catechumens on its chest to receive strength through Jesus, the Saviour. The baptismal water is blessed. The community, on behalf of the infant, explicitly renounces

Satan and professes faith in the true God.

The priest calling the infant by name, pours water on the head three times in the name of the Father and of the Son and of the Holy Spirit and baptizes the infant.



The priest anoints the forehead with chrism to make the infant partaker in Christ's tripple mission: Kingly, Priestly and Prophetic.

The priest puts a white garment on the infant. Then with the help of the god-father, the priest makes the infant to hold a lighted candle. The white garment signifies that the infant has “put on Christ.” The lighted candle signifies that the infant has accepted Christ as light.





Then Ephphatha rite follows. The priest blesses the ears to listen to the Word of God and the lips to proclaim the Good News. All recite **‘Our Father’** and then the priest blesses the parents, god-parents and the faithful.

Find out your baptism details and complete the following:

Date of Baptism:	
Name the Priest who baptized you:	
Your Baptismal name:	
Names of your God-parents: God-father: God-mother:	
The minister who baptized you:	
1	2

### Discuss:

A baptism you attended.

### Do you know?

It is the duty of the god-parents to help the parents to bring up the child in Christian faith.

In baptism we receive the name of a saint. That saint’s life becomes a model for you. You also obtain special protection of the saint whose name you bear.

### Let us find the answers

1. Why do we call baptism 'the Gateway of Christian life'?
2. What is the meaning of the word 'Baptism'?
3. What does the Oil of Catechumens signify?
4. What does the white garment and lighted candle signify?
5. Why are we given the name of a saint at the time of baptism?



### Let us sing

Baptism the first sacrament  
Gateway to Christian life  
Washes away original sin  
Personal sin, if any, too.

Sanctifying grace is received  
Beloved Children of God to be  
Members of the true Church too  
And to the Kingdom of Heaven, heirs.

### Let us pray

Dear God, you made us your  
children through baptism.  
We praise You.



### Let us remember the Word of God

"Very truly, I tell you no one can enter the  
Kingdom of God without being  
born of water and spirit" (John 3:5).



### Memorize

**Baptism is a sacrament, which cleanses  
us from original sin, makes us Christians, children  
of God and members of the Church.**

## Chapter Three

# CONFIRMATION



A mother is very much concerned about her child's growth. In the beginning she feeds the child with breast milk. Then she makes the child get accustomed to light food. For the good growth she gives nourishment. The mother desires to see her child grow soon and gain strength.



Consider the work of an experienced farmer. He waits patiently for the seeds he sowed to sprout. When the sprout begins to grow he loosens the soil and gives more manure. When the plant grows properly the farmer rejoices. The farmer hopes to obtain a good crop.

As infants we received the Holy Spirit through Baptism. But as we grow we require the special graces of the Holy Spirit for progress in spiritual life. Through the Sacrament of Confirmation, the Holy Church gives us the gift of the Holy Spirit.



**By the Sacrament of Confirmation  
we are filled with the Holy Spirit  
and obtain spiritual strength.**



**On the Pentecost Day the Apostles were filled with the Holy Spirit for the first time.**



After Jesus was crucified the Apostles lost courage. They were inside the house with the doors locked for fear of the Jews. Jesus came and stood among them and said: “Receive the Holy Spirit” (John 20:22).



Later on Pentecost Day, while praying with Mary in the Upper Room, the Holy Spirit descended on the apostles like tongues of fire. Filled with the Holy Spirit they obtained strength and courage. They earnestly proclaimed the Word of God.



**The Confirmation is a sacrament, by which, even today, as in Pentecost, we receive the fullness of Holy Spirit.**



**Baptism makes us members of the Church; while Confirmation makes us permanent and active witnesses.**

**It is the Holy Spirit who guides the Church.**

In the Old Testament, it is the Holy Spirit who made the elders, judges and kings competent to lead the Israelites.

We have studied earlier the seven gifts of the Holy Spirit.  
When filled with the Holy Spirit through Confirmation, we are able  
to produce more fruits.

**The fruits of the Holy Spirit are:**

Love, Joy, Peace,  
Patience, Kindness,  
Goodness, Faithfulness,  
Mildness, Faith, Gentleness,  
Self-control, Purity

**Sins against the Holy Spirit:**

- ♦ Despair that heaven is unattainable.
- ♦ Presumption that heaven can be attained without good works.
- ♦ Resisting the known truth.
- ♦ Envy of another's spiritual good.
- ♦ Obstinacy in sin.
- ♦ Final impenitence.

**One's obligations towards God, Church and society after receiving Confirmation:**

- ♦ Loving God above all.
- ♦ Loving the Church and living according to the teachings of the Church.
- ♦ Loving and helping everyone in the society.

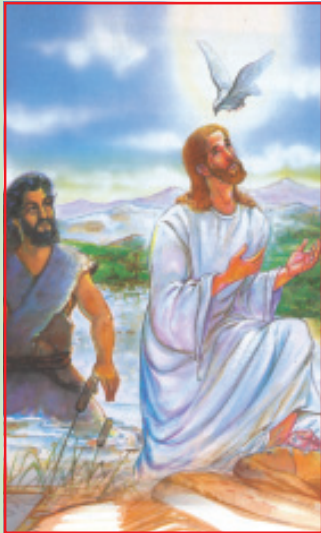
Through Confirmation we receive  
the anointing of the Holy Spirit.  
He resides in us. He leads us along the right path.  
He fills us with his gifts and fruits.  
The Holy Spirit strengthens our faith and  
makes us courageous witnesses of Christ. We  
obtain stability and strength to remain firm.  
Let us live as good children in the continuous  
protection and strength of the Holy Spirit.

**Do you know?**

- ✦ The Minister of the Sacrament of Confirmation is normally the Bishop. In certain situations priests are specially deputed by the Bishop. However, to a dying person any priest may administer the Sacrament of Confirmation.
- ✦ Just as in Baptism, to receive this Sacrament too, it is appropriate that the god-parents accompany the candidate. It is the duty of the god-parents to guide the candidate in his/her spiritual life.
- ✦ The essential rite of Confirmation is anointing the forehead with sacred Chrism and the words **“Be sealed with the gift of the Holy Spirit”** by the Bishop.

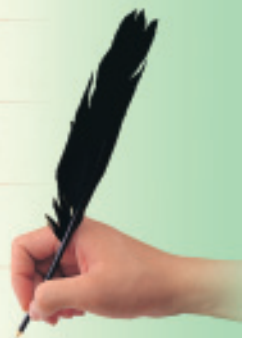
Find out the gifts of the Holy Spirit mentioned in the Bible and write them below:


Look at the pictures below and  
name the occasion:



**Write a prayer to the Holy Spirit.**

Handwriting practice lines for writing a prayer to the Holy Spirit.



### Let us find the answers

1. Why do we require the special anointing of the Holy Spirit?
2. What did Jesus tell the disciples who were in the room with the door closed fearing the Jews?
3. Narrate the incident that made the apostles to proclaim the Good News without fear.
4. What are the sins against the Holy Spirit?
5. What are the Sacramental words of Confirmation?

### Let us sing

Through the Sacrament  
of Confirmation  
anointing we shall  
receive.

Courage we will get, peace we will spread  
To remain firm in truth, help we will receive  
On Pentecost Day as tongues of fire,  
You who came, fill us we pray.



### Let us pray

Come, Holy Spirit, come. Help us to  
live as God's children.

### Let us remember the Word of God

"The Spirit of the Lord is upon me,  
because He has anointed me to bring Good News to the  
poor" (Luke 4:18).



### Memorize

Confirmation is a Sacrament by which we receive the Holy  
Spirit, in order to make us strong  
and perfect Christians and soldiers of Jesus Christ.

## Chapter Four

# HOLY EUCHARIST

## Christ's Sacrifice

We give different kinds of gifts to our friends.

To those who are very dear to us, we give what is most valuable to us. Do you know what is the greatest gift you can give your friend? It is to give one's life.

It is also the greatest love.



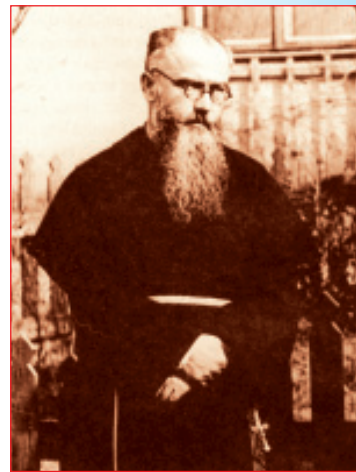
Jesus said:

“No one has greater love than this, to lay down one's life for one's friends” (John 15:13).



Let us acquaint ourselves with one who gave up his life for his friend.

During World War II, Maximilian Kolbe was a prisoner in the Nazi Jail at Pulai. He was a Franciscan Monk. The authorities decided to kill ten prisoners who were inmates along with Kolbe. One of them thought of his family and began



to cry aloud. Kolbe saw this. He thought of Jesus' words. He decided to die in place of that man. The authorities killed Kolbe and set that man free. Kolbe obeyed in word and deed the teachings of Jesus Christ: *there was no greater love than laying down one's life for one's friend.*

Throughout Church history we shall find saints who gave up their lives for their friends.

All these sacrifices are for an individual or for a small community. It is not possible for anyone to sacrifice his/her life for the whole world. This is possible only for God.

To save humanity from the slavery of sin, God sent His only begotten Son to this world.

**“For God so loved the  
world that He gave His only Son”  
(John 3:16).**

The sacrifice of Jesus on Calvary is a sign of God's particular love for us. By the sacrificial death on the cross, Jesus fulfilled the will of God.

**“He humbled himself and became  
obedient to the point of death – even  
death on a Cross” (Philippians 2:8)**



For the salvation of humanity, Jesus took upon himself severe sufferings. He endured insults, carried a heavy cross, was nailed to the cross, shed His blood and sacrificed His life.

It is through the death of Jesus on the cross that humanity obtained salvation. Jesus by His death on the cross and resurrection defeated sin and death and obtained a new life for humankind.

Jesus desired that forgiveness of sins and eternal life be made available by His death on the cross for every one, at all times. Hence,



He instituted the Holy Eucharist at the Last Supper. Jesus command: “Do this in memory of Me.” Therefore, Holy Mass is celebrated daily.

**Bread made of wheat and wine made of grapes are the outward signs of the Sacrament of Holy Eucharist.**

The priest prays to the Holy Spirit to bless these offerings of bread and wine. Just as Jesus said at the Last Supper, the priest says the same words at consecration: “This is my body which is given for you... This is my blood...”

Only priests, ordained by the bishop by the Sacrament of Holy Orders, can preside over the Holy Mass and consecrate bread and wine into the Body and Blood of Jesus Christ.





The word 'eucharist' (Latin *eucharistia*) means  
'gratefulness' or 'thanksgiving.'



Everyone of us who partakes in Jesus' sacrifice ought to offer  
ourselves spontaneously for the good of our brethren.

### **Fruits of Holy Eucharist**

- ★ Obtains forgiveness of sins.
- ★ Enables to grow in divine life.
- ★ Strengthens union with God.
- ★ Enables to grow in communion with the Church.

Jesus died on the cross for our salvation.  
The sacrifice of Jesus on the cross is a great sign of His  
love for us. We become the beloved disciples of Jesus  
when we live for the good of others.  
We become partakers in the sacrifice of Jesus when we  
pray, love and make sacrifices for others.

Write down the blessings we have received on account of Jesus'  
sacrifice on the cross.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Colour the picture Abraham sacrificing Isaac and  
answer the questions given below:



1. On whose instructions did Abraham prepare to sacrifice Isaac?
2. Where did Abraham prepare the altar?
3. Narrate the incident which took place that prevented Abraham from sacrificing Isaac.

### **The reason for Old Testament sacrifices**

- ★ Adore God
- ★ Thank God
- ★ Atonement for sins
- ★ Petition for favours



Collect newspaper cuttings of children who risked their  
lives saved others and received the award for bravery.

### Let us find the answers

1. How did Maximilian Kolbe put into practice Jesus' teaching to sacrifice one's life for friends?
2. Why did God send his only Son to the earth?
3. How did Jesus obtain salvation for humankind?
4. Why did Jesus institute the Holy Eucharist?
5. What is the meaning of the word 'eucharist'?



#### Let us sing

Jesus, Son of God on Calvary,  
To God His Father, himself  
Offered, for humankind's salvation  
Victim on the cross became.

By this sacrifice, salvation and  
forgives of sins, we have received  
To risk our lives, others to save  
This sacrifice, may our model be.



#### Let us pray

Jesus, You sacrificed Your  
life to save us.

Teach us to sacrifice  
ourselves for the good  
of others.



#### Let us remember the Word of God

“When you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar. Go first be reconciled to your brother or sister and then come to offer your gift” (Matthew 5:23-24).

#### Memorize

“I tell you that you have less to suffer in following the cross than in serving the world and its pleasures.”

(St. John Marie Vianney)

## Chapter Five

# HOLY EUCHARIST

## Celebration and Life



Who is there among us who has not participated in a wedding banquet? The head of the house prepares a banquet and waits for the guests. When all the guests come, the joy of the head of

the house is doubled. We return only after enjoying the food served.

Jesus told a story of a king who prepared a banquet for his son's wedding. After preparing a good meal, he waited for the guests to come. The guests stayed away giving various excuses. The angry king sent his servants to call whoever they saw on the wayside to the banquet. Among them there was one who did not wear the wedding garment. The king put him out (Matthew 22:1-14).

In our churches too a similar banquet is prepared every day. God the Father prepares this daily banquet for us. In this banquet, He gives



us the Body and Blood of His Son, Jesus Christ, as food and drink. The banquet prepared by God the Father is the Holy Eucharist.

Normally, when we are invited to a banquet, we have to dress grandly to attend it. Similarly when we participate in the banquet prepared by God the Father, we ought to be clean in body and soul. We may frequent the Eucharistic banquet daily after making ourselves clean by repenting and confessing our sins.



**O! Sacrament most Holy! O! Sacrament most Divine!  
All praise and all thanksgiving be every moment thine.**

We worship Jesus present in the Holy Eucharist.

Jesus instituted the Holy Eucharist at the Last Supper because He desired to remain with the humankind.

Jesus is truly present in the Holy Eucharist.

Holy Eucharist is food for eternal life. Jesus taught: “Those who partake in this banquet and eat this flesh and drink this blood will have eternal life.”

**“Those who eat my flesh and drink my blood will have eternal life and I will raise them up on the last day” (John 6:54).**

### **Holy Eucharist is a Sacrament of Unity.**

Holy Eucharist (Breaking of Bread) made the early Christians stand united in love. Day by day as they spent much time together in the temple, they broke bread at home, ate their food with glad and generous hearts” (Acts 2:46).

We live together in union with God and neighbour by the Holy Eucharist which binds us in love.

“Because there is one bread we who are many are one body for we all partake of the one bread” (1 Corinthians 10:17).

### **Important parts of the Holy Mass**

Holy Mass may be divided into four parts:

#### **Introductory Rite**

#### **Proclamation of the Word**

#### **Liturgy of the Eucharist**

#### **Concluding Rite**



#### **First Part: Introductory Rite**

- ♦ Procession to the Altar
- ♦ Greeting
- ♦ Penitential Act
- ♦ The Collect Prayer



#### **Second Part: Proclamation of the Word**

- ♦ First Reading
- ♦ Responsorial Psalm (from Old Testament)
- ♦ Second Reading (from New Testament)
- ♦ Alleluia (Praise to God)

- ♦ Proclamation of the Gospel
- ♦ Homily
- ♦ Profession of Faith
- ♦ Prayer of the Faithful

### **Third Part: Liturgy of the Eucharist**



- ♦ Offertory procession
- ♦ Preparation of the gifts
- ♦ Preface
- ♦ Eucharistic Prayer
- ♦ Communion Rite
- ♦ Prayer after Communion



### **Fourth Part: Concluding Rite**

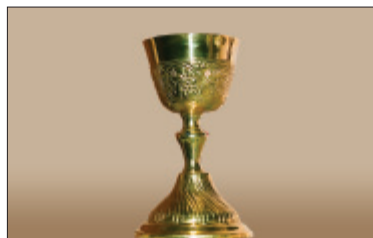
- ♦ Salutation
- ♦ Blessing

Families that eat together have strong bonds and love one another. The parish is a big family. The parishioners come together to partake in Jesus' banquet. Hence their bond for one another and love for one another is strong. Thus the Holy Eucharist is a Sacrament of love and unity of the Community of believers.

### **Get Acquainted**



ALTAR



CHALICE



BAPTISMAL FONT



TABERNACLE



AMBO

**Find out the special features of the Holy Mass.**

Holy Eucharist  
Act of Thanksgiving  
Celebration  
Memorial

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Write down when the Congregation stands, sits and  
kneels during Holy Mass:

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**Enact the journey to Emmaus in Luke 24:13-35.**

## **Let us remember**

### **Holy Eucharist is a sacrifice:**

Holy Eucharist is Jesus' sacrifice presented to us again. This sacrifice is offered for the forgiveness of sins of the living and the dead and to obtain blessings both spiritual and temporal.

Through this sacrifice the living and the dead obtain atonement for sins. Spiritual and temporal favours too are received. It is a sacrament which enables us to be partakers in Jesus' sacrifice.

### **Holy Eucharist is a Sacrament of love:**

Holy Eucharist is a banquet of love daily prepared for us by Jesus. We eat His flesh and drink His blood. Thus we become one with Jesus. We should receive the Body and Blood of Jesus worthily.

### **Holy Eucharist is a Sacrament of Unity:**

We, who eat the same body are united. We should live like the early Christians with one mind loving and sharing. All must be seen as equals.

United with Jesus, we give thanks to God the Father who gave us His Son.

### **Holy Eucharist is a memorial:**

Holy Eucharist is a memorial of the Pascal sacrifice offered by Jesus.

### **Holy Eucharist is a celebration:**

The Holy Eucharist is a celebration of our faith in Jesus and our love for one another.

We, who partake in the Lord's banquet, should receive the Holy Eucharist with preparation and devotion.

### Let us find the answers

1. Why is the Holy Eucharist called a banquet?
2. Why is the Holy Eucharist called a Sacrament of Unity?
3. When does the bread and wine change into the Body and Blood of Jesus?
4. What are the four stages of Holy Mass?
5. How did the breaking of the bread help the early Church?

### Let us sing



To process the spirit of early church  
Every day in the holy sacrifice  
With reverence must participate  
The banquet of love holy sacrifice.  
Sacred body and sacred blood  
Self-giving loving sacrifices  
Jesus on the altar now reigns  
To him let us give praise.

### Let us pray

Eucharistic Lord, help us to  
experience Your presence always.



### Let us remember the Word of God

“The bread of God is that which comes down from  
heaven and gives life to the world” (John 6:33).

### Requirements to receive the Holy Eucharist worthily:

1. Be in a state of grace.
2. Keep the required fast. (Abstain from solid food one hour prior to receiving Holy Communion).
3. Preparation and devotion to receive the Lord.

## Chapter Six

# RECONCILIATION



Mini and Jose were good neighbours and friends. They went together to school as well as to attend Catechism classes. One day their parents quarreled. Consequently Mini and Jose had a dispute. They stopped talking to each other. Their relationship was strained. Often the thought of the times they spent together made them sad. The parish priest noticed this. He called the parents. He reminded them that we were God's children and when we quarrel God is more grieved than us. Our strained relationships distance us from God too. They realized their mistake and were reconciled. They thanked the parish priest, praised God and returned to their homes.

We have learnt that sin makes us move away from God. Therefore, we should correct the wrongs and be reconciled with God and humans.



**Sin makes us impure.  
By getting absolved from sin, we become  
pure and grow in the love of God.**



Let us familiarize ourselves of a story from the Bible of a man who repented and made reparation for the sins.



The man's name was Zacchaeus. He was a chief tax collector and was rich. He greatly desired to see Jesus. Being short in stature he climbed a sycamore tree to see Him. Jesus looked up and said to him: "Zacchaeus, hurry and come down, for I must stay at your house today." So Zacchaeus hurried down and welcomed Jesus to his house.

Zacchaeus with great repentance said: "Look, half of my possessions, Lord, I will give to the poor. If I have cheated anyone of anything, I will pay back four times as much" (Luke 19:8).

Jesus told to Zacchaeus:

"Today salvation has come to this house" (Luke 19:9).

Zacchaeus was a sinner. The love of Jesus made him repent. Zacchaeus and his family obtained salvation.



**Sin is the violation or rejection of  
commandments of loving God.**



### **Sin is normally of two kinds:**

#### **✦ Original Sin ✦ Actual Sin**

- ♦ Original sin is that guilt and stain of sin which we inherit from Adam, who was the original and head of all humankind.
- ♦ Actual sin is every sin which we ourselves commit with full knowledge and full consent against God's commandments and precepts of the Church.

### **Actual sin is of two kinds:**

#### **✦ Mortal Sin ✦ Venial Sin**

- ♦ Mortal sin is a serious offense against God's commandment and the precepts of the Church. It kills the soul and deserves hell. A person who has committed mortal sin cannot receive Holy Communion without confessing the sin.
- ♦ Venial sin is an offense which does not kill the soul, yet displeases God and often leads to mortal sin.

**Sin is primarily an offense against God.**

**It is a rupture of communion with God. It damages communion with the Church. Sin results in privation of sanctifying grace. It makes us stray away from God. Peace and joy is lost because of sin. It causes harm to the community of believers. Unrepented sinner deserves eternal condemnation.**

### **Relationships weakened by sin:**

**Relationship with God; Relationship with neighbour; Relationship with Church; Relationship with Community; Relationship with nature**

God desires to mend relationship ruptured by sin and to lead us to eternal life. Jesus took on human nature to join broken bonds and reconcile us with God the Father. He suffered, died and rose to make this reconciliation possible.

Jesus instituted the Sacrament of Reconciliation and authorized the  
Apostles to forgive sins.

**“If you forgive the sins of anyone, they are forgiven.  
If you do not forgive them, they are not forgiven”  
(John 20:23).**

**Fruits of the Sacrament of Reconciliation:**



- \* We experience the forgiving love and mercy of God the Father.
- \* We meet Jesus as the merciful Judge.
- \* Our sins are forgiven.
- \* Leads us from the path of destruction to the path of salvation.
- \* Makes us reconcile with God and Church from whom we had strayed away.
- \* We receive sanctifying grace again.
- \* Our weakened bonds are strengthened.

Sin weakens our bonds.  
We get distanced from God and human beings.  
We dislike ourselves.  
The Community is affected by the sins we commit.  
We should stay away from sin.  
If we fall into sin we should repent,  
go for confession and obtain absolution.  
Be filled with God's love again.  
Make your bonds strong again.

Let us familiarize ourselves with some persons in the Bible who gave up their sinful ways and took the path of salvation again. Find out the correct answers and complete the columns given below:

Name	Activity	Fruits of Reconciliation
Zacchaeus	Amassed wealth through unlawful means	Paid the people he cheated four times the amount and obtained salvation for his family
Peter	Denied his Master	Repented with tears. Raised to be the Head of the Church.
Paul	Persecuted the Christians.	
Samaritan woman	Lived as a prostitute.	
Judas	Betrayed his Master.	

### Stages in the Sacrament of Reconciliation:

Examination of conscience and repentance for sins committed.

Pray the 'Prayer for Confession.'

Approach the confessor and confess your sins.

Resolve to avoid the sins and their occasions, persons and places.

After receiving absolution make the 'Act of Contrition.'

Fulfill the penance given by the priest at the earliest and give thanks to God for having given you grace and peace.

Atone for the sins by prayer, works of mercy and sacrifices.

Reconcile with all.

### Contrition is of two kinds:

1. Perfect contrition (Contrition of Charity)

2. Imperfect contrition (Contrition of Fear)

God forgives us. We too ought to forgive others.

Jesus gave authority to the apostles to forgive sins. Bishops are the successors of the apostles. Priests authorized by the bishop alone have the authority to forgive sins. Therefore, sins ought to be confessed to the priest only.

The priest forgives sins in the name of the Father and of the Son and of the Holy Spirit. Thus we get reconciled to God, Church, Community and ourselves.

In the sacrament of reconciliation, repentance for sin is most important.

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**The one who dies in serious sin without repenting  
deprives himself/herself of eternal life.**

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Enact the story of the sinful woman in  
Luke 7:36-50.

**Let us find the answers**

1. What is the advice given by the parish priest to the families of Mini and Jose?
2. How did the house of Zacchaeus receive salvation?
3. What are the fruits of sin?
4. What are the fruits of the Sacrament of Reconciliation?
5. Recall what you have studied earlier (Standard 3 – Lesson 11) regarding Perfect and Imperfect Contrition.
6. What happens to the unrepentant sinner?

**Let us sing**

If bonds are broken  
Bind them in love  
If communion with God is severed  
Repentant come to God.



If we have not love  
We sin. Is it not?  
If we have love and mercy  
We reconcile. Is it not?



### **Let us pray**

Dear God, who forgives the repentant sinners, help us to repent for our sins, confess them and return to you.



### **Let us remember the Word of God**

Jesus said: "Neither do I condemn you. Go your way. From now on do not sin again" (John 8:11).



### **Memorize**

#### **Prayer for Confession**

I confess to Almighty God and to the everlasting Blessed Virgin Mary, to the Archangels, St. Michael, St. John the Baptist, Apostles St. Peter, St. Paul, St. Thomas and all saints and to you, Father that I have greatly sinned in my thoughts and in my words and in what I have done and what I have failed to do, through my fault, through my fault, through my grievous fault. Therefore, I ask the ever Blessed Virgin Mary, the Archangels, St. Michael, St. John the Baptist, Apostles St. Peter, St. Paul, St. Thomas and all saints and you, father to pray for me to the Lord our God. Amen.

## Chapter Seven

# ANOINTING OF THE SICK

Jerry grew up listening to the good stories told by his grandfather. Jerry was very fond of his grandfather. One day grandfather became ill. In spite of the doctor's treatment, he did not get well. All the family members were worried. Jerry along with his parents attended on grandfather and prayed for him.

Grandfather requested for a priest. Jerry's father went to call the parish priest. Meanwhile the household members gave grandfather a wash and made him comfortable. They covered the table in the room with a white table cloth



and placed the crucifix on the table and lighted the candles.

The parish priest arrived with the neighbours. All of them prayed for grandfather. The parish priest anointed grandfather with Holy Oil, prayed and gave him Holy Communion. A few days passed by. Grandfather recovered and became very alert. Jerry and the whole household rejoiced. They praised God. Grandfather began to tell Jerry new stories.

Once Jesus reached Jericho. A great crowd followed him. A blind man was sitting by the road side begging. When he heard a crowd passing by, he enquired what was happening. When he learnt that Jesus was passing by, he shouted: "Jesus, Son of David, have mercy on me" (Luke



18:38). The people sternly asked him to keep quiet. But he shouted even more loudly. Jesus ordered the man to be brought to him. The blind man told Jesus: “Lord let me see again” (Luke 18:41). Jesus said to him: “Receive your sight, your faith has saved you.” Immediately he regained his sight and followed Jesus, glorifying God (Luke 18:42).

Jesus showed special love and mercy to the sick. The people brought to him the sick and those possessed by demons. Jesus healed them all.

Jesus bestowed on the apostles the authority to heal the sick. Jesus called the twelve apostles together and gave them power and authority over all demons and to cure diseases (Luke 9:1).

So they went out and cast out demons, anointed with oil many who were sick and cured them (Mark 6:12-13). Jesus said: “It is not the healthy who need a doctor but the sick” (Mark 2:17).



After the Ascension of Jesus the Apostles healed the sick in the name of Jesus (Acts 3:1-10).

Listen to what St. James has to say.

“Are any among you sick? They should call for the elders of the Church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick and the Lord will raise them up. Anyone who has committed sins will be forgiven” (James 5:14-15).

The authority given to the Apostles to forgive and heal the sick, the Church continues to do so even today. The Church does it through the Sacrament of the Anointing of the Sick.

Just like Jesus, the Church shows concern and love for the sick. The Church prays for the sick and attends to them.

### **Fruits of the Sacrament of the Anointing of the Sick:**

- ★ The sick experiences the risen Christ.
- ★ Receives strength and vigour from the Holy Spirit.
- ★ Unites the sick person with the passion of Christ.
- ★ Receives strength and courage to endure the suffering.
- ★ Obtains peace and consolation.
- ★ Obtains restoration of health.
- ★ Obtains forgiveness of sins.
- ★ The dying receives necessary strength and hope.

### **How is the Sacrament of Anointing of the Sick administered:**



♦ The priest greets all in the house. He begins with the Word of the God.

♦ All those present join in the intercessory prayer for the sick.



♦ The priest anoints the forehead and hands of the sick person while praying to the Holy Spirit that by the Holy Oil the sick may be filled with love, mercy and compassion of Jesus Christ. The sins of the sick are forgiven and is restored to health.

(The sick person can be given the Sacrament of Confession before the Sacrament of Anointing and Holy Communion after the Anointing).



In the concluding rite, the priest blesses the sick person as well as all those present.

### **When can the Sacrament of Anointing of the Sick be received?**

Just prior to a serious operation.

Frailty of the elderly becomes more pronounced.

When the faithful is in danger of death.

In the case of grave illness.

If the sick person recovers his health, he can receive the sacrament again.

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### **Let us practice**

Pray for the sick.

Visit the sick and console them.

Nurse the sick.

Participate in the Sacrament of Anointing of the Sick and pray for the sick.

Pray to God if we ourselves are sick.

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### **Complete the following**

I was sick .....  
..... (Matthew 25:36).

### **What will you do for the sick?**

1. ....
2. ....
3. ....
4. ....

Read the passage where Jesus heals the mother-in-law of Peter and state clearly the message (Mark 1:29-32).

### Find the answers

1. How did Jerry's grandfather regain his health?
2. What did the blind man, who received his sight from Jesus do?
3. Who was authorized by Jesus to anoint the sick?
4. What are the fruits of the Sacrament of Anointing of the Sick?
5. Name the parts of the body where the priest anoints with Holy Oil.

### Let us sing

Sacrament of the Anointing of the Sick  
Sacrament which restores health  
Sacrament which gives strength  
Through the Risen Christ.

Grace for the forgiveness of sin  
Grace for eternal peace  
In the Sacrament of anointing  
of the sick, from heaven will flow.



### Let us pray

Dear Jesus, the Healer, teach us to  
pray for the sick and to take care  
of them.



### Let us remember the Word of God

Neither this man, nor his parents  
sinned, he was born blind so that  
God's works might be received  
in him (John 9:3).



### Memorize

Sacrament of Anointing of the Sick gives good death to the sick,  
comforts and strengthens the soul of the sick  
and restores health of the sick.

## Chapter Eight

# IDEAL FAMILY



Look! How beautiful is this world created by God! Trees, animals, birds, insects and fish swimming in the water. They live in harmony. God takes care of them.

Just as the other living things on earth, God created human beings too as male and female.

God created Adam after He created all the other living creatures on the earth. And God did not want Adam to be alone. So God gave Eve as a helper to Adam.

**“It is not good that the man should be alone.  
I shall make him a helper as his partner”  
(Genesis 2:18).**

Adam said: “This at last is bone of my bone and flesh of my flesh.” This was the first marriage on earth. Having received Eve, Adam was happy and the first family was formed. Thus God instituted marriage. God blessed them to be fruitful and to multiply.

**God blessed them and God said to them: “Be fruitful and multiply  
and fill the earth and subdue it” (Genesis 1:28).**

The human race originated from Adam and Eve.

### **The Ideal Family**

Jesus was born to a small family in Nazareth. Mary was the mother of Jesus. Joseph was his foster father. In the Holy Family Jesus grew up obeying and helping his parents. Thus Jesus made that family the Holy Family.

“He went down with them and came to Nazareth and was obedient to them” (Luke 2:51).



At the wedding of Cana, Jesus performed his first miracle by changing water into wine. Thus Jesus makes us to understand the importance of marriage and the marriage bond.

Jesus raised marriage to the level of a sacrament. The Sacrament of Marriage has two objectives.

#### **1. The bond between husband and wife**

In joy and in sorrow, in health and in sickness, in wealth and in poverty, they must remain together. By their love for one another they share in the love of God.

#### **2. The union of the husband and wife in procreation and education of the offspring in Christian faith**

By the Sacrament of Matrimony, the couple is joined together by God and he blesses them to give birth to children thus making them partakers in God's plan of creation.



**The very nature of marriage is the unity  
and indissolubility of the spouses.**



## **Indissolubility of Marriage**

Husband and wife should fulfill their marriage vows. They should live in love and faith.

Jesus taught that God binds the husband and wife together. Therefore, marriage bond must never be broken.

“So they are no longer two, but one flesh.  
Therefore, what God has joined together,  
let no one separate” (Matthew 19:6).

A family where the parents love their children and the children love, obey, help and respect their parents is a ideal family.

“Children obey your parents in the Lord, for this is right. Honour your father and mother – is the first commandment with a promise, so that it may be well with you and you may live long on the earth” (Ephesians 6:1-3).

## **The rite of the Sacrament of Matrimony**

The Sacrament of Matrimony has four parts.

1. Commencement rite
2. Proclamation of the Word of God
3. Sacramental rite
4. Conclusion



The priest blesses the marriage. The man and woman freely express their consent. It is the most important part of the marriage rite. They take the pledge in the name of God. It is followed by tying of the chain, exchange of rings, putting on of the new bridal dress.

### **How will we express our love to our parents?**

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### **What should we do to make our families like the Holy Family?**

#### **Let us find the answers**

1. Why did God give Adam a companion, in the person of Eve?
2. How did God bless Adam and Eve?
3. What are the objectives of the Sacrament of Matrimony?
4. Why is it said that marriage must not be broken?
5. What is the most important part of the marriage rite?

### Do you know?

1. The meaning of the word 'Adam' is man.
2. God established the family.
3. Good families create good citizens.



### Let us sing

A life filled with love and service  
The family a heaven makes  
Self-gift of husband and wife  
The family altar makes.

Father, mother, children  
Living together under  
God's tent of love  
Every family's dream it is.

### Let us pray

Dear Jesus, help us to live  
like the Holy Family in love  
and in prayer.



### Let us remember the Word of God

"My child, keep your Father's commandment, and do not forsake your mother's teaching; bind them upon your heart always, tie them round your neck" (Proverbs 6:20-21).



### Memorize

Matrimony is a sacrament which sanctifies the contract of Christian marriage, gives special grace to remain faithful to one another and to bring up their children in the fear of the Lord.

## Chapter Nine

# HOLY ORDERS

The parish priest asked the children what they would like to become in future. The replies were that they would like to become an engineer, doctor or teacher. But the class leader stood up and said: “I desire to become a priest.” He was of gentle nature and a friend to all his classmates. The parish priest said: “Good, Tony, God must have called you to become a priest.” The parish priest told the children to pray for Tony. His teacher and classmates praised him. All prayed for him. He joined the seminary. He studied and became a priest. Father Tony surrendered his life for God and humankind.

How many are willing to accept Christ’s priesthood and give their lives to God for the service of humankind?

### **Jesus the Eternal Priest**

Jesus is the eternal priest. He is the Good Shepherd. Jesus appointed the apostles to continue his priesthood.

“And He appointed twelve, whom He also called apostles, to be with Him, to be sent out to proclaim the message and to have authority to cast out demons” (Mark 3:14-15). Jesus gave them the authority to forgive sins too.

Priests are specially called by Jesus just as He called the apostles to surrender themselves completely to serve Jesus, the Church and the society.



**The meaning of the word 'priest' is  
'one who is sent before.'**



**God sent Jesus as the Eternal Priest into this world, in fulfilment  
of the Old Testament priesthood.**

**“You are a priest forever according  
to the order of Melchizedek” (Hebrew 5:6).**

God ordained priests in the Old Testament to teach, to lead and to make the Israelites holy people. Melchizedek who lived during the time of Abraham was a chief priest in the Old Testament. The successors of Aaron - Aron assisted Moses in liberating Israel - were priests. Later only those who belonged to the tribe of Levi were ordained priests. During Jesus' time Zechariah, the father of John the Baptist, was a priest who served in the temple.

**The priest is chosen by God, from the people of God, for the people of God.** The priest offers sacrifices, proclaims the word of God and prays for the people of God. The priest is obliged to care for the people of God and to sacrifice his life for them, just like Christ.

**“The Son of Man came not to be served but to serve, to give his life  
as a ransom for many” (Mark 10:45).**

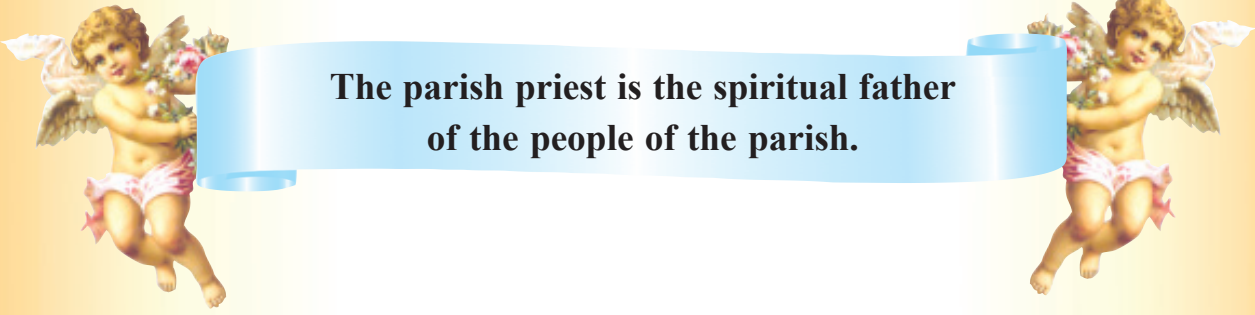
There are two types of priesthood:

**Common Priesthood  
Ministerial Priesthood**



The entire community of believers receive Common Priesthood through the Sacrament of Baptism. We fulfill the duties of our common priesthood through the study and proclamation of the Word of God and living a life according to the Spirit.

From the community of believers some are called, chosen and anointed by Christ as priests. They belong to ministerial priesthood. Priests, who participate in this priesthood of Christ, administer the sacraments, proclaim the Word of God and above all celebrate the Holy Eucharist.



**The parish priest is the spiritual father  
of the people of the parish.**

The prophetic function involves proclaiming the Word of God, taking stand for justice and teaching about God.

The priestly function involves administering the sacraments, sanctifying the people of God and pray for them.

The kingly or shepherding function involves building up and leading the faithful of God to the Kingdom of God.



Many years of prayer, study and holy life is required to receive priestly ordination. Prior to the ordination to priesthood, the candidate receives Diaconate, which enables him to preach Word of God and to serve.



The essential rite of the Sacrament of Holy Orders consists in the bishop's imposition of hands and his consecratory prayer. As a sign that the priest is appointed to celebrate the Holy Eucharist, he is given the Holy Vestments, as a sign that he is appointed to proclaim the Holy Gospel he is given the Bible and as a sign of the special anointing of the Holy Spirit he is anointed with Chrism. The priest promises obedience to the Bishop and his successors.

A priest is God's anointed one, called to serve God's people. He makes us to experience Christ in the Holy Eucharist by giving us the Body and Blood of Christ as food. He reconciles us to God in the Sacrament of Penance by forgiving our sins. He leads us to the light by teaching the Word of God. He loves, serves and consoles us to build the Kingdom of God. He keeps the Community united in love like Christ and works for the upliftment of the Community. He combines the various talents of the people of God and leads them in unity and love. We should respect and obey God's representatives, the priests. We must pray for them too.

Write down the differences between Common Priesthood and Ministerial Priesthood in the columns given below in a proper order:

Common Priesthood	Ministerial Priesthood
Received through Baptism.	Received by the imposition of hands.
.....	.....
.....	.....
.....	.....

**Write down the names of priests you know:**

.....

.....

How will you help your friend who wants to become a priest?

### Let us find the answers

1. Who is the Eternal Priest?
2. Give the names of two priest of the Old Testament.
3. What is the meaning of the word 'priest'?
4. What are the important functions of a priest?
5. What is the priest's function as a prophet?

### Let us sing

Jesus Eternal Priest  
Your graces shower  
Bravely to follow you  
Support your priests we pray.

Heavenly Father, your people  
To heaven lead  
Of service to be  
Bless your priests we pray.





### **Let us pray**

Jesus, Eternal Priest, prepare us to work in your vineyard.

### **Let us remember the Word of God**

“For there is one God; there is also one mediator between God and humankind. Christ Jesus, himself human, who gave himself as ransom”  
(1 Timothy 2:5:6).



### **Memorize** **Prayer for Priests**



O Jesus, our great High Priest, Hear my humble prayers  
on behalf of your priest, Fr. ....  
Give him a deep faith, a bright and firm hope  
and a burning love which will ever increase  
in the course of his priestly life.  
In his loneliness, comfort him In his sorrows,  
strengthen him In his frustrations,  
point out to him that it is through suffering  
that the soul is purified, and show him that he is needed by the Church,  
he is needed by souls, he is needed for the work of redemption.

O loving Mother Mary, Mother of Priests,  
take to your heart your son who is close to you because of his priestly  
ordination, and because of the power which he has received to carry  
on the work of Christ in a world which needs him so much.  
Be his comfort, be his joy, be his strength, and especially help him to  
live and to defend the ideals of consecrated celibacy.

Amen.



## Chapter Ten

# SACRAMENTALS

We eat when we are hungry. Food satisfies our hunger and helps us to sustain life. For a healthy body food alone is not sufficient. Exercise is also required. For example, yoga is a good form of exercise. Such exercises help to calm the mind and body.

**Sacraments confer the graces of the Holy Spirit.**

**Whereas Sacramentals sanctifies almost  
every event of our lives with  
divine grace.**



**Sacramentals are signs used by the Church  
to obtain God's blessings for spiritual  
and material needs.**



Sacramentals help in our daily life to draw closer to God, to receive the sacraments worthily and to lead a holy life. They are called sacramentals because they resemble the sacraments in some ways.

### **Blessings are sacramentals**

The Rite of Blessing is normally done by bishop or priest. In certain circumstances deacon can do the Rite of Blessing.



### 1. Blessing of the Holy Oils

Among the rite of blessings the most important is the blessing of the Holy Oils. It is done on Maundy Thursday. Holy Oil is used in Baptism, Confirmation, Holy Orders and Anointing of the Sick.



### 2. Blessing of the Church

Blessing of the Church is another important rite. The church, the dwelling place of God, is blessed and consecrated to God by bishop or priest.



### 3. Taking of Vows

Another important blessing is making vows. Those who surrender themselves completely to God by making the vows of obedience, chastity and poverty are consecrated persons. They are blessed and the Church makes them holy and consecrates them to God.



### 4. Funeral Rite

The funeral service is another sacramental rite. The Church prays for the disciple who has been delivered through the Paschal mysteries of Christ. Through the funeral rite the Church calls to mind the end of life on earth and belief in the life after death.



### 5. Statues of Saints

Blessing of statues, sacred things, etc., are also considered as sacramentals.



## 6. Blessings

House blessing is a notable sacramental rite. The houses where we dwell ought to be blessed at least once a year. There are other instances of blessings too:

- \* Parents blessing their children.
- \* Teacher blessing the pupils.
- \* Purifying ourselves with holy water.



## 7. Holy Practices

The holy practices such as, reading of the Holy Bible, rosary, novena, way of the cross, veneration of the Bible, observance of the dedication of months, pilgrimage, touring holy places, etc., come under sacramentals.

Sacramentals sanctify with the divine grace which flows from the Pascal Mystery of the Passion, Death and Resurrection of Christ.

- ✦ We ourselves and our circumstances of life are sanctified.
- ✦ Helps us to receive the sacraments worthily.
- ✦ Enables us to lead a holy life.

Sacramentals help us to lead a holy life with due preparations and devotion. At the same time, care should be taken that the practice does not lead to superstition.

Sacramentals are instituted by the Church.

The circumstances of our life and things are blessed by sacramentals.

Sacramentals help us to receive the sacraments in a worthy manner and enables us to lead a life worthy of the sacrament received.

Let us practice the sacramentals with devotion.

Take out the sacramentals from the 'Word Basket' and write them down:

**Baptism, Rosary, House Blessing,  
Anointing of the Sick, Bible study,  
Holy Orders, Blessing of the  
Church, Month of Devotion,  
Confirmation, Reconciliation.**

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**Write a note on:**

1. How should we prepare for the Blessing of the House by the priest?
2. Write a list of the holy articles you know.

**Let us find the answers**

1. Define sacramentals.
2. What is the difference between sacraments and sacramentals?
3. Name the occasions where we receive blessings without sacraments and sacramentals.
4. What are the pious practices in your parish?
5. What is the centre of sacramentals?

**Let us sing**

Sacramentals  
Ways given by the Church  
Along the path of holiness  
Daily to lead us.

Sacramentals  
Ways shown by the Church  
Showers of God's blessings  
For believers to get drenched.



### Match the following

Hosanna		Devotion to Mary
Ash Wednesday		Holy Orders
Rosary		Bishop
Holy Oil		Placing of ash
Blessing of Holy Oil		Blessing of Palms



### Let us remember the Word of God

“Remove the sandals from your feet, for the place on which you stand is holy ground” (Exodus 3:51).

### Let us pray

Loving Jesus, help us to grow daily in holiness.



### Memorize

#### Prayer for Vocations

Lord of the Harvest, bless young people with the gift of courage to respond to your call. Open their hearts to great ideals, to great things.

Inspire all of your disciples to mutual love and giving for vocations blossom in the good soil of faithful people.

Instill those in religious life, parish ministries, and families with the confidence and grace to invite others to embrace the bold and noble path of a life consecrated to you.

Unite us to Jesus through prayer and sacrament, so that we may cooperate with you in building your reign of mercy and truth, of justice and peace.

Amen.

- Pope Francis

*Adapted from the Message on the 51st World Day  
of Prayer for Vocations.*

## Chapter Eleven

# LITURGICAL YEAR

On Ash Wednesday Tony and Mini woke up in the morning and went to church. During the Mass, the priest marked their foreheads with ash. When they came out of church, Tony asked his grandmother why ashes were put on their foreheads. Grandmother said: Today is Ash Wednesday. Today is the beginning of Lent. During this season, we ought to prepare ourselves with prayer, fasting and abstinence for the commemoration of the suffering, death and resurrection of Jesus. Immediately Mini asked: Last year too we did this. Is it not? Grandmother replied: Yes, every year we have the Lenten Season. Easter marks the end of Lent. The period of preparation for Christmas is Advent. Tony asked again: “Why do we do this?” Grandmother replied: “To increase our faith and live as children of God. Jesus was born, suffered, died and rose on the third day for our salvation. By our preparation and celebrations we do not just commemorate the past events but actually share in the realities of the birth, death and resurrection of Christ.”

Tony and Mini reached home with grandmother. They narrated all that grandmother told them to their friends and all of them observed Lent in a pious manner.

**Liturgy is the regular form of service in the Church. In Christian tradition it means the participation of the People of God in “the work of God.” In the name of Christ the Church offers common prayers to God. A collection of official common prayers of the Church is known as ‘Liturgy.’**

Christ is the head of the Church. Along with Christ our head, we offer homage to God the Father.

Liturgy of the Church consists of Holy Mass, Sacraments and official common prayers of the Church. The most important of all is Holy Mass.

**The Liturgical Year may be divided into three:**  
**Advent, Ordinary Time, Paschal Season**

**Advent**

Advent is a time of waiting for the Lord. From Christmas to the Baptism of the Lord is known as the Christmas Season.

**Ordinary Time**

In the liturgical year there are fifty two or fifty three Sundays. Out of them, thirty three (sometimes thirty four) Sundays are Ordinary Sundays. Almost all the feasts of saints are observed during this period.

According to the importance feasts are divided into four categories: Solemnity, Feast, Memoria, Optional Memoria

**Paschal Season**

The fifty days from Easter Sunday to Pentecost is called the 'Paschal Season.' Beside Easter, two other feasts Ascension and Pentecost fall during this period. Forty days after Resurrection Jesus ascended to heaven. This is the feast of Ascension. On Pentecost Day many people heard Peter's proclamation, believed and were baptized. On that day itself thousand people joined the Apostles. Thus, the early Church was formed.

Lent is the period of preparation before Easter. Lent begins with the placing of ashes on the forehead of the faithful. The week preceding Easter is known as Holy Week. Holy Week starts on Palm Sunday. It is also known as Passion Sunday, the beginning of the sufferings of Jesus. On this day palms are blessed. Holding the palms the people of God sing Hosanna to the Son of God. Days from Maundy Thursday to Easter are also called 'Paschal Triduum' (Maundy Thursday, Good Friday and Easter Sunday).

During Paschal Triduum we remember the passion, death and resurrection of Jesus. Paschal Triduum is the centre of the liturgy.

Pentecost Day the Holy Spirit descended on Mother Mary and the apostles. On that day apostles started preaching the Good News. Those who heard the Good News were converted and were baptized. They formed the Early Church.

Prayers offered to God the Father, along with Jesus through the Holy Spirit is adoration. Adoration is given to God alone. In Christian tradition Liturgy means that the people of God participate in the 'Work of God.' Liturgy celebrates the most the most important events in the Christian Salvation History. The Liturgical Year covers Advent, Christmas Season, Lent, Holy Week, Easter Season and Ordinary Time. We celebrate the mysteries of the life of Christ and other feasts during these six periods. The centre piece of Liturgical celebrations is the Holy Eucharist. During certain special occasions the Holy Eucharist is exposed and adored. Let us partake in the adoration of the Blessed Sacrament and other feasts with piety and attention.

**Write the feast name below the dates given:**

<b>1<sup>st</sup> January</b>	<b>3<sup>rd</sup> July</b>	<b>15<sup>th</sup> August</b>
<b>8<sup>th</sup> September</b>	<b>1<sup>st</sup> November</b>	<b>2<sup>nd</sup> November</b>
<b>3<sup>rd</sup> December</b>	<b>8<sup>th</sup> December</b>	<b>25<sup>th</sup> December</b>

Write below the picture the feast name it depicts:



### Let us find the answers


1. What is adoration?
2. What is Liturgy?
3. How do we divide the Liturgical Year?
4. What do you mean by the 'Paschal Triduum'?
5. Which are the most important liturgical celebrations?

### Let us sing

In Liturgical year  
Church prepares six  
Groups of celebrations  
We must participate.

Advent, Christmas, Lent,  
Holy Week, Paschal Season  
And Ordinary Time  
We must keep.





### Let us remember the Word of God

And Mary said: "My soul magnifies the Lord and my soul rejoices in God, my Saviour" (Luke 1:46-47).



### Let us pray

God our Father, we adore you, we glorify,  
we praise you and we thank you.



### Memorize

#### The Way of the Cross

- 1<sup>st</sup> Station : Jesus is condemned to death
- 2<sup>nd</sup> Station : Jesus carries the Cross
- 3<sup>rd</sup> Station : Jesus falls the first time
- 4<sup>th</sup> Station : Jesus meets His Holy Mother
- 5<sup>th</sup> Station : Simon helps Jesus to carry the Cross
- 6<sup>th</sup> Station : Veronica wipes the face of Jesus
- 7<sup>th</sup> Station : Jesus falls the second time
- 8<sup>th</sup> Station : Jesus consoles the women of Jerusalem
- 9<sup>th</sup> Station : Jesus falls the third time
- 10<sup>th</sup> Station : Jesus is stripped of His garments
- 11<sup>th</sup> Station : Jesus is nailed to the Cross
- 12<sup>th</sup> Station : Jesus dies on the Cross
- 13<sup>th</sup> Station : Jesus is taken down from the Cross
- 14<sup>th</sup> Station : Jesus is placed in the tomb

## Chapter Twelve

# THE PATH TO HOLINESS

John was a smart and gentle boy. He was born on 13<sup>th</sup> March, 1599 in Loovai, Belgium. His father was a shoemaker, a hardworking man. John was an altar boy since the age of seven. He took part in Holy Mass with great devotion and attention. He looked at the priest who offered Mass as if he was Christ himself. He prayed that he too would become a priest.

God heard John's prayer. On 1<sup>st</sup> April, 1618, John became a priest and took the name of John Berchmans. John was a priest full of love and sympathy for the poor and the suffering. John who worked for Christ without rest died on 13<sup>th</sup> August, 1621. He was just twenty two years of age.

Later he was raised to Sainthood. He was declared the Patron of altar boys. Altar service helped John to grow in holiness and to love the poor. John lived close to Jesus at the altar and close to his neighbour.

**Holiness is the growth of the bond with God and human beings. When we love and pray for one another and share with one another, we grow in holiness.**

There are many organizations and societies to help the members of the Church to grow in unity and togetherness and thus to uplift the Church, the Body of Christ.

Let us examine a few of them.

### **Holy Childhood**

It is a society which teaches the children to grow and experience being loved by God and people like the Child Jesus. The Child Jesus is the teacher and friend of the members of the Holy Childhood. ‘All for the Child Jesus’ is the motto of its members.

The members of the Holy Childhood of Jesus pray before the statue of Child Jesus. The aim of the society is to care for the orphans and make them friends of Jesus and spread faith in Jesus.

“And Jesus increased in wisdom and in years  
and in divine and in human favour” (Luke 2:52).

### **Altar Servers**

Have you not seen children of your parish assisting the priest in the Holy Mass? What a blessing it is to serve Jesus with the priest at Holy Mass! It is thus that Saint John Berchmans became a priest and a Saint. This helps us to grow in prayer, faith and obedience.

### **BCC (Basic Christian Communities)**

The families of a parish are divided into small groups to form BCC. Just as the early Christians lived, the members of the unit come together, read the Word of God, meditate and pray. The BCC encourages to live according to the Word of God and to be witnesses of Christ.

Children have to perform well in BCC. BCC helps to love one another and to use our abilities to grow in faith.

### **Vincent De Paul Society**

It is a Society of the Laity to propagate the message of Christ to help the poor and those in difficulties. This Society works after the model of St. Vincent De Paul, who dedicated his life to the care of the poor and orphans. Fedrick Ozanam is the founder of the Society of Vincent De Paul. Collecting funds from those who have and distributing it to those who do not have, this Society bears witness to Christ in a special way.

### **K. C. S. L.**

The full name of this Society is 'Kerala Catholic Students' League.' This is a group or league formed in schools for the students.

This league helps students to live a model of faith, study and service according to Christ's mission. Many opportunities are extended to the students through this league to utilize their talents of art, literature and knowledge. The KCSL enables the students to grow with the Church in Jesus and to become witness for Christ.

### **Jesus Youth**

Jesus Youth is an organization that helps the youth by word of God and prayer. It helps its members and others to grow in Christ. Its members are solely youth.

### **C.L.C**

Christian Life Communities is the full name of this organization. The principles of C.L.C are the words of St. Dominic Savio - "To Jesus through Mary" and St. Ignatius of Loyola - "If he and she can become saints, why can't I?" Devotion to Mary is their special character.

### **Legion of Mary**

Legion of Mary is normally an organization of the adults. They gather around the statue of Mary, every week, pray and try to do good works. 'To Jesus through Mary' is their motto.

### **K. R. L. C. C.**

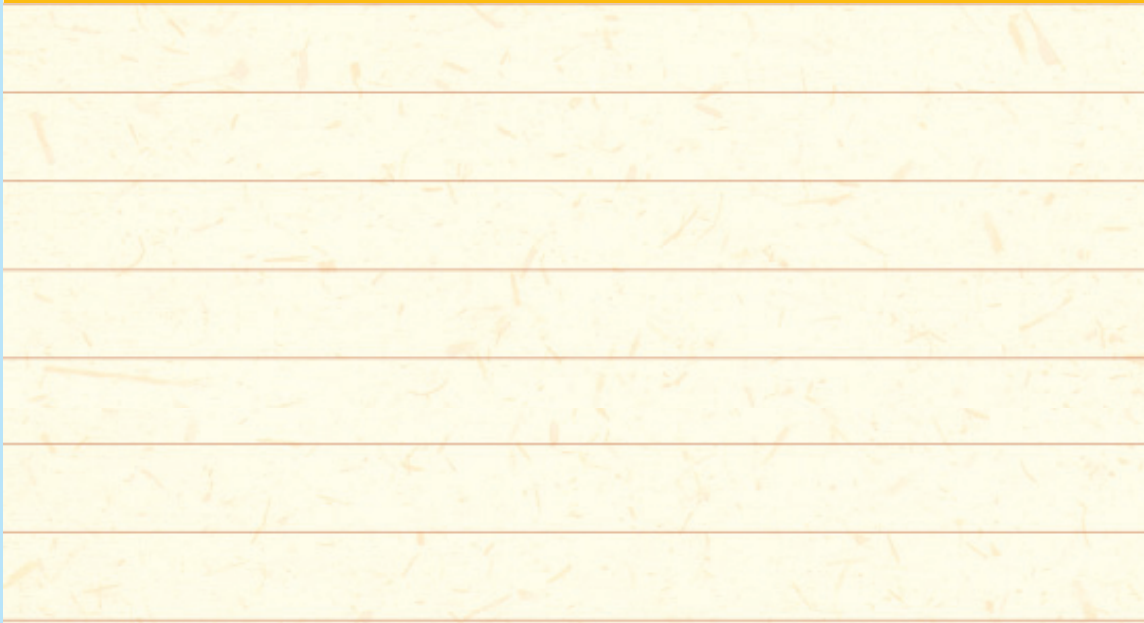
Kerala Regional Latin Catholic Council is the union of Kerala Latin Catholics. It is the highest body of Kerala Latin Catholic Associations. It is a big solidarity of Church leaders, elected priests, sisters and heads of spiritual organizations. Out of 136 members, 69 are lay people. Kerala Latin Catholic Associations and various Commissions – Bible, Catechism, Liturgy, Education, Laity, Priests and Sisters come under this Council. It started functioning on 24<sup>th</sup> May, 2002.

There are many such organizations functioning in the Church to lead its members to holiness, faith, prayer and work for the good of the Church and Community. If we become members and work in any such association or organization, it will help us to be better witnesses of Christ and lead a holy life.

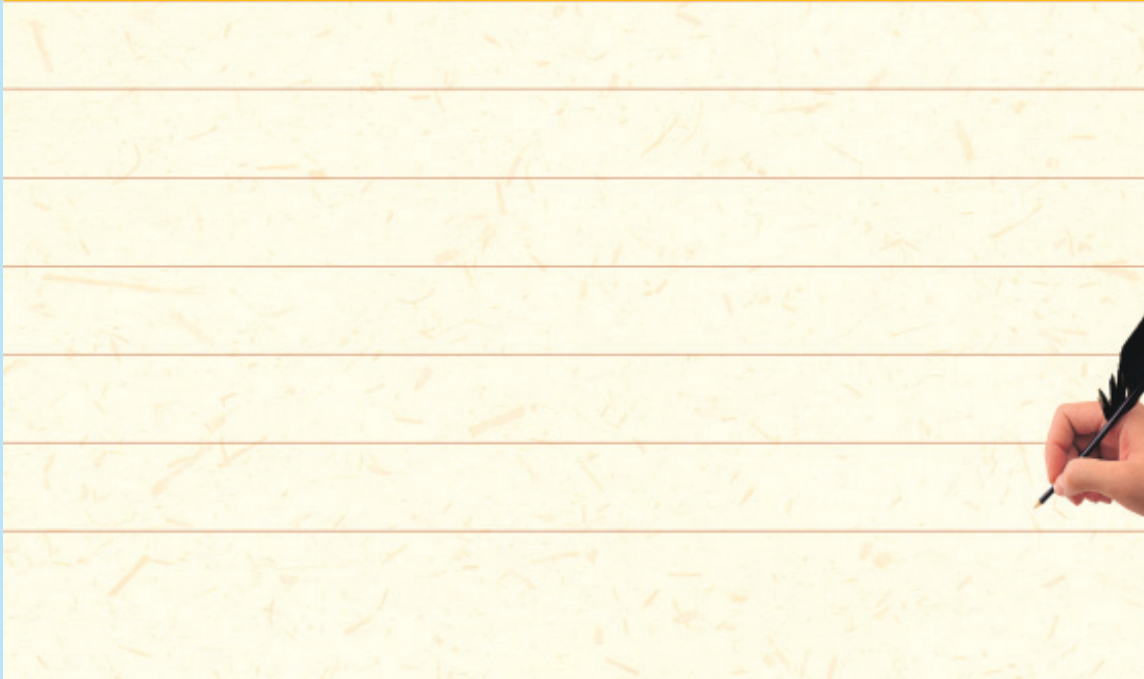
We are all called to be holy. The parish is the primary platform which helps us to grow in holiness. Societies help us to make use of our talents. Work in societies enables us to serve the Church and the Community. As people of God we should remain as holy people.

Write down the associations meant for children and adults:

**1. Societies for children in your parish:**



**2. Societies for adults in your parish:**



Name the association you desire to be a member: Write five special features of that association.

1. ....
2. ....
3. ....
4. ....
5. ....

Write the name of associations you know but not mentioned in the text:

.....

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.....

.....

### Find the answers

1. How did John approach the priests?
2. What was John's greatest desire?
3. Name the association in your parish which is most suitable for you?
4. As believers, to where do we make our pilgrimage?
5. What do you desire by joining an association?



### **Let us sing**

A model to the parish  
In holiness to grow  
Daily Mass shall join  
A life of prayer to be.

Member of a spiritual group  
Service to do  
By Holy Word ever  
My life a witness shall be.

### **Let us remember the Word of God**

“Truly, I tell you, just as you did it to one of the least  
of those who are members of my family, you  
did it to me” (Matthew 25:40).



### **Let us pray**

Almighty and Holy God, bless us to  
grow in holiness.



### **Memorize**

Death rather than sin.

Mother of God is the stairway to heaven.  
By this stairway God came down so that humans can  
go to heaven through the intercession of Mary  
(St. Ambrose).



# ST. MARIA GORETTI



Corinaldo was a beautiful small village in Italy. On 16<sup>th</sup> October 1890 a child was born in this village of steep hills and the sea below, cold winds blowing most of the time. Her parents Luigi Goretti and Assunta were hardworking poor farmers. They named the child 'Maria.' Maria grew up in the fear of the Lord and in fear of sin.

Maria attended the Holy Mass very faithfully everyday. She desired to receive Holy Communion. But children who have completed twelve years of age were only given the Holy Communion.

Though Luigi worked hard he was unable to earn enough from the farm to support the family. Therefore, they left that place. After journeying for three weeks they entered the village of Ferriere. It was not beautiful. Mazzoleni, a land-lord allowed them to stay in an abandoned house and Luigi became a share-cropper of Mazzoleni.

Even though Luigi and Assunta worked hard they were disappointed at harvest. In the middle of the harvesting Luigi collapsed and was bedridden. The land-lord was angry at Luigi for leaving the harvesting half way.

Mazzoleni engaged Giovanni and his son Alexander to take over the harvesting. So they moved into the house of Luigi. During winter when the men were confined indoors Alexander turned to dirty magazines and decorated the walls of his room with pornography. Luigi and Assunta tried their best to keep their children away from them and make them grow up in the love of God.

Soon Luigi contracted malaria and died.

Maria worked for a well-to-do woman and in return the lady taught her Catechism. And on the Feast of Corpus Christi in 1901, when she was only eleven years old, Maria received her First Holy Communion.

Maria grew up. She was twelve years old. She was already a lady with her golden hair and good features. With her angelic smile she captured the hearts of all. But Alexander looked at her with

lust. He began making advances towards Maria. She always fled from him.

5 July 1902 – It was a hot day. Alexander stopped his work in the field and came home. Maria was on the second floor with her baby sister. Alexander went to his room and called Maria to come to him. Alexander threatened to kill her if she did not submit to him. He intended to rape her. She was frozen with terror. Maria's refusal further inflamed his passions. He grabbed her and dragged her to the kitchen, pressed a dagger to her throat and bolted the door. Maria now trapped alone, struggled to avoid him. She pleaded with him. All her pleadings went unheard. He stabbed her eleven times. Maria tried to reach the door. Alexander stopped her by stabbing her three more times before running away. Maria fell. Her baby sister started crying loudly. Irritated at the infant crying, Giovanni rushed up the stairs.

His shout of horror brought Assunta and the neighbours running. Maria was taken to the hospital. The hospital Chaplain asked: "Maria, do you forgive the one who injured you, with all your heart?"

Maria replied she did and added: "And I want him to be with me in Paradise." The parish priest gave her Holy Communion. As the bells were proclaiming the Vespers hour the next day, Jesus gathered sweet Maria into His eternal abode. On 27 April 1947 Pope Pius XII proclaimed her Blessed and on 24 June 1950 he canonized Maria Goretti.

To this generation that takes pleasure in what is indecent, let Maria who insisted that she would rather die than submit to sin, be a model!

**“Maria Goretti, even if she had not been a martyr, she would still have been a saint, so holy was her everyday life.”**  
**(Cardinal Salotti)**