

## Lesson 4

### The Creed

### The Mass

Since this is the first lesson of the New Year it is always worth thinking about new beginnings, new commitments, to yourself, to this program, to their faith.....

#### **Q1**

**What are you going to do in this new year to develop your faith**

### Review of the Sunday Liturgy

On this Sunday January 8 we will celebrate the Feast of the Epiphany.

<https://bible.usccb.org/bible/readings/010823.cfm>

A link to the mass readings

#### **Q 2**

**Choose something in any of the readings that meant something to you**

**(it could be a sentence or just a few words) and say why**

<https://www.youtube.com/watch?v=-PfAQ1SXGs4>

Epiphany" means "manifestation."

It comes from Greek roots that mean "to show, to display" (*phainein*) and "on, to" (*epi-*).

An epiphany is a time when something is shown, displayed, or manifested to an audience.

The magi's coming to Jerusalem in order to pay homage to the king of the Jews shows that they seek in Israel the one who will be king of the nations.

**Q3**

**Have you every had an Epiphany (now we might say an AH HA moment) related to your faith – if so what was it?**

Monday January 9 is the Feast of the Baptism of the Lord

[https://www.youtube.com/watch?v=\\_CVXBCfdrF8](https://www.youtube.com/watch?v=_CVXBCfdrF8)

This might help to understand the Baptism of the Lord

After Jesus was baptized,  
he came up from the water and behold,  
the heavens were opened for him,  
and he saw the Spirit of God descending like a dove  
and coming upon him.

And a voice came from the heavens, saying,

**"This is my beloved Son, with whom I am well pleased."**

**Q 4 How would you feel if God were to say this to you and why would he say it**

**“This is my beloved child, with whom I am well pleased.”**

### **The Creed**

The Nicene Creed – A Creed is a statement of beliefs. The Nicene Creed was drawn up at two Ecumenical Councils in the 4<sup>th</sup> Century in a statement of our Catholic beliefs and we profess this creed each Sunday at Mass.

The Creed may be broken down into 12 basic truths under 4 themes

#### **The nature of God**

1. God is our almighty father
2. God is the creator of all things
3. God is three distinct persons in one

#### **The nature of Jesus**

4. Jesus is the only son of God
5. Jesus is our Lord

#### **What Jesus did for us and what He’s doing now**

6. Jesus suffered and died
7. Jesus was raised from the dead
8. Jesus is now back home in heaven, where he’s judging the living

## **What gives us hope and guidance**

9. We believe in the power of the Holy Spirit
10. We believe in the power of the Christian community
11. We believe in the power of the forgiveness of sins
12. We believe in the reality of everlasting life

<https://www.youtube.com/watch?v=0YNeTwWU1RE&list=PL01AFEB24CB3F6162>

This is a good summary of the Creed

**Q 5 Which section of the Creed means the most to you and why**

## **The Mass**

The Mass has always been the central form of catholic worship.

As far back as the Acts of the Apostles and Saint Paul's epistles, we find descriptions of the Christian community gathering to celebrate the Lord's Supper, the Eucharist. In the catacombs in Rome, the tombs of martyrs were used as altars for the celebration of the earliest forms of the Mass, making the tie between the sacrifice of Christ on the Cross, its re-presentation in the Mass, and the strengthening of the faith of Christians explicit.

Very early on, the Church saw the Mass as a mystical reality in which the sacrifice of Christ on the Cross is renewed.

The Mass is the Church's way of fulfilling Christ's command, at the Last Supper, to "Do this in remembrance of Me." As a memorial of

the Last Supper, the Mass is also a sacred banquet, in which the faithful participate both through their presence and their role in the liturgy and through the reception of Holy Communion, the Body and Blood of Christ.

The Eucharistic celebration consists of two integral parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**.

The Liturgy of the Word consists of proclaiming and listening to the Word of God through scriptures. The Liturgy of the Eucharist includes the presentation of the bread and wine, the prayer of consecration, and Holy Communion, during which the assembly receive the Eucharist. The bread and wine are consecrated by the priest and become the Body and Blood of Christ. This action is called **transubstantiation**. Christ himself is truly present in the Eucharist

<https://www.usccb.org/prayer-and-worship/the-mass/order-of-mass>

Go through each section and read what it means

<http://www.youtube.com/watch?v=ItcURbkjXOA>

This clip is from the Passion of Christ – the Last Supper

<https://www.youtube.com/watch?v=Z-ik7dO63NU>

This a good summary of the Mass

The last Supper was celebrated on the Feast of the Passover, which commemorates God's saving act in the Old Testament, when he spared the Israelites from the plague of death.

## Q 6

**What parallel can you identify between the Last Supper and the Passover?**

### **Q 7**

- **Jesus said to those gathered with him at the last Supper and all of us today, “take it; this is my body”  
How can you respond to Jesus’ invitation?**

### **Q 8**

- **When you participate in the Mass and receive Holy Communion, you are more fully joined with the Church. What are some of the ways that you can demonstrate that you are an active member of the Body of Christ, the Church?**

**Q 9 How do you make the celebration of Sunday Mass the centerpiece of the week.**

**All shall be well exercise (you can still complete this exercise even if you do not have your book)**

**“ Love excels from the depths to beyond the stars”**

**A quote from Hildegard of Bingen**

**Think about the vastness of God’s love for you**

## **Q10**

**Think of people whom you would like to experience God's love today and write their names here.....**

If you have your book write the names in the stars on the page but also include the names here

Watch the videos

<https://www.youtube.com/watch?v=nyvYENm16Tw>

<https://www.youtube.com/watch?v=xbBNX5tsiuo>

## **Q10**

**Select 1 thing from each video that made an impression on you**

**Video 1**

**Video 2**

**Thank you**

**Please return your answers to me**

**[brao@staugustineparish.org](mailto:brao@staugustineparish.org)**

**By Sunday February 5**