

## Session input

'Let us be Bread' <https://www.youtube.com/watch?v=haS5ObdBys4>

Tom Groome [How Is the Eucharist the Centre of Catholic Life?](#)

## Homework

- Considering what you have heard/learnt in this session, spend some time looking back at your homework from the third session. There may be something you wish to change/add to your chart, list and statement.
- Explore one further resource listed below and be prepared to share your findings at the next session.
- Tom Groome speaks of the Catholic concept of sacramentality. How would you explain this concept to someone who is not aware of it?'
- Reflect on Gary Finlay's poem (attached). Perhaps use it to inspire your own creativity.
- Explore some of the names for the Eucharist (Catechism of the Catholic Church #1328-1332) and choose your favourite. (The CCC is available here: <http://www.vatican.va/archive/ENG0015/INDEX.HTM>)
- Read a description of the Sunday gatherings of second-century believers (CCC #1345). Can you recognise it as what happens today?

## Action

Considering what you have heard/learnt in this session and any implications that this may have for your own spirituality of service, commit to a concrete action. Add it to your calendar/diary.

## Preparation for the next session

- Identify and list the peripheries of society in your area
- Find out and note the ways in which your parish may already be involved in these peripheries
- Keep in mind that for many migrants, home is also a 'periphery'. Migrants belong to different contexts, carry different worlds (and homes) within them, wherever they are.
- Find out and note the ways parishioners are commissioned, supported, in their ministry to the peripheries
- Suggest ways your parish could be involved/more involved

## Online resources

The NZ national office has useful resources here: [National Liturgy Office](#)

## [Five ways to get more out of the Mass](#)

Helpful video presentations are found here:

### [The Eucharist: What we believe](#)

Bishop Peter Cullinane [A walk through the Catholic Mass](#)

Father Joseph Grayland [Liturgy](#)

Cardinal Seán O'Malley [The Eucharist and Our Formation as the People of the Church](#)

The text of the presentation is found [here](#)

### [The Homily in the Context of Evangelii Gaudium](#)

### [The Eucharistic Prayer of the Cosmos](#)

NZCBC <https://www.catholic.org.nz/about-us/bishops-statements/year-of-the-eucharist/>

<https://www.catholic.org.nz/about-us/bishops-statements/on-rediscovering-the-beauty-of-the-mass/>

<https://www.catholic.org.nz/about-us/bishops-statements/the-first-day/>

Google 'Rolheiser Eucharist' to find many helpful resources

### Reflections/Homilies

#### [USCCB Daily reflections](#)

<https://www.ncronline.org/columns/scripture-for-life>

<http://catholicwomenpreach.org/>

Boston College [The Eucharist: At the Centre of Catholic Life](#)

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Resource to buy <https://www.nowyouknowmedia.com/becoming-the-eucharist-we-celebrate.html>