

## Lesson 11, Wed, Feb 7: Holy Communion and the Saints

Link: <https://bit.ly/3use5P4>

Prayer: **Our Father** (see [Lord's Prayer](#))

Note: Weeks 7-9 were focused on the Mass

This week's homework: Mass attendance!

1. Sunday Mass, Feb 10/11

2. Ash Wednesday, Feb 14

Warmup: The "Big Things" for catechism

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### I. "Peace be with you" (see [John 20:19](#))

- = not just a "salutation" but an "effective word", i.e. one that "effects" a result (footnote to [Mt 10:13](#))
- Jesus instructed the disciples:

*"Into whatever house you enter, first say, 'Peace to this household.' If a peaceful person lives there, your peace will rest on him; but if not, it will return to you."* ([Luke 10:5-6](#))

- Thus, when we say at Mass, "Peace be with you" it is not a "mere salutation"
  - "peace" in Hebrew = "shalom"

### II. Holy Communion and "Transubstantiation": Christ demands our belief!

- In [John 6:22](#) "Bread of Life Discourse", Jesus instructs,

*"this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."*

- "eat" = Greek *fag-oh* for eating food
  - may be used figuratively for consuming, taking on, accomplishing ("I ate that test up!")
  - appears 190 times in the New Testament (NT), usually just for eating food
- but the Greek *troh-goh* = to gnaw, mash with one's teeth, to eat like a carnivore
  - only appears six times (in six verses) in the NT and is never used figuratively:
    - four times in John 6
    - once in [Mt 24:38](#): "Matthew's Mini Apocalypse" re. "tribulation"
    - once in [Jn 13:18](#) regarding Judas' betrayal, when Jesus quotes David sharing bread with a traitor ("my trusted friend who ate my bread has raised his heel against me" ([Ps 41:10](#)))
- "Whoever eats my flesh and drinks my blood remains in me and I in him" ([Jn 6:56](#))
  - Jewish "kosher" food = the blood has been drained
  - they thought contact with all forms of blood was unclean (cuts, menstruation, animal blood)
    - because blood = life; "sacrifice" = to give up life
    - so if they drink blood they would be worshipping that animal = idolatry
    - (animal worship was based on worshipping the blood)
  - again, Christ is being literal here
- "It is the spirit that gives life while the flesh is of no avail" ([Jn 6:63](#)) = literal
- Transubstantiation v. transformation
  - *trans-* = across, indicates from one thing to another (transmit, transport)
  - *substance v. form*
    - trans + substance = change in essence
    - trans + form = change in appearance

### III. The Saints

- a “saint” = a “holy one”; “someone who leads a life in union with God through the grace of Christ and receives the reward of eternal life” ([CCC Glossary](#))
- “saints” also refer to members of the Church ([CCC 823](#))
- a “Saint” = someone who is in Heaven
  - Saints are “models and intercessors” ([CCC 828](#))
    - they “model” the Christian life or some aspect of it
    - they may act as intercessor to the Lord for us
- Sainthood may come of
  - Holiness
  - Christian teaching
  - Miracles or miraculous intercessions
  - Martyrdom
- Feast Days
  - generally the day of their death, called the “heavenly birthday”
- Icons or “attributes”
  - Saints are known or represented by certain emblems or symbols
    - a charism (St. John the Apostle: represented by an Eagle for his glorious prose)
    - a vocation or profession (St. Dominic: a book for scholarship, a rosary for promoting it)
    - representation of a miracle (St. Blaise: the throat, as he cured a child’s throat disease)
    - method of martyrdom (St. Thomas More: killed by a double-headed ax)
- Saints are declared by the Pope
  - Canonization =  
“The solemn declaration by the Pope that a deceased member of the faithful may be proposed as a model and intercessor to the Christian faithful and venerated as a saint on the basis of the fact that the person lived a life of heroic virtue or remained faithful to God through martyrdom” ([CCC Glossary](#))
- What Saints mean to us:
  - Examples to admire, follow and adopt
  - To honor God through those God himself sanctified (the Saints)
  - Intercessors
    - Praying to the Saints to intercede to God on your behalf
    - Ex. From the *Confiteor* (“I confess...”):

***therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints, and you, my brothers and sisters,  
to pray for me to the Lord our God***

- See [Saint - Rejoice in the Catholic Faith \(rejoiceinmary.org\)](http://rejoiceinmary.org)