The illustration depicts Jesus seated at a table, wearing a white robe over an orange tunic, with a halo and a blue cross-shaped symbol behind his head. He is surrounded by two disciples: one on the left in a blue and red robe, and one on the right in a red robe. On the table are a broken loaf of bread and a chalice. The background features a stylized architectural setting with arches and a mosaic-like pattern.

Diletta Tinti and Rosaria Fersula
For the Institute of Saint Clement I, Pope and Martyr
Illustrations by Mirko and Rosa Pellicioni
Roberta Boesso

EUCCHARIST

BREAD OF ETERNAL LIFE

Activity Book

A book of games for a deeper understanding of the Sacrament of the Eucharist, to be used either in conjunction with the Catechism: *EUCCHARIST BREAD OF ETERNAL LIFE*, or by itself.

Diletta Tinti e Rosaria Fersula
for the Institute of Saint Clement I, Pope and Martyr

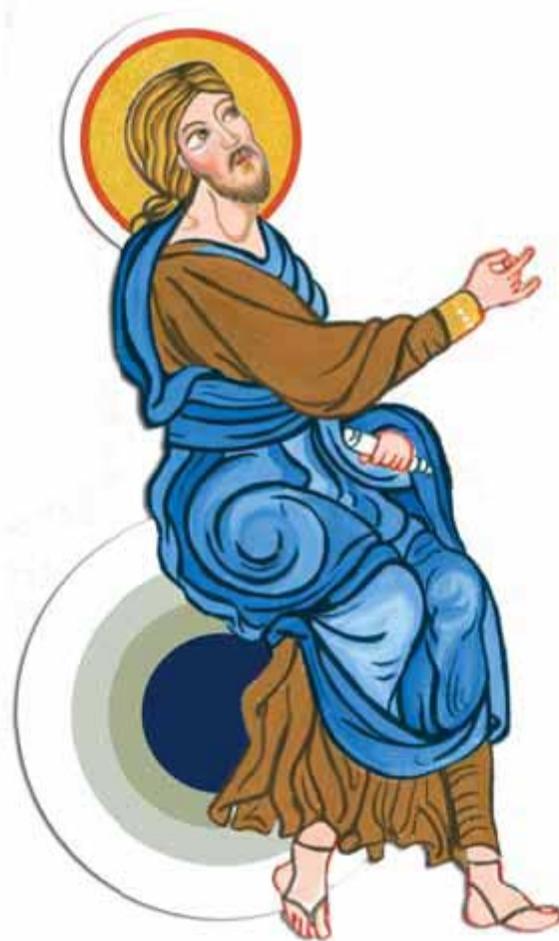
Activity Workbook

Eucharist

Bread of Eternal Life

A book of games for a deeper understanding of the Sacrament of the Eucharist, to be used either in conjunction with the Catechism: *Eucharist – Bread of Eternal Life*, or by itself.

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In cooperation with the *Pontifical Academy Cultorum Martyrum and the Real Presence Eucharistic Education and Adoration Association*

Translated into English by Maria De Rosa-Bellahcen

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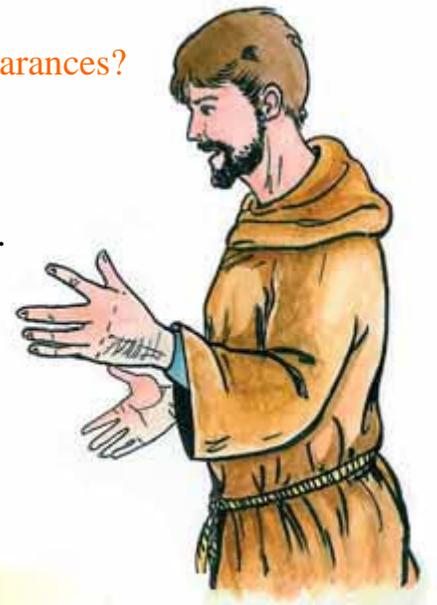


Understanding Transubstantiation

What is substance and what are species, accidents or external appearances?

Theologians and philosophers call the external characteristics (such as the size, color, shape, etc.) of an object, animal or person “accidents” (from the Latin word meaning to happen) or “species”.

Therefore we can say that color is an external characteristic, which is visible and which “happens” to a substance, (meaning it exists within a substance). As in the example of the red chair, the color red refers to the chair, but does not exist within itself.



There is an orange vase in the drawing. Now I will paint the vase blue. Now the vase is blue, but it remained always a vase, the color changed from orange to blue. So we can say that the substance of the vase remains always the same, it did not change (a vase is a vase), while the species, in this case the color (or external appearances or accidents) of the vase changed from orange to blue.



Conclusion

In our example we will say then that the substance was not modified but the species changed (meaning the orange color became blue).



NOW IT IS UP TO YOU
TO EXPLAIN WHAT HAPPENS
IN THE NEXT EXAMPLE

Let's take this chair that Claire has in her bedroom: it is brown. Today Claire has decided to paint her chair red so it will match the new bedspread her grandmother gave her. The chair is now red in color.



Now tell me: what has changed in respect to before?

1. The substance of Claire's chair changed.
2. The species (in this case, the color) of Claire's chair changed.
3. The substance and the species of Claire's chair changed.



NOW TRY TO
FORMULATE YOUR
OWN EXAMPLES

CRUMB

In the example in the picture the species (or outward properties) of Crumb have changed over time, but his substance, meaning his essence, his existence as that dog named Crumb, did not change. Crumb is always Crumb, whether he is a newborn puppy or a two years old dog.



Crumb as a newborn had light fur.



Here at three months: some parts of his fur have darkened.



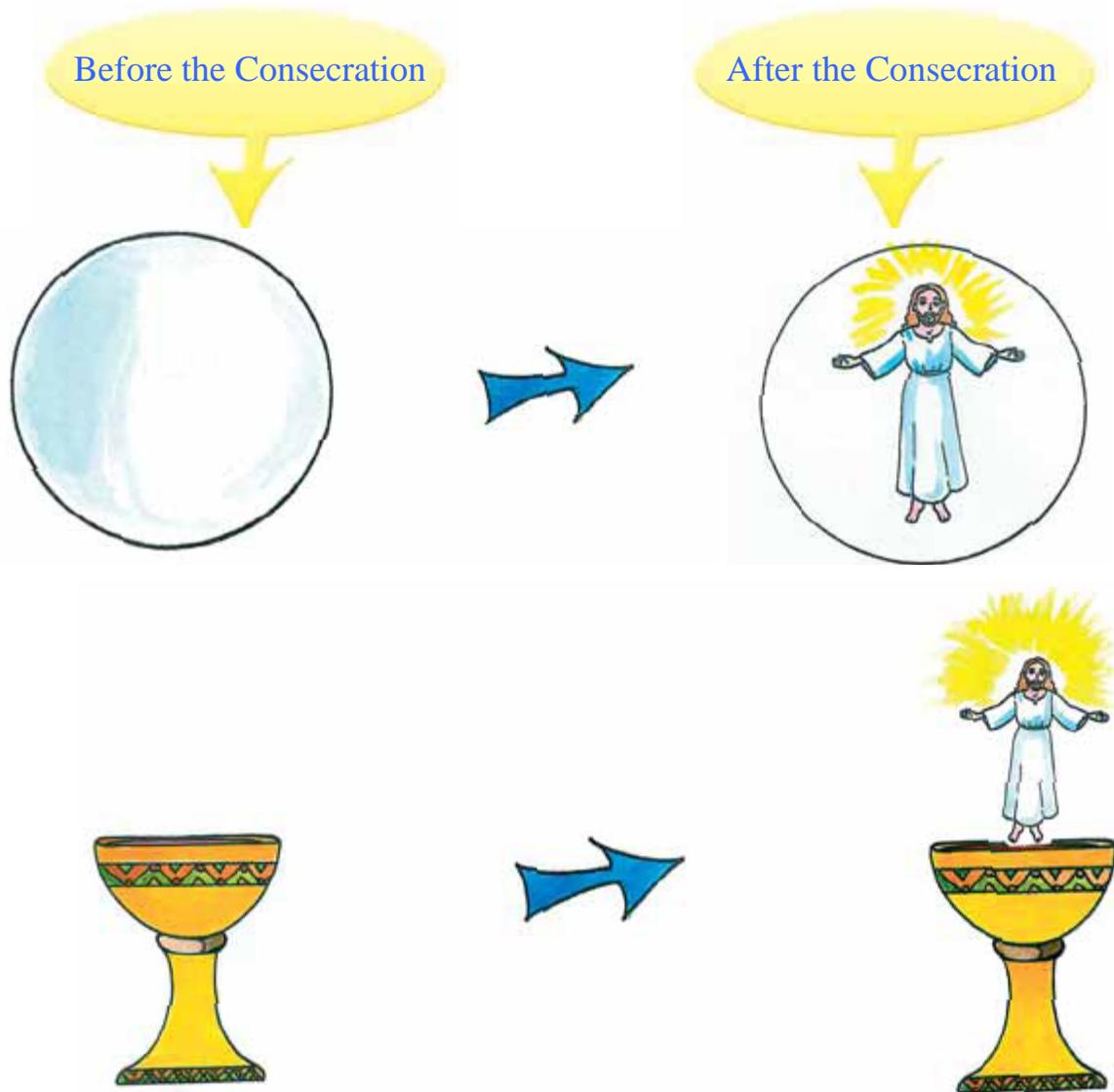
Here he is 6 months old.



Here is Crumb today.

Finally we arrive at transubstantiation

In the Eucharist, on the other hand, the opposite happens:



- ◆ The species (properties) of the bread and wine remain the same whether it is before or after the Consecration.

The Consecrated Host remains, in fact, the same size, color, taste and the same goes for the Consecrated Wine.

- ◆ The substance of the Host (or bread) and Wine undergo a change: after the Consecration, the substance of the Host and Wine become in fact the Body and Blood of Jesus.

This change of substance is called **Transubstantiation**

Write the exact description under each drawing and number them according to the order in which they occur.



Let me give you a hand:

Before the Consecration of the bread | Liturgy | After the Consecration of the Bread | After the
Consecration of the Wine | Before the Consecration of the wine



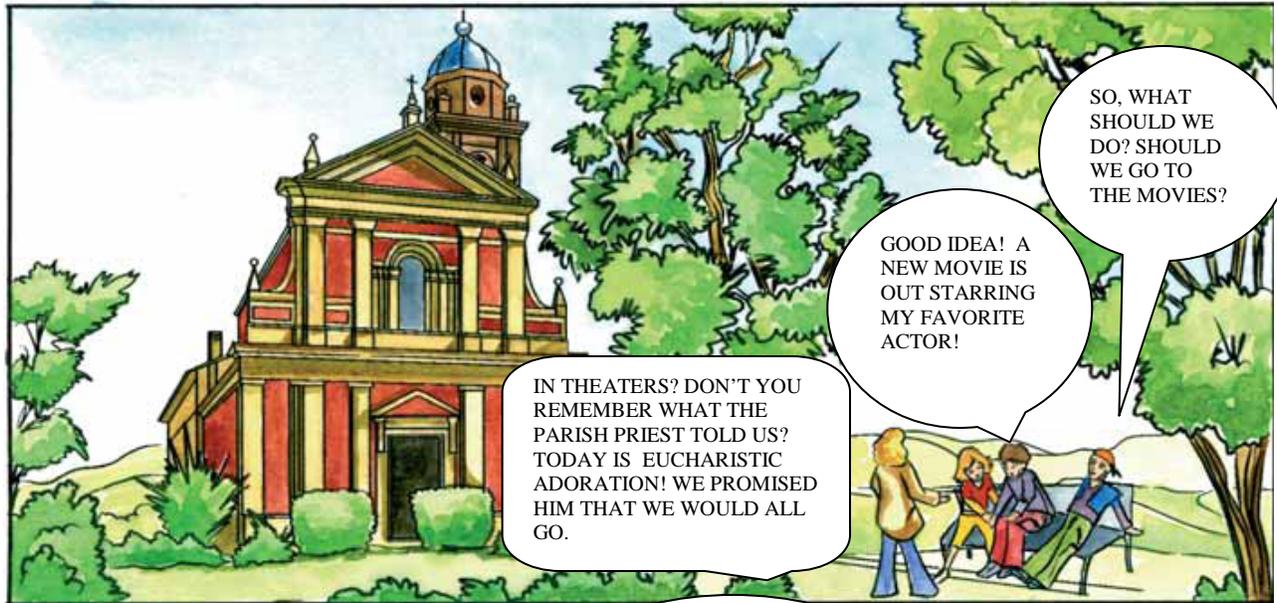
At the Last Supper, when Jesus takes the bread and chalice of wine in his hands and says, “This is my BODY ... This is my BLOOD”, he intends to say:

Which is the correct response?

- 1. This reality that I hold in my hands is truly my Body and my Blood**
- 2. This reality that I hold in my hands represents my body and my blood**
- 3. This reality that I have in my hands symbolizes my body and my blood**
- 4. This reality that I have in my hands contains the virtues of my body and my blood together with the substance of bread and wine**

If you answered immediately, then you are a true theologian! Perhaps however you do not know what a theologian is. Now I will explain it to you: a theologian is one who studies everything there is to know about God.





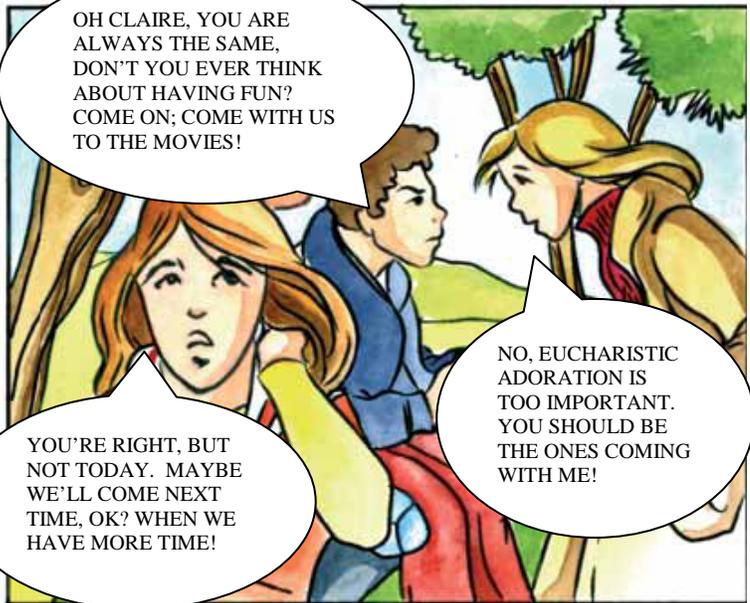
SO, WHAT SHOULD WE DO? SHOULD WE GO TO THE MOVIES?

GOOD IDEA! A NEW MOVIE IS OUT STARRING MY FAVORITE ACTOR!

IN THEATERS? DON'T YOU REMEMBER WHAT THE PARISH PRIEST TOLD US? TODAY IS EUCHARISTIC ADORATION! WE PROMISED HIM THAT WE WOULD ALL GO.



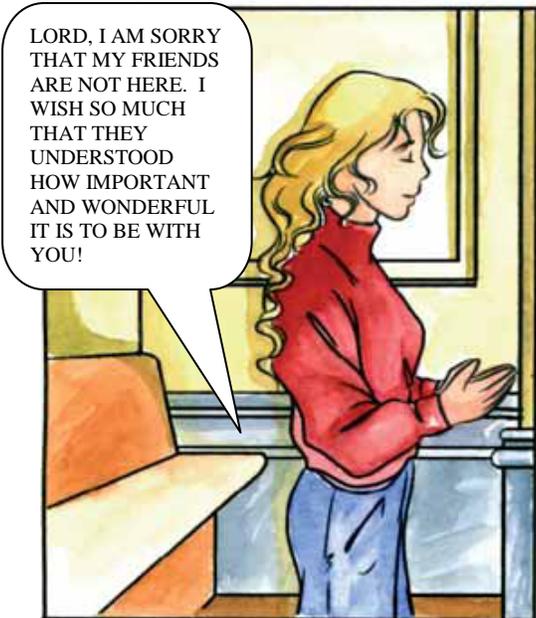
JESUS WILL BE DISAPPOINTED, HE WAS EXPECTING US.



OH CLAIRE, YOU ARE ALWAYS THE SAME, DON'T YOU EVER THINK ABOUT HAVING FUN? COME ON; COME WITH US TO THE MOVIES!

YOU'RE RIGHT, BUT NOT TODAY. MAYBE WE'LL COME NEXT TIME, OK? WHEN WE HAVE MORE TIME!

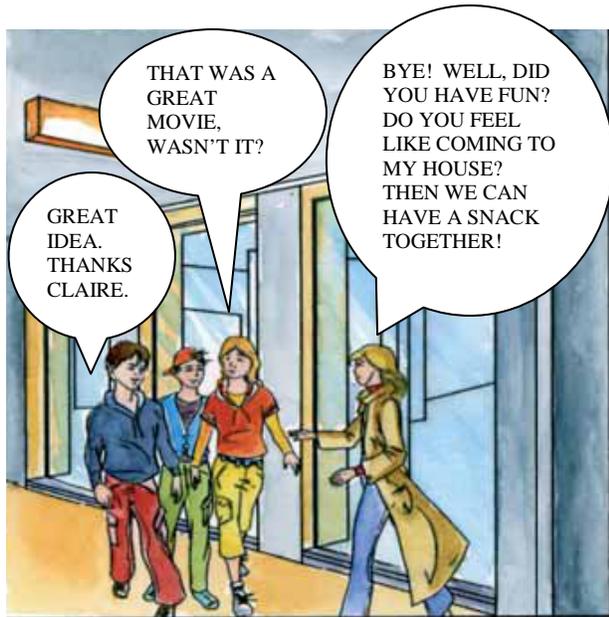
NO, EUCHARISTIC ADORATION IS TOO IMPORTANT. YOU SHOULD BE THE ONES COMING WITH ME!



LORD, I AM SORRY THAT MY FRIENDS ARE NOT HERE. I WISH SO MUCH THAT THEY UNDERSTOOD HOW IMPORTANT AND WONDERFUL IT IS TO BE WITH YOU!



JESUS, HELP ME TO FIND THE RIGHT WAY TO EXPLAIN TO MY FRIENDS HOW IMPORTANT IT IS TO STAY CLOSE TO YOU AND RECOGNIZE YOU ARE TRULY PRESENT IN EVERY TABERNACLE IN THE WORLD.



THAT WAS A GREAT MOVIE, WASN'T IT?

GREAT IDEA. THANKS CLAIRE.

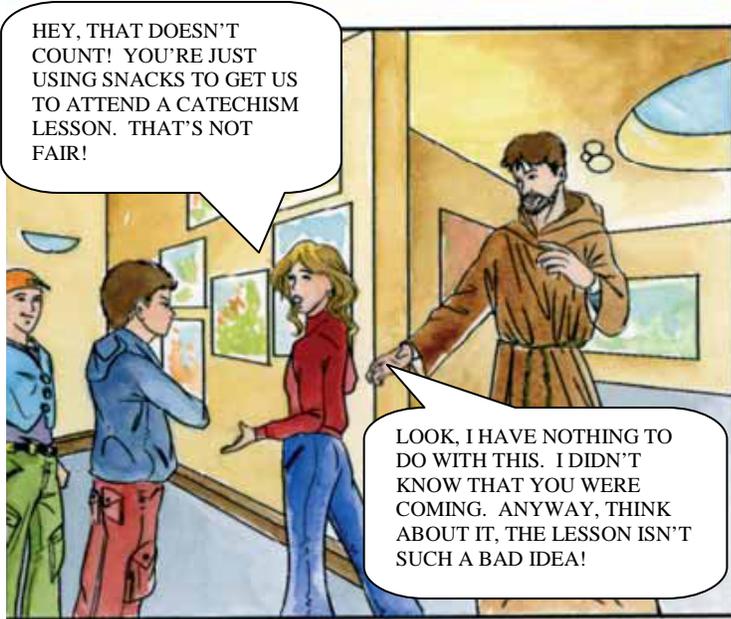
BYE! WELL, DID YOU HAVE FUN? DO YOU FEEL LIKE COMING TO MY HOUSE? THEN WE CAN HAVE A SNACK TOGETHER!



I HOPE THAT YOUR MOM MADE CHOCOLATE COOKIES!

SHE MADE THEM THIS MORNING.

THEY ARE REALLY GOOD!

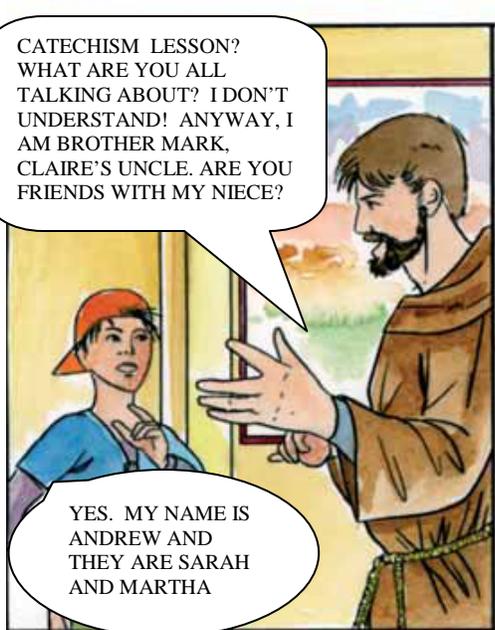


HEY, THAT DOESN'T COUNT! YOU'RE JUST USING SNACKS TO GET US TO ATTEND A CATECHISM LESSON. THAT'S NOT FAIR!

LOOK, I HAVE NOTHING TO DO WITH THIS. I DIDN'T KNOW THAT YOU WERE COMING. ANYWAY, THINK ABOUT IT, THE LESSON ISN'T SUCH A BAD IDEA!



OH, NO! WHEN AM I GOING TO LEARN HOW TO KEEP QUIET?



CATECHISM LESSON? WHAT ARE YOU ALL TALKING ABOUT? I DON'T UNDERSTAND! ANYWAY, I AM BROTHER MARK, CLAIRE'S UNCLE. ARE YOU FRIENDS WITH MY NIECE?

YES. MY NAME IS ANDREW AND THEY ARE SARAH AND MARTHA

THIS AFTERNOON THEY WERE SUPPOSED TO HAVE COME WITH ME TO EUCHARISTIC ADORATION BUT INSTEAD THEY WENT TO THE MOVIES.



OH BOY, I SMELL TROUBLE! AND HERE I THOUGHT IT WAS THE AROMA OF COOKIES! MARTHA, IF EVERY ONCE AND A WHILE YOU'D THINK BEFORE YOU SPEAK, MAYBE WE WOULD ALREADY BE AT THE TABLE EATING COOKIES!

EVERYONE, CALM DOWN! THE COOKIES ARE IN THE KITCHEN AND YOU CAN HAVE ALL YOU WANT, BUT I'D LIKE TO HAVE A LITTLE CHAT WITH YOU IF YOU DON'T MIND.

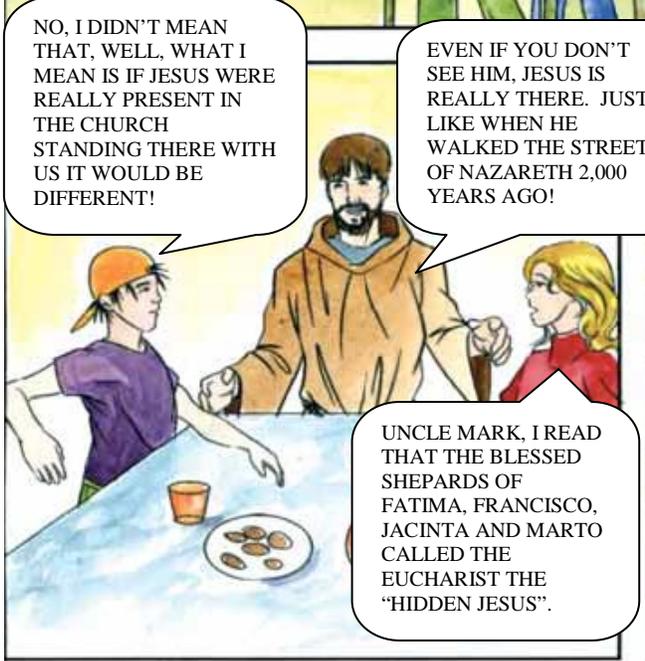


WELL, TODAY THERE WAS A GREAT MOVIE OUT AND WE HAD FUN! EUCHARISTIC ADORATION ON THE OTHER HAND IS A BIT BORING!

SO, YOU WERE SAYING THAT YOU DIDN'T GO TO EUCHARISTIC ADORATION?



DOES BEING WITH JESUS SEEM BORING TO YOU?



NO, I DIDN'T MEAN THAT, WELL, WHAT I MEAN IS IF JESUS WERE REALLY PRESENT IN THE CHURCH STANDING THERE WITH US IT WOULD BE DIFFERENT!

EVEN IF YOU DON'T SEE HIM, JESUS IS REALLY THERE. JUST LIKE WHEN HE WALKED THE STREETS OF NAZARETH 2,000 YEARS AGO!

UNCLE MARK, I READ THAT THE BLESSED SHEPHERDS OF FATIMA, FRANCISCO, JACINTA AND MARTO CALLED THE EUCHARIST THE "HIDDEN JESUS".



I EVEN CALL IT THAT TODAY!

WE ARE LUCKIER THAN THOSE WHO LIVED IN JESUS' TIME AND GOT TO KNOW HIM IN PERSON. THINK ABOUT IT: BY ENTERING ANY CHURCH WE ALWAYS FIND THE TRUE PRESENCE OF JESUS IN THE TABERNACLE! WE CAN VISIT HIM WHENEVER WE WANT AND HE IS ALWAYS THERE TO WELCOME US. WE HAVE GOD ALWAYS WITH US, JUST LEAVE HOME AND GO INTO ANY CHURCH!



SURELY, THE LORD IS VERY AUTHENTIC, BUT HOW IS THIS POSSIBLE?

JESUS IS GOD AND HE IS OMNIPOTENT. JUST AS HE CREATED EVERYTHING FROM NOTHING, HE WAS ALSO ABLE TO REMAIN AMONG MEN BY DECIDING TO INSTITUTE HIMSELF INTO THE EUCHARIST!

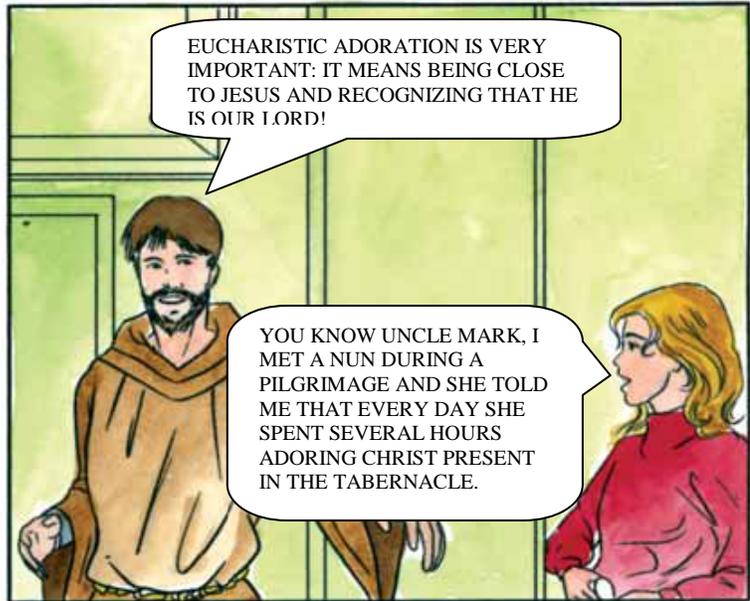
IT IS MARVELOUS! BUT WHY IS IT THAT SO MANY PEOPLE DO NOT UNDERSTAND IT, UNCLE MARK? THEY ARE PREOCCUPIED WITH SO MANY THINGS, THEY STAND IN MILE LONG LINES TO GO TO MUSEUMS, SPORTING EVENTS, CONCERTS AND MOVIE THEATERS, BUT THEY WON'T GO FIND JESUS?



ONE MUST PRAY TO GOD TO ALWAYS GIVE US MORE FAITH AND LOVE TOWARDS THE EUCHARIST. UNDERSTANDING THE EUCHARIST REQUIRES A LOT OF GRACE. ALL OF THE SAINTS WERE ALWAYS VERY DEVOTED TO THE EUCHARIST AND SPENT MANY HOURS IN ADORATION BEFORE THE TABERNACLE.

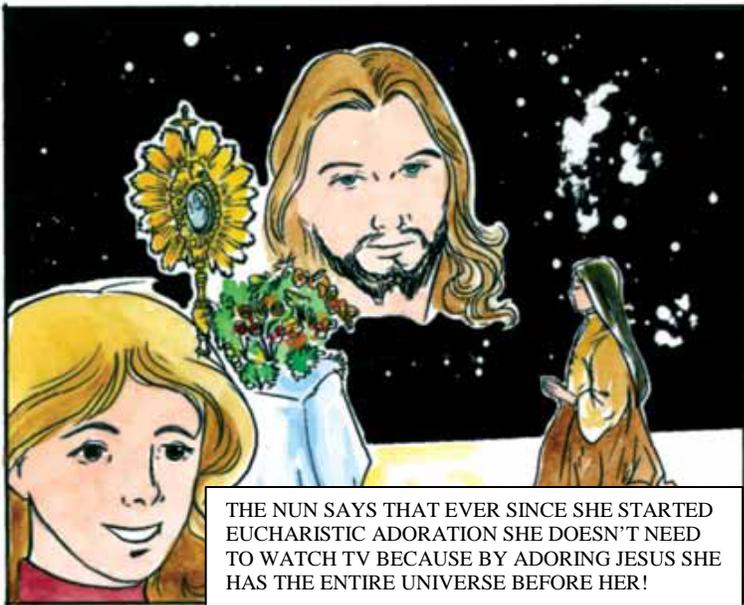
IN CHAPTER 28 OF THE GOSPEL OF ST. MATTHEW JESUS PROMISED:
“And behold, I am with you always, until the end of the age.”

AND YOU READERS, WHAT DO YOU THINK? IS JESUS REALLY HERE WITH US EVERYDAY OR NOT?



EUCHARISTIC ADORATION IS VERY IMPORTANT: IT MEANS BEING CLOSE TO JESUS AND RECOGNIZING THAT HE IS OUR LORD!

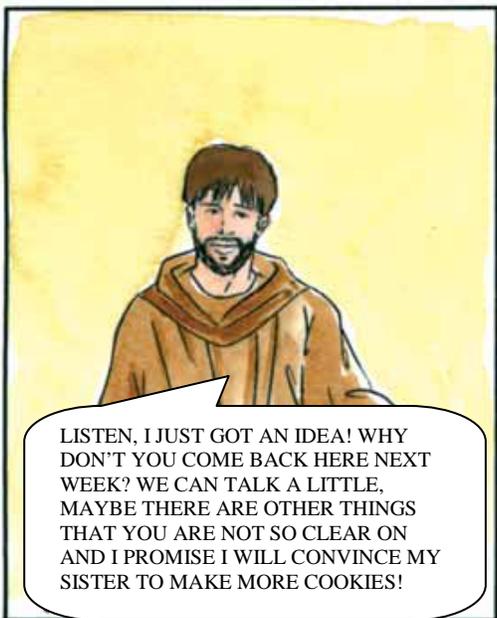
YOU KNOW UNCLE MARK, I MET A NUN DURING A PILGRIMAGE AND SHE TOLD ME THAT EVERY DAY SHE SPENT SEVERAL HOURS ADORING CHRIST PRESENT IN THE TABERNACLE.



THE NUN SAYS THAT EVER SINCE SHE STARTED EUCHARISTIC ADORATION SHE DOESN'T NEED TO WATCH TV BECAUSE BY ADORING JESUS SHE HAS THE ENTIRE UNIVERSE BEFORE HER!



IT'S TRUE. THAT'S HOW IT IS. THAT NUN IS SURE RIGHT!

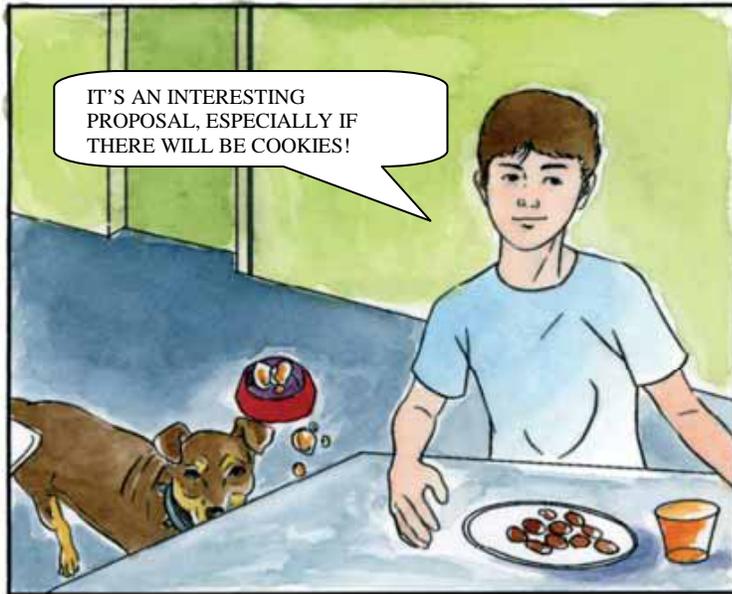


LISTEN, I JUST GOT AN IDEA! WHY DON'T YOU COME BACK HERE NEXT WEEK? WE CAN TALK A LITTLE, MAYBE THERE ARE OTHER THINGS THAT YOU ARE NOT SO CLEAR ON AND I PROMISE I WILL CONVINCE MY SISTER TO MAKE MORE COOKIES!



THAT'S A GOOD IDEA, ISN'T IT?

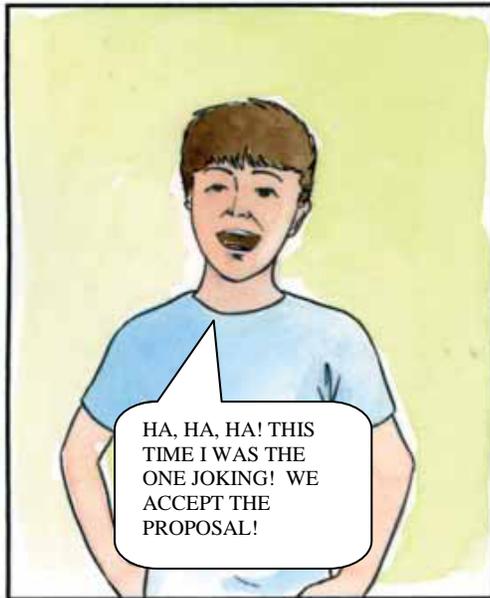
WE CAN EVEN MEET MORE THAN ONCE!



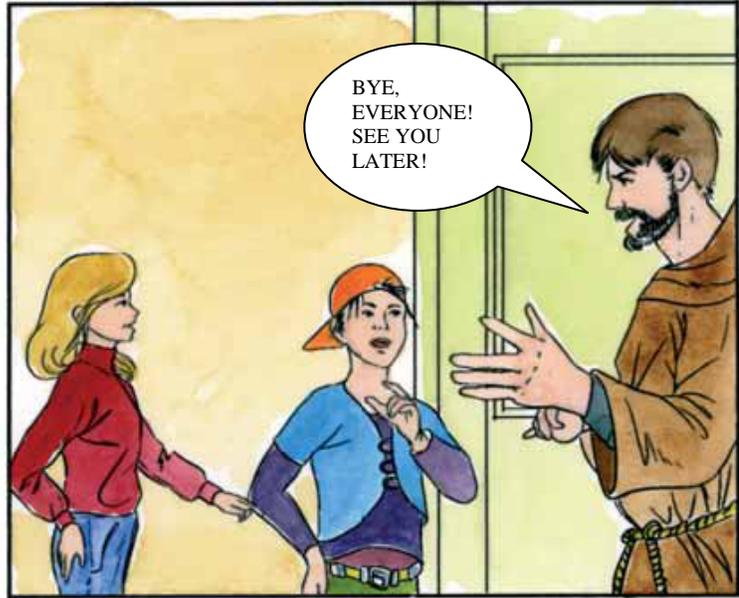
IT'S AN INTERESTING PROPOSAL, ESPECIALLY IF THERE WILL BE COOKIES!



MARTHA!! COULD YOU TRY BEING A LITTLE MORE SERIOUS ONCE IN A WHILE?



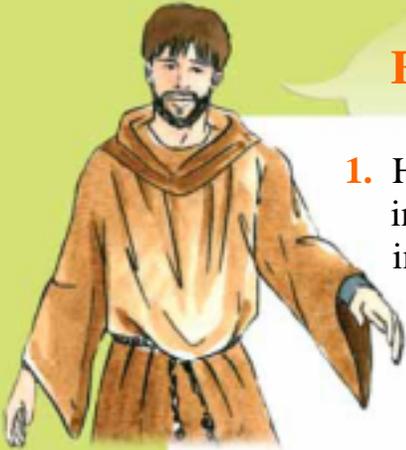
HA, HA, HA! THIS TIME I WAS THE ONE JOKING! WE ACCEPT THE PROPOSAL!



BYE, EVERYONE! SEE YOU LATER!



FOR A DEEPER UNDERSTANDING



1. How is Jesus present in the Consecrated Host kept in the Church Tabernacles or solemnly displayed in the pyx?
2. Is He present in the same way in which He is present in a park or a movie theater?
3. Were the Apostles that lived alongside Jesus two thousand years ago more fortunate than us because they physically saw Him? Do you think that we are equally as fortunate as or less fortunate than the Apostles? Try to substantiate your opinion.
4. What is the external signal located near the Tabernacle that indicates that the Eucharistic Presence of Jesus is in the Church?
5. Upon entering Church, is it most important to greet: A Saint, the Blessed Virgin or the Presence of Jesus in the Tabernacle?
6. With what gesture does one demonstrate reverence towards the Real Presence of Jesus in the Holy Sacrament upon entering Church?



Identify the Extras

IN THIS LIST THERE ARE ALL 46 BOOKS OF THE OLD TESTAMENT AND SOME EXTRA BOOKS FROM THE NEW TESTAMENT. CAN YOU IDENTIFY THE 5 FROM THE NEW TESTAMENT?



Genesi = Genesis

Esodo = Exodus

Levitico = Leviticus

Numeri = Numbers

Deuteronomio = Deuteronomy

Giosué = Joshua

Giuda = Judah

Giudici = Judges

Rot = Ruth

Samuele 1 = 1 Samuel

Samuele 2 = 2 Samuel

Apocalisse = Revelation

Re 1 = 1 Kings

Re 2 = 2 Kings

Cronache 1 = 1 Chronicles

Cronache 2 = 2 Chronicles

Esdra = Ezra

Neemia = Nehemiah

Galati = Galatians

Tobia = Tobit

Giuditta = Judith

Ester = Esther

Maccabei 1 = 1 Maccabees

Maccabei 2 = 2 Maccabees

Giobbe = Job

Salmi = Psalms

Proverbi = Proverbs

Ecclesiaste = Ecclesiastes

Cantico Dei Cantici = Song of Solomon

Atti Degli Apostoli = The Acts of the Apostles

Sapienza = Wisdom

Siracide = Sirach

Isaia = Isaiah

Geremia = Jeremiah

Lamentazioni = Lamentations

Baruc = Baruch

Ezechiele = Ezekiel

Daniele - Daniel

Osea = Hosea

Gioele = Joel

Ahos = Amos

Abdia - Obadiah

Giona = Jonah

Michea = Micah

Nahuh = Nahum

Abacuc = Habakkuk

Sofonia = Zephaniah

Aggeo = Haggai

Matteo = Matthew

Zaccaria = Zechariah

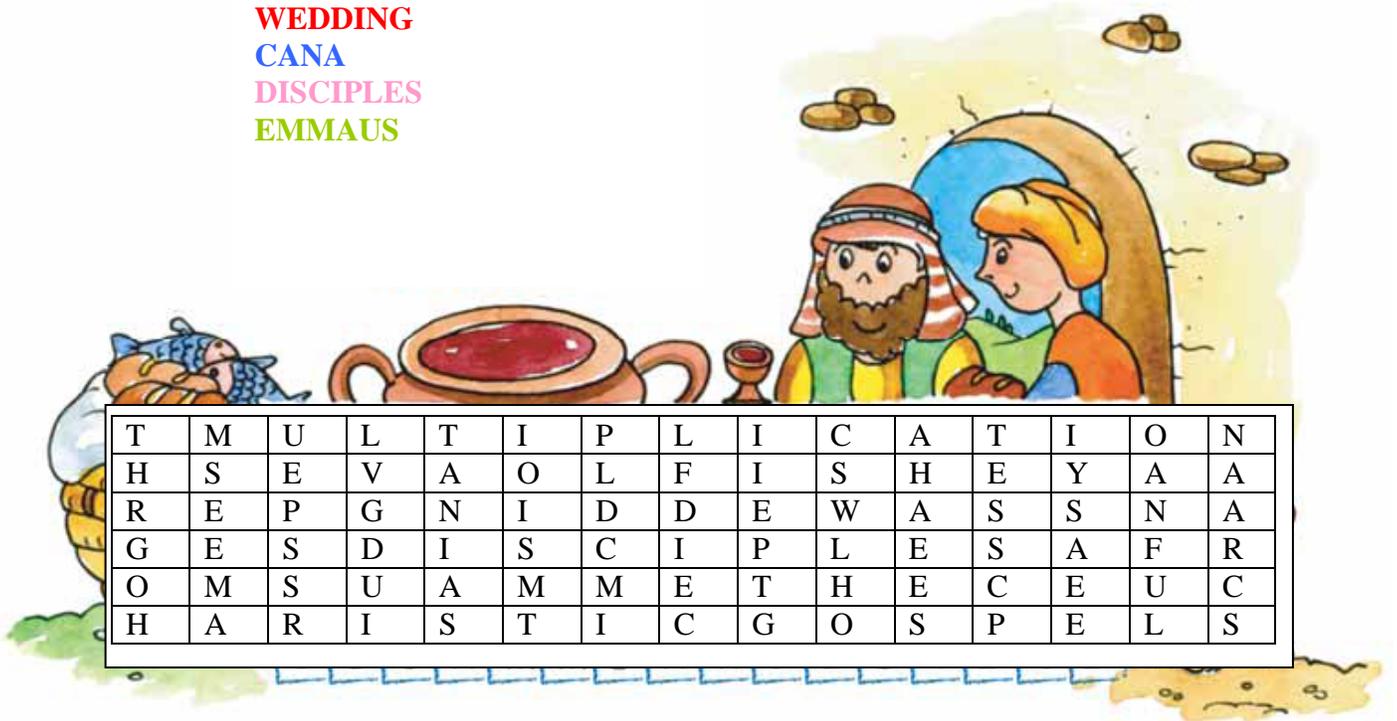
Malachia = Malachi

The Hidden Sentence



The disciples of Emmaus, the multiplication of loaves and fish, the wedding of Cana – these passages from the Gospel all have something in common, do you know what it is? Figure it out using the grid below! Find the words in the list by searching horizontally, left to right, right to left or diagonally. Then plug the remaining letters into the empty grid and read the sentence!

- MULTIPLICATION
- LOAVES
- FISH
- WEDDING
- CANA
- DISCIPLES
- EMMAUS



T	M	U	L	T	I	P	L	I	C	A	T	I	O	N
H	S	E	V	A	O	L	F	I	S	H	E	Y	A	A
R	E	P	G	N	I	D	D	E	W	A	S	S	N	A
G	E	S	D	I	S	C	I	P	L	E	S	A	F	R
O	M	S	U	A	M	M	E	T	H	E	C	E	U	C
H	A	R	I	S	T	I	C	G	O	S	P	E	L	S

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