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## LOOKING AHEAD

In this chapter the Holy Spirit invites you to ►

**EXPLORE** the lives of two devoted saints.

**DISCOVER** how the Sacraments developed over time.

**DECIDE** on how your life can be a sign of God's presence.

CHAPTER

7

# HISTORY of the SACRAMENTS

► In what ways has your understanding of the Church developed over time?

Throughout the Church's history, she has come to an ever-greater understanding of God and his ways, especially through the Sacraments. We belong to the pilgrim Church, making us a "pilgrim people." We are on a journey of faithful discovery.

*[W]herever you lodge I will lodge, your people shall be my people, and your God my God.*

RUTH 1:16

► What does it mean to you to be a pilgrim people?

## TIMELINE

1000

1200

1300

1500

1600

1123-1215

Lateran Councils I-IV

1221-1274

Life of St. Bonaventure

1515-1582

Life of St. Teresa of Ávila

1567-1622

Life of St. Francis de Sales

1545-1648

Catholic (Counter) Reformation

# Devoted Life

**T**hroughout the Church's history, the Holy Spirit has sent brilliant and dedicated women and men, who through their own holy lives offer the faithful ways to enter more deeply into the mystery of God's plan of Salvation. Their insights can help us better understand the mysteries of our faith, such as the Sacraments.

## Francis de Sales

Francis de Sales (1567–1622) felt a call to the priesthood from his earliest years. His love for God and his commitment to humble service was so evident that Francis was named bishop of Geneva, Switzerland.

As bishop, Francis saw many of the Catholics in Geneva convert to Calvinism. Francis believed that his most important duty as a bishop was to provide spiritual direction to the people entrusted to his care. Beginning as a series of letters and later published as a book in 1608, his *An Introduction to a Devout Life* gives clear instruction on how to enter more deeply into the mysteries of the Catholic faith. His insights continue to inspire and instruct the faithful today. In this excerpt, Francis offers a beautiful vision of Heaven:

"Jesus Christ looks at you lovingly, from the heights of Heaven, and gently invites you: 'Come, dear one, to everlasting rest in the arms of my goodness. In the abundance of my love, I have prepared for you never-ending delights.' See, with the eyes of your spirit, our Lady inviting you with a mother's love: 'Courage my child. Do not despise my Son's desires, nor my great concern for you, since with him I long for your eternal salvation.' Look at the Saints who earnestly request you, and a million faithful who gently invite you, only desiring to see one day your heart united to theirs to praise God forever."

► How have you devoted yourself to Jesus?



## Teresa of Jesus

Teresa of Ávila (1515–1582) was born in Spain and became a Carmelite nun in 1537. Teresa wanted to follow God perfectly; but as she looked around her monastery, she wondered, “How can I follow God perfectly here?” Monasteries were supposed to be quiet places that encouraged holiness, but her monastery was full of noise. The nuns fixed their hair in the latest styles and wore expensive jewelry. They had frequent visitors and parties.

Teresa decided changes were needed. She believed the nuns should return to a simple life of poverty and humility. Reforming the monastery was not easy because many nuns fiercely opposed Teresa's efforts. Teresa met so much hostility that she complained about her troubles to the Lord. According to one story, in the midst of her frustrations, Teresa is supposed to have said to God once in prayer; “Do you know why you do not have more followers? Look at the way you treat your friends!”

Through prayer and persistence, Teresa overcame the obstacles she faced and established a Carmelite monastery that put her reforms into practice. The monastery was small and poor, but disciplined. Within this prayerful atmosphere, she wrote many reflections on the spiritual life intended to help the faithful gain a greater understanding of the nature of

prayer. In one of her most well-known works, *The Interior Castle*, she wrote:

“In a state of grace the soul is like a well of limpid water, from which flow only streams of clearest crystal. Its works are pleasing both to God and man, rising from the River of Life, beside which it is rooted like a tree. Otherwise it would produce neither leaves nor fruit, for the waters of grace nourish it, keep it from withering from drought, and cause it to bring forth good fruit.”

## Disciple POWER

### HUMILITY

The humble person has an honest understanding of his or her gifts and weaknesses and is comfortable with who he or she is. They do not hesitate to place their gifts at the service of the Church and of the world.



## FAITH JOURNAL



Describe a time when you were frustrated with God. How did you handle it?

Lined area for writing the Faith Journal entry.

## ► FAITH FOCUS

How have the Sacraments developed over the years?

## ► FAITH VOCABULARY

apostates

Christendom

mendicant

## Christian Initiation

The Seven Sacraments have been a part of the life of the Church since the beginning. Through the centuries, however, the ways in which they are administered have changed. Sometimes these changes happened to better meet the needs of the faithful. Other times, changes occurred as our understanding of how God works through the Sacraments deepened.

In the early Church Baptism, Confirmation, and the Eucharist were usually administered together. This was done because most people who became Christians were already adults. After going through a period of preparation (catechesis), those wanting to become part of the Church were baptized and confirmed in the presence of the entire community during the Easter Vigil Mass. Then for the first time they would receive the Body and Blood of Jesus in the Eucharist.



# Sacramental Life



Celebration of the Liturgy of Saint James, oldest eucharistic liturgy in continuous use

By 395 most of the citizens and subjects of the Roman Empire were Christians. This fundamental change along with a growing concern for children who might die without Baptism eventually resulted in the Baptism of infants becoming the norm in the Roman Catholic Church.

► Why would a person want to receive the Sacrament of Confirmation?

## Celebrating the Eucharist

The rites used in the celebration of Mass took shape in the days of the early Church rather quickly. Much of the way the Church celebrates the Eucharistic liturgy has its roots in Jewish rituals. The mission to the Gentiles, however, introduced a number of changes in the way early Christians worshipped. Gradually the celebration of the Eucharist became more and more distinct from Jewish rituals and worship.

Saint Justin Martyr's (d. 165) *First Apology* (c. 148–155) describes the way the Mass was celebrated in the early Church. The order, or structure, of the Mass has essentially remained the same throughout the centuries. Both Jews and Christians honor the living Word of God as revealed in Sacred Scripture. Of course as Christians, we believe God's Word is found in both the Old Testament and the New Testament. And the Mass culminates in the Eucharist, the memorial of Christ's Paschal Mystery, the work of our Salvation.

## Catholics BELIEVE

The *First Apology* of Saint Justin reveals that the order of the Mass celebrated in the second century remains similar to today's Mass. Saint Justin wrote that on Sunday Christians gather in one place, the Scriptures are read, a homily is preached, donations for the poor are collected, bread and wine and water are brought forth, the celebrant prays and gives thanks, the people respond "Amen," and Holy Communion is distributed.

## Faith CONNECTION

Describe to a friend or partner one of your most memorable experiences of celebrating the Mass.



## DID YOU KNOW?

Saint Lawrence the Deacon (d. 258), along with Pope Sixtus II and six other deacons, suffered martyrdom during the persecution of Valerian, who was the Roman emperor from 253 to 260. Lawrence was responsible for the care and use of the property of the Church in Rome. When the prefect of the city of Rome demanded that Lawrence turn over the gold of the Church to Rome, Lawrence gathered the poor of the city. Pointing to them he declared, "Here are the true treasures of the Church."



Ruins of Cistercian Jerpoint Abbey, Jerpoint, County Kilkenny, Leinster, Republic of Ireland

### Celebrating Reconciliation

By the 4th century most Christian persecutions in the Roman Empire had ended. Many baptized Christians who had publicly denied their faith during the persecutions, known as **apostates**, wanted to return to full communion with the Church. After much debate and turmoil, the practice of a one-time public penance was used for these apostates to express their sorrow to the community and be readmitted into the Church.

Recognizing that at the core of the Gospel message is repentance and forgiveness, the Church gradually expanded upon this public penance into the form we are familiar with today in the Rite of Penance.

### Saint Columba

Saint Columba (521–597) spent many years traveling about Ireland and Scotland, preaching the Gospel and establishing monasteries. One of the most enduring legacies of Columba is his influence on the development of the Sacrament of Penance and Reconciliation. He helped establish the practice of private confession and the granting of absolution by a priest. Eventually this practice of penance spread throughout the world where the Church was established. This is the form that the Rite of Penance follows today.

- Would you have let the apostates back into the Church? Why or why not?

## Holy Orders

By the twelfth century the Church, especially through the papacy, became the dominant influence in Western Civilization. The Lateran Councils in Rome (1123, 1139, 1179, and 1215) are some recorded signs of the resurgence of the papacy during this period. By the turn of the first millennium, the Gospel had been preached virtually throughout all of Western Europe. The term **Christendom** refers to this vast growth of Christianity both in territory populated by Christians, and in political and spiritual power. The result was that Church authority in the West often surpassed that of the emperors.

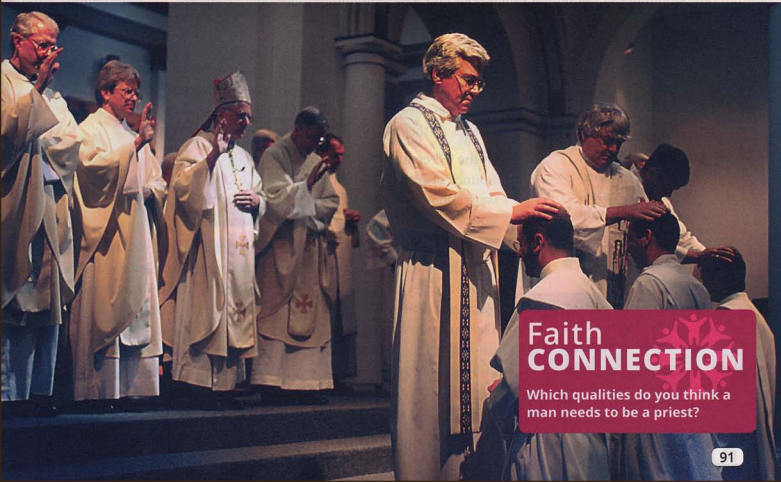
Beginning with Pope Saint Leo IX (1002–1054), the next several centuries were filled with events and people calling the Church to renewal. It was during these centuries that celibacy became a requirement for those baptized men receiving the Sacrament of Holy Orders.

Celibacy, the promise that a priest makes to commit his life only to the Church and never to marry, was always encouraged among the clergy as a means to give witness to the Kingdom of God.

This discipline of celibacy allows the minister to focus his energies on the needs of the people. It became a law of the Church during this period in part to ensure that those entering into Holy Orders fully understood and accepted the ministry of service.

## DID YOU KNOW?

During Jesus' time, one custom was that a visitor was to wash his feet upon entering a house because the roads were dusty. Usually there would be a bowl with water by the door for this purpose. If the family was wealthy, a servant might be assigned the chore. For a person of higher social standing (such as a teacher) to perform this menial task would be a most unusual gesture.



## Faith CONNECTION

Which qualities do you think a man needs to be a priest?



**Council of Trent, fresco by brothers Taddeo and Federico Zuccari, in Hall of Farnesina Magnificence of Palazzo Farnese, Caprarola, Italy, 1560–1566**



## Catholic Reformation

In the twelfth and thirteenth centuries, social stability was returning to Europe, commerce and urban centers were reviving, and learning was once again possible outside the monasteries. Schools developed where theologians, called Scholastics, used human reason to explain the teachings of the Church. Among the most famous of the Scholastics were Thomas Aquinas (c.1225–1274), a Dominican, and Bonaventure (1221–1274), a Franciscan.

There were many holy women and men who helped reform the Church during the late Middle Ages and early Renaissance (1200–1500).

A follower of Saint Francis and Saint Dominic became known as a **mendicant**. The word *mendicant* comes from a Latin word meaning “to beg.” These Franciscans and Dominicans traveled about preaching the Gospel. As they traveled they begged for food and lodging.

By the 16<sup>th</sup> century the Church experienced great reform. At the Council of Trent (1545–1563), the Catholic Church developed various ways and means to renew the spiritual health of the pilgrim Church and to clarify and reassert her doctrinal teachings.

The Council of Trent initiated a number of reforms and clarifications of Church teaching in the area of Sacred Scripture, the creation of the first catechisms (books used to teach the faithful about the Church) and the formation of priests. The Council for the first time in Church history set the number of the Sacraments at seven, and defined the seven in the way we still do today: Baptism, Confirmation, the Eucharist, Penance and Reconciliation, Anointing of the Sick, Matrimony and Holy Orders.

## Faith CONNECTION

Explain to a partner the importance of each sacrament you have received.

# Herald and SERVANT

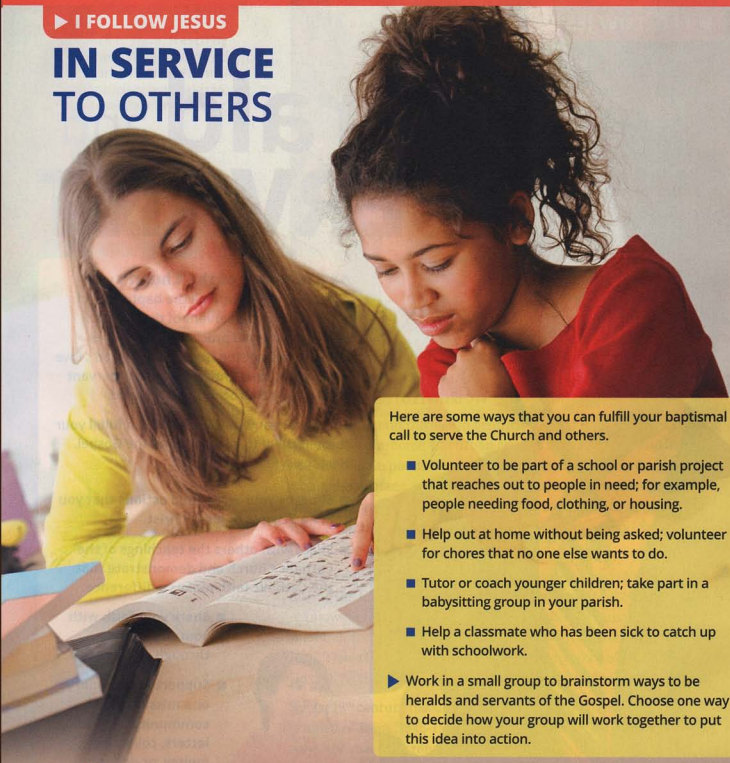
**As a member of the Church,** you are called to join with all the baptized and be a herald and a servant of the Gospel. A Christian herald proclaims and invites others to accept the Good News of God's love revealed in Jesus Christ. A Christian servant serves and helps others as Christ did.

There are many ways that you can fulfill your responsibility to be a herald of the Gospel. Here are a few suggestions:

- Show by your words and actions that you are a disciple of Jesus Christ.
- Share with others the teachings of the Catholic Church and demonstrate that the Catholic faith makes a difference.
- Share your faith with your classmates through social media.
- Support a missionary or a missionary community by writing letters, collecting money, or donating food and clothing.
- Volunteer to be an altar server or lector at Mass. Be active in your parish.



# IN SERVICE TO OTHERS



Here are some ways that you can fulfill your baptismal call to serve the Church and others.

- Volunteer to be part of a school or parish project that reaches out to people in need; for example, people needing food, clothing, or housing.
  - Help out at home without being asked; volunteer for chores that no one else wants to do.
  - Tutor or coach younger children; take part in a babysitting group in your parish.
  - Help a classmate who has been sick to catch up with schoolwork.
- Work in a small group to brainstorm ways to be heralds and servants of the Gospel. Choose one way to decide how your group will work together to put this idea into action.



## MY FAITH CHOICE

This week to help me become a better herald and servant of the Gospel, I will:

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**PRAY**

Lord, you are the source of strength. Help me to serve the Church in her mission, and to be a herald of your Word. Amen.



## Recall

Define each of these faith terms:

1. apostate \_\_\_\_\_
2. Christendom \_\_\_\_\_
3. mendicant \_\_\_\_\_

Choose one of the questions below and write a brief paragraph to answer your choice.

4. Discuss how the Church responded to the Protestant Reformation.

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5. Describe how a saint has contributed to the Church's work of renewal and reform.

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## Reflect

Using what you have learned in this chapter, reflect on and describe in your own words the meaning of this statement:

*By the power of the risen Lord [the Church] is given strength that it might, in patience and in love, overcome its sorrows and its challenges, both within itself and from without, and that it might reveal to the world, faithfully though darkly, the mystery of its Lord until, in the end, it will be manifested in full light.*

LUMEN GENTIUM [DOGMAIC CONSTITUTION ON THE CHURCH], 8

## Share

With a partner learn more about the Council of Trent. List here three important teachings from this council.

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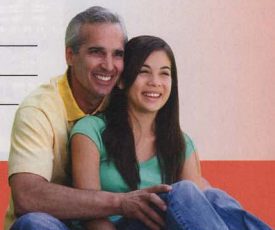
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## To Help You REMEMBER

1. Throughout the centuries, the Church's understanding of the Sacraments has deepened.
2. Some of the ways in which we celebrate the Sacraments have changed according to the needs of the faithful.
3. The Sacraments of Christian Initiation celebrate full communion into the Church.

## WITH MY FAMILY

Discuss with your family how you all live as a "pilgrim people?"



# Praise to GOD

**Leader:** We are a sacramental people because we rejoice in the presence of God in all of Creation. Together, let us pray with the psalmist:

**Group 1:** When I behold your heavens, the work of your fingers, the moon and the stars which you set in place.

**Group 2:** What are humans that you should be mindful of them, mere mortals that you should care for them?

**Group 1:** You have made them little less than a god, crowned them with glory and honor.

**Group 2:** You have given them rule over the works of your hands, putting all things at their feet: All sheep and oxen, even the beasts of the field,

**Group 1:** The birds of the air, the fish of the sea, and whatever swims the paths of the seas.

**All:** Lord how awesome is your name over all the Earth!

BASED ON PSALM 8:4-10