

CATHOLIC FAMILY GUIDE

SECOND SUNDAY OF ADVENT

Volume IV, Guide 3, December 10, 2023



**How does the Eucharist
transform us into a “new
creation in Christ?”**

**SPECIAL EDITION #3 of 5
National Eucharistic Revival**



Table of Contents

Special Edition #3 of 5

Greetings from Our Pastors!



- 3 Introduction to this week's Guide
- 4 Mass & Readings for this Sunday
- 5 Basic Steps for You & Your Family or Group
- 7 Practical Activities
- 8 Closing Prayer
- 9 We are the Church
- 10 Adult & Family Ministry + Sacraments
- 11 Families with Youth
- 12 Families with Children
- 13 General Resources
- 14 Art & Music
- 15 Meet Your Directors
- 16 Meet our Pastors

**All underlined text in
this Guide is linked!
Just click!**



eucharisticrevival.org

How is this Guide working for you and your household or small group?

Share a resource, activity, or picture/video of what you are doing in your Domestic Church.

For questions, comments, and feedback, please contact us at

discipleship@cgscc.church

Welcome

DISCIPLES OF JESUS!

During this holy Advent season, we present a very special series of Catholic Family Guides to help our parish families to grow in knowledge of the faith and deepen our relationship with Jesus as his disciples. On this Second Sunday of Advent, we welcome Very Reverend Norbert Maduzia, Jr., E.V., D. Min., pastor of St. Ignatius of Loyola parish in Spring, Texas, who preaches on the Gospel for this week's Guide.



This Week

Transformational Power of the Eucharist

The Eucharistic presence of Jesus the Lord is a central and profound doctrine in the Catholic faith. It is rooted in the words and actions of Jesus himself during the Last Supper, where he instituted the sacrament of the Eucharist. From a Catholic perspective, the Eucharist is not merely a symbol or remembrance; it is a real and substantial presence of Jesus Christ.

Catholics believe in the doctrine of transubstantiation, which teaches that during the consecration at Mass, the bread and wine offered become the actual body and blood of Christ while retaining the appearance of bread and wine. This transformation is a miraculous act that reflects Jesus' promise where he says, "Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day."

Catholics are transformed into a new creation because of Christ's presence in the Eucharist. Jesus is the source of spiritual nourishment and communion with God. By receiving the Eucharist, as Catholics we are intimately united with Christ, strengthened in faith, and cleansed of our sins. It is a means of grace that sustains and empowers us to live according to God's will.

The Eucharistic presence of Jesus manifests Christ's sacrificial love. When Catholics partake in the Eucharist, they commemorate Jesus' sacrifice on the Cross for the forgiveness of sins. It is a representation of the Paschal Mystery, reminding believers of the depth of God's love and the hope of salvation through Christ.

In Catholic theology, the Eucharist is not only a personal encounter with Christ but also a communal one. It unites the Church, the body of Christ, in worship and love. The faithful gather to celebrate the Mass, reinforcing the sense of belonging to a spiritual family.

Fr. Norbert Maduzia

HOW HAVE YOU SEEN GOD PRESENT AND ACTIVE IN YOUR LIFE THIS WEEK?



The Holy Mass

The liturgy is the summit toward which the activity of the Church is directed, at the same time, it is the font from which all her power flows. (Cf. SC #10)

Why go to Mass?

Mass Schedule for Our Parishes

Find Mass Anywhere

Tips for Taking Young Children to Mass

Photo courtesy of Sr. Helen Rosenthal, RSCJ

We come to know, love, and serve Jesus Christ.

Scripture Readings for This Guide

Exodus 16:2-4, 12-15

Psalms 78:3-4, 23-24, 25, 54

Ephesians 4:17, 20-24

John 6:24-35



St. Ignatius of Loyola

Fr. Norbert Maduzia Jr., Pastor



ADVENT PORTAL

Find readings and resources for Advent

WE LEARN & BECOME DISCIPLES TOGETHER

Getting
Started

HOW TO USE THIS GUIDE

How to manage a group discussion.

Question of the Week

How does the Eucharist transform us into a “new creation in Christ?”

CONNECT with our GOD through Prayer

- Let's start with the The Sign of Cross.
- As we gather to share our faith, ask the Holy Spirit to be present. Use your own words or offer a Prayer to the Holy Spirit.
- As someone reads out loud the Gospel for this Sunday, listen to the Lord speaking to you.
- Listen to one other as everyone shares what in the Gospel caught their attention.
- Pray for the Eucharistic Revival

Family life is the first place where children learn how to pray as the Church. Through family prayer, children experience the first witness of Christ's living memory.

Points of Understanding
Grade 3, #4.4.1

This week's Guide is based on the Gospel of John
John 6:24-35
excerpt from Christ's "Bread of Life Discourse"

CONNECT with our daily LIVES

- Describe a time in your life when you changed because of something you experienced. What was that like for you?



WHAT IS THE CHURCH'S TEACHING?

POINTS OF UNDERSTANDING

Where they come from and ways to use them.



Choose from among the following Scriptures and teachings for reading, prayer, and discussion.

In the HOLY SCRIPTURE we read:

- We have been sealed by God's Holy Spirit of promise by our baptism & confirmation, our own personal Pentecost 2 Corinthians 1:21-22
- Material things are for the human body, but those spiritual things that endure will bring us eternal life. John 6:27
- All of our needs are satisfied, and those of the spirit fulfilled, through Jesus Christ. John 6:35-40

In the Catechism of the Catholic Church

- The Eucharist transforms us into a “new creation in Christ.” #1695
- “...he gave a new and definitive meaning to the blessing of the bread and the cup.” #1334
- “...in the Offertory we give thanks to the Creator for bread and wine...” #1333

What the Church Teaches about Transformation and Conversion

Guidelines for Receiving Holy Communion

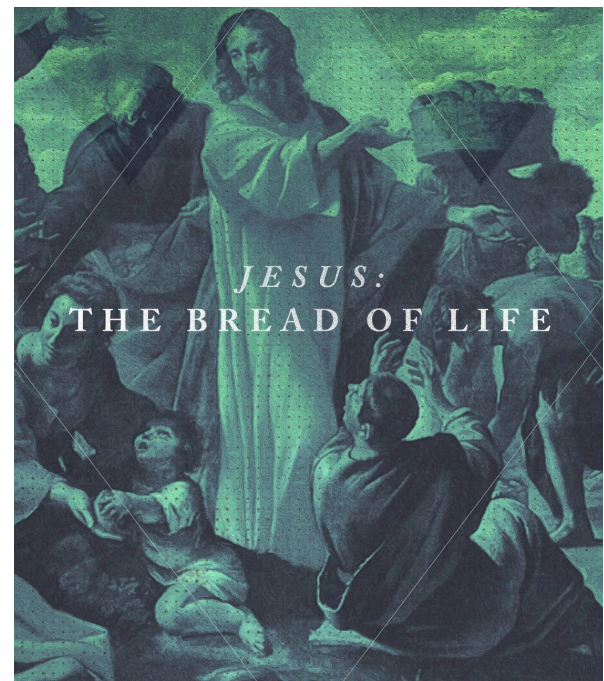
Discuss

1. What does it mean to be changed?
2. Jesus chose to give himself to us in the Eucharist. How is this generous giving of himself a sign to us of his love and desire to “be with us always.” (Matthew 28:20)
3. How does Jesus change us through the Eucharist?

Want more? Go Deeper!

A Formula For Life:

St. John Paul II's Devotion to Eucharist



Reflection Question

Do I realize the importance and necessity of Eucharist in my life? In what ways can I deepen my understanding and appreciation of the Eucharist?

CONNECT with OTHERS...

Living the Gospel with commitment & action.

What is one thing I am are willing to change in my life so that Eucharist becomes a top priority?



Practical Activities

For the Individual – **Care for People in Body and Soul**

In the *Message of Mercy in the Diary of St. Faustina*, Saint Faustina regarded the Eucharist as the fountain of all graces...she spent her virtuous life doing spiritual and corporal works of mercy, caring for God's people in body and soul. This week, choose an activity you can do to help someone physically or spiritually, especially during this season when many people who have lost loved ones spend the holidays alone and seemingly unloved. Be a living sign of Christ's love for them. Read a few pages daily from *Diary: Divine Mercy in My Soul*, Marian Press, Pub. Jan. 1, 2003.



For Couples – **Nourish Your Marriage Through Eucharist**

St. John Paul II explains how the love between husband and wife needs to be nourished by the Eucharist. The Eucharist is the very source of Christian marriage. The Eucharistic Sacrifice, in fact, represents Christ's covenant of love with the Church, sealed with His blood on the Cross. This week, re-read your marriage vows and consider one way you can be more faithful to your marriage covenant.



For the Domestic Church – **Eucharistic Sacrifice and Family Life**

"...the family is called to intimacy. We live in a fast-paced culture where families do not eat together anymore. This is a great tragedy. It is at table that family members give themselves to one another in love; to listen to the stories and exchange ideas, putting everything aside to be with the other." How could your family set aside time to be more like this? Learn more.



Missionary Mindset – **Invite a "Fallen Away" Catholic to Mass**

Do you know a Catholic (or a Catholic family) in your community who hasn't been to Mass in a long time? Sometimes people simply need an invitation and a path forward. Invite someone, in a non-judgmental way, to come to Mass with you. Offer to sit with him or her.

Photo courtesy of Hermano Juancito.



Building Your Church at Home

Your household is where "church" begins. Your parish is here to help you with support, resources, small Faith Groups, and gathered activities on our campus throughout the year. Visit our website or contact us if you need help.

For more ideas on how to build your home as a Domestic Church, go to: www.domestic-church.com or visit *The Family Fully Alive*, sponsored by the Knights of Columbus, or *Tools for Building a Domestic Church* by the United States Conference of Catholic Bishops (USCCB).

Closing Prayer

- We sign ourselves with the Sign of Cross.
- According to what we reflected on, or whatever is in my heart share a petition. At the end we all say: **Lord hear our prayer.**
- Then we can pray the Our Father, Hail Mary and the Glory be...
- As we finish, let us share a sign of peace with each other.



"Let us pray that families grow closer together, and together, closer to God." Fr. James



Prayer

**Heavenly Father,
We come to you today needing
Eucharist more than ever.
We pray for your guidance in our
lives,
that the ever-present spiritual
nourishment of your Body and
Blood will fill us with your spirit.
We eat your flesh and drink your
blood so that we may have
eternal life.
Lead us, O Lord, in our daily lives.
Ease our pain and struggle,
Sing with us in our joy!
We pray all this through Christ
our Lord.
Amen.**

AT THE END OF THE LESSON OR END OF THE WEEK

From what you have learned, how would you now answer the Question of the Week?

How does the Eucharist transform us into a "new creation in Christ?"

WE ARE THE CHURCH

What Makes us Catholic?

The Sacrament of the Eucharist

The holy Eucharist completes Christian Initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist.

Catechism of the Catholic Church, #1322



Word of the Week - Eucharist

The ritual, sacramental action of thanksgiving to God which constitutes the principal Christian liturgical celebration of and communion in the paschal mystery of Christ. The liturgical action called the Eucharist is also traditionally known as the Holy Sacrifice of the Mass. It is one of the seven sacraments of the Church; the Holy Eucharist completes Christian initiation (Catechism of the Catholic Church, 1322). The Sunday celebration of the Eucharist is at the heart of the Church's life (CCC#2177).

Faith Groups



Four Reasons Why Faith Groups are Vital

(Video, 2:49)

Join a small Faith Group or start one of your own! Contact your parish for more information.

Saints of the Month

by Jeremy Hearne



Podcast each Tuesday!

National *Eucharistic* Revival



[Learn More](#)

ADULT & FAMILY MINISTRY


Adulthood

Articles

- Catholic TT // [The Eucharistic Sacrifice and Family Life.](#)
- United States Conference of Catholic Bishops (USCCB) // [Eucharist and Mission](#)
- Julianne Stanz for Loyola Press // [Times We're Falling Apart](#)
- Dr. James Merrick // [Toward Recovering a Love for the Eucharist](#)

Videos


- [What is the National Eucharistic Revival? \(2:32\)](#)
- [Formed // The Bread of Life](#) (Dr. Brant Pitre unpacks Jesus' "hard teaching" found in John 6.)-- Video (32:54)
- Bishop Robert Barron // [Real Presence of Jesus in the Eucharist--Video 1:12:39](#)



Deepening Understanding of the Eucharist

Resources for Adults, Teens, and Children

Loyola Press



To pray a holy hour of Adoration of the Eucharist, all you need is a tabernacle with a lit sanctuary lamp, maybe a Bible or other reflective reading and/or prayers. Want more information on how to what to do during a Holy Hour check out the links below:

Aleteia// [A minute-by-minute guide for a Holy Hour of Adoration](#)
Hallow// [How to Pray While Making a Holy Hour](#)
USCCB// [Eucharistic Devotion](#)

Catholic Apps



Book Suggestions

Adult Faith Formation

Young Adult & Campus Ministry

Sacramental Information



& Becoming Catholic!

FAMILIES WITH YOUTH

Characteristics of Early Adolescents

Early Adolescence
Jr.High, Grades 6-8



Characteristics of Adolescents

Adolescence
High School, Grades 9-12



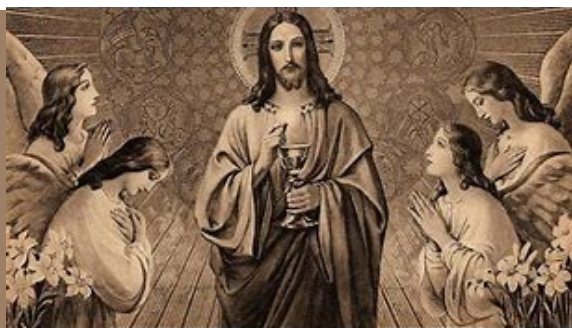
Question: How have I been transformed through the Eucharist?

Articles:

- Life Teen// From Heartbroken to Healed...All Because of the Eucharist
- Sister Ann Shields// How Your Life Can Be Transformed Through the Eucharist
- Life Teen// Encountering the Father Changes Everything
- Life Teen// Healed in His Wounds: Freedom From Becoming Your own Savior
- Sister Bernadette Reis, FSP // Transformed in the Eucharist
- Life Teen// Being Catholic is More Than Something I "do"
- Life Teen// When I am Weak, Then I am Strong

Videos:

- TheVeilRemoved.com//The Veil Removed - Film -- (7:15)
- The Jewish Catholic // How The Eucharist Turned Me Catholic! --(14:01)
- Ascension Presents// How the Eucharist Changed My Life - Father Mike Schmitz --(9:20)



Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

John 6:35



Youth

See when youth meet at your parish!

Young Adult and Campus Ministry

Or contact your
local parish.

FAMILIES WITH CHILDREN



Birth to Age 2

The role of parents at this stage is to model the example of Jesus by offering God's unconditional love to their children and to others. Parents benefit from growing in their own faith so they are able to hand on the faith to the next generation.



Early Childhood

Ages 3-5

Characteristics of Young Children

Question: How does Jesus make me new?

Catholic Stand // [How One Family Approaches Mass with Young Children](#)-- article for parents.

Catechist // [Prayer and Mass Resources for Families with Young Children](#)-- article for parents.

Formed // [The Bread of Life: Celebrating the Eucharist I Brother Francis](#) -- Video (28:38)

Northwoods Discoveryland // [Jesus Makes Us New](#)--video (18:26)



Childhood

Elementary, Grades 1-5

Characteristics of Children

Question: How does Jesus make me new?

Formed // [The Bread of Life: Celebrating the Eucharist I Brother Francis](#) -- Video (28:38)

Aleteia // [What You Should Teach Your Children About the Eucharist](#)

Loyola Press//[Jesus, The Bread of Life](#) -- Activity

National Eucharistic Revival (USCCB) // [Three Videos for Kids](#)

For Parents



Strong Catholic Family Faith

A project of Strong Catholic Families, Strong Catholic Youth Initiative



Family Faith Practices

GENERAL RESOURCES

The Holy Bible

[Online Bible via the United States Conference of Catholic Bishops \(USCCB\)](#)

If you don't know much about the Bible or want to learn more: **[Scripture Support](#)**

Catholics use the **New American Bible Revised Edition** (NABRE) as the translation for Mass readings. There are many acceptable versions of NABRE as well as other approved translations. You may purchase from any vendor. Basic editions are available upon request at no charge. Pick one up at the parish office.



Recommended Print Bibles

These are all by St. Mary's Press: Order directly from the publisher or search online for other vendors.

[Catholic Family Connections Bible](#)
(digital version available)

[Catholic Youth Bible](#) (Adolescents & College)
["Breakthrough"](#) (Early Adolescents // Jr. High)

[Catholic Children's Bible](#)

The Catechism of the Catholic Church (CCC)

[Online Catechism](#) via the United States Conference of Catholic Bishops (USCCB)

NEW! [Simplified version of the Catechism of the Catholic Church](#)

If you don't know much about the Catechism or want to learn more: [Catechism Support](#)

Formed Online

Our parish subscribes to a library of online resources called **Formed**. It is excellent and free for you to use. Register at formed.org – Just click "Sign Up as a Parishioner." Need help? [Watch this video](#).

Counseling & Spiritual Direction

Our parish offers **[Rejoice Counseling](#)** for individuals and families for a variety of issues and needs. You may use this [online form](#) to contact them directly.

We also offer **[Spiritual Direction](#)** for anyone interested in a spiritual companion, discerning God's will in your life. Follow the links or inquire through the parish office.

Prayers and Praying

IgnatianSpirituality.com // [Anima Christi](#)

LoyolaPress.com // [Suscipe](#)



[Prayer Requests](#)



[Common Prayers and Formulas to Learn by Heart](#)

and a [chart showing at what age level they should be learned](#).



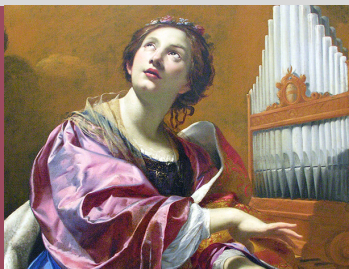
How to create a prayer table or prayer area in your home.

ART & MUSIC

Sacred Art on Formed

Parish subscription free for parishioners--register once, access all content.

Formed.org



Using Sacred Art to Bring the Faith Alive

[Sophia Institute](http://SophiaInstitute.org)



Sacred Art to Inspire You

COVER IMAGE:

[The Divine Presence and The Mystery of Faith: The Eucharist and the Transformation of Wine Into Divine Blood](#) by Orazio Puccio.

- Peter Paul Rubens, Art Institute of Chicago // [The Adoration of the Eucharist](#), circa 1626.
- Jan van Kessel // [The Eucharist](#), circa late 1600's (with description)
- Sue Kouma Johnson // [Eucharistic Art Print](#)
First Holy Communion. Catholic religion theme. Crucifix, the Croass and Golden chalice and wafer on the altar. By [zolnerek](#)
- Mosaic of the institution of the Eucharist at the last supper by Jesus Christ as the fifth Luminous mystery. By [Adam Ján Fige](#)

Music to Move You

- St. Francis de Sales Parish in Ajax, ON Canada. // [I Received the Living God \(Communion Hymn\)](#)--Video (4:14)
- Marvels of Christendom // [Gregorian Chants in Honor of the Most Blessed Sacrament](#) | Traditional Latin Catholic Eucharistic Adoration Hymns--(video 32:35)
- Matt Maher // [Remembrance \(Communion Song\)](#)--(video 5:18)



Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed.

~ Saint Francis de Sales

AZ QUOTES

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

([1 Corinthians 11:26](#))

In what ways do art and music help strengthen your relationship with God?

Meet Our Directors

Helping People to Know and Love Jesus Christ



Prince of Peace

Dave Regitz

Director of Evangelization

281.469.2686 * DRegitz@POPHouston.org



St. Ignatius Loyola

Lucille Pavlock

Pastoral Associate for Formation & Evangelization

281.825.0805 * lpavlock@silcc.org



Christ the Good Shepherd

Ivana Meshell, MA

Director of Evangelization & Discipleship

281-376-6831 * imeshell@cgscc.church



St. Edward the Confessor

Annette O'Driscoll, MTS

Director of Evangelization & Catechesis

281-825.0805 * aodriscoll@saintedward.org

The CHURCH EXISTS IN ORDER TO EVANGELIZE

...bringing all
humanity to union
with God; this is
the missionary
mandate
of the Church.

*Pope Paul VI in
"Evangelii Nuntiandi"
("Evangelization in the
Modern World"), 1975.*

About This "Special Edition" Series

These **"Special Editions" of the Catholic Family Guide** are a joint effort of our four parishes for the Sundays of Our Lord Jesus Christ the King through the four Sundays of the Advent season, 2023. They are written by our clergy and staff for our parishioners to come to know, love, and serve Jesus Christ during this Advent Season, culminating in the great Eucharistic Revival of 2024. Our pastors each desire their parishioners to know and love Jesus Christ in the Eucharist in a deeper and more profound way during this Eucharistic Revival. We want to demonstrate that, though we are distinct parishes, we are one Church of the Archdiocese of Galveston-Houston; we are part of something bigger than ourselves. It is up to us to evangelize the world so that many more people will come to the knowledge and love of God and receive the gift of salvation. We can accomplish great things when we work together and cooperate with the Holy Spirit.

Our priests and staff are excited to be working collaboratively and it is beautiful to see our pastors coming together and encouraging unity and fellowship among Catholics in our archdiocese. We want you to be a part of this because together, we are the Church--for the glory of God and the good of his holy people.

-Ivana Meshell

Special thanks to our priests and staff who contributed to the creation of these Guides.

Meet Our Pastors

The priesthood is the love of the heart of Jesus.
When you see a priest, think of our Lord Jesus Christ."

— St. John Vianney, patron saint of parish priests.



Rev. Tom Ponzini

Prince of Peace

19222 Tomball Parkway, Houston, Texas 77070
281.469.2686 * pophouston.org



Very Rev. Norbert Maduzia Jr., E.V., D. Min.

St. Ignatius of Loyola

7810 Cypresswood Drive, Spring, Texas 77379-7101
281.370.3401 * ignatiusloyola.org



Very Rev. James Burkart

Christ the Good Shepherd

18511 Klein Church Road, Spring, Texas 77379
281.376.6831 * cgscclchurch



Rev. Christian Bui

St. Edward the Confessor

2601 Spring-Stuebner Road, Spring, Texas 77389
281.353.9774 * saintedward.org



Our daily access to the Eucharist is possible because of our priests.

Through their lives of dedicated service, we have access to the Mass and the sacraments.

Please pray for vocations to the priesthood, diaconal ministry, and religious life. Please pray for families, that they may nurture the lives of their children and raise holy men and woman who are ready to serve the Lord in whatever ways he calls.



The contents of this Guide are in accordance with the teachings of the United States Conference of Catholic Bishops (USCCB) and the *Catechetical Framework for Lifelong Faith Formation* of the Archdiocese of Galveston-Houston, under the pastoral care of Archbishop Daniel Cardinal DiNardo. Accordingly, the *Catechetical Framework* serves the definitive aim of catechesis which is to put people not only in touch with, but also in communion and intimacy, with Jesus Christ.

All parishes of our Archdiocese follow the same plan for catechesis. It is part of the unity of our Church.