

# Catechumenate Session

APPRENTICES IN FAITH: A Resource for the OCIA  
The Solemnity of the Most Holy Body and Blood of Christ • Year C • June 22, 2025

## Catechist Preparation

### Scripture

**FIRST READING**—GENESIS 14:18-20

The significance of the bread and wine offered by Melchizedek is most likely connected to Abraham's Covenant with the Lord God, but its exact relevance cannot be determined. The Roman Canon alludes to this offering of bread and wine by Melchizedek. This liturgical reference witnesses to the understanding of early Christians, who interpreted this scriptural episode as a foreshadowing of the Eucharistic mystery.

**SECOND READING**—1 CORINTHIANS 11:23-26

Saint Paul reminds the Corinthian community of the sacrificial meaning of the sacred meal, how the Death of the Lord was redemptive, and that as they celebrate they await his return in glory. The community's reverence for the Body of Christ in the Eucharist must be matched by their reverence for the Body of Christ that they recognize in one another.

**GOSPEL**—LUKE 9:11B-17

The multiplication of the loaves and fish is the only miracle found in all four Gospels. Its Eucharistic significance is clear from the precise and consistent language used in all four accounts.

### Church Teaching

Reverence for the Lord's presence in the Eucharist dates from the earliest generation of Christians, as attested by the "bread of life" discourses in John's Gospel, the many meal narratives with Eucharistic overtones in Luke and the other Gospel writers, and the first Letter to the Corinthians.

The dogmatic assertions and teachings regarding the Real Presence of Christ in the Eucharist evolve directly out of this early reverence and underscore the awesome significance of this sacrament.

### Additional Background

**Catechism of the Catholic Church:** 1373, 1375, 1378–1379

**United States Catholic Catechism for Adults:** pages 223–227

**Compendium—Catechism of the Catholic Church:** 273, 281

## Dismissal Session

(Approximately 20 minutes)

Have the space set with chairs in a circle. On a small table, place a white cloth, a variety of breads, a bunch of red grapes, a chalice, and a paten.

### Discover

1. Ask the participants to share what they noticed about the music and the environment in the worship space for this weekend. Then ask them to share one word or phrase in the Liturgy of the Word that stayed with them.
2. Proclaim the Second Reading (1 Corinthians 11:23-26). Then ask the following questions:  
*What is being handed on by Paul?*  
*What is the significance of the words of Jesus?*

### Deepen

Based on today's Second Reading and the discussion thus far, explore the following points:

- The Solemnity of the Body and Blood of Christ (Corpus Christi) honors Jesus' gift of the Last Supper.
- Paul reminds the Corinthians of the importance of the Eucharist: Jesus gave us his very Body and Blood as our spiritual food for the journey. Through our participation in this holy supper, we proclaim the Death and Resurrection of the Lord until he comes again.
- Receiving the Eucharist is not to be done lightly. We are to live what it proclaims.

### Pray

Pray together the prayer on the participant resource:  
*Lord Jesus, as truth itself, you promised that when we celebrate this holy meal, the Eucharist, we eat and drink your Real Presence. May that truth form us for action. Amen.*

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## Extended Catechesis Session

(Approximately 45 to 60 minutes)

### Readings

Genesis 14:18-20

Psalms 110:1-4

1 Corinthians 11:23-26

Luke 9:11b-17

### Welcome

Welcome everyone who is present, including sponsors, team members, and spouses who are joining the group.

### Engage

1. Pass around, or have the group name, various kinds of breads. Ask the participants to consider what goes into the process of baking bread, such as
  - Various ingredients (flour, yeast, sugar, salt)
  - The kneading of the dough
  - Time to allow it to rise
  - Heat to change the ingredients into a new substance
2. Ask the participants to gather in small groups to share some insights that this reflection might give us about Eucharist. After some time, invite volunteers to share some of their reflections with the large group.

### Explore

1. Invite the participants to read through **Catholic Teaching: The Real Presence**. Then lead a discussion around the following points:
  - We believe that Jesus is truly present in the Eucharist.
  - During the Eucharistic Prayer, the priest or bishop speaks the words that Jesus spoke at the Last Supper. By this action, the bread and wine are changed into the Body and Blood of Christ.

- Christ is totally present in each species; therefore, communicants receive Christ fully whether they receive one or both species.
- When we participate in the Eucharistic celebration, we join in Christ's own self-sacrifice to the Father.
- The Eucharist is something done as a memory of what Jesus did at the Last Supper.
- We believe we take and eat and take and drink the Body and Blood of Christ.
- Our "Amen" when we receive Communion proclaims our belief in the Real Presence of Christ.

2. Highlight the **Key Terms** and **Voices of Faith** sections.

### Apply

1. Encourage the catechumens and candidates to complete these statements:

*From the prayer, discussion, and study for this Sunday, I understand the Church's teaching to be . . .*

*I am challenged to live the message of this Sunday by . . .*

2. Invite someone from the parish to explain Eucharistic adoration and its significance. Encourage the catechumens and candidates and their sponsors to spend time this week in Eucharistic adoration.

### Pray

Take one of the breads from the table and pass it around. Invite each person to break off a piece and say what it is they are thankful for. When everyone has a piece, invite the group to consume the bread. Take a few minutes for silent reflection, then lead the group in praying the Sign of the Cross.