



# FAITH FORMATION NEWSLETTER



May 2026

## JOURNEY TOGETHER IN FAITH

**As we transition from the Easter Season to Ordinary Time, please note a few things.**

First, the Catholic Church Liturgical Year calendar consists of 5 seasons: Advent (the start of the Church year and 4 weeks before Christmas), Christmas (not a day or two, but a season from Dec 25 to the Feast of the Baptism of our Lord, approx. 15-20 days), Ordinary Time Part I (a few weeks between Christmas season and Ash Wednesday), Lent (40 days of prayer, fasting, and almsgiving, not counting 6 Sundays), Easter Triduum and Easter Season (50 days to Pentecost), and Ordinary Time Part II (to the end of the Liturgical Year and the Feast of Christ the King).

Second, please continue to pray for all families and the new members of our Catholic Church as we journey together in faith.

Third, we concluded our K-8 faith formation year with a Family Mass, a May/Mary Crowning (May is Mary's month), and a picnic. The Adult Faith Formation Committee offered several Marian learning opportunities in May – as we remember that Mary is ALWAYS pointing us to her son, Jesus. The high school youth ministry program and Confirmation classes continue. OCIA new Catholics continue to meet until Pentecost. Vacation Bible School is June 1-3, and the Youth Ministry Program will be offering some summer programming for high school and college students – Stay Tuned!

Finally, please remember that everyone's attendance at and participation in each weekend Mass is still obligatory for all Catholics! We never want to take a summer vacation from Christ and His Church. No matter where you are, you should be able to find a Catholic Church and Mass times. God Bless you and your families this summer!

## THE MASS

**The Mass: Let's continue our consideration of the Mass by discussing the Liturgy of the Eucharist.**

**The Liturgy of the Eucharist:** As the Catechism of the Catholic Church (CCC 1324) states, "The Eucharist is the source and summit of the Christian life." "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch."





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As Catholics, we take Jesus very seriously when He tells us in John 6:53-58 and other Gospels (e.g. Matt 26:26-28 and Luke 22:19-20) and letters (e.g. 1Cor 11:23-26) that, “This is my body... this is my blood... take and eat... each time you gather in my name... do this in memory of me... unless you eat the flesh of the Son of Man and drink His blood, you do not have life within you.” Christ gave the Church His body and blood as food for our faith journey and we are told to celebrate the Eucharist each time we gather for Mass. We believe that Christ gave His Apostles, the first Bishops, and all priests that followed them (Apostolic Succession) the power, with the Holy Spirit, to change the bread and wine into His body and blood (transubstantiation). The Church has been gathering to celebrate this sacred mystery since its beginning, 2000 years ago.

Here are the order and the primary components of the Liturgy of the Eucharist:

- Offertory and preparation of the gifts: we bring our gifts to the altar – our monetary gifts, our prayers, and the bread and wine
- Eucharistic Prayer: several options exist, depending on the day and time of the year. This element contains the high point of the Mass when we and the priest thank God, acclaim His glory (Holy, Holy, Holy), invoke the Holy Spirit (Epiclesis), and the Consecration (the priest, with the power of the Holy Spirit, using Christ’s words from the Last Supper to change bread and wine into the real substance of His body and blood – transubstantiation).
- The Lord’s Prayer
- The Sign of Peace
- Breaking the Bread and the Lamb of God
- Communion Rite: Baptized Catholics, having received First Communion, in good standing with the Church, and in a state of grace, receive Christ’s body, blood, soul, and divinity. Catholic Eucharist is truly the real presence of Christ. Not a symbol or a sign, but really Jesus.
- Prayer after Communion: we thank God for the Eucharist

The Holy Mass and the Celebration of the Eucharistic, as both Christ’s free and willing Sacrifice and sacred Banquet, is really the high point of our week! Let us always worship the God who made us and gave us everything, the Christ who saved and redeemed us, and the Holy Spirit who sanctifies us – One God in three persons.

## Next month: The Concluding Rites

Ed Anderson-Director of Faith Formation

