

St. Brigid's

Family Faith Formation BREAD March Session # 6

Christ Gives Meaning to Our Suffering



“Is anyone among your sick? He should summon the presbyters of the church, and they should pray over him and anoint [him] with oil in the name of the Lord ” (James 5:14)

BREAD Resource Page: [Latest News from Faith Formation](#)

This month we focus on:

I. Anointing of the Sick

II. The Triduum

Saints of the Month:



PG: 220-221

AB: 232-239

Word to know:

Anointing of the sick

Oil of the sick

Sacramental Grace

Viaticum

Chapter Overview

James 5:13

PG: 184-193

AB: 204-207

Do activity #1 “Jesus’

Healing Miracles”

PG:194

AB: 212-213

“The Cleansing of the Ten Lepers”

AB: 208-209

Bonus Activity

“Jesus Heals the Sick”

PG: 195

AB: 210-211

Bonus Activity

“Jesus’ Healing Miracles Diorama”

PG:196

AB:212-215

Do activity #2 “Christ Gives Meaning to Our Suffering”

PG:197-198

Do activity #3

St. Bernadette Soubirous:

Bernadette Soubirous was born in 1844, the first child of an extremely poor miller in the town of Lourdes in southern France. The family was living in the basement of a dilapidated building when on February 11, 1858, the Blessed Virgin Mary appeared to Bernadette in a cave above the banks of the Gave River near Lourdes.

According to Saint Bernadette Soubirous, the Lady of her visions was a girl of 16 or 17 who wore a white robe with a blue sash. Yellow roses covered her feet, a large rosary was on her right arm. In the vision on March 25 she told Bernadette, “I am the Immaculate Conception.” She asked her to dig in the ground and water started to flow from the cave. Millions come to this cave to be healed, even today.

Anointing of the Sick

Healing the Sick in Obedience to Christ

- Jesus gave his twelve Apostles the authority to drive out demons and heal the sick.
- The *Catechism* states that the Church continues this healing mission by taking care of the sick and accompanying them with prayer.

The Sacrament of Anointing

- This Sacrament is meant to strengthen those who suffer from illness.
- In some cases healing of the particular illness may occur as a result of receiving this Sacrament but in many cases it is a Sacrament that provides grace and comfort in a time of illness and suffering.
- St. James wrote, “Is anyone among you sick? He should summon the presbyters of the Church and they should pray over him and anoint him with oil in the name of the Lord and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.” (James 5:14-15)

Who can receive it?

- This Sacrament can be received by any baptized Catholic who has reached the age of reason and is either seriously ill or faces a serious operation, is elderly, or is in danger of death from sickness.
- It can be received more than once—even for the same illness if that illness gets worse.
- The person receiving it does not have to be conscious at the time of reception.

How is it celebrated?

- Anointing can take place in a person’s home, a hospital, or in a church.
- It can be celebrated by an individual or a group.
- It is best celebrated when it includes the Eucharist and after the person has gone to Confession.
- The celebration is based in the elements found in the letter of St. James:
 - “The priests of the Church- in silence- lay hands on the sick; they pray over them in the faith of the Church...They then anoint them with oil blessed, if possible, by the bishop.” (CCC 1519)
- The Sacrament is administered by either a bishop or a priest using the following prayer:
 - “Through this holy anointing may the Lord in His love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up.” (CCC 1513)
 - What a beautiful and powerful prayer! In this Sacrament, Jesus comes to us and comforts us in our suffering.

The Fruits of Anointing

Most of us would probably desire complete and total healing in receiving this Sacrament. That is a totally natural desire. In some cases, healing is a fruit of this Sacrament. However, in many cases physical healing may not take place.

The effects of the Sacrament of Anointing of the Sick are:

- Strengthening, peace, and courage to overcome the difficulties associated with serious illness.
- Strengthens against discouragement and fear.
- Unites the sick person to the Passion of Christ.

“The History of the Sacrament of Anointing of the Sick”
PG:199-201
AB: 216-217

Do activity #4 “Celebrating the Sacrament of Anointing of the Sick”
PG: 202-203
AB: 146-149

Do Activity #5 “The Effects of Anointing of the Sick”
PG: 204
AB: 218-219

Activity
PG: 205
AB: 220-221

Bonus Activity
How Can I Help?
PG: 206-207
AB: 222-225

Do Activity #6 “The Oil of Anointing”
PG:208
AB:227-229

Lesson #11
The Tridum
PG: 209

Part 1:The Holiest Days of the Year:
PG: 210-211

Part 2: Holy Thursday:
Evening Mass of the Lord’s Supper
PG:211-212

Bonus Activity:
Activity for Holy Thursday
PG:213

Part 3: Good Friday
Celebration of the Lord’s Passion
PG:214-215

Bonus Activity:
Activity for Good Friday
PG:216

Part 4:Holy Saturday: Vigil of the Lord’ Resurrection
PG:217-218

Bonus Activity:
Activity for Holy Saturday
PG:219

- Consecrates their suffering for participation in the saving work of Christ.
- If the person is too sick to receive the Sacrament of Penance their sins are forgiven in the anointing.
- Can heal the person if that is what is best for their soul.
- Gives grace and prepares the person for their final journey home.

Viaticum

In conjunction with the anointing a person may receive the Eucharist as viaticum which is “food for the journey.” This is one of the greatest gifts of His mercy. Provides everything we need to get “home” to the Father.

The Triduum

What is the Triduum?

- The Triduum are the holiest days of the year in the Church calendar.
- The Triduum begins with evening Mass on Holy Thursday and ends with Evening prayer on Easter Sunday.
- The liturgies during the Triduum are some of the most beautiful liturgies the Church has to offer.
- It assists in entering into and celebrating Easter and the final days leading up to it.

1) The Triduum begins with the celebration of the **Mass of the Lord’s Supper on Holy Thursday evening.**

- This is the only Mass that is allowed to be celebrated on this day.
- At this Mass we celebrate the institution of the Eucharist and the priesthood.
- At this liturgy the Priest also washes the feet of 12 people from the congregation in imitation of Christ washing the feet of His disciples at the Last Supper and as a celebration of the humble service Christ calls us to.

2) On **Good Friday we celebrate the Liturgy of the Lord’s Passion.**

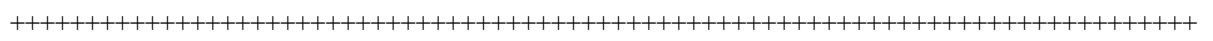
- This is the only day of the year that no Masses are celebrated anywhere in the world.
- There is a Liturgy of the Word commemorating the Lord’s Passion, we venerate the Cross, and we pray for the Church and the world.
- The Liturgy concludes with the reception of Holy Communion with hosts that were consecrated the previous night. Since this liturgy is not a Mass, no new hosts are consecrated.
- This is also a day of fasting (2 small meals that do not equal 1 regular sized meal and 1 regular-sized meal) and abstinence (no meat).

3) **Holy Saturday**

- This day continues to be somber for the first part of the day. If possible, continue your fast.
- We are encouraged to spend this day in anticipation of what is to come with our Blessed Mother.
- On the evening of Holy Saturday, the Church’s biggest and most important Liturgy is celebrated: **The Easter Vigil.**
- The Easter Vigil is the first Mass to be celebrated since Thursday evening.
- It is not supposed to be celebrated until dark and so you move the celebration to 7:00 or 8:00pm.
- The new **Easter Candle** is lit for the first time and those who have been going through OCIA . RCIA are received and welcomed into the Church.
- This is a beautiful opportunity to witness the celebration of all three of the Sacraments of Initiation all in one Liturgy!
- It is the longest Liturgy of the year, but it is also the most beautiful to witness. If you have never gone, I strongly encourage you to go.

4) **Easter Sunday**

- A great day of feasting and celebrating.
- Sunday morning Easter Mass completes the celebration in a beautiful way.
- Spend this day truly celebrating and rejoicing in the Glory, Hope, and Promise of the Resurrection of Christ!



Practice the sign of the cross EVERY day.

Practice the basic Catholic prayers: Our Father, Hail Mary, Glory Be.

Practice the Hail Holy Queen too!

Practice the Apostles’ Creed. This prayer is the focus for last year of faith formation.