

Ritual Moment

Holy Gifts

Introduction

The expression Communion of Saints refers to the communion of “holy things.” “Holy things,” *Sancta*, refer to the Body and Blood of Christ that we are fed in order to grow in the communion of the Holy Spirit and to communicate community to the world. Notice that breaking bread together is the first thing the earliest Christian communities did.

Word of God

“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers...Everyday they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.”
(Acts 2:42)

Words to Remember: SANCTA SANCTIS

Sancta sanctis means “God’s holy gifts for God’s holy people,” the communion of saints.

Practice: BEING EUCHARIST FOR EACH OTHER

“You are what you eat.” This is what we believe about the Eucharist. When we participate in the Liturgy, and receive the Body and Blood of Christ, we experience Jesus’ Real Presence and are showered with the graces to become his presence for others. God gives us holy gifts that we can become his holy people.

Activity

Eucharist means “thanksgiving.” Add a moment of prayer to your day, such as at a family meal, in the morning or at bedtime, to pause and say “thank you” to God for all of his “holy gifts.” Have an attitude of gratitude in your home.

Ritual Moment

Holy People

Introduction

The Communion of Saints also refers to the communion of “holy persons” (*sancti*). All of the baptized are called to live in a communion of charity, to be in solidarity with all people. Each of our loving actions rebounds for the profit of all. Every sin, on the other hand, harms this communion to which we are called. The saints are closely united to Christ. They help us on our way to holiness.

Word of God

“As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of the one Spirit ...Now you are Christ’s body, and individually part of it.”
(1 Corinthians 12:12-13, 27)

Word to Remember: SANCTIS

Sanctis means “God’s holy people.”

Practice: ASKING THE SAINTS TO PRAY FOR YOU

We don’t hesitate to ask a good friend for help when we need it. Nor should we hesitate to ask the saints, who have a close connection to Jesus, to pray for us. They are our heavenly friends.

Activity

Pray a Litany of Saints together as a family. First make a list of all the saints the members of your family knows. Then pray like this:

Leader: *Saint* (name the saint)

All: *Pray for us.*

To end your prayer, add the names of “saints” living today – that is the people of today’s world who help you follow God’s way of love.