

Looking for Jesus

Edition #6

Look Closely: Meals

What is your favorite food? Do you like yummy sweets like cookies and candy, or are salty chips and popcorn your treat of choice? Maybe you like crisp apples or sour grapes. Cheesy pizza, creamy mashed potatoes, fresh bread, or a hamburger right off the grill are all tasty foods you might enjoy.

God has given us so many flavors to taste! The world is filled with good foods, delicious spices, and creative recipes. The food we share together at a meal gives our bodies the nutrients we need to be strong and healthy.

As the food we eat nourishes our body and gives us energy for work and play, the Eucharist is spiritual nourishment that makes us stronger

in the Christian life. Jesus gives us everything we need to do the work he asks of us. The Mass isn't just one thing we do during the week. It is the most important thing because it brings us closer to Jesus.



Peek Inside the Mass

The final part of the Mass, what we call the Concluding Rites, is also the shortest part of the Mass. We receive a blessing from the priest, and then we hear the dismissal. It's time to leave. So, what comes next?

The word "Mass" comes from the Latin word, "*Missa*." The Latin on which our Mass translation is based concludes with words *Ite, missa est*, which mean, "Go, it is sent." Today, the priest might say, "Go and announce the Gospel of the Lord."

At the Mass, we have gathered around the altar and received the Holy Eucharist. Strengthened by the Body and Blood of Christ, we are now sent forth to share Jesus with the whole world.

Before Jesus ascended into Heaven, he told the Apostles, "Go, therefore, and make disciples of all nations." A disciple is someone who follows a teacher. We are all disciples of Jesus, learning from his teachings and modeling his actions.

When we tell the story of Jesus to others, we are evangelizing. We can share the Gospel and invite others to follow Jesus. Through the strength we receive through the Eucharist, we can go out to make disciples, encouraging others to know, love, and serve Jesus. This is what we are sent to do at the end of every Mass!

Crack the Code

Use the key to find the missing words in this verse. Then use your Bible to check!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
☆	+	☺	⊕	⊗	⬆	⬇	⊗	★	△	☹	⊕	⊗	⬇	○	■	★	⊕	☺	♥	⬇	⊗	⊗	▲	●	⊗

"_____, therefore, and make _____ of all nations, _____ them in the name
 of the _____, and of the _____, and of the _____."
 ~Matthew 28:19

Saintly Superstars

St. Frances Xavier Cabrini almost drowned as a child and was fiercely afraid of water. Would you believe that as an adult she crossed the ocean 27 times? What made it possible for her to face her fears?

Born in Italy in 1850, Frances wanted to be a missionary when she grew up, traveling to far-off lands to share the Gospel. She became a teacher and founded a religious order of sisters called the Missionary Sisters of the Sacred Heart of Jesus. Ready to expand her mission, she met with Pope Leo XIII and hoped to be sent to China. But he had a different plan.

The pope asked Mother Cabrini to travel to the United States to minister to Italian immigrants there. So she and a small group of sisters went where they were sent, first to New York, and then to Chicago, and then to Colorado. Traveling all over the United States, Mother Cabrini established 67 schools, hospitals, and orphanages in her lifetime.

Frances Xavier Cabrini was canonized in 1946, making her the first U.S. citizen to be named a saint. Her legacy of evangelization continues today through the sisters in her community.



I Spy: Grapes & Wheat

When you look around a church, you might see symbols in stained glass windows, mosaics, and paintings that make you think of food and meals. Some common symbols are cups, plates, grapes, wheat, bread, and wine.

These symbols remind us of the Eucharist. Wheat is ground into flour and then baked into bread. The bread we offer is consecrated at Mass and becomes the Body of Christ, placed on a plate called a paten.

Grapes are crushed into juice which becomes wine. When the wine we offer is consecrated by the priest, it becomes the Blood of Christ, held in a cup called a chalice.

These point to one of the dimensions of the Eucharist—that it is a sacred meal.

Seek & You Will Find

Can you find these ten words in the word search?

They might be across, up and down, or diagonal.

Circle or highlight the words inside the word search, and then cross them off the list as you find them!

N D H P O Y C B V B V A X V O
 K R K H M M H W W S B M X W K
 X P Y S K B A X H I V A N C F
 U G X J I R L C V E N Y B R W
 E K R X A E I E O W A E G G Q
 F V I A Z A C L H S F T X K O
 I U A O P D E E Z I M F N E H
 H W J N N E Q B H O S T B B D
 H G Q H G K S R J Y P Y Y C I
 T A N V B E V A W B P T F F S
 M T Y Y E T L T O E B C D S C
 D H T H L G Q I C A B R I N I
 O Q J X T D Y O Z A E K Q Z P
 A Q U J Q S C N L E X M O O L
 V R D J V X L S S G D S Q E E

CELEBRATIONS

GRAPES

WHEAT

WINE

BREAD

CHALICE

HOST

EVANGELIZE

DISCIPLE

CABRINI