

# St. Thomas the Apostle Catholic Church

## Sacrament Essentials: *Confirmation and The Eucharist*

### Confirmation

John 6:63. *It is the spirit that gives life...*

1. Why is this sacrament called Confirmation?

Confirmation strengthens and completes the graces we received at baptism.

2. What is the essential rite of Confirmation?

The minister uses his hand to anoint with Sacred Chrism and says, "Be sealed with the Gift of the Holy Spirit."

3. What are the effects of Confirmation?

Confirmation brings an increase and deepening of baptismal grace. It:

- makes an indelible mark on our soul
- roots us more deeply in God's family
- binds us more firmly to Christ and to the Church
- increases the gifts of the Holy Spirit in our soul
- gives us special strength to witness to the Christian faith

4. Who can receive this sacrament?

Only those who are baptized can and should receive this sacrament.

To receive the full power of Confirmation we must be in the state of grace

5. Who is the minister of Confirmation?

The minister of Confirmation is the bishop or a priest the bishop chooses

6. What are the gifts of the Holy Spirit?

Wisdom, understanding, right judgment, courage, knowledge, reverence, wonder/awe.

## The Eucharist

John 6:56. *He who eats my flesh and drinks my blood abides in me, and I in him.*

1. What is the Eucharist?

The Eucharist is the real presence of Jesus; His Body, Blood, Soul and Divinity made present in the bread and wine offered by the priest at Mass.

2. Who is the minister for the celebration of the Eucharist?

A Catholic Bishop or priest who acts in the Person of Christ and in the name of the Church

3. What are the essential elements for celebrating the Eucharist

Wheat bread

Grape wine

4. How is Christ present in the Eucharist?

- in a true, real and substantial way
- with his Body and his Blood, Soul and Divinity
- whole and entire
- God and Man

5. What is required to receive Holy Communion?

- be a Catholic who is in the state of grace
- we cannot be conscious of being in the state of mortal sin
- we must fast for one hour before receiving (only water allowed)

6. What are the fruits of Holy Communion?

- unites us more with Christ and his Church
- keeps and renews the life of grace we received at Baptism and Confirmation
- makes us grow in love for our neighbor
- wipes away venial sins
- protects us from mortal sin in the future.