

STEP ONE: Follow this link and watch the video on "[The Hour That Will Change Your Life](#)" by Father Mike Schmitz and read this [article](#)

STEP TWO: Watch the complete video so you can answer the following questions in a **one-page** reflection paper, typed in 12 pt font, double spaced.

1. Describe the Eucharist in your own words.
2. Why is it the "source and summit" of everything we believe and do as Catholics?
3. Do you struggle with truly believing in God's real presence in the Eucharist? Why or why not?
4. When you consider that the Eucharist is truly the Body and Blood of our Lord, how does that change or deepen your appreciation for the Mass?
5. If you have already received your first communion, how can you show your love for Jesus, truly present in the Eucharist, more fully and completely?
6. Reflect on the following quote by St. Thérèse of Lisieux: "Do you realize that Jesus is there in the tabernacle expressly for you—for you alone? He burns with the desire to come into your heart... go without fear to receive the Jesus of peace and love..." When you read that Jesus is waiting for you alone, what thoughts come to mind? How can you best respond to this invitation of love? What fears or concerns are holding you back? Can you let them go and "receive the Jesus of peace and love"?

STEP THREE: Email reflection to Margot, mloza@olvcaldwell.org by **December 2, 2018**. Ask Margot any questions about reflection via email as well.

Note: Here is a list of 101 questions you may have about the Mass. [Click on this link to find out more information about the Mass.](#)

Vocabulary to Know:

Eucharist: the body of Jesus Christ

Mass: a celebration of the Eucharist