



ECHO

Bishop Donald Hying

PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 14, THE CELEBRATION OF THE PASCHAL MYSTERY OF CHRIST

INTRODUCTION

The celebration of the Sacred Liturgy is at the very heart of Catholicism. In fact, Vatican II teaches that “the liturgy is the summit toward which the activity of the Church is directed; at the same time, it is the font from which all her power flows.” (*Sacrosanctum Concilium*, 10) In other words, all of the activity of the Christian life is in some way connected to the liturgy, and at the same time all of the grace and power to live out the Christian life flows to us from the liturgy. This session will explore how the liturgy is so much more than attending an event or religious service—it is literally God making really present to us his entire plan of salvation and allowing us to intimately participate in that plan and receive the fullness of his grace here and now.

STEP 1: OPENING PRAYER

Sing to the LORD a new song,
his praise in the assembly of the faithful.
Let Israel be glad in his Maker,
the sons of Zion rejoice in their King!
Let the faithful exult in glory,
Let them sing for joy on their couches.
Let the high praises of God be in their throats.

—Psalm 149:1-2;5-6

STEP 2: WATCH VIDEO: ECHO XIV

*Play the Echo 14 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

What is your favorite sacrament? Why? What does it mean to say that Jesus is the Sacrament of God the Father?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 14 (pgs. 165-179)

Catechism of the Catholic Church, Paragraphs 1076-1209

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. How is the liturgy a work of both God and the People of God, the Church? How can you better prepare to celebrate the liturgy and more fruitfully participate in the it?

2. Why are sacraments such a unique encounter with Christ? Do you take the sacraments for granted? How can you come to better appreciate the intimate encounter with Christ that each of the sacraments brings about?

3. Reflect on the following passage from from Vatican II:

“Nevertheless, the liturgy is the summit toward which the activity of the Church is directed; at the same time, it is the font from which all her power flows.” —Sacrosanctum Concilium 10

How do you live out the liturgy in your daily life? How can you on a daily basis tap into the life and grace of the liturgy in order to live out your Christian discipleship?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 15, BAPTISM: BECOMING A CHRISTIAN

INTRODUCTION

The Sacrament of Baptism is the beginning of the Christian life and it is the doorway that opens up to all of the other sacraments. In this powerful sacrament, we are freed from Original Sin and all personal sin and become a new creation in Christ. This language of “new creation” is not just flowery or symbolic—we literally, from the very depths of our being, become a new creation in Christ—a new person with a new mission. This session will explore how Baptism is all about this initiation into the life and mission of Christ.

STEP 1: OPENING PRAYER

The God of power and Father of our Lord Jesus Christ
has freed you from sin,
given you a new birth by water and the Holy Spirit,
and welcomed you into his holy people.
He now anoints you with the chrism of salvation.
As Christ was anointed Priest, Prophet, and King,
so may you live always as a member of his body,
sharing everlasting life.

—Prayer for Anointing with Chrism, *Rite of Baptism*

STEP 2: WATCH VIDEO: ECHO XV

*Play the Echo 15 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

If God comes to dwell in our soul through the sanctifying grace of Baptism, what are the consequences of this remarkable gift for our lives? Why should we meditate often on the gift of our Baptism?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 14 (pgs. 181-199)

Catechism of the Catholic Church, Paragraphs 1210-1284

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What does it mean that Baptism is a sharing in the death and resurrection of Christ? How does the meaning of this sacrament shape the way in which we should look at how we are to live our lives as Christians?

2. There are several signs and symbols in the Rite of Baptism such as the lighted candle, the clothing with the white garment, the anointing with chrism, etc. Which one of these speaks to you the most and why?

3. Reflect on the following passage from from Blessed Pope Paul VI:

“To be a Christian, to have received holy Baptism, must not be looked upon as something of negligible importance. It must be something which thrills the baptized person to the very core of his being.”

—*Ecclesiam Suam* 39

Do you live your life in a way that Baptism and the mission to which it calls us thrills you to the core of your being? If not, what can you do starting today to live your life more in this way? What tools or resources might you need to help you to do this?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 16, CONFIRMATION: CONSECRATED FOR MISSION

INTRODUCTION

The Sacrament of Confirmation completes the grace that was received in Baptism, and the outpouring of the Holy Spirit comes upon us superabundantly. However, this extraordinary presence and power of the Holy Spirit is given to us in this sacrament so that we, like the Apostles at Pentecost, can be sent out as convincing witnesses of the Gospel of Jesus Christ. This session will be exploring how the Sacrament of Confirmation truly consecrates us for mission and sends us forth to set the world on fire.

STEP 1: OPENING PRAYER

Come, Holy Ghost, Creator blest,
and in our hearts, take up thy rest.
Come with thy grace,
and heavenly aid to fill the hearts which thou hast made.
Breathe on me breath of God, my soul with grace refine,
Until this earthly part of me, glows with your fire divine.

—Edwin Hatch

STEP 2: WATCH VIDEO: ECHO XVI

*Play the Echo 16 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

Can you point to moments in your life when you experienced the Holy Spirit?
What does it mean to give witness to Christ, as the Apostles did on Pentecost?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 16 (pgs. 201-211)
Catechism of the Catholic Church, Paragraphs 1285-1321

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. During the renewal of Baptismal promises before Confirmation the bishop asks:
“Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the
Apostles at Pentecost and today is given to you sacramentally in Confirmation?”

In what ways is the Sacrament of Confirmation called the sacrament of the Holy Spirit?
How can it be said that Confirmation is our own “personal Pentecost?”

2. Review the effects of the Sacrament of Confirmation. Which effect or effects of the
sacrament inspires you the most? Do you draw upon the graces of this sacrament in
your daily life?

3. What is the significance of the two signs of the Sacrament of Confirmation—the laying on of hands and the anointing with Sacred Chrism? How do these sacramental signs and the grace they bestow upon you consecrate you for mission and discipleship?

**STEP 6: CLOSING PRAYER
GLORY BE**

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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Bishop Donald Hying

PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 17, THE EUCHARIST, SOURCE AND SUMMIT OF THE CHRISTIAN LIFE

INTRODUCTION

The Second Vatican Council teaches that “the liturgy is the summit toward which the activity of the Church is directed; at the same time, it is the font from which all her power flows.” The Eucharist and the celebration of the sacrifice of the Mass is at the very heart and center of the Christian life. It stands as the pinnacle of the New Covenant established by Christ and the Eucharist is the source of the unity of the Church. This session will explore how this “Blessed Sacrament” is a real and profound communion with Christ and the power and driving force of the Christian life.

STEP 1: OPENING PRAYER

The Anima Christi

Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus hear me;
Within your wounds hide me;
separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;
And close to you bid me; That with your saints,
I may be praising you forever and ever.
Amen.

STEP 2: WATCH VIDEO: ECHO XVII

*Play the Echo 17 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

What does it mean to say that the Eucharist is a participation in the life of Heaven?

What part of Mass do you find most meaningful? Why?

STEP 4: READ AND STUDY

*United States Catholic Catechism for Adults, Chapter 17 (pgs. 213-232)
Catechism of the Catholic Church, Paragraphs 1322-1419*

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. How is the Mass both a sacrifice and a holy meal at the same time? How do both aspects of the Mass serve as the source and summit of the Christian life?

2. What does Christ's Real Presence in the Eucharist teach us about Jesus' love for us? In what ways can you better appreciate the Real Presence of Christ in the Eucharist in our daily lives?

3. Reflect on the following passage from Vatican II:

[T]he laity, dedicated to Christ and anointed by the Holy Spirit, are marvelously called and wonderfully prepared so that ever more abundant fruits of the Spirit may be produced in them. For all their works, prayers and apostolic endeavors, their ordinary married and family life, their daily occupations, their physical and mental relaxation, if carried out in the Spirit, and even the hardships of life, if patiently borne—all these become “spiritual sacrifices acceptable to God through Jesus Christ”. Together with the offering of the Lord’s body, they are most fittingly offered in the celebration of the Eucharist. Thus, as those everywhere who adore in holy activity, the laity consecrate the world itself to God.

—*Lumen Gentium*, 34

Do you truly offer your entire life as a spiritual sacrifice when you attend Mass? Is the Eucharist truly the source and summit of your Christian life?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED,
EPISODE 18, SACRAMENT OF PENANCE AND
RECONCILIATION GOD IS RICH IN MERCY

INTRODUCTION

The Sacrament of Reconciliation is the great sacrament of mercy in which we encounter the Divine Physician, Jesus Christ, who not only desires to forgive us of our sins, but heal the wounds of sin and give us true peace. This session will explore how this sacrament is a true encounter with the merciful Christ that literally empties us of our sins and fills us with grace and the power of Christ to go and sin no more.

STEP 1: OPENING PRAYER

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee,
and I detest all my sins because of Thy just punishments,
but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to sin no more and to avoid the near occasions of sin.
Amen.

STEP 2: WATCH VIDEO: ECHO XVIII

*Play the Echo 18 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

Why do I need to confess my sins to a priest?

How have you experienced the power of forgiveness?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 18 (pgs. 233-247)

Catechism of the Catholic Church, Paragraphs 1420-1498

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What are some of the ways in which I can prepare myself to make a good confession?

2. Why is there no such thing as a “private” sin? How does the Sacrament of Reconciliation heal the relationships harmed by sin?

3. Reflect on the following words that Jesus revealed to Saint. Faustina about the Sacrament of Reconciliation:

“Tell souls that from this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity. The torrents of grace inundate humble souls.”

How do these words encourage you to approach the Sacrament of Reconciliation with more confidence and trust?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 19, ANOINTING THE SICK AND THE DYING

INTRODUCTION

The second Sacrament of Healing is the Sacrament of the Anointing of the Sick. This sacrament unites the sick to the sufferings of Christ and gives them the strength of Christ to endure their sufferings but to also transform their sufferings into redemptive suffering. For those who are dying this sacrament prepares them for final perseverance and their journey to Heaven. This session will not only explore the effects of this sacrament, but also the Christian meaning of human suffering.

STEP 1: OPENING PRAYER

Lord Jesus Christ, you chose to share our human nature,
to redeem all people, and to heal the sick.
Look with compassion upon your servants whom we have
anointed in your name with this holy oil for the healing of
their body and spirit.
Support them with your power, comfort them with
your protection,
and give them the strength to fight against evil.
Since you have given them a share in your own passion,
help them to find hope in suffering,
for you are Lord for ever and ever.
Amen.

—From Pastoral Care of the Sick

STEP 2: WATCH VIDEO: ECHO XIX

*Play the Echo 19 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

How did Jesus show his care for the whole person -- body, soul, mind and heart?

How does uniting my suffering with the Passion, Death and Resurrection of Jesus transform its meaning?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 19 (pgs. 250-259)

Catechism of the Catholic Church, Paragraphs 1499-1532

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Is suffering intrinsically evil? How does the Passion and Death of Christ on the Cross transform the meaning of suffering?

2. Review the effects of the Sacrament of the Anointing of the Sick. How does this sacrament help you to approach illness and suffering differently?

3. Reflect on the following words of St. John Paul II on the Christian meaning of suffering:

[S]uffering is present in the world in order to release love, in order to give birth to works of love towards neighbor, in order to transform the whole of human civilization into a “civilization of love”. In this love the salvific meaning of suffering is completely accomplished and reaches its definitive dimension.”

Do you see your sufferings as a greater occasion to love? How can you be more compassionate to those suffering around you and bring the compassion and mercy of Jesus?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 20, HOLY ORDERS

INTRODUCTION

The Sacrament of Holy Orders is the sacrament in which the ministry of Christ as Head of the Church is exercised, and it is the sacrament through which apostolic succession is handed on in the Church. Through Holy Orders, men are conformed to Christ in such a way that Christ can become really present and working through them when they perform the liturgy and the sacraments. This session will explore the three degrees of Holy Orders and exactly how this sacrament hands on the authority and ministry of the Apostles themselves to us today.

STEP 1: OPENING PRAYER

May the tribute of my humble ministry be pleasing to you, Holy Trinity.
Grant that the sacrifice which I—unworthy as I am—
have offered in the presence of your majesty may be acceptable to you.
Through your mercy may it bring forgiveness to me
and to all for whom I have offered it,
through Christ our Lord.
Amen.

—Placeat—from Priests' Prayers After Mass

STEP 2: WATCH VIDEO: ECHO XX

*Play the Echo 20 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

What is the most important ministry that priests offer?

How can you encourage young people to consider a religious vocation?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 20 (pgs. 261-275)

Catechism of the Catholic Church, Paragraphs 1533-1600

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. What does it mean to say that a priest is an “icon” of Christ? How does this make the Mass and the sacraments direct encounters with Christ?

2. What are the three degrees of Holy Orders and how to they differ? How does each serve the Church in a particularly unique way?

3. How can the lay faithful and the members of the priesthood mutually support and encourage each other in the mission of the New Evangelization?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 21, THE SACRAMENT OF MARRIAGE

INTRODUCTION

The Sacrament of Marriage is one of the Sacraments of Service and Communion in which husband and wife come together in a sacramental bond to serve each other, the Christian family, and the Church itself by being a living sign of Christ's love for the Church. This session will explore how the Sacrament of Marriage and the Christian family to which it is ordered is at the very heart of the mission of the Church as a "Church in miniature" and a sign and witness of the love of God to the entire world.

STEP 1: OPENING PRAYER

Almighty and eternal God,
your fatherly tenderness never ceases to provide for our needs.
We ask you to bestow on this family and this home
the riches of your blessing.
With the gift of your grace sanctify those who live here,
so that, faithful to your commandments,
they will care for each other, ennoble this world by their lives,
and reach the home you have prepared for them in heaven.
We ask this through Christ our Lord.
Amen.

—Blessing of Families, *Book of Blessings*

STEP 2: WATCH VIDEO: ECHO XXI

*Play the Echo 21 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

Think of married couples you know or think of your own marriage. In what specific ways do these couples make present the love of Christ for the Church?

Why do so many young people never get married at all? How can we build a culture that supports marriage?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 21 (pgs. 276-292)

Catechism of the Catholic Church, Paragraphs 1601-1666

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. In what ways are husbands and wives called to be a living, sacramental sign of Christ's love for the Church? If you are married, how does your own marriage reflect this love?

2. What can you practically do to strengthen the sacramental bond of your marriage? How can you more readily call upon the grace of marriage that is present in your sacramental bond on a daily basis?

3. Reflect on the following quote from the Catechism of the Catholic Church:

The fecundity of conjugal love cannot be reduced solely to the procreation of children, but must extend to their moral education and their spiritual formation. “The role of parents in education is of such importance that it is almost impossible to provide an adequate substitute.” (2221)

Why is the role of parents in the moral and spiritual formation of their children so important and irreplaceable? How can parents be witnesses of the faith to their children, especially in a culture that is often hostile to the Faith?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.



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PART II: THE SACRAMENTS: THE FAITH CELEBRATED, EPISODE 22, SACRAMENTALS AND POPULAR DEVOTIONS

INTRODUCTION

In addition to the Liturgy and the Seven Sacraments the Church nourishes the faithful with numerous sacramentals that bear a resemblance to the sacraments, and are signs and instruments of actual grace that strengthen and encourage us in our daily lives. Sacramentals include such things as the Rosary, holy cards, crucifixes, and various medals. This chapter will explore how these sacramental and other popular devotions can help us to sanctify our daily lives and keep our minds ever on Christ.

STEP 1: OPENING PRAYER

May God, the source and origin of all blessing,
grant you grace,
pour out his blessing in abundance,
and keep you safe from harm throughout the year.

R. Amen.

May he give you integrity in the faith,
endurance in hope,
and perseverance in charity
with holy patience to the end.

R. Amen.

May he order your days and your deeds in his peace,
grant your prayers in this and in every place,
and lead you happily to eternal life.

—Blessing from the *Roman Missal*

STEP 2: WATCH VIDEO: ECHO XXII

*Play the Echo 22 video segment, which will last about 5 minutes.
At the end of the segment, discuss the following question.*

STEP 3: VIDEO REFLECTION QUESTION

What is your favorite devotion or sacramental? What does it reveal to you about God?

What is the essential difference between sacraments and sacramentals?

STEP 4: READ AND STUDY

United States Catholic Catechism for Adults, Chapter 22 (pgs. 293-303)

Catechism of the Catholic Church, Paragraphs 1667-1679

STEP 5: DISCUSSION AND REFLECTION QUESTIONS

1. Why are blessings so important in the life of the Church? What are some of the blessings that we can do on a daily basis?

2. Do you have any popular devotions that you practice regularly? If so, why do you practice that particular devotion?

3. Reflect on the following quote from Pope Saint John Paul II in *Rosarium Virginis Mariae*:

The Rosary mystically transports us to Mary's side as she is busy watching over the human growth of Christ in their home in Nazareth. This enables her to train us and to mold us with the same care, until Christ is "fully formed" in us (cf. Galatians 4:19). (15)

How is the Rosary first and foremost a Christ-centered prayer? How does Mary's presence and motherly role in the Rosary help us to more effectively become like Christ?

STEP 6: CLOSING PRAYER GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end.
Amen.