

Real+True

PILLAR II

UNIT 18 GUIDE

OVERVIEW

The Catechism is not a textbook, a collection of ideas, or a set of rules. Rather, the Catechism is the faithful echo of a God who wishes to reveal himself to us and desires us to respond. Our mission is to hand down and pass along the gift of our faith by creating beautiful, captivating, and relevant content inspired by the Catechism of the Catholic Church. And we are making this content in multiple languages and accessible for free to people all over the world.

The content, structure, and methodology of Real + True takes inspiration and direction from the Catechism of the Catholic Church and sound, evangelizing catechesis. Catechesis is inextricably intertwined with evangelization, and its primary aim is to put people into intimacy and communion with Jesus Christ. (Catechesi Tradendae, 5)

The word “catechesis” comes from the Greek word that means “to echo”. This simple guide is designed to help you understand the structure of our content and better use it to echo the teachings of Jesus yourself. The structure takes inspiration from the catechetical methodology, the pedagogy of the Catechism, and the pedagogy of God.

THERE ARE FOUR PARTS TO THE CATECHISM. THE FOUR PARTS, OR PILLARS, ARE:

- The Profession of Faith (Pillar I)
- The Celebration of the Christian Mystery (Pillar II)
- Life in Christ (Pillar III)
- Christian Prayer (Pillar IV)

Each pillar is divided into 12 units. In total, this project will include 48 units that will cover the entire Catechism of the Catholic Church (CCC). Every month, a new unit will be published.

The twelve units for pillar two and the paragraphs of the catechism they cover are:

UNIT 13	Liturgy	1066-1112 1135-1209
UNIT 14	Sacraments	113-1134 1210-1211
UNIT 15	Baptism	1213-1284
UNIT 16	Confirmation	1285-1321
UNIT 17	Eucharist	1322-1344
UNIT 18	Mass	1345-1419
UNIT 19	Confession	1420-1498
UNIT 20	Anointing of the Sick	1499-1532
UNIT 21	Holy Orders	1533-1600
UNIT 22	Marriage	1601-1666
UNIT 23	Sacramentals	1667-1679
UNIT 24	Funerals	1680-1690

EACH UNIT THEN CONSISTS OF THE FOLLOWING VIDEOS:

Proclamation

Explanation

Connection

There are a few characteristics of the Catechism's approach and structure that are worth mentioning. The Catechism is trinitarian, meaning we view all of the faith through the lens of the Trinity. The Catechism is also christocentric, meaning its focus or center is Jesus. The Catechism is kerygmatic, meaning it is animated by the saving message of Jesus Christ, the Good News. The Catechism has a missionary dimension, meaning it does not presume faith in those that would read it but seeks to evangelize through its presentation of the faith. And the Catechism is systematic, progressive, and organic, meaning the structure itself is a catechesis. The structure for each unit was developed using these characteristics and the Ecclesial Method, proposed by Msgr. Francis Kelley (author of *The Mystery We Proclaim*).

While each video is designed to be able to stand on its own, there is some benefit in watching them in order, and they do build on each other.

Proclamation Video

The first video is meant to rouse the spiritual curiosity that allows us to be prepared to hear the Gospel message. These videos explore the world and our human experience, and the hope is that these videos will be especially attractive to those who might be less interested in a video that directly addresses the doctrines of the faith.

Explanation Video

The second video breaks open the content of the passage of the Catechism being addressed in the unit. This video is much more straightforward and is guided by a discussion back and forth between two voices who are exploring the truths of the faith.

Connection Video

The third video is meant to be a real-life application of the passage from the Catechism. The tone of this video is often playful, and it is meant to connect with the audience on a more practical level that is relevant to their lives.

Real+True

UNIT 18: THE MASS | CCC 1345-1419

THESIS: THE MASS IS THE FULLEST PARTICIPATION IN THE DIVINE LIFE WE CAN HAVE ON EARTH.

Proclamation Video: The Jewish Roots of Catholic Mass

Discussion Questions:

- What stood out to you from the video?
- What are some key similarities between the Old Testament and the Mass?
- How does our understanding of the Eucharist relate to ideas of sacrifice from the Old Testament?
- What connections do you see between the Levitical priests of the Old Testament and the role of today's Priests in the Mass?
- How can a deeper understanding of the Jewish roots of the Catholic Mass help us to better appreciate and participate in the liturgy?
- How does the Old Testament Passover change your view and understanding of the Mass?

Explanation Video: The Holy Mass, Explained by the Catechism

Discussion Questions:

- What stood out to you from the video?
- How do the two "halves" of the Mass relate to each other?
- Why is the Liturgy of the Word important in the Mass?
- How does the Liturgy of the Eucharist reflect the central themes of the Mass?
- What is the role of the priest in the Mass?
- What role do the words, actions and postures of the faithful have during the Mass?
- How does the Mass differ from other Christian worship services?
- What is your personal experience of attending Mass?
- How should the Mass help you to live out your faith in daily life?
- How can we make the Mass more meaningful and relevant to our lives?
- How does the Mass provide a sense of unity and connection with other Catholics?
- What challenges or questions do you have about the Mass?

Connection Video 1: How can I participate in Mass?

Discussion Questions:

- How did the video change your perspective on the postures and gestures we do during Mass?
- Which posture or gesture discussed in the video resonated the most with you and why?
- Do you think our postures and gestures during Mass affect our personal prayer life? Why or why not?
- How do you typically approach the postures and gestures during Mass?
- What was your understanding of the significance of the different postures and gestures before watching the video?
- How do you think our participation during Mass can help us build a deeper relationship with God?
- How can we use the postures and gestures during Mass to help us focus and stay present during Mass?
- How do you think our postures and gestures during Mass can help us connect with the larger Church community?
- How can we incorporate any of the postures and gestures into our personal prayer outside of Mass?
- How can we use the postures and gestures during Mass to help us overcome distractions during Mass?
- What is one thing you will take away from the video and apply in your own prayer life?

Connection Video 2: What's happening during the Eucharistic liturgy?

Discussion Questions:

- What stood out to you from the video?
- Did you know that there were two “parts” to the Mass? How does this change your understanding of the Mass as a whole?
- What is your favorite part of the Liturgy of the Eucharist and why?
- What is the significance of the presentation of the offering during the liturgy of the Eucharist?
- How does the liturgy of the Eucharist help you remember or connect with Jesus?
- What is the importance of the epiclesis during the liturgy of the Eucharist?
- What challenges or difficulties have you experienced during the part of the mass that is the liturgy of the Eucharist?
- How does the liturgy of the Eucharist help you understand the concept of communion?
- How does the liturgy of the Eucharist help you express gratitude to God?
- How can you apply what you learned from the video to your life the next time you're at Mass?
- What questions do you still have about the liturgy of the Eucharist?

General Recommendations

FRIENDS AND FAMILIES:

These videos are great discussion starters with coworkers, family members, and friends. You can easily share one over social media or by text. Say a prayer and ask the Holy Spirit to inspire you and guide you on who to send a video to. Follow up later by asking what they thought of the video and if there were any thoughts or questions it stirred up. Practice spiritual accompaniment by using active listening and refraining from correcting or teaching.

PARISH SETTINGS, SCHOOLS, YOUTH, YOUNG ADULT, AND COLLEGE CAMPUS MINISTRY:

These videos work great as a series for social media posts or email newsletters. Be sure to include a link for people to dive deeper into the rest of the content. In more formal catechetical settings, these videos are best used as supplemental discussion starters, or to recap a lesson. Try using these to open a lesson and dive right into reactions and discussion. For younger students, or those who are not active disciples, try the proclamation videos as a way into the content. For those who might be new or active disciples, try using the proclamation, explanation, and connection videos.

CATECHISTS:

The Catechism's structure is itself a teaching. And the method and content of these videos is a great way to discuss with catechists how to effectively accomplish an "evangelizing catechesis". By watching the unit videos together while reading the Catechism paragraphs, you can then discuss with your catechists what they noticed about how the content is presented. What was highlighted, and what was left out? What does this video have to do with Jesus and our relationship with him? How is this video trying to lead people into a deeper curiosity and openness to the Catechism's content? The podcast episode of each unit often dives into this "behind the scenes" approach and can be useful for catechists and catechist training.

We hope and pray that these videos will find people who are curious about what the Church teaches and about Jesus. We pray that the proclamation videos rouse a spiritual curiosity about the world and what it means to be human. We pray the explanation and connection videos would present the contents of our faith in a way that is relevant to their lives, perhaps in a way they've never heard before. We hope that many may find these videos to be useful conversation starters to journey with others who are spiritually curious or seeking truth.

We also hope and pray that Real + True helps others rediscover the "pulsating heart of the catechism," as Cardinal Raniero Cantalamessa stated in his sermon on the catechism to the papal household, a heart that has a face and a name – Jesus Christ.

Visit realtrue.org for more videos and resources.