

SUPERFOOD

An Edge Night on the Solemnity of the Most Holy Body and Blood of Jesus Christ

EDGE NIGHT OVERVIEW

GOAL

The goal of this Edge Night is to prepare the youth for and explain the Church's celebration of the Solemnity of the Most Holy Body and Blood of Jesus Christ. This Edge Night will provide the youth with an understanding of the feast and personal applications to their faith.

SUMMARY

The Edge Night begins with a Gather activity where small groups recreate famous religious artwork with sidewalk chalk. The Proclaim discusses the significance of Christ giving us His body and blood, both on the cross and in the Eucharist. During the Break, the youth use sidewalk chalk to write prayers of thanksgiving. The Send concludes the Edge Night with a Eucharistic procession over the sidewalk chalk decorations the youth made.

MAIN IDEAS

- The Church uses a liturgical calendar that sets aside specific days and seasons to celebrate different parts of our faith.
- This week the Church celebrates the Solemnity of the Most Holy Body and Blood of Jesus Christ — also known as Corpus Christi. This feast day was instituted because of a Eucharistic miracle.

- As “Eucharist” means “thanksgiving,” Corpus Christi is a great opportunity to recommit to giving thanks to God.

ENVIRONMENT

In some parts of the world, this solemnity is celebrated by using flower petals or colored sawdust to make beautiful, elaborate designs in the streets. The priest and the faithful then have a Eucharistic procession over these “carpets,” carrying the Eucharist through the streets. To mimic the “carpets,” create a colorful walkway at the entrance of the meeting space. Use colored plastic tablecloths or draw colorful designs on a roll of butcher paper. Use bright colors around the meeting space, adding streamers, tablecloths, and confetti. Consider placing bouquets of brightly-colored flowers around the room. Display a crucifix and picture of the Eucharist in the meeting space.



MEDIA

“God in Flesh and Blood,” Travis Ryan (*God in Flesh and Blood*, Travis Ryan, Jennie Lee Riddle, and Brandon Collins, 2013)

“Memorial,” Ike Ndolo (*Memorial*, Ike Ndolo, 2015)

“Your Royal Blood,” Rend Collective (*Campfire II: Simplicity*, Sparrow Records, 2016)



SCRIPTURE

Luke 22:19-20; John 6:25-69; 1 Corinthians 11:23-26



CATECHISM

27-30, 1163-1165, 1171-1173, 1391-1398, 1402-1405

EDGE NIGHT OUTLINE

GATHER

Edge Night Introduction (5 min)

Welcome the youth, introduce any youth there for the first time, and begin in prayer. Give a brief overview of the topic of the Edge Night, using the following as an example:

This week we join the Church in celebrating the Solemnity of the Most Holy Body and Blood of Jesus Christ. This feast reminds us that Jesus sacrificed His body and blood for us on the cross. We also celebrate that Jesus' body and blood remain with the Church every day in the Eucharist.

Chalk Art (20 min)

Before the Edge Night, collect images of famous religious art. Find one image per small group, and make sure the images are available (printed or digitally) for the Edge Night.

This activity is done in small groups.

1. Take the youth outside. Provide each small group with sidewalk chalk and one of the religious images.
2. Give each group an allotted space and amount of time to use the chalk to recreate their assigned work of art on the sidewalk.
3. After the time is up, each group presents their chalk drawing to the Core Team. Once all of the groups have presented, the Core Team decides which recreated work of art is the best.



SUGGESTIONS

If you do not have access to a sidewalk and chalk, have the youth draw their pictures on paper instead.



STEP IT UP

To make the activity more challenging, have the youth be silent. Do not allow the youth to speak as they recreate their religious image, which will force them to find other ways to communicate with one another.

PROCLAIM

“Superfood” Teaching (10 min)

This teaching can be found on pages 58-62.

BREAK

Give Thanks (20 min)

Divide the youth into small groups and then use the following to introduce the activity:

Since “Eucharist” means “thanksgiving” and Corpus Christi celebrates our gratitude for the sacrifice of Christ’s body and blood, we are going to spend our small group time thinking of the things in our lives we are thankful for.

Use the following questions to help the youth recognize the blessings in their lives:

- Who is one person in your life that you are thankful for?
- What is one thing you own that you are thankful for?
- What is one talent God has given you that you are thankful for?
- In the past week, what is one good thing that has happened that you are thankful for?

- In your daily life, what is one way God is present to you that you are thankful for?

Give each person a piece of sidewalk chalk and then take them outside. Assign each youth a space on the sidewalk and instruct them to use the chalk to write a prayer to God, thanking Him for all of the blessings in their lives. Consider giving them the space next to the picture they drew during the Gather.



SUGGESTIONS

If you do not have access to a sidewalk and chalk, have the youth write their prayers on paper instead.

Eighth Grade Adaptation

Use the following questions for a more challenging discussion for eighth grade youth:

- How often do you thank God for everything He has given you?
- What is one way you can show God your gratitude?
- How often do you reflect on Jesus' sacrifice on the cross?
- What are some different ways we can pray that focus on Jesus' sacrifice on the cross?
- How often do you reflect on the gift God has given us in the Eucharist?
- What are some different ways we can pray that focus on the Eucharist?

SEND

Eucharistic Procession (20 min)

Before the Edge Night, set up an outdoor altar where the youth can have Eucharistic Adoration. Invite your parish priest to come to the Edge Night and lead a Eucharistic procession from the meeting space to the altar.

Bring the youth back to the large group and introduce the time of prayer, using the following as an example:

In some parts of the world, this solemnity is celebrated by using flower petals or colored sawdust to make beautiful, elaborate designs in the streets. The priest and faithful then have a Eucharistic procession over these "carpets," carrying the Eucharist through the streets. We will also have a Eucharistic procession. The drawings you made and the prayers you wrote are expressions of gratitude and will be the pathway for the procession.

Encourage the youth to keep their chalk decorations in mind as they process, making them a part of their prayer. The priest processes with the Eucharist and the youth follow behind him. Allow time for Eucharistic Adoration at the outdoor altar. If possible, have your parish music minister play music during the procession and Adoration.



SUGGESTIONS

If you completed the Gather and Break on paper rather than with chalk, lay the papers down, making a trail toward the altar. If you are not able to have a Eucharistic procession, have a Core Member process with a large crucifix instead.



STEP IT UP

Invite the parents to come and participate in the Eucharistic procession, and encourage the youth to show their parents their drawings and prayers of thanksgiving.

Notes:

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Proclaim Details

To cover the basic information, follow along and craft the talk based off of the bullet points. If the youth are ready to take it deeper, incorporate a few of the Going Deeper call out boxes, picking the ones the youth would relate to the most.



GOING DEEPER

Check inside these boxes for tips and ideas on how to take your youth a little deeper with the Proclaim.

LITURGICAL YEAR INTRODUCTION (optional)

- The Church follows what we call the “liturgical year.” Like the normal calendar year, the liturgical year has seasons and holidays or holy days. Unlike the normal calendar year, though, the entire liturgical year focuses on God. (CCC 1163, 1171)
- The liturgical year consists of the seasons of Advent, Christmas, Lent, Easter, and Ordinary Time. During each of these seasons, we focus on a different aspect of the life of Jesus and are invited to grow in our relationship with God in various ways.
- The liturgical year allows us to see Christ’s life, death, and Resurrection in a new light. It also allows us to actively celebrate the work Christ has done and is doing for us and within us. (CCC 1164-1165)



GOING DEEPER

Using CCC 1172-1173, describe how the liturgical year also celebrates Mary and the saints.

HAPPY THANKSGIVING

- *Ask the youth to share what they love about Thanksgiving.*
- Thanksgiving is not a religious holiday, like Christmas or Easter, so it is celebrated by Americans from many backgrounds. It is a great holiday to celebrate the values we share with people who may be quite different from us.
- For example, food is a big part of Thanksgiving, and everyone loves food. More importantly, Thanksgiving lets us gather with loved ones and reminds us to be grateful for what we have. We can hold these types of good things in common with different people.



GOING DEEPER

Using CCC 27-30, explain how all people have a desire for God, even if they do not recognize that desire or that the fullness of faith lies in the Catholic Church.

- As Catholics, we celebrate thanksgiving every Sunday. Obviously, we do not celebrate the Thanksgiving holiday every Sunday. Rather, we celebrate thanksgiving at Mass in the Eucharist.
- The word “Eucharist” comes from the Greek word for “thanksgiving.” Every time we celebrate the Eucharist, we have an opportunity to give thanks to God. But what are we supposed to thank God for?

- *Ask the youth to share some of the things in their lives they see as gifts from God.*
- We should thank God for all of the good things He places in our lives. But in giving thanks, we can sometimes overlook spiritual aspects and only focus on material items.
- When we celebrate the Eucharist, we have a special opportunity to thank God for the spiritual gifts He gives us. We should especially remember to thank God for sending His Son to save us from sin and death, and we should remember to thank Jesus for remaining present in the Church through the Eucharist.

CORPUS CHRISTI

- This week we join the entire Church in celebrating the Solemnity of the Most Holy Body and Blood of Jesus Christ, also known as Corpus Christi. We give thanks that Christ sacrificed His body and blood on the cross and shares His body and blood with us in the Eucharist.
- This solemnity was originally an optional celebration in the Church, but a miracle convinced Pope Urban IV that the entire Church should celebrate the feast of Corpus Christi.
- There was a priest in Bolsena, Italy who doubted the Eucharist was really Jesus' body and blood. One day while he was saying the prayers of consecration at Mass, the host began to bleed.
- The priest ran to a nearby town where Pope Urban IV was staying. When he explained what happened, the pope asked that the miraculous host be brought to him. The priest and his congregation marched through the town to bring the Eucharist to the pope.
- Upon seeing the host, Pope Urban IV knew the Church needed a special day to celebrate the Eucharist. To this day, Corpus Christi is celebrated by publicly processing with the Eucharist, just like the priest and his congregation did.

THANK GOD

- We have so many reasons to be grateful for the Eucharist. In the Eucharist, we experience Jesus' sacrificial love in an unique way — God comes incredibly close to us and dwells within us.
- As Catholics, we believe the bread and wine turn into the Body, Blood, Soul, and Divinity of Jesus. They are actually transformed interiorly although they do not appear to have changed.



GOING DEEPER

Explain that this transformation is called "transubstantiation" and use CCC 1376-1377 to dive a little deeper into this teaching.

- We are also transformed by the Eucharist and by allowing Jesus to enter into our lives in such a close and mysterious way. The Eucharist gives us the grace and ability to live and love like Jesus did. (CCC 1391-1392)
- The Eucharist also preserves us from sin by increasing our love for God and our desire to not sin. It helps heal our relationship with God from our past sins, gives us strength to avoid future sins, and allows us to grow in virtue. (CCC 1393-1395)

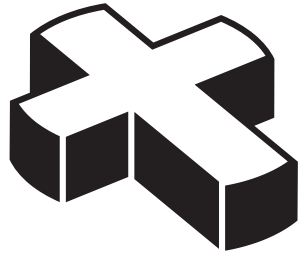


GOING DEEPER

Describe the difference between venial sins and mortal sins. Explain how we need to prepare ourselves well to receive the Eucharist, which includes going to Reconciliation if we have committed a mortal sin.

- When we receive the Eucharist, we are united to Jesus more closely. The Eucharist also brings us closer to all of the members of the Church and helps us grow in our love for the poor and vulnerable. (CCC 1396-1398)
- The Eucharist gives us a glimpse into heaven because we come into communion with Jesus, which is what will happen in heaven but in a more complete and lasting way. (CCC 1402, 1404)
- The Eucharist reminds us that Jesus offered His body and blood on the cross so we could eventually join Him in heaven. Receiving the Eucharist should remind us to hope and rejoice in the truth that one day we can be with God forever in heaven in perfect happiness. (CCC 1403, 1405)
- As we celebrate the Solemnity of the Most Holy Body and Blood of Jesus Christ, let us recommit to thanksgiving. Let us find new ways to show gratitude to God for all He has given us, as well as to the people in our lives who show us God’s love and goodness.
- In a special way, we should thank Jesus for dying for our sins and remaining present to us in the Eucharist. Let us resolve to approach the Eucharist, not just this week but every week, with a spirit of gratitude and a desire to better understand and appreciate who God is and the wonderful things He has done for us.

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EDGE

Middle School Ministry

