

# Catholicism

Grade 10

Educational Publications Department

First Print - 2014

Second Print - 2015

Third Print - 2019

Fourth Print - 2020

All Rights Reserved

ISBN 978-955-25-0567-6

Published by Educational Publications Department  
Printed by **Paramount Solutions (Pvt) Ltd**  
No:105, Lake Road, Ambathale Junction, Ambathale.

## The National Anthem of Sri Lanka

Sri Lanka Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeewanaye matha

Piliganu mena apa bhakthi pooja Namo Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Oba we apa vidya

Obamaya apa sathy

Oba we apa shakthi

Apa hada thula bhakthi

Oba apa aloke

Apage anuprane

Oba apa jeevana we

Apa mukthiya oba we

Navajeevana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada

Namo, Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

## **Foreword**

With the continuous advancement of the world, the education sector too is transformed. Therefore, if we require the creation of a student community who could confront the future challenges successfully, our learning teaching process must constantly utilize effective approaches. It is our responsibility to disseminate the knowledge of the new world while assisting to create global citizens with good values. Our department is actively engaged in producing learning tools with the great aim of contributing to enlighten the minds of the children of the country.

A textbook is a repository of knowledge. At times, it takes us to a world of entertainment while developing our critical thinking faculties. It promotes our hidden potentials. In the coming years, the memories related to these textbooks will bring you happiness. While making the maximum use of this valuable learning tool, you must essentially access other useful knowledge spaces too. I wish that you would gain the ability to enlighten the future as citizens with knowledge and values by using this textbook.

I would like to bestow my sincere thanks on the panels of writers, editors and reviewers as well as on the staff of the Educational Publications Department for the contribution made on this endeavor.

**W.M. Jayantha Wickramanayaka,**

Commissioner General of Educational Publications,

Educational Publications Department

Isurupaya,

Battaramulla.

13.03.2020

## ***Monitoring and Supervision***

**W. M. Jayantha Wickramanayake**

- Commissioner General of  
Educational Publications Department

## ***Direction***

**W.A. Nirmala Piyaseeli**

- Commissioner (Development)  
Educational Publications Department

## ***Co-ordination***

**R.D. Wijewickrama**

- Deputy Commissioner  
Educational Publications Department

**S.G.D.N.L. Samarakoon**

- Assistant Commissioner  
Educational Publications Department

## ***Advisory Board***

Rt. Rev. Dr. Maxwell Silva

Very Rev. Fr. Daya Shelton Welikadaarachchi

## ***Panel of Editors***

Very Rev. Fr. Piyal Janaka Fernando

- National Chatechetical Director,  
No: 19, Balcombe Place, Colombo 8.

Rev. Fr. Carlton De Silva

- Lecturer, N.I.E, Maharagama.

Rev. Fr. M.G.L. Fernando

- Assistant Director of Education,  
Ministry of Education  
Isurupaya.

Rev. Fr. D.M.D.A.J.C. Dassanayake

- Visiting Lecturer, Wayamba  
National College of Education,  
Bingiriya.

## ***Panel of Writers***

Rev. Sister Mary Nimalka

- Teacher, St. Joseph's Boys' College,  
Nugegoda.

S.G.K.D.L.C. Prasad

- I.S.A. Zonal Education Office,  
Homagama.

K. Padmini Esthar Perera	- I.S.A, Divisional Education Office, Kelaniya.
W.K.M.I.S.K. Fernando	- I.S.A. (retired)
M.S. Renuka Fernando	- Teacher, Bolawalana Nimala Mariya Maha Vidyalaya, Negambo.

### ***Translation***

Rev. Sr. Mechtilde Marie Fernando	- 'Lankarama', No: 19, Balcombe Place, Colombo 8.
Anne Fernando	- Co-ordinating Officer, (Catholicism) Lyceum College, Panadura.

### ***Language Editing***

Very Rev. Fr. Daya Shelton Welikadaarachchi

### ***Proof Reading***

Rev. Fr. I.M.W. Fernando	- Principal, St. Anthony's College, Wattala.
--------------------------	--

### ***Computer Type setting***

Rose Hyacinth Pulle	- 'Lankarama', No: 19, Balcombe Place, Colombo 8.
B. Prabodhani Roofs	- 'Lankarama', No: 19, Balcombe Place, Colombo 8.

### ***Cover Page and Page layout***

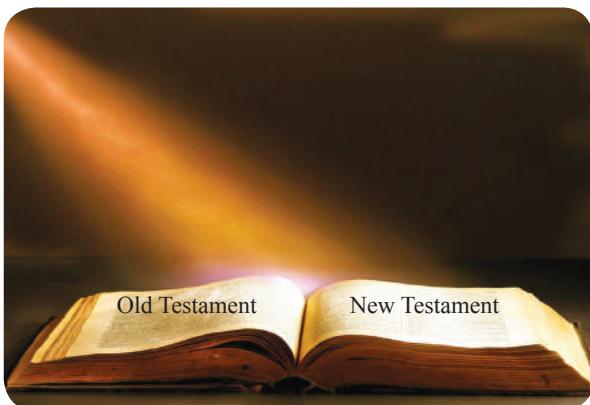
L.A. Sanduni Nilanka Pathmasiri	- Computer Assistant Educational Publications Department
---------------------------------	---

# CONTENTS

	Page
<b>The Holy Bible</b>	
1. Classification of Biblical Books of the old Testament	1
2. Classification of Biblical Books of the New Testament	4
3. Classification of Epistles	7
<b>Faith in the Holy Trinity</b>	
4. Apocalyptic Literature	10
5. Wisdom Literature	15
6. Paschal Mystery	19
7. The Early Christian Community	23
8. St. Paul	26
<b>Strength For the life of Faith</b>	
9. St. Peter	30
10. Characteristics of the Holy Church	34
11. Sri Lankan Catholic Church	37
12. The Holy Eucharist	44
<b>Living the life of Faith</b>	
13. Paschal Meal	49
14. Sacrifice of Calvary	55
15. Generous and Exemplary Lives	58
16. Love of God	64
17. A Society of Love	75
18. Let Us Protect Precious Human Life	81
<b>Life of Prayer</b>	
19. Pure Heart and Chaste Life	88
20. Material Possessions are in view of Treasures in Heaven	94
21. Let Us Live Truthfully	100
22. Liturgical Year	105
23. Holy Mass	113
24. The High Priestly Prayer	120
25. Prayer at Gethsemane	125



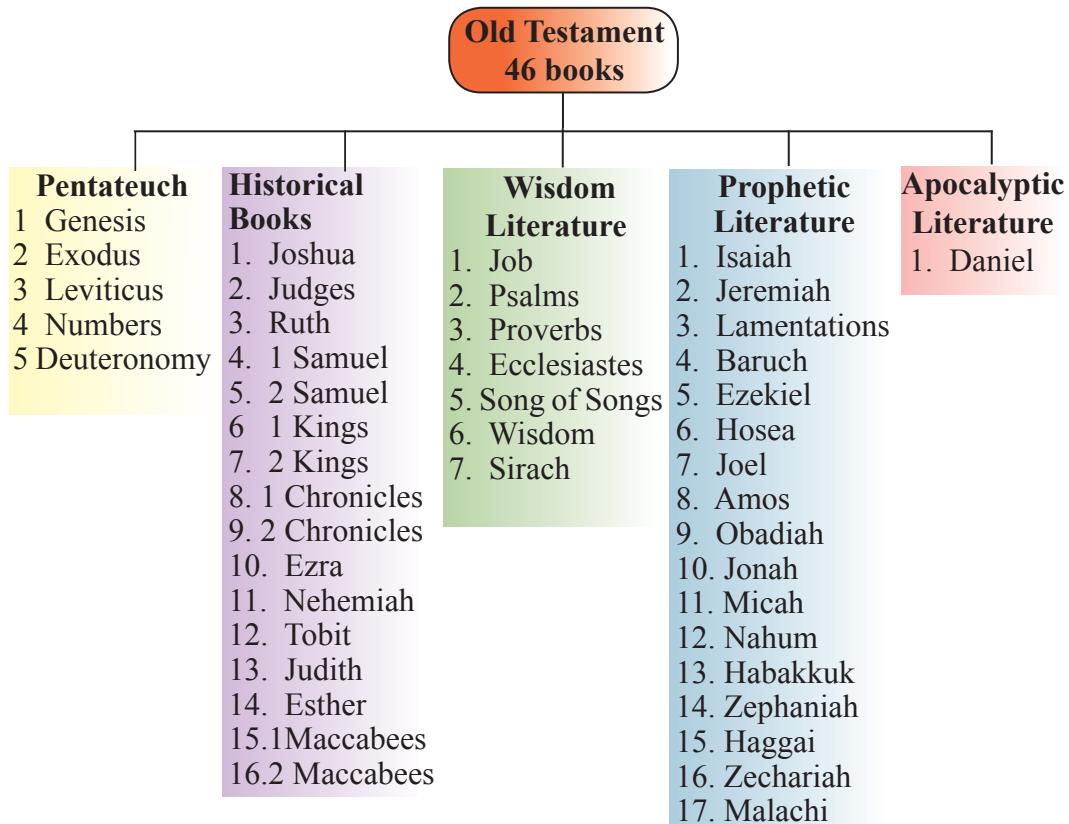
# Classification of Biblical Books of the Old Testament



Picture1.1 - The Holy Bible

The written source of Divine Revelation is the Holy Bible. It is the most sacred book of the Christians. It is not a single book. It contains a number of books, and it itself is a library. The seventy three books of the Holy Bible were written through Divine Inspiration. God is the principal author of the Holy Bible and man is the secondary author. The books in the Holy Bible were written between 950 B.C. – 100 A.D.

The books of the Holy Bible could be divided into two major sections, namely the “Old Testament” and the “New Testament”. In the Old Testament there are 46 books, which can be divided into five sections.



## **Historical Books of the Bible**

The Old Testament consists of History of Salvation. ‘History’ of salvation, is not a record of historical events or time periods or life stories. The experiences and incidents of people of Israel have been interpreted in the light of faith. Its aim is to develop the faith of the readers. There are 16 (sixteen) Historical Books. We can identify them from the above Table.

When we study from the Book of Joshua to 2 Kings, it is clear that when the Israelites and their faithfulness to the covenant of Sinai (Ten Commandments) they were victorious or when they were unfaithfulness they were defeated to God. This shows that by being faithful, one can receive God’s graces and by going against, one has to face difficulties. Therefore, we can receive God’s blessings by living according to the covenant of Sinai or Ten Commandments.

Books of Esther and Ruth are two popular historical books. Solutions to the problems of people or a person are interpreted from a theological point of view.

The books of Ezra or Nehemiah contain the social and religious restoration of the nation of Judah after the Babylonian exile.

Accordingly it is clear that the historical books of the Old Testament has theological history and that God has been active in human history.

## **The Holy Bible and the Living Tradition of the Church**

The Divine Word is the basis of Christianity. God created the world by the power of the Divine Word. This Divine Word was handed down from one generation to the next by the oral tradition. For example, in the New Testament the first Gospel was the Gospel of Mark. It was written in 64-66 A.D. Until then any word said by Jesus Christ was not recorded in any Gospel. From then onwards what Jesus did and said was compiled into four Gospels. Yet only a small quantity of what Jesus said and did was written. Gospel of St. John bears witness to this. “Now Jesus did many other signs in the presence of his disciples, which are not written in this book” (John 20:30).

“There are also many other things that Jesus did which every one of them to be written, I suppose that the world itself could not contain the books that would be written” (John 21:25).

Accordingly it is clear that most of the things that Jesus said and did were not recorded in the four Gospels. Though they are not recorded we cannot leave them out. The Holy Mother Church through the Living Tradition of the Church pass them on to the faithful. The teachings that are there in the tradition are also a part of the Divine Word. The Word of God that is there in the Church Tradition will last forever. It is proved by the words of St. Peter "The Word of the Lord endures forever. That Word is the good news which was preached to you"(1 Peter 1:25).

The Word of God (Divine Revelation) has two sources

1. The Holy Bible
2. The Living Tradition of the Church.

In the Living Tradition, the teachings coming down from the time of the apostles are found. This clearly reveals the identity of the Catholic Church. All the other Christian Denominations have started afterwards. Only the Catholic Church goes back to the Apostolic times and the traditions coming down from the time of Apostles belong to the Catholic Church. Therefore, the Catholic Church follows all the apostolic traditions, teachings and liturgical practices. If the Catholic Church follows anything that is not found in the Holy Bible, the Church has received those from the Living Tradition and those have been nourished in the light of the Holy Spirit.

### Activity

1. Name the two sources of Divine Revelation.
2. Other than the Holy Bible, what is the source that has teachings, followed by the Catholic Church, but not found in the Holy Bible?
3. According to the Classification of the books in the Old Testament to which groups Exodus, Joshua, Psalms, Jeremiah and Daniel, belong to?
4. What is a religious history?
5. Write an incident, in which you experienced God.

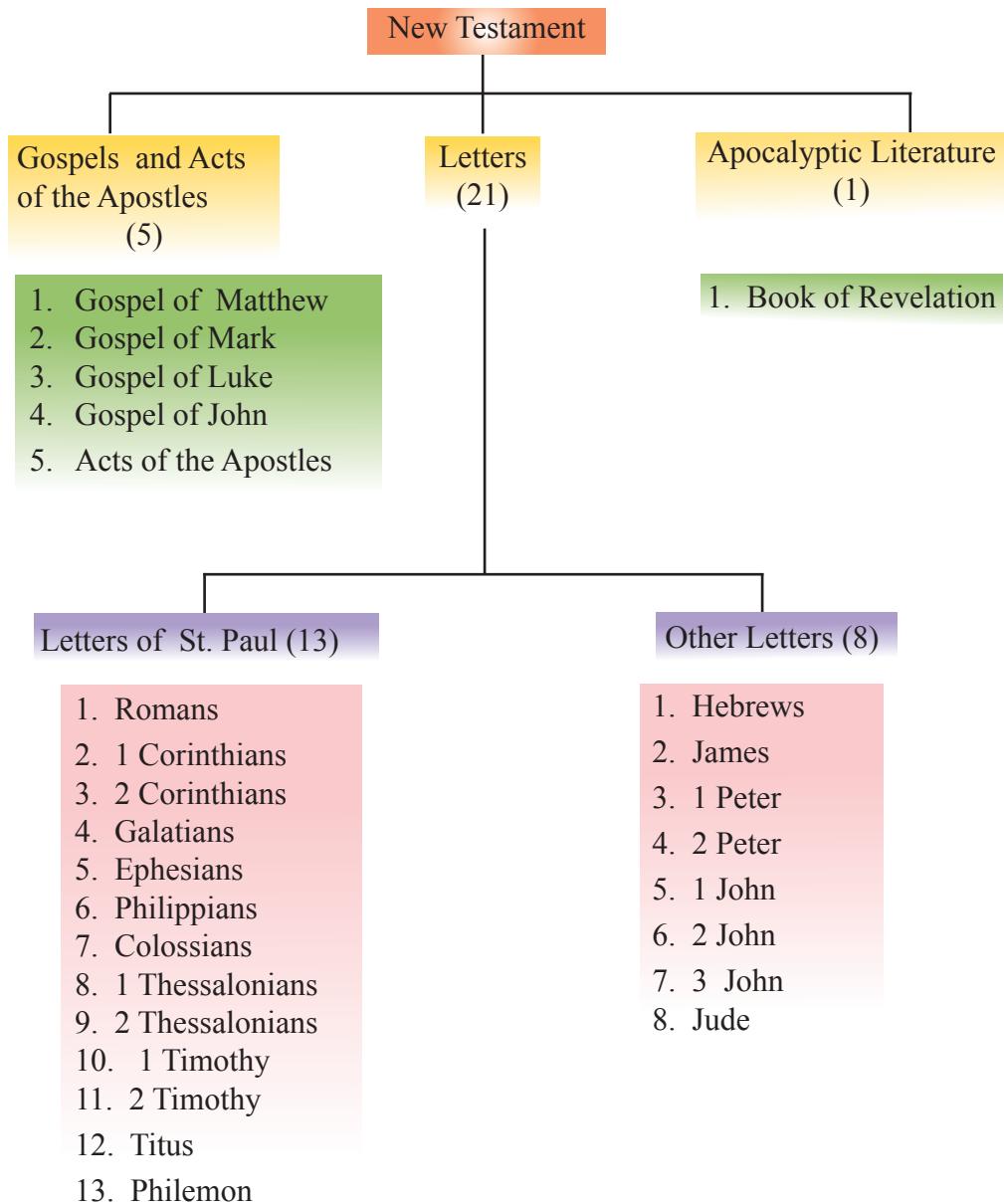


### For life

- Find the answers for your daily problems through Holy Bible.
- Let us identify God, who is working in us.
- Let us lead a righteous life by observing ten commandments.
- Let us look at the life's incidents in the light of faith.
- When we face problems, pains and sufferings, let us witness to our faith by avoiding other beliefs.

## 2

# Classification of Biblical Books of the New Testament



There was a new proposal from Grade 10 students to their principal of Dahan Pasala. That is to teach to those who were weak in reading and writing. With the Parish Priest's permission, students were able to carry out their proposal. The parishioners were pleased with these children, their enthusiasm and effort. They gave their support by supplying food and necessary stationary which they needed for their project.

Having heard about this programme, other children of the village also came and joined them, irrespective of their religion and nationality. The Parish Priest and the villagers were pleased with their programme and encouraged them.

For their work, the Apostolic Church is a good example as mentioned in the Act of the Apostles.

## **Acts of the Apostles**

Author of the Acts of the Apostles is St. Luke, the evangelist, who wrote the Gospel of Luke. Most of the people think that it is the second volume of Luke's Gospel. Both books were presented to a nobleman, whose name was "Theophilus" (Luke 1:1-4; Acts 1:1) which means "God's friend".

St. Luke was a historian, artist and doctor, who joined St. Paul's second and third missionary journeys.

Acts of the Apostles was written between 80-90 AD. in Achaia, a territory of Greece

Having filled with the power of the Holy Spirit, the apostles preached the Good News in Jerusalem, Judea, Samaria and to the end of the world (Acts 1:8). This book contains what they did. Having become a friend of God we must proclaim the Good News of Jesus Christ.

## **The Structure of the Book of the Acts of the Apostles**

1. Preparation for the mission (Acts 1)
2. Witnessing in Jerusalem (Acts 2-7)
3. Witnessing in Judea and Samaria (Acts 8-12)
4. The mission of St. Paul (Acts 13-28 )

## Activity

R	C	O	R	I	N	T	H	I	A	N	S
O	P	J	E	P	H	I	L	E	M	O	N
L	O	V	P	R	O	M	A	N	S	I	A
L	U	K	E	C	A	O	D	K	J	O	C
O	T	I	T	O	B	T	I	T	U	S	T
S	A	J	E	J	O	H	N	V	D	A	S
S	M	A	R	K	I	Y	A	N	E	C	L
I	P	M	A	T	T	H	E	W	I	S	D
A	R	E	V	E	L	A	T	I	O	N	W
N	O	S	G	A	L	A	T	I	A	N	S

1. The books of the New Testament are hidden in the above Table. Find them out and highlight.
2. Write four characteristics of the first Christian Community.
3. Mention four things that you can do to be a good friend of God.
4. Write an article about "The Acts of the Apostles" and send it to the Catholic Messenger to be published in the children's page.



### *For life*

- Read a passage from the Acts of Apostles during the prayer time at home.
- Give priority to practise the characteristics of early Christians.
- Be generous with classmates.
- Be a missionary by exemplary life.

**Hashen :** Mother, come and see

**Mother:** What is it, Son?

**Hashen :** My article is in the news paper

**Mother:** It is true. "Is it a challenge to think positively?" I am really proud of you. From your childhood you were good in writing.

**Hashen :** I am also happy about it mother. A lot of people might read this; even my class teacher also had asked me to write, whenever I get a chance.

**Mother:** That's true my son, one day you should be a good writer. Any writer can do a good service to the society. There are many writers who are doing a good service. Son, do you know that there is an extraordinary writer in the New Testament He is St. Paul.

**Hashen :** Yes, as an author, St. Paul did a great service to the early Christian community; not only that, he had written most number of books in the New Testament. Mother, I like to be a writer like St. Paul.

St. Paul was a distinguished writer, who did a wonderful service during the Apostolic Era. Out of the twenty one letters in the New Testament, the authorship of thirteen letters belongs to St. Paul. Those letters were written to various people and communities. This shows the leadership and the relationship which St. Paul had with them.

## Purposes of the Pauline Epistles

### 1. Difficulty in visiting the Christian communities due to the busy work.

When St. Paul couldn't meet personally any of his community he used to guide them through a letter. Through these letters he was able to give them advice, deepen their faith and solve their problems. These letters had theological and pastoral advice.

## **2. Inability to visit the Christian communities due to his imprisonment.**

Because of his imprisonment, St. Paul couldn't visit Christian communities. Therefore, he communicated with them through letters. Examples:

1. The Letter to Colossians was written in the prison, and St. Paul was able to guide and correct the people of Colossi who were misled by false teachers.
2. The Letter to Philippians was written, when St. Paul was jailed in Rome. Through this letter St. Paul wanted to plead and ask from Philippians to be firm in their faith.
3. A personal letter to a faithful man, named Philemon was also written, while he was in jail in Rome.

## **The classification of Pauline Letters**

### **1. Letters written by St. Paul**

There are seven letters, written by St. Paul himself. They are: Letters to Romans, 1 Corinthians, 2 Corinthians, Galatians, Philippians, 1 Thessalonians and Philemon.

### **2. Deutero Pauline Letters**

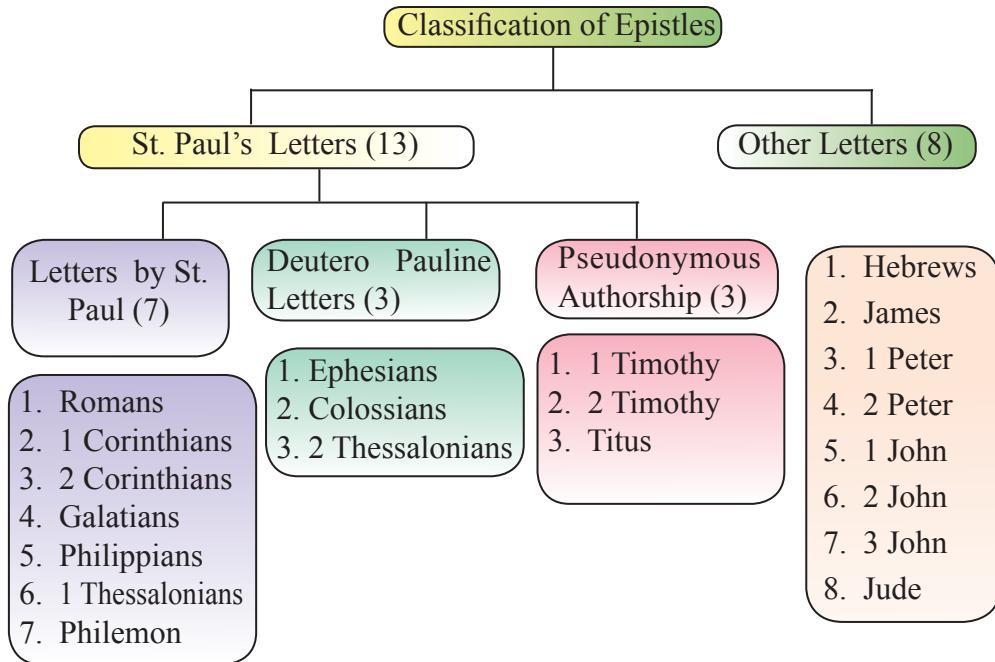
Deutero Pauline Letters were written by others but they have the ideas of St. Paul. There are three Deutero Pauline Letters, namely Ephesians and Colossians and 2 Thessalonians.

### **3. Pseudonymous Authorship**

These letters were neither written by St. Paul nor they contain the ideas of St. Paul. There are three such letters, namely 1 Timothy, 2 Timothy and Titus.

### **Other Letters**

There are eight Letters in the New Testament, named as "Other Letters". Except the letter to Hebrews, other Seven letters were written by the apostles of Our Lord, namely Peter, John, Jude and James. These letters can be referred as "Catholic Epistles" which means "Universal Epistles" or "Common Epistles."



### Activity

1. Name the seven epistles, written by St. Paul.
2. Write a short essay on St. Paul's letters under the title, "Contribution of a Catholic writer towards spreading the Good News."
3. Often the 2<sup>nd</sup> Reading of the Sunday Liturgy is taken from the letters of St. Paul. From today onwards, list the 2<sup>nd</sup> readings for three months and write down to what category they belong.



### *For life*

- Read and meditate a passage from St. Paul's Letters during your daily Prayers.
- Listen attentively to the readings of the Holy Mass.
- Get a good knowledge and understanding about St. Paul, by reading articles from Catholic papers and magazines.

Gone gone ray away  
 Em Cagain another day  
 Jottle linny wants to play  
 Gone gone ray away

Rain rain go away  
 Come again another day  
 Little Johny wants to play  
 Rain rain go away

Look at the above two stanzas. Can you understand the first one at the first sight? What is the difference between the two stanzas? When you think deeply you will understand that certain words have been changed to make it difficult for you to understand.

There are two books in the Holy Bible, which were written with symbols. These two books are named as Apocalyptic Literature. They are:

- |                       |                        |
|-----------------------|------------------------|
| 1. Book of Daniel     | - in the Old Testament |
| 2. Book of Revelation | - in the New Testament |

## Let us inquire about some common Symbols



Picture 4.1 - Pedestrian Crossing

Identifying and acting according to this symbol help to protect and prevent from accidents.



Picture 4.2 - The Burning Bush

It shows the Divine presence of God.



Picture 4.3 - Cross

This symbolizes God's love and obedience of Jesus Christ (Rom 5:8, Philip 2:8). Cross is a sign of our salvation. It is not an ornament to wear, but a venerable and sacred thing. Beside the cross, we Christians have other religious symbols. We have to use them with honour and respect.

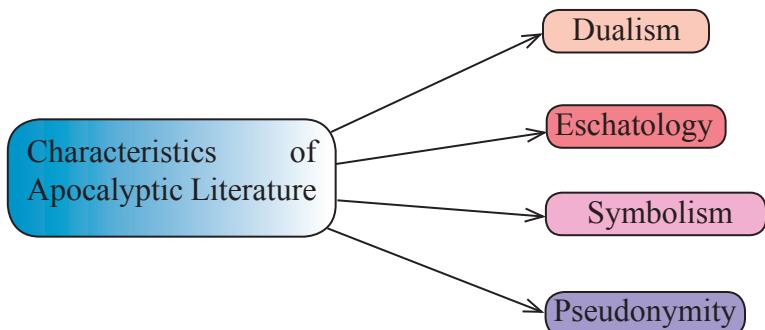
Accordingly:

- \* Symbols are important in communication.
- \* Every sign or a symbol has a special meaning.

- \* One who does not know the meaning of a symbol, cannot understand the message or give a proper response to that.

## The background and the purpose of the Apocalyptic Literature.

The meaning of the Greek word, used for "Apocalypse" is, "manifestation or revelation of a hidden thing." When prophecy was fading from the Israelite's society, Apocalyptic literature replaced it. So the purpose of the Apocalyptic literature was to strengthen and encourage the people, especially during a period of persecution.  
eg. Book of Daniel



### 1. Dualism

It is the struggle between the forces of good and that of evil.

### 2. Eschatology

Eschatology is that God will intervene in the future on behalf of his faithful, the good and bring victory to them. Until such time, it invites the faithful to endure the hardships and sufferings and live according to their faith. Therefore, we have

to keep in mind, that we could enjoy the heavenly bliss, if we bear the hardships, obstacles and problems patiently in our lives.

### 3. Symbolism

Apocalyptic Symbolism is used for two purposes.

- i. To avoid the opponents to understand this literature: If it gets into their hands it helps to protect the faithful by evading the enemies to understand what was written in the literature.
- ii. As a result, it protects the good from the forces of evil.

Sometimes these symbols are simple and other time they are complex.

#### Let us identify some of the Symbols of Apocalyptic Literature



Picture 4.4 - Lamb



Picture 4.5 - Dragon

Lamb - Christ (Revelation Ch. 5)

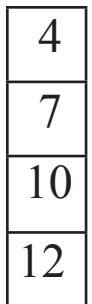
Dragon/beast - Satan/evil forces  
(Revelation Ch. 12 & 13)

## Colours



White	–	Victory	Revelation 6:2
Red	–	War or bloodshed	Revelation 6:4
Black	–	famine	Revelation 6:5
Pale	–	Death	Revelation 6:7

## Numbers



4	–	Universe	Daniel 7:2
7	–	Completeness	Revelation 13:1
10	–	Perfection	Revelation 17:3
12	–	People of God/Israel	Revelation 21:12-14

## 4. Pseudonymous Authorship

This helps to protect the author and it makes the book acceptable to the reader. To emphasize the value of the message and to popularize the book, the authorship is given to a great person.

- eg:
1. The Book of Daniel was written in the period of bitter persecution of Jews, carried by Antiochus IV Epiphanes in 167-164 B.C. But the book take its name from its hero, a young Jew called Daniel, who lived around 580 B.C.
  2. Book of Revelation was written to encourage and strengthen the Christians and to preserve their faith during the bitter persecution, carried out by Roman Emperor, Domitian in 80-96 A.D. the persecution was carried out against Christians who believed only in one God and refused to worship the Roman Emperor as their God. The authorship of the Book of Revelation is attributed to St. John, the evangelist.

## Activity

1. Name the four characteristics of the Apocalyptic Literature.
2. Describe briefly, the above mentioned characteristics.



### *For life*

- Wear a blessed cross or a medal.
- Do not go after the modern trend, which uses religious articles or symbols, as a fashion.

Nimal and Kamal were good friends, who studied in the same school. As a young boy Nimal's idea was to become a rich person. After his studies, he implemented wrong ways and means to become very rich in a short time. But Kamal who was satisfied with his job lived a peaceful life. One day Nimal said to Kamal with a painful heart, even with all his luxurious things, he is not enjoying his life very much.

With wisdom Kamal was able to live a righteous life by choosing a peaceful and correct path. He experienced success and happiness, because of his correct choice. Identifying goodness from evil and avoiding evil from our life is wisdom.

King Solomon went to Gibeon to offer sacrifices because that was the principal high place. Upon it's altar, Solomon offered thousand holocausts. In Gibeon, the Lord appeared to Solomon in a dream at night.

**God :** Ask what I should give you.

**Solomon :** You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?

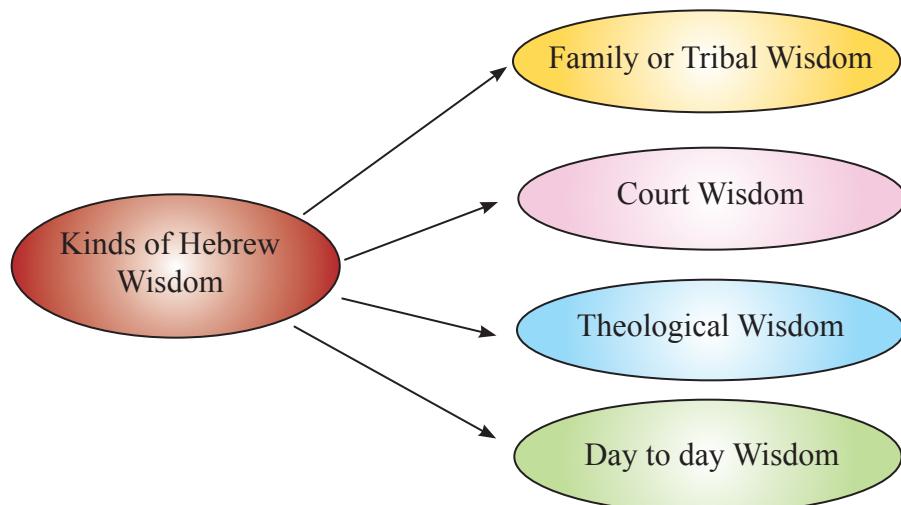
**God :** Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen you life.

(1 Kings 3:4-14)

Holy Scripture explains that king Solomon prayed not for earthly riches, but for wisdom. Because of that, God gave him long life and wealth too. Wisdom is not intelligence or passing examinations, but the ability to identify what is good from evil, and live a good righteous life according to the will of God. Wisdom is a gift of the Holy Spirit, which we have to pray daily and ask for.

## Wisdom Literature

“Hokma” is the Hebrew word, used for Wisdom in the Old Testament. Its meaning is ability to live a successful and righteous life.



## **Family or Tribal Wisdom**

This includes traditions, advice and rules necessary for the upkeeping of the family and tribe. This wisdom is a guide to protect the family and the tribe (Sirach, Chapter 3).

## **Court Wisdom**

This wisdom aims at training youth as administrators of royal courts and other administrative fields. Mostly this was meant for noblemen or royalties (Wisdom 6:1-11).

## **Theological Wisdom**

The goal of this wisdom is to analyze the purpose of life, its problems and the judgements (Job, Ecclesiastes).

## **Day to day Wisdom**

This wisdom includes the exhortations given to a person, how to face life in his day to day life. (Proverbs 6:25).

## **Seven Books belong to Wisdom Literature**

1. Job
2. Psalms
3. Proverbs
4. Ecclesiastes
5. Song of Songs
6. Wisdom
7. Sirach

## **Literary Forms of Wisdom**

In the Old Testament, wisdom is presenting in different forms. Proverbs, exhortations (Sirach, i.e Ecclesiasticus) stories (Job), poems (song of songs) are some of them. These valuable literary forms are there in the Wisdom Literature.

# The Aims and spirituality of Wisdom Literature

The main aim or the purpose of Wisdom Literature is not to give knowledge but to encourage people to live correct and righteous life which pleases God. It gives the understanding of social administration and purpose of life. It helps to live a fruitful life, pleasing to God.

Therefore if we want to lead a life of wisdom, we have to choose only goodness in our day to day life. This can be done only with the divine assistance. For that we have to pray to God daily.

Trust in the Lord, with all your heart and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.

(Proverbs 3:5-6)

## Activity

1. Name the seven books, which belongs to the wisdom Literature.
2. Write the four kinds of wisdom.
3. Write five instances that you had acted with wisdom in your life.
4. Learn byheart Proverbs 3:5-6



## For life

- In your daily prayers, as a family. pray to God for Wisdom .
- Make it a habit to think, before you speak or do anything.
- Be wise when you make a decision.
- At the end of the day, make the examination of conscience and take a resolution to correct the errors.

## 6

## Paschal Mystery

### Passion of Our Lord Jesus Christ (Luke 22:54-23:25)



Picture 6.1 – Passion of our Lord

After arresting Our Lord Jesus Christ they led Him to the house of the high priest. Even though his other disciples went away, Peter was following at a distance. In the middle of the courtyard, what Jesus had said a few hours earlier about Peter's denial, became true.

When Peter denied "I do not know him" for the third time, the Lord turned and looked at Peter. Peter understood the silent message that Jesus conveyed to him. He could not bear it up. Peter repented for what he had done. He went out and began to weep bitterly.

The men who arrested Jesus, ridiculed and beat him. At dawn they brought him before the Sanhedrin. Their main question was, "Are you the Messiah?"

but he replied to them. "But from now on the Son of man will be seated at the right hand of the power of God." With that response they were all aroused with anger, then the whole assembly arose and brought him before Pilate.

They brought charges against him, saying "We found this man misleading our people; he opposes the payment of taxes to Caesar and maintains that he is the Messiah, a king." After questioning him for some time, Pilate addressed the gathering and said that Jesus was innocent and not guilty. But they were adamant and accused him more and more.

On hearing that Jesus was a Galilean,

and upon learning that he was under Herod's jurisdiction, Pilate sent Him to Herod, who was in Jerusalem. At that time Herod questioned him at length, but he gave him no answer, because of that Herod and his soldiers treated him contemptuously and mocked him, and clothing him in a elegant robe and sent him back to Pilate. He summoned

the people and explained that Jesus is not guilty of the charges that they have brought against him. But people made a strong voice to release Barabbas, so he released the man who had been imprisoned, and gave the verdict to crucify Jesus on the Cross.

## The Crucifixion of our Lord Jesus Christ (Luke 23:26-56)



Picture 6.2 – Crucifixion of our Lord

Simon, a Cyrenian was the man who came and helped Jesus to carry his cross. A large crowd of people followed Jesus. When they came to the place, called Skull, they crucified Him and two other criminals on both sides of Him. Then Jesus said "Father, forgive them for they do not know what they are doing." While Jesus was on the

cross, they divided his garments by casting lots. They approached to offer him wine. They jeered and sneered at him; above him were written these words "This is the King of Jews"

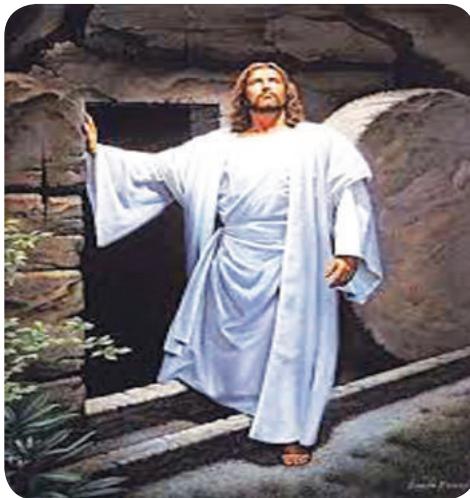
One of the criminals, hanging either sides of Jesus, mocked at him; but the other one rebuked him and said to

Jesus, “Jesus remember me when you come into your kingdom.” A firm reply came from Jesus: “Amen I say to you, today you will be with me in Paradise”. Finally, Jesus cried out in a loud voice “Father, into your hands, I commend my spirit” and when he had said this he breathed his last. The darkness

came over the whole land because of an eclipse of the sun. Then the curtain of the Temple was torn in to two.

Now there was a good and righteous man, named Joseph of Arimathea, who went to Pilate and asked for the body of Jesus for burial.

## **Resurrection of our Lord Jesus Christ (John 20:1-8)**



Picture 6.3 – Resurrection of our Lord

After three days Jesus rose from the dead. The death of Jesus brought salvation to all mankind, which was a promise of God, after the sin of Adam and Eve.

On the first day of the week, Mary of Magdala, who went to the Jesus' tomb became the first witness to His resurrection.

## **Appearances to the Disciples (John 20:19-20; Luke 24:15-35)**

On the first day of the week, which is the day of Our Lord's resurrection, two disciples who journeyed from Jerusalem to Emmaus, met a stranger who drew near and walked with them. On the way even though Jesus explained to them what is there in the scriptures about his suffering, death and resurrection, their eyes were kept from recognizing him. But the two disciples seated with Jesus to eat, they saw, how he took bread, blessed, broke and gave them. Their eyes were opened, they recognized him.

On the day of His resurrection, He came to His disciples and stood in their midst and strengthen them by saying “Peace be with you”, at the same time, He breathed on them, empowered them with the graces of the Holy Spirit, and gave the authority to forgive sins.

Thomas, the disciple, who was not there, heard about the appearance of Jesus, did not want to believe what the others said. After 8 days, Jesus appeared again and reinstated his belief; then Thomas proclaimed his faith in the Risen Lord: “My Lord, and My God.”

## New Heaven and New Earth

Genesis 1:1 “In the beginning God created the heaven and earth”.	Revelation 21:1 “Then I saw a New heaven and a New earth. The former heaven and former earth had passed away.”	Revelation 22:13 “I am the Alpha and the Omega, the First and the Last”.
---	---	---

To prepare a worthy place for mankind, in the beginning God created heaven and earth and also everything and saw it was good. Man who lives a good life under this heaven and on this earth, will inherit the Eternal life. It is the New Heaven and New Earth, which God prepared for his children. Jesus' resurrection is the fortaste of that heavenly bliss; therefore we must prepare and strive ourselves to live a holy and righteous life, like Jesus Christ, and inherit that Eternal life.

We will be fortunate to see the Risen Lord, who is in His glory in heaven. By leaving our sinful actions, living a life with constant prayer and sacrifices and receiving sacraments, let us prepare ourselves to enter worthily into the New Heaven and New Earth.

### Activity

1. Name the stations of the Way of the Cross by which we meditate upon the passion, death and the resurrection of Our Lord.
2. Write five good things, that you can do as a student to experience a new life in the New Heaven and New Earth.
3. Write a prayer, asking God to forgive your sins.



### *For life*

To inherit the Eternal life I will participate in the Holy Mass, whenever I can and receive Holy Communion.

## 7

# The Early Christian Community



Picture 7.1 – The Descent of the Holy Spirit upon the Apostles and Mother Mary

## The Pentecost (Acts 2:1-13)

Other than the Passover feast the most significant feast, is “Pentecost”, which means “Fifty”. It is a thanksgiving feast. After they collected their harvest, the Jews offered their first fruits to God to show their gratitude and with this feast they also commemorated receiving of the Ten Commandments on Mount Sinai. Because of these important incidents, most of the Jews, who lived in other territories around Judea came to the Temple of Jerusalem as pilgrims to celebrate the feast of Pentecost.

Before the Ascension, Jesus Christ promised to His disciples and Apostles, to send the Holy Spirit to empower

them. With that hope Mother Mary and the disciples gathered together and prayed for ten days from the day of the Ascension. On the day of the Pentecost, while they were praying, suddenly there came a sound like the rush of a violent wind. Then there appeared on them tongues of fire. (Acts 2:1-8). Those symbols represented the advent of the Holy Spirit, which was the promise of Jesus Christ. When they filled with the Holy Spirit, they began to speak in different tongues. At this moment, the lives of disciples changed radically. They all went out courageously as witnesses of the Word of God.

## **Peter's speech on the day of Pentecost and it's outcome (Acts 2:14-41)**

At the square of the Temple of Jerusalem, people who listened to the maiden speech of St. Peter were astonished because the apostles spoke in different tongues. The apostles, filled with the Holy Spirit, boldly started their mission as mature Christians. On the Pentecost day in his speech, Peter strongly said, “Jesus was the Son of God, who was crucified by the people of Israel. But God had raised him from death and exalted at the right hand of God.”

This boldness of St. Peter is a challenge to anyone, who does not want to be a witness to Jesus Christ. Anyone who receives Holy Spirit, becomes a soldier of Christ. Soldier is a person who has

got prepared himself with a thorough training with his arms and armour. In the same way a Christian who is filled with the Holy Spirit, should also be ready to fight against the challenges, which comes against their faith.

3000 people who listened to St. Peter's speech, repented and were baptized. From that day onwards Lord added to their number with the baptized. The “Pentecost” is the birthday of the Church. Led by the Holy Spirit, St. Peter proclaimed about Jesus to a pagan centurion, working for the battalion of Italy, named Cornelius and his family, they believed and asked Peter to baptize them. (Acts 10:1-8, 44-48)

## **Characteristics of the Early Christian Community (Acts 2:42-47;4:32-37)**

Filled with the Holy Spirit, the Early Christian community increased day by day. It had the following distinguished characteristics:

1. Teachings of the Apostles
2. Communal life (fellowship)
3. Breaking of Bread (Holy Mass)
4. Prayer.

Because of their life style, day by day people joined to the Church and the church expanded. They had to face a problem in distributing daily needs of the poor and orphans. So the twelve called together the community of disciples and agreed to appoint seven “Deacons” (Acts 6:1-7). Those seven Deacons should have following qualities:

- They should be righteous and reputable.
- They should be filled with the Holy Spirit.
- They should be filled with wisdom.

Apostles laid their hands on deacons' heads, prayed over them and assigned them with their responsibilities. Thereafter Apostles were able to preach the Good News without any distraction. The deacons were devoted for their daily distribution and gave their support to the Apostles.

### **Witness given by St. Stephen (Acts 6:8-15)**

St. Stephen was not only a deacon but also a preacher of Good News. He was killed by stoning. He was the first martyr of the Church.

### **St. James, the Great (Acts 12:1-12)**

St. James, the Great was the first apostle who became a martyr . He was beheaded by Herod Agrippa I in 44 A.D.

The followers of Jesus were able to sacrifice their lives as martyrs because as soldiers of Christ, they were filled with the Holy Spirit and became mature enough to witness to their Lord. When we receive the Sacrament of Confirmation, we too will be filled with the Holy Spirit to witness to our faith amidst challenges.

#### **Activity**

1. Write three main points found in the maiden speech of St. Peter.
2. Write in order the incidents on the day of Pentecost.
3. Write the meaning of the word "Pentecost"
4. List the characteristics of Early Christian Community.
5. Why did Apostles appoint seven deacons?
6. Write an incident, when you witnessed to your faith after filled with the Holy spirit?

#### ***For life***



- Let us witness in the world, as the soldiers of Christ.
- Let us do selfless service for the common good.
- Let us share what we have with the people in need.

1. Stretch out your hands

O Lord Jesus

Keep them on my hand  
take my hand to your service  
Jesus take my hands.

2. Stretch out your hands

O Lord Jesus

Keep them on my feet  
take my feet to  
your service  
Jesus take my feet.

3. Stretch out your hands

O Lord Jesus

Keep them on my eyes  
take my eyes to your service  
Jesus take my eyes.



Picture 8.1 – St. Paul

4. Stretch out your hands

O Lord Jesus

Keep them on my lips  
take my words to  
your service  
Jesus take my lips.

5. Stretch out your hands

O Lord Jesus

Keep them on my head  
take my wisdom to  
your service  
Jesus take my head.

6. Stretch out your hands

O Lord Jesus

Keep them on my chest  
take my breath to  
your service  
Jesus take my chest.

God gives various vocations to different people to accomplish His divine plan. St. Paul, who received a vocation, dedicated his whole life for God's service.

He was born in Tarsus, of the tribe of Benjamin. He was a Roman citizen because his father was a citizen of Rome. He studied under a famous teacher of Jerusalem, whose name was Gamaliel. He had a deep knowledge on cultural heritage of Judaism and the Law of Moses. Before he received his vocation, Paul stood for Judaism. Therefore he persecuted the Christians. It was mentioned in Acts 8:1-3. Paul was happy at the stoning of St. Stephen. By that time he had not recognized the Living Christ.

One day he was travelling from Jeruselem to Damascus to arrest Christians with the permit of the high Priest. On his journey as he was nearing to Damascus, unexpected light flashed around him and he fell on the ground. When he got up from the ground, and opened his eyes, he could not see anything. Risen Lord spoke to him and led him to change his life. In Damasus after Ananias had given baptism to him, Paul was able to get his sight once again (Acts 9:1-19).

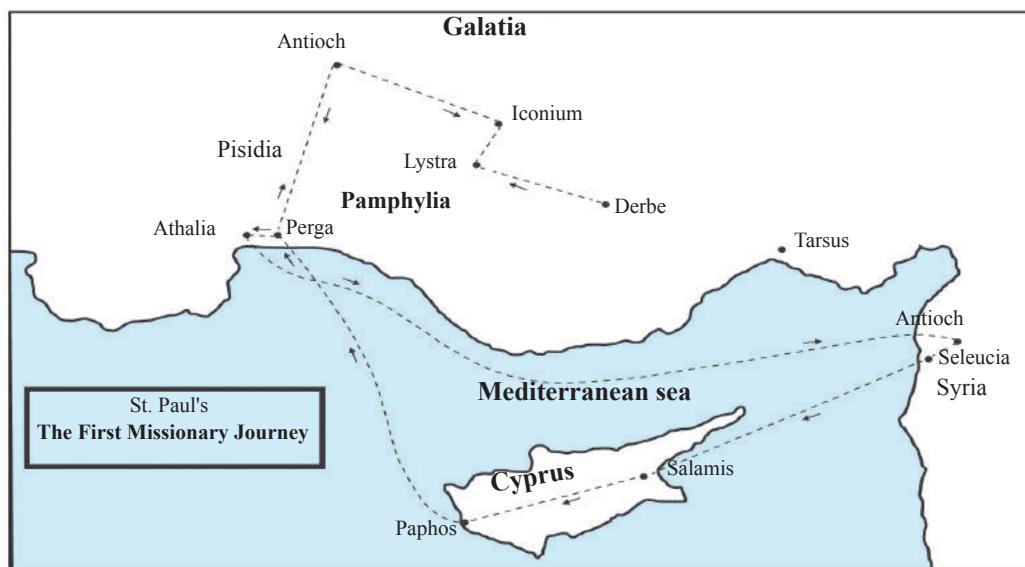
From then on St. Paul was a great missionary. He dedicated himself for very difficult tasks to spread the church from Asia minor to Greece and Rome. Because of this, Paul is called "The Apostle of Gentiles".

During his missionary journeys he had to face a lot of challenges and difficulties, such as, imprisonment, stoning, dragging out of the city, receiving accusation from Jews, etc. Paul was able to face those challenges and over come all difficulties by the power of the Holy Spirit. While he was doing his missionary work St. Paul did not get discouraged.

St. Paul wrote letters for various reasons to different Churches that he had established. The reasons are, to solve the problems of different Churches, to advise them to deepen their faith and to encourage to do their duties, to keep up their new life in Christ, to solve and giving answers to the questions which erupted about the second coming of Jesus.

## The Missionary Journeys of St. Paul

### The First Missionary Journey



(Acts 13:4-14:28)

In 47 A.D. St. Paul went with, St. Barnabus and St. John Mark on his first missionary journey.

Antioch in Syria → Seleucia → Salamis → Paphos  
Perga → Antioch in Pisidia → Iconium → Lystra  
Derbe.

St. Paul visited all these cities and started Christian communities and appointed leaders for them.

## The Second Missionary Journey



(Acts 15:36 – 18:23)

In 50 – 52 A.D. St. Paul started his journey with Silas. Later St. Timothy and St. Luke also joined with them.

Antioch in Syria → Tarsus → Derbe → Lystra → Iconium →  
 Antioch in Pisidia → Troas → Philippi → Thessalonia → Beroea  
 → Athens → Corinth → Ephesus → Jerusalem

## The Third Missionary Journey



(Acts 18: 24 – 21: 17) In 53-57 A.D.

Antioch in Syria → Derbe → Lystra → Iconium → Ephesus →  
Macedonia → Greece → Troas → Miletus → Ephesus → Jerusalem.

## Last Days of St. Paul

After his third missionary journey, St. Paul stayed in Jerusalem. Because of the accusations aimed at him by the Jews who came from Asia, St. Paul was taken into custody, while he was in the Temple of Jerusalem. Like Jesus Christ, Paul also had to face the judgements of several people. St. Paul was a Roman citizen and therefore demanded the judgement of the Roman Emperor. Thus, he was sent to Rome as a prisoner.

While he was under house arrest, he was able to preach the Good News to the Romans, who hadn't listened to the Word of God.

St. Paul spread the Christianity throughout the Roman Empire. He had to face many challenges and sufferings. Finally, he was beheaded by Nero, the Emperor of Rome (68 A.D.).

### Activity

1. Write an Essay on St. Paul.
2. Write three examples you can take from the life of St. Paul, which can be followed by the Sri Lankan faithful, who are engaged in the missionary work.

### *For life*



Let us do even a small task in the best way.

**Call of St. Peter (Luke 5:1-11)**

One day at the lake of Gennesaret Jesus got into the boat of Simon Peter, and preached the message of God to people. After He had finished His sermon, He said to Simon Peter, “Put out into deep water and lower your nets for a catch”. Peter obeyed, and said that they had been working hard all night but couldn’t catch any; but if Jesus says, he will do so. Peter and his brother were amazed, when they caught a great number of fish. They couldn’t fill the catch to their boat, so they signalled, and call the other boats too. By seeing these wonderful catch, Peter was astonished and he



Picture 8.1 - St. Peter

fell down on his knees in front of Jesus, and accepted his sinfulness. Then Jesus said to Peter, “Do not be afraid, from now on you will be catching men”. At the same time, Jesus invited Peter to follow him. Peter and his brother, Andrew left everything and followed Jesus. Another pair of brothers, John and James, the sons of Zebedee joined Peter and Andrew and followed Jesus.

**Peter's Confession about Jesus (Matthew 16:13-16)**

One day Jesus was in the village of Caesarea Philippi. He asked his disciple “Who do people say that I am? They gave different answers. Then He said to them, “But who do you say that I am?” Simon Peter said boldly “You are the Messiah, the Son of the living God.” Then Jesus said to him:

Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my Church and the gates of the Hades shall not prevail against it. I will give you the keys of the kingdom of heaven. Whatever you bind on earth, shall be bound in heaven; and whatever you loose on earth, shall be loosed in heaven.

(Matthew 16:17-19)

The words “Blessed are you”, were said to Simon, who was called by Jesus as Peter, which means “Rock”. By these words, Jesus meant that Peter will be the solid foundation of the Church. St. Peter was appointed to hold “the Keys of the Kingdom”. St. He got the authority to open and shut the doors of the Kingdom and also he got the authority of binding and loosing, which meant to forgive the sins and teaching the faith and the morals. That is how, Jesus had appointed Peter as the head of the Church.

### **Jesus gave three fold tasks to St. Peter (John 21:15-19)**

Jesus	Peter	Jesus
“Simon, son of John do you love me more than these”	“Yes, Lord, you know that I love you”	“Feed my lambs”
“Simon, son of John do you love me?”	“Yes, Lord, you know that I love you”	“Tend my sheep”
“Simon, son of John do you love me?”	“Lord you know everything, you know that I love you.”	“Feed my sheep”

St. Peter professed thrice his love for Jesus. He became the shepherd of His flock, and took the responsibility to feed the Church, the flock of Jesus. Today Pope takes the place, which was held by St. Peter, as the Head of the Church. Pope, who is the visible leader of the Catholic Church, is also known as the “Holy Father”

All those who succeeded St. Peter as the Bishop of Rome, head the Catholic

Church in continuous succession. Pope has the power and honour more than the other bishops. When a new pope is appointed to the Holy See, he takes another name. He is not obliged to any power in this world. As the members of the Church, we should obey the rules and the traditions of the Church and also respect and honour our Church leaders too.



Picture 9.2 - His Holiness Pope Francis

## His Holiness Pope Francis

Jorge Mario Bergoglio, was born on 17th of December 1936 in Buenosaires, the capital of Argentina. A labourer of railways, Mario Jose Bergoglio and his wife had this child, Jorge to their family. They had been migrated to Argentina from Italy.

After secondary education in school, Jorge Mario entered the University of

Buenosaires and got a post graduate degree in chemistry.

On the 11th of March 1958 he joined the Congregation of the Jesuits, studied Philosophy and Theology and ordained a priest on 13th of December 1969. Later he became a professor in Theology and offered his services to the Church.

The leadership qualities that he inherited from his birth, led him to become the Provincial of the Congregation of Jesuits of Argentina in 1973. He held that chair till 1979. After that he became the Rector of St. Miguel's Seminary and did his duties and responsibilities from 1980 – 1986.

In 1992 he was appointed as the Auxiliary Bishop of Buenos Aires. He became the Archbishop of Buenos Aires in 1998. On the 21st of February 2001

His Holiness Pope John Paul II had raised him as a member of the College of Cardinals. He did his responsibilities very ardently and dedicated his life for the social Justice of the world.

He lived a very simple life. He had written several books on religion, socio economic and political problems. On the 13th of March 2013, he was appointed as the 266th pope and the visible head of the Catholic Church.

### Activity

1. Where did Jesus appoint Peter as the head of the Catholic Church?
2. What is the meaning of the word “Peter”
3. What is the greatest declaration of St. Peter?
4. To whom did Jesus say a “Blessed” person?
5. According to John 21:15-19, who is the shepherd? What is his flock?



### *For life*

Let your light shine through your good deeds; then people will glorify your God, the heavenly Father.

During the Sunday holy mass, when we profess the “Creed” we say, “I believe in the One, Holy, Catholic and Apostolic Church.” This Article of faith, enumerates the most important and essential characteristics of the Church.

1. One
2. Holy
3. Catholic
4. Apostolic

## 1. The Church is *One*

The “One” means the unity of the Church. The source of this unity is the Holy Trinity, Father, Son and the Holy Spirit. All the members of the Church, have been called by God the Father, all of them belong to Jesus Christ; all are fulfilled with the Holy Spirit. This unity can be explained by the concept of “Mystical Body of Christ.” Jesus Christ is the head of this Mystical Body, all those who are baptized are the members of that body.

If the parts of the body get separated from its head or its body, body will become disfigured or deformed (1Cor. 12:13).

From the beginning there have been obstacles against this unity. Where there is sin, there are divisions, heresies and conflicts. It is the bounden duty of priests, religious and laity to pray and secure the unity of the Church. Jesus also prayed for the unity of the Church.

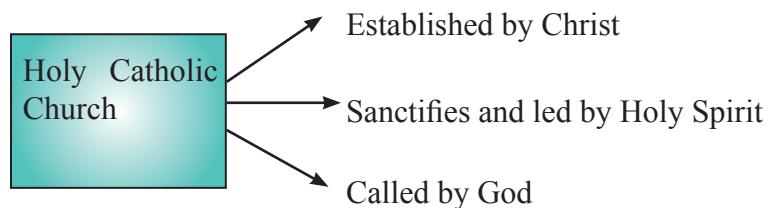
I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I in you, they also may be in us, so that the world may believe that you have sent me.

(John 17:20-21)

## 2. The Church is *Holy*

A person or thing is holy to the extent that he or it is related to God.

eg: Holy Land, Holy Bible, Holy Pictures, Holy Rosary, Sacred Vessels, Holy Church. All these things are sacred or holy, because they have some connection to the Holy Trinity.



Because of this relationship, the Church is holy. Its holiness cannot be lost. But we sin. So the Church embraces the sinners and call them to repent. So we must repent and get our sins absolved.

## 3. The Church is *Catholic or Universal*

The Church is Catholic or universal, because she is not limited to one country or one province. The Catholicity of the Church is twofold.

1. The Church is Catholic because Christ is present in her.
2. The Church is Catholic because she had been sent out by Christ on a mission to the whole of human race.

The universality of the Church develops only when the good news had been spread throughout the world and to all ages. Because of that, the Church is missionary. We are to spread the word of God. It makes Church more catholic, i.e. universal.

## **4. The Church is *Apostolic***

The Church is apostolic, because of the identity or her close relationship and the mission, that she has with the Apostles. When the Church conform to the faith, the lifestyle and the missionary mandate of the Apostles she becomes Apostolic, because she was built on the foundation of the Apostle. Apostle is “the one who has been sent.”

### **Activity**

1. Write two things which you can do to develop the unity (oneness) of the Church?
2. Write three things that you can do to improve your holiness.
3. Write five things to improve “Catholicity” of the Church.

### ***For life***



There are many parts yet one body.

**But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.**

**(Acts 1:8)**

The above invitation of Jesus also got realized when the good news of our Lord reached to our country. Catholic History of Sri Lanka can be divided into five eras.

- |  |   |                  |
|--|---|------------------|
| 1. Before the Portuguese Period          | - | Before 1505 A.D. |
| 2. Portuguese Period                     | - | 1505 – 1658 A.D. |
| 3. Dutch Period                          | - | 1658 – 1796 A.D. |
| 4. British Period                        | - | 1796 – 1948 A.D. |
| 5. The Period After the National Freedom | - | After 1948 A.D.  |

## 1. Before the Portuguese Period (Before 1505 A.D.)



Picture 11.1 - The Cross found in 1912 in Anuradhapura

According to the book, Topographia Christiana, written by Cosmos Inodicopleutus in the 6th Century, i.e. before the Portuguese arrived in Sri Lanka, there were Christians in Anuradhapura, Sri Lanka.

In 1912, a stone on which a cross was engraved has been found in Anuradhapura. It is believed that it is similar to the cross, used by the disciples of St. Thomas, the Apostle.

There are different opinions among the learned that there had been Christians in Sri Lanka before the 6th century. It is at the level of discussion.

When Sri Lankan coastal area was under Portuguese rule, it was the missionaries and their companions who made a formal effort to spread Christianity in the Island and to establish Catholic Church in Sri Lanka.

## **2. Portuguese Period (1505 – 1658 A.D.)**

By chance the Portuguese came to Sri Lanka on 15th November 1505 A.D. They came only for trade, but King Buwaneka Bahu VII, the king of Kotte got them involved in politics. As requested by the king in 1543, a team of Franciscan Missionaries came to Sri Lanka and got involved in the missionary work enthusiastically.

After the Kingdom of Kotte came under the reign of Portuguese, missionaries of different Congregations were sent to Sri Lanka to serve the Catholics of Sri Lanka.

- \* 1602 - Jesuits missionaries
- \* 1605 - Dominicans missionaries
- \* 1606 - Augustinians missionaries

Most of them got involved in Catechesis and also did their missionary work and other charitable services. They gave priority to education.

## **3. Dutch Period (1658 – 1796 A.D.)**

The Dutch period was a time of persecution for the Catholics who lived in the coastal areas of Sri Lanka. All the Catholic priests were expelled from the country. All Catholics were prohibited to practise Catholicism. All the Catholic Churches, schools and charitable institutions were taken over by the Dutch and handed over by the protestant priests, and some of them were demolished or destroyed. In every school they taught Protestantism to each and every child. The parents who did not send their children to those schools were taxed. They did not accept marriages which were not solemnized in the Protestant Churches. Out of all these difficulties, things the main problem, faced by the Catholics was, the absence of a Catholic priest among them to receive Sacraments. In the midst of all these challenges, Sri Lankan Catholics protected their faith for about 30 years without a priest.

Those who migrated to the kingdom of Kandy, got some kind of freedom, but they neither had a priest nor a Church for their religious practices. In 1687 A.D. God's messenger was sent to Sri Lanka to rescue the Catholics from this unpleasant situation. He is none other than St. Joseph Vaz who came from India to rekindle the faith of the Sri Lankan Catholics.

## St. Joseph Vaz, The Apostle of Sri Lanka



Picture 11.2 - St. Joseph Vaz

### Meaning of the Hymn in honour of St. Joseph Vaz

#### *Chorus -*

O most ven'able, O most laudable  
Joseph Vaz...faithful apostle, servant and priest of God,  
By your brave and fearless love – to our rescue you came,  
Preaching the word – bringing the light of Christ to our motherland.

1. You came in search of those who were – Involved in sin and shame,  
A shepherd true you daily toiled – With love of God inflamed,  
Teaching people the true faith – And feeding them with true bread,  
Your saintly life has won for us – Fresh dawn of Grace in Christ.//

*Chorus*

2. You walked the length and breadth of land–Through forests hills and plains,  
Donning the garb of mendicants – Suffering you bore and pain,  
Teaching people the true faith – And feeding them with true bread,  
Your saintly life has won for us – Fresh dawn of Grace in Christ.//

*Chorus*

3. The thoughts and ways led every men – go after earthly pleasures,  
Social status, money and power—which make them enslave to the world,  
You destroyed all men's desires – and won for them eternal joy,  
The love you shed safe guard the faith – of Christ's heavenly grace.//

*Chorus*

St. Joseph Vas was born on the 21<sup>st</sup> of April 1651 A.D. in a small village called Sancoale, Goa a, highly populated Catholic area of Western India. Though a Brahmin by caste, his family bore Portuguese name Vaz. His parents were Christopher Vaz and Maria Miranda. Since from his childhood, he was pious and devout and was ordained as a priest in 1676. He heard about the pathetic situation of Sri Lankan Catholics. Fr. Joseph Vaz was trying to find a way to enter Sri Lanka by avoiding the Dutch soldiers, guarding the coastal belt of Sri Lanka. God's plan worked. Being an Oratorian priest, he disguised himself as a labourer, and came to Mannar by a trade ship.

He came to an unknown land, to serve an unknown people without knowing a single word of their language. From that day till his death he dedicated his life to go in search of helpless Catholics. He did a commendable service without thinking about his comforts.

### **St. Joseph Vaz had performed number of Miracles**

- \* Miracle of rain in Kandy during the severe draught.
- \* Walked across the Deduru Oya, when there were strong currents.
- \* Taming a rogue elephant in the forest.

Father Joseph Vaz was able to win the hearts of the people, as well as the Kandyan king, Vimala Dharmasuriya II. They were fascinated by his kind hospitality and care to the patients, who suffered from the small-pox epidemic. He walked on barefoot through forests, hills and plains to serve the people. He led a simple exemplary life and lived in poverty. To expanded his services to different places, he appointed lay leaders like Annavi, Muhuppu, Sacristans. He served in North, South and Central parts of Sri Lanka with all the difficulties. He died on the 16th January 1711 A.D., when he was at the age of 60. Out of 35 years of his priestly life, he served 24 years to our motherland, Sri Lanka. At the last moment of his life, the fellow priests begged Fr. Joseph Vaz to give them an advice that might be useful for the rest of their lives. St. Joseph Vaz said in Sinhalese. "No one can realize a task at the time of his death what he has ignored during his life time." This was his last advice. A happy day was dawned to Sri Lankan Catholics, when His Holiness Pope John Paul II (Saint John Paul II) beatified Father Joseph Vaz on the 21st January 1995. His Holiness Pope Francis canonized him on 14<sup>th</sup> January 2015 when he visited Sri Lanka.

## **Rev. Father Jacome Gonsalvez**

In 1705 A.D. Father Jacome Gonsalvez came to Sri Lanka. With the guidance of St. Joseph Vaz, he had written several books in Sinhala and Tamil languages; some of them are Deva Veda Puranaya, Veda Kavyaya, Pasan Potha and Mangala Geethaya. Sri Lankan Catholic Church is truly grateful to Father Jacome Gonsalvez for his pioneering efforts in inculcation and his contribution to Sri Lankan Catholics literature, drama, poetry and music. He died on 17<sup>th</sup> July 1742 and was buried in Bolawatta Church.



Picture 11.3 - Fr. Jacome Gonsalvez

## **4. British Period**

In 1796 after handing over the areas to the British, which were under the Dutch rule, British were able to broaden their reign from coastal area to the whole island by 1815. They lifted up the ban on Catholicism and gave freedom to all religions, allowing all to practise their own faith in Sri Lanka.

During this era some religious congregations came to serve in Sri Lanka:

- ★ Order of Sylvestro Benedictines
- ★ Oblates of Mary Immaculate
- ★ Society of Jesus (Jesuits)
- ★ De Salle Brothers
- ★ Marist Brothers
- ★ Holy Family Sisters
- ★ Good Shepherd Sisters .
- ★ Franciscan Missionaries of Mary
- ★ Little Sisters of the Poor

## **5. The Period After the National Freedom (After 1948)**

After independence in 1948, the most difficult problem, faced by the Sri Lankan Catholic Church was the take over of the Catholic schools by the government in '1961. Because of that, the religious environment which was prevalent in the school education was lost. Teaching of religion in schools was limited to two periods. The responsibility and authority of administering the Catholic schools, such as recruiting teachers and giving appointments for them were done by the government. The Catholic identity and the environment in our school system were lost gradually. In the decade of 1960 all the missionaries who had come from abroad, had to leave our motherland due to non-renewal of visas.

After the independence local Archbishops and Bishops were appointed.

Some of them have already gone to their reward in heaven. Some of them are retired.

Colombo	Most Rev. Dr. Thomas Cardinal Cooray	Departed
Colombo	Most Rev. Dr. Nicholas Marcus Fernando, Archbishop of Colombo	Retired
Colombo	Most Rev. Dr. Oswald Gomis Archbishop of Colombo	Retired
Kurunegala	Most Rev. Dr. Raymond Peiris	Retired
Galle	Most Rev. Dr. Anthony Seram	Departed
Galle	Most Rev. Dr. Don Sylvester	Departed
Galle	Most Rev. Dr. Elmo Perera	Departed
Chilaw	Most Rev. Dr. Edmond Peiris	Departed
Chilaw	Most Rev. Dr. Frank Marcus Fernando	Departed
Kandy	Most Rev. Dr. Paul Perera	Departed
Anuradhapura	Most Rev. Dr. Henry Goonawardane	Departed
Jaffna	Most Rev. Dr. Emilianus Pillai	Departed
Jaffna	Most Rev. Dr. Diyogu Pillai	Departed
Badulla	Most Rev. Dr. Leo Nanayakkara	Departed
Badulla	Most Rev. Dr. Edmond Fernando	Departed
Trincomalee	Most Rev. Dr. L. R. Anthony	Departed

An Island wide Daham Pasal System was introduced and Catechetical Centres were started in all the dioceses. In the light of the second Vatican Council, Sri Lankan Church look forward to inculcate herself. By 2012, there were 12 dioceses in Sri Lanka. The Names and Bishops of those Dioceses are:

1. Colombo → His Eminence Malcolm Cardinal Ranjith  
(Archbishop of Colombo)  
Most Rev. Dr. Marius Peiris  
Most Rev. Dr. F.L. Emmanuel Fernando  
Most Rev. Dr. Maxwell G. Silva
2. Jaffna → Most Rev. Dr. Justin Bernard Gnanapragasam
3. Kandy → Most Rev. Dr. Joseph Vianney Fernando
4. Galle → Most Rev. Dr. Raymond Wickramasinghe
5. Trincomalee → Most Rev. Dr. Christian Fmmanuel
6. Chilaw → Most Rev. Dr. Valence Mendis
7. Badulla → Most Rev. Dr. Winston S. Fernando (S.S.S.)
8. Mannar → Most Rev. Dr. Rayappu Joseph
9. Anuradhapura → Most Rev. Dr. Don Nobert Andradi (O.M.I.)

10. Kurunegala → Most Rev. Dr. Harold Anthony Perera
  11. Ratnapura → Most Rev. Dr. Cletus Chadrasisri Perera (O.S.B.)
  12. Batticaloa → Most Rev. Dr. Ponniah Joseph
- \* The above list of Archbishops who are appointed for these 12 dioceses can change from time to time.

### Activity

1. Name two missionary groups, which came to Sri Lanka when the Portuguese were ruling the coastal areas.
2. Name two priests, who protected the Catholic faith in Sri Lanka, when the Dutch were ruling the coastal areas.
3. Name two missionary groups who came to Sri Lanka during the British period.
4. Write two problems, which the Sri Lankan Catholic Church had to face after the independence of Sri Lanka.



*For life*

Let us contribute ourselves to  
spread the Good News.



Picture 12.1 - Last Supper

When the hour has come for Jesus to depart from this world on Holy Thursday at the Last Supper, Lord Jesus instituted the Holy Eucharist in order to stay with us forever. Then He told the apostles to do it over and over again in remembrance of Him. Through the Holy Sacrifice of the Mass, it is being perpetuated to the end of the world. Jesus is truly alive in the Holy Eucharist.

In the Catholic liturgy, the central place is given to the Holy Eucharist because the living Jesus is present in it. Therefore, it is called “the Sacrament of all the Sacraments.” Jesus offers Himself as a sacrifice to the heavenly Father and nourishes us with His own body and blood through the Sacrament of Holy Eucharist.

## Characteristics of the Holy Eucharist

### 1. Holy Eucharist is a Sacrament

On Holy Thursday at the Last Supper, Jesus instituted this most august Sacrament where He is really and truly present.

## **2. It is a meal**

“Those who **eat** my flesh and **drink** my blood have eternal life, and I will raise them up on the last day, for my flesh is true **food** and my blood is true **drink**. Those who **eat** my flesh and **drink** my blood abide in me and I in them” (John 6: 54-56). We receive the flesh and the blood of Jesus sacramentally in the Eucharist.

## **3. It is a sacrifice**

He took a loaf of bread, and when he had given thanks, He broke it and **gave it** to them saying “This is my body which is **given for you**. Do this in remembrance of me.” And he did the same with the cup after supper saying “This cup that is **poured out for you** is the new covenant with my blood” (Luke 22:19-20).

## **4. It is a Covenant**

In the same way He took the cup after supper saying, “This cup is the new **covenant** in my blood. Do this, as often as you drink it, in remembrance of me” (1 Corinthians 11:25).

## **5. It is a thanksgiving**

Then He took the cup and after **giving thanks** He said, “Take this and divide it among yourselves; for I tell that from now on I will not drink of the fruit of the vine until the kingdom of God comes” (Luke 22:17).

Then He took a loaf of bread, and when He had **given thanks**, He broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me” (Luke 22:19).

## **6. It is a remembrance**

When He had given thanks, He broke it and said “This is my body that is for you. Do this in **remembrance** of me” (1 Corinthians 11:24).

Those who partake of the Eucharistic meal, live in Christ and Christ Jesus lives in them forever. We who receive Jesus, become one body. That is the Mystical Body of Christ and it is the Holy Church. Therefore, we too like Jesus should be ready always to break ourselves and give ourselves for others. We must selflessly work for the betterment of others and should work for the development of the Church. We must be always ready to perpetuate Christ’s sacrifice on the cross and be sharers of His Sacrifice.

# **The Names in the New Testament for the Holy Sacrifice of the Mass**

## **1. Breaking of Bread**

“Then they told what had happened on the road, and he had been made known to them in the breaking of bread” (Luke 24:35).

“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and prayers” (Acts 2:42).

## **2. The Lord’s Supper**

When you come together, it is not really to eat the Lord’s Supper that you eat. (1 Corinthians 11:20).

## **3. New Festival of Easter**

Therefore let us celebrate the festival, not with the old yeast, the yeast of malice and evil, but with the unleavened bread of sincerity and truth (1 Corinthians 5:8).

## **4. Sharing of Body and Blood of Christ**

The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread we break, is it not a sharing in the Body of Christ? (1 Corinthians 10:16)

## **Prefigurations of the Holy Eucharist**

### **★ Sacrifice of King, Melchizedek**

Priest-king, Melchizedek of Salem brought out bread and wine for the first time offered a sacrifice to Almighty God; he was priest of God Most High (Genesis 14:18-20).

### **★ Manna from Heaven**

Then the Lord said to Moses “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for the day” (Exodus 16: 4).

## ★ The First Passover meal

In remembrance of leaving Egypt in haste and escaping from savory, Israelites had a meal of unleavened bread and drank wine from the cup (Exodus 12:15-20).

## ★ The Miracle of the Multiplication of Loaves

All the four evangelists mention this miracle in their Gospels. This is the only miracle that is recorded in all the four Gospels (Mathew 14:15-21, Mark 6:35-44, Luke 9: 12-17, John 6:5-13). The basic characteristics found in the Holy Mass is found in this miracle. “He **took** the bread, gave **thanks, broke** it and **gave** it to them.”

## ★ The teaching, “I am the bread of life”

“I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty (John 6:35).

We, who receive the Holy Eucharist, believe that Jesus is really and truly present in the Holy Eucharist. The miracle that took place in Lanciano in Italy is a good example that Jesus is alive and truly present in the Holy Eucharist.

## Eucharistic Miracle at Lanciano



In the year 800 A.D. in the city of Lanciano, Italy, one of the monks, a priest said mass in the little chapel, consecrated to St. Legontian. He often had a doubt whether the host and the wine were transformed into the body and blood of Christ at the words of consecration during Mass. One day during Mass, when he pronounced the words of consecration, the white host became a lump of flesh and the wine turned into human blood. This lump of flesh and the blood are preserved in a special vessel in the chapel of Lanciano.

Picture 12.2 - Blessed Sacrament

In 1574 and 1970 scientific experiments were done on the lump of flesh and blood. It was revealed that the lump of flesh belongs to a human body and it was taken from the heart muscle and the blood belongs to AB positive blood group. It contains proteins, calcium, potassium and other substance that a living human beings blood has. Though that piece of flesh and blood were open to environmental conditions for than twelve centuries, they remain intact.

In 1978 the NASA Institute carried out a scientific experiment on the Holy Shroud of Turin. It was revealed that the blood that was on the Holy Shroud belong to AB positive blood group. It was a wonderful revelation that the same kind of blood is found both in the Holy Shroud of Turin and the lump of flesh at Lanciano.

The duty of all our Catholics is to participate in the Holy Sacrifice of the Mass with enthusiasm, faith and love. By receiving Holy Communion whenever possible, we are able to have a closer union with Jesus, and we receive spiritual nourishment which helps us for our journey towards heaven. We must genuflect and adore the Holy Eucharist especially when Blessed Sacrament is exposed. We must pray individually and as a group before the Blessed Sacrament. Let us increase our faith in Jesus in the Blessed Sacrament.

### Activity

1. Why is it that the Catholic Liturgy gives a very prominent place to the Blessed Sacrament?
2. Write four characteristics of the Holy Eucharist.
3. Write four good qualities that one should have to receives Holy Communion.
4. Write four names that are used in the New Testament for the Holy Sacrifice of the mass.
5. Name four pre figurations of the Holy Eucharist.



### *For life*

Get sins absolved and participate in the Holy Mass worthily.



Picture 13.1 Exodus

## Paschal Meal in the Old Testartament

Son : Mama, is there any festival at our home today?

Mama: Yes, son, today is the Paschal Feast. For us, Jews, it is a very important feast.

Son : What is this Paschal Feast, Mama?

Mama: Alright son, now listen well. One day I told you that once upon a time our forefathers lived as slaves in Egypt. As slaves they had to undergo a lot of suffering.”

Son : What did they do as slaves?

Mama: They had to do hard labour with mortar and brick and every kind of field labour. They were forced to do very heavy work which made their lives very bitter. They oppressed them with forced labour and got them to build supply cities. God saw all their sufferings and oppression and delivered them from their suffering. God chose Moses to bring them back to the Promised Land.

Son : Was it possible for Moses to do that, Mama?

Mama: Yes, son, God chose Moses and sent him to king Pharaoh of Egypt. God sent Aaron to help him. God was with them to strengthen them. Today is the Paschal Feast. For us Jews, it is a very important feast.

Son : Then did king Pharaoh release the Jewish people?

Mama: No, my son. For that God sent them ten plagues. The last and the tenth plague was to kill the first born male. Beginning from the king Pharaoh's first born son, all the first born sons of Egyptians died. Even the first born of livestock died. There was great mourning and wailing in the Land of Egypt

Son : Then Mama, what happened to Israelites?

Mama: Nothing happened to Israelites. God had given instructions about this to Moses on the previous day. According to that, they killed a lamb and smeared its blood on the two doorposts and the lintel. They roasted over the fire and ate it with unleavened bread and bitter herbs. They did not leave any of its remains until the following morning. They burnt what was left behind before the morning. Then God gave them a command. "This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord. Throughout all your generations you shall observe it as a perpetual ordinance (Exodus 12:14).

Son : Thank you Mama for telling me about the Paschal festival. Now I can understand it very well.

Once a year Jewish people celebrated the Paschal festival in a grand scale. They gave a very special place to the Paschal meal. The Paschal lamb had a very important significance. If a household is too small for the whole lamb it shall join its closest neighbour. The lamb shall be divided in to proportions according to the number of people who eat it (Exodus 12:4,8,20).

## **There are four Essential in the Paschal Meal:**

1. Paschal lamb
2. Unleavened bread
3. Bitter herbs
4. Wine

## Paschal Meal in the New Testament



Picture 13.2 - Holy Sacrifice of the Mass

The Last Supper of Jesus Christ on Holy Thursday was a “Paschal meal.” On that day Jesus instituted the Holy Eucharist, our eternal Paschal meal. Jesus instituted the Holy Eucharist so that He can live with us for ever, and he took the place of the Paschal lamb. On the following day he gave up his life as a sacrifice becoming the Paschal lamb in the New Testament.

Then he took bread and when he had given thanks, he broke it and gave it to them, saying, “This is my Body which is given for you. Do this in memory of me.” And likewise the cup after supper, saying. “This cup that is poured out for you is the new covenant in my blood.”

(Luke 22:19-20)

Let us make alive the Paschal Sacrifice through the sacrifice of the Mass. Let us celebrate it till the end of the world.

## Washing of the Feet and the Commandment of Love



Picture 13.3  
Jesus is washing the feet of the Apostles on Holy Thursday

Although the Synoptic Gospels, namely Mathew, Mark and Luke mention about the institution of the Holy Eucharist on Holy Thursday at the last supper by Jesus, St. John Gospel, mentions Jesus' washing the feet of his apostles after the supper on Holy Thursday. He did this because all those who partake of the body and blood of Christ must first follow the commandment of love.

Through the physical and spiritual preparation to receive Holy Communion, we show our love and reverence to Jesus in the Holy Eucharist. St. John reminds the Christian community something that all must do, but easily forget:

You call me Teacher and Lord: and you are right, for so I am. If then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.....  
I give you a new commandment: love one another. As I have loved you, so you also should love one another.

John 13:13-14,34

Neglecting the love and service, the Christian Community at Corinth had taken part in the breaking of bread. St. Paul tells them that, it is not right to do so. He admonishes the Church in Corinth:

But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. For, in the first place, when you assemble as a church, I hear that there are divisions among you.

(1 Corinthians 11:17-18)

We must live according to the commandment of love, before we partake of Holy Communion. If we have sinned against the commandment of love, before we receive Holy Communion we must be truly sorry for our sins and ask pardon from God and then only we can receive Holy Communion.

Holy Communion is not only a liturgical act but also a Sacrament of love and unity. Therefore, Sunday Eucharist is a commemoration of love and service. The sacrificial life that we lead all throughout the week by sacrificing so many things generously for others, is mixed with the holy sacrifice of Jesus and offered to our Heavenly Father.

Hence St. John is inviting all of us to make the holy sacrifice of the Mass more meaningful by putting love and service into action (as Jesus washed the feet of the apostles).

The following hymn tell us how beautiful is the love of God and love of our neighbour.

### **Love it was that made us**

Chorus:      Love it was that made us –  
                  And it was love that saved us  
                  Love was God's plan, when He made man  
                  God's divine nature is love  
                  Born of God's love we must love Him  
                  That's why He made us to love Him  
                  But only when we love all men  
                  Can we partake of God's love //

1.      Love is a wonderful thing  
                  Joy in our hearts it will bring  
                  Where there's true love there is God  
                  And where there's God there is love.
  
2.      Christ said: Love must be the sign  
                  By which men will know you are mine  
                  A new commandment I give  
                  Love each other love as I did.

(Hymn Book No. 10)

### **Preparation for Holy Communion**

Spiritual Preparation → free of sin

If you have committed a mortal sin, you cannot receive holy Communion. If so you must make a good confession before receiving Holy Communion. If you have committed any venial sins, be sorry for your venial sins at the penitential rite at the beginning of mass and be a worthy person to receive Holy Communion.

Those, who have committed a mortal sin, have no opportunity of receiving the sacrament of Reconciliation before Communion may receive Holy Communion with a truly contrite heart for the sin and with a firm decision to make Confession at the first opportunity.

(Refer: Canon Law 916)

Bodily Preparation → Abstain from taking any food or drink (fasting) at least one hour before Holy Communion (medicine and water are allowed)

### Activity

1. Write four heavy works that the Israelites had to do in Egypt as slaves.
2. Who was appointed to help Moses in saving the Israelites?
3. Name the four essentials of Jewish Paschal Meal.
4. Mention two special incidents that took place on Holy Thursday.
5. Explain the spiritual and bodily preparation before receiving Holy Communion.

#### *For Life*



We who receive Holy Communion should be always ready to break and sacrifice ourselves.

## Sacrifices in the Old Testament

In the Old Testament, the Israelites' main and central form of worship was offering sacrifices to God. For these sacrifices, they used various things, such as food and drink. Out of all these, animal sacrifice was given prominence, because it was believed that there was life in the blood of animals and the life belongs to God (Leviticus 3:17, 7:26, 17:10, 17:11).

### The purpose of offering Sacrifices

- For expiation of sins.
- to continue the relationship with God



Picture 14.1

Incense sacrifice in the Old Testament

## Two Types of Offerings:

1. Burnt Offerings :- For this, bulls (Levi. 1:3-9), sheep, goats (Levi. 1: 10-13) and birds (doves and pigeons) (Levi. 1:14-17) were used.
2. Unburnt Offerings :- Food, drink, grain, oil, wine and bread were used.

### There were four kinds of burnt offerings

1. Fully Burnt Offering
2. Peace Offering
3. Sin offering
4. Guilt Offering

## The Sacrifice of Calvary

All those sacrifices of the Old Testament were brought into fulfilment through the sacrifice of Jesus Christ on Calvary. There were different kinds of sacrifices in the Old Testament. But there is only one sacrifice in the New Testament. That is the Sacrifice of Jesus Christ on Calvary. The Sacrifice of Calvary is the most supreme, most sublime and eternal sacrifice.

He entered once for all into the Holy Place, taking not the blood of goats and calves, but his own blood, thus securing an eternal redemption.....how much more shall the blood of Christ, who through the eternal Spirit, offered himself without blemish to God, purify our conscience from dead works to serve the living God.

(Hebrews 9: 12-14)



Picture 14.2  
Consecration of Host and wine

Jesus Christ brought into fullness all the sacrifices of Israelites through his sacrifice on the cross on the hill of Calvary. That was a perfect sacrifice. Therefore it is not to be repeated like the animal sacrifices in the Old Testament. He also became the High Priest who brought about the relationship between God and man. Through the Holy Sacrifice of the Mass, He continues the sacrifice of Calvary to the end of time. Without shedding blood, it is offered sacramentally on the altar (Luke 22:17-19).

Through the Sacrifice of the Mass we build up a deep relationship with God. Hence the life of a Christian should be a constant sacrifice, offered to God. Our daily work, joys, sorrows laughter,

tears and everything should be offered to God with the Holy Sacrifice of the Mass. By being faithful to our duties and responsibilities, we bear witness to Christ, and we become useful citizens of our country.

Since we are weak human beings, we tend to fall into sin. In those situations, we should accept our sinfulness with a contrite spirit and change of heart and then we should reach the confessional and receive the sacrament of Reconciliation and rise into a new life with Christ and be united with the sacrifice of Calvary.

In the society we find various types of people namely the sick, the suffering, the poor, the lonely, the unfortunate, the helpless and sinners. As Christians it is our duty to help all these people. For this, we have to spend our time, energy, talents and money. This is a good sacrifice that we offer to God daily. On the last judgement day this will be the criteria by which we are judged by our just judge, Jesus Christ (Mathew 25: 41-46).

### Activity

1. Write two purposes of offering sacrifices in the Old Testament.
2. Mention four things that Jewish people used for unburnt offerings.
3. Write the two types of offerings.
4. Give two reasons for the sublimity of sacrifice of Calvary.
5. Give two instances that you can be a sacrifice for others.



### *For Life*

Try to spend some time in prayer before and after the Holy Mass.

## St. John Paul II



Picture 15.1 - St. John Paul II

He was born in Poland on the 18th of May 1920. His name was Karol Joseph Wojtyla. He experienced God's providence even from his mother's womb and his life was full of troubles and problems. In the midst of problems, he managed to be successful in his higher studies. When he was young, he met with a fatal accident. Surprisingly he recovered. In 1942 he entered the University of Jagilonia. Secretly he followed a Theology course with four other students, staying in the Bishop's House, because he wanted to be a priest. He became a priest in 1946 a Bishop in 1958, a Cardinal in 1967. In 1978 he was elected as the Pope and he took the name of John Paul II.

As the Pope he has visited 129 countries. He came to Sri Lanka on the 21st of January 1995 and raised Fr. Joseph Vaz to the state of Blessed. He raised 1823 holy people to the state of Blessed and the Sainthood. He was the first Pope who visited a Synagogue in 1986 and a mosque in 2001. Invited by the Eastern Orthodox Bishops he was the first Pope who went to a country where there were a large number of Non Catholics. During his papacy he wrote 14 Encyclicals, 110 Apostolic Constitutions, 11 Apostolic Exhortations a good number of letters, etc. He wrote the book "Crossing The Threshold of Hope." It has been translated into 40 languages and about a million copies have been sold. He had a great devotion to Mother Mary. It was Pope John Paul II who was responsible in breaking down the

Berlin wall that separated Eastern and Western Germany. He spoke very vehemently against the rich countries who has taken the poor countries as their prey. On the 13th of May 1981 the Turkish named Ali Agca shot him on the stomach. It was another miracle of Divine Providence that though he was fatally injured, God saved his life. His Holiness paid him a visit to the prison cell and forgave him. We can draw so many good examples from his life. He was not discouraged though he was poor and helpless. He fulfilled his responsibilities even when he was sick. Even from his childhood, he learnt to bear his sufferings and pain. He spoke bravely against injustice. He bore witness to Christ all throughout his life. He died on the 2nd of April 2005. He was beatified on the 1st of May 2011 and canonized on the 27th of April 2014.

## **Blessed Mother Teresa of Kolkata**



Picture 15.1 - Blessed Mother Teresa

She was born in Albania on the 26th of August 1910. Her baptismal name was Agnes. There were three children in the family and she was the youngest. She had a comfortable life at home and she was quite happy in the family. When she was seven years old, her father died. Her family had to struggle hard to live and they had a very hard and sorrowful life, after their father's death. Agnes saw the hard and sorrowful life that her mother was undergoing. She was drawn towards God. She got used to pray privately and as a family. She went to Church and was interested in Church work and she did her studies well.

As she wanted to be a teacher and nun, she joined the congregation of Loretto. She came to India in 1929 and made her vows taking the name "Teresa". She travelled by train daily to Kolkata and taught at St. Mary's College as a teacher.

When she was travelling by train daily she was taken up with the poor shanty dwellers on either side of the road. She had a passionate desire to help those poor and unfortunate people. On the 17th of August 1948 she received special permission from Holy Father and started a new Congregation, Missionaries of Charity.

Kolkata became a central city where there is an institution for the destitute, the helpless, the sick and the dying. She paved the way for those who are dying on the road without anybody's attention to die a death with human dignity. She asked the Mayor to give her a house for the dying so that she will look after them and help them to die as human beings with dignity.

She received a home for AIDS patients

from the Mayor of New York. In 1985 the first house for AIDS patients was opened in New York. Then she opened a school for street children. Those children were very dirty and smelling. She welcomed them with open arms. She cleaned them, gave them good and clean clothes and made them study happily. She served everybody irrespective of their colour, race, religion or nationality. She looked after refugees, orphans, the sick, the dying and the destitutes. The service that she started with five rupees in her hand with the blessing of God, spread throughout the world in a short time. This living saint died on the 5th of September 1997. On the 19th of October 2003 she was beatified by the Pope.

## St. Maximilian Kolbe



Picture 15.3 - St. Maximilian Kolbe

He was born on the 8th of January in 1894. One day when he was praying, Our Lady appeared to him. Our Lady was holding two crowns, One was with white roses, and the other was with red roses. He understood, white crown was for purity, the red one was for martyrdom. She asked him, if he was willing to accept either of those crowns. He said that he would accept both. The Virgin smiled sweetly with him. In 1907 he joined the Conventual Franciscans. He was ordained in 1918. He founded the Crusade of Mary Immaculate.

On September 1st 1939 German troops crossed the border of Poland. World War II had started. On February 17th, 1941 Fr. Kolbe was arrested for preaching a sermon on humility.

He was taken to concentration camp. One day they came to know that a prisoner was missing from the cruel camp. Commander ordered ten men to put to death. One of the ten, Francis screamed. Fr. Kolbe decided to take his place and asked nazi regime to kill him, instead of Francis.

They were sent to the death camp. On the 14th of August as he was still alive, They sent the doctor to inject the dying men with Carbolic Acid. He died on the 14th of August 1941. On the 17th of October 1971, Pope Paul VI beatified him. On the 10th of October 1982, Pope John Paul II canonized him.

"There is no love greater than the love of a person, who can give his life, on behalf of his friend" was the motto he always led in his life.

## Rev. Fr. Michael Rodrigo (O.M.I.)



Picture 15.4  
Rev. Fr. Michael Rodrigo O.M.I.

He was born on the 30th of June 1927 to a middle class family in Dehiwela. He had his primary education at St. Mary's college, Dehiwala and secondary education at St. Peter's college. After that he became a teacher of that school. After his education, he joined the Congregation of Oblates of the Mary Immaculate. He studied in the Universities of Rome and Paris. He was ordained a priest on the 7th of July 1954. Then he served as a lecturer in the Major Seminary of Ampitiya. Though he was offered the post of a lecturer in the University of Paris, he refused it and came to "Sevaka Sevena" in Bandarawela. There

he was lecturing and training the Brothers who are preparing for their priesthood. From there he went to serve the poor farmers of Buttala. He resided in "Subaseth Gedara" Alukalawita, Buttala. By serving those poor farmers who are marginalised from society he proved how to become a true disciple of Christ.

By living to those poor people, he experienced Christ's suffering and sacrifice. He also showed by living with those people that he was able to live a life of purity and poverty. He built relationships with the Buddhist clergy.

In a very simple way he made those poor people understand that God is always present with them and God is the source of all truth, because he bore witness to the truth.

His service was directed towards the following:

- To make priesthood service oriented
- To solve the problems of the economically and socially poor
- To solve the problems of the youth
- To build religious harmony and cooperation
- To inculcate Sacred Liturgy
- To build a society, based on truth and justice.

He was interested in the following fields:

- He tried to find ways and means to eradicate poverty while living with the poor and for the poor.
- Raised a voice against injustice, faced by the poor farmers
- His dwelling was a place where the poor could discuss their problems and find solutions.
- Rehabilitated beggars and made them a part of labour force
- Freed the oppressed.

Serving the poor was his priority and his main purpose was to raise a voice for the voiceless. He spoke in favour of

1. Estate labourers
2. Justice, truth and peace
3. Human Rights and human development.

From 1981 he had been doing a great work in the village of Buttala. On the 10th of November 1987 when he was offering the Holy Sacrifice of the Mass, he was shot dead.

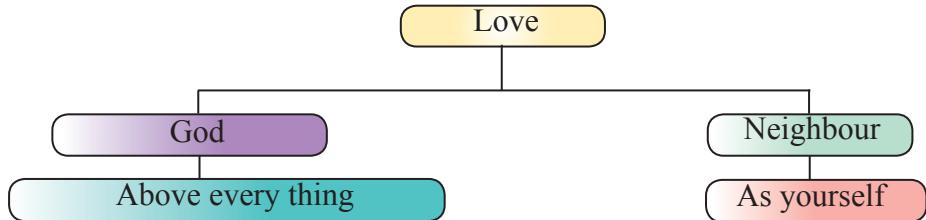
## Activity

1. Mention four special qualities of St. John Paul II.
2. Mention three groups that took the attention of Blessed Mother Teresa of Kolkata.
3. Mention two instances that St. Maximillian Kolbe bore witness to Christ.
4. Write four services that Rev. Fr. Michael Rodrigo did to bear witness to Christ.
5. Write four ways that you can bear witness to Jesus as a Catholic student?

### *For Life*



Let us commit ourselves for the good of others.



The first three commandments



Other seven commandments



## First Commandment

You shall have no other gods before me.

Exodus 20:3-6

You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind;

Luke 10:27

The first three commandments embraces faith, hope and charity.

## Faith

The basis of our faith is God who reveals Himself with love. The ignorance of God is the main reason for all moral deviations (Romans 1:18-32). Our duty toward God is to believe in Him and to bear witness to Him.

Even after leaving school when you go to the society, you must try to increase your faith in God in parallel to the secular learning. It is a grace, if our daily activities are in keeping with our faith in God. The first commandment of God invites us to nourish and protect our faith in God.

“Though Abraham led a shepherdic life, he was blessed to be called the father of faith.”

The faith of Mary who had to face so many challenges in her life, is a real example of faith for us.

We cannot grasp everything that is revealed in the Holy Scripture. The knowledge of an adult cannot be compared to the knowledge of a child. In the same way wisdom of a man cannot be compared with the divine wisdom. It is foolish to have faith in the little knowledge and strength that we have.

Since we worship one God:

1. We adore Him
2. We pray to Him
3. We offer sacrifices to Him,
4. We make vows and promises to Him.

## 1. Adoration

Adoration is the first act of the virtue of religion. To adore God is to acknowledge him as God, as the Creator and Saviour, the Lord and Master of everything that exists, as infinite and merciful Love. “You shall worship the Lord your God, and him only shall you serve” says Jesus citing Deuteronomy 6:1-3.

To adore God is to acknowledge, in respect and absolute submission, the “nothingness of the creature” who would not exist but for God.....The worship of the one God sets man free from turning in on himself, from the slavery of sin and the idolatry of the world.

(CCC 2096-2097)

## 2. Prayer



Picture 16.1 - Unite with God through prayer

The acts of faith, hope and charity enjoined by the first commandment are accomplished in prayer. Lifting up the mind toward God is an expression of our adoration to God; prayer of praise and thanksgiving, intercession and petition. Prayer is an indispensable condition for being able to obey God’s commandments. “(We) ought always to pray and not lose heart.”

(CCC 2098)

My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed,

(Luke 1:46-48)

If we can praise God in all our difficulties like Mother Mary, we can experience God's love immensely.

### 3. Sacrifice



Picture 16.2 - Jesus sacrificed His life to save man from sin.

It is right to offer sacrifice to God as a sign of adoration and gratitude, supplication and communion; “ Every action done so as to cling to God in communion of holiness, and thus achieve blessedness, is a true sacrifice.”

Outward sacrifice, to be genuine, must be the expression of spiritual sacrifice. “The sacrifice acceptable to God is a broken spirit...The prophets of the Old Covenant often denounced sacrifices that were not from the heart or not coupled with love of neighbour. Jesus recalls the words of the prophet Hosea. “I desire mercy, and not sacrifice.” The only perfect sacrifice is the one that Christ offered on the cross as a total offering to the Father’s love and for our salvation. By uniting ourselves with his sacrifice we can make our lives a sacrifice to God.

(CCC 2099 - 2100)

#### 4. Promises and Vows

In many circumstances, the Christian is called to make promises to God. Baptism Confirmation, Matrimony and Holy Orders always entail promises. Out of personal devotion, the Christian may also promise to God to do certain things. eg: to say extra prayers, to give alms, to go on pilgrimages and so forth. Fidelity to the promises, made to God, is a sign of the respect, owed to the divine majesty, and of love for a faithful God.

#### Sins against the first commandment

- Honouring false Gods other than only true God
- To follow the fundamentalists
- Belief in Superstitions
- Idolatry
- Pagan worship
- Atheism - Do not believe in God
- Belief in fortune telling
- Acting according to auspicious time

- Belief in horoscopes and palm reading
- Recourse to demonic acts
- Interpretation of omens and lots
- Belief in Astrology
- All practices of magic or sorcery and charms
- Interpreting Holy Scripture incorrectly
- Offering flowers and fruit baskets at shrines of other religions
- Belief that faith in God is a myth

## Hope

When God reveals Himself and calls, man cannot fully respond to the divine love by his own power. He must hope that God will give him the capacity to love him.

Sins against hope are:

1. Despair
  2. Presumption
1. Despair - Man ceases to hope for his personal salvation is from God and in attaining forgiveness of sins. It is against God's goodness.
  2. Presumption - Hope of saving himself without the help from God and hope of obtaining forgiveness without conversion and glory without mercy.

To attain the theological virtue of hope, one must try not to have too much hope in himself/herself but depend on God and try to submit oneself to the will of God. When my will is not in keeping with God's will and when I find it difficult to submit myself to God's will I have to do God's will saying I place myself in your hands. Then I can experience God's immense love.

## Love - Charity

Love of God is to love the Lord, our only true God with our whole heart whole soul whole mind and whole strength.

One can sin against God's love in various ways:

- Indifference – neglects or refuses to reflect on divine charity; it fails to consider God's goodness and denies its power.
- Ingratitude – fails or refuses to acknowledge divine charity.
- Luke warmth – hesitation or negligence in responding to divine love
- Hatred of God – comes from pride. It is contrary to love of God

(CCC 2094)

## Second Commandment

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

(Exodus 20:7)

Let us see what the Catechism of the Catholic Church and Holy Scripture say about this commandment.

### Use the name of the Lord with respect

The second commandment prescribes respect of Lord's name. It forbids false oath. The oaths can be made for grave and right reasons such as in courts. In such instances, only the truth has to be said.

The second commandment forbids every improper use of God's name. Blasphemy is the use of the name of God in an offensive way. The holiness of the divine name demands that we should not use it for trivial matters. The second commandment also forbids magical use of the divine name. To use God's name to verify a falsehood is blasphemy.

(CCC 2150-2158)

If in my name you ask me for anything, I will do it.

(John 14:14)

A Catholic always begins his day, prayers and all activities with the sign of the cross. “In the name of the Father, and of the Son and of the Holy Spirit Amen”. The sign of the cross strengthens us in temptations and difficulties.

## The importance of using a Christian name

The Sacrament of Baptism is conferred “in the name of the Father and of the Son and of the Holy Spirit.” In Baptism the Lord’s name sanctifies man and the Christian receives his name in the church. This can be the name of a saint, that is, of a disciple who has lived a life of exemplary fidelity to the Lord. The patron saint provides a model of charity; we are assured of his intercession. The “baptismal name” can also express a Christian mystery of Christian virtue.

(CCC 2156)

## Sins against the second Commandment

- Swearing in God’s name to get material favours.
- Justifying one's wrongs and sins as God's will
- Cursing others using or without using the name of God
- To speak ill of God
- Not witnessing to God
- Uttering words of hatred, reproach and ill will against God
- Using holy things, Holy Bible, statues ect, without any respect.

I will extol you my God and King and bless  
your name forever and ever  
Every day I will bless you, and praise your  
name for ever and ever.

(Psalms 145:1-2)

## Third Commandment

**Keep Sunday and the days of obligation holy.**

"Remember the Sabbath day and keep it  
Holy .....

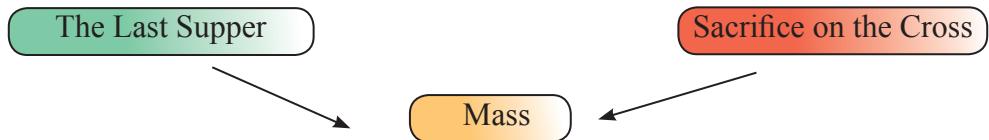
(Exodus 20: 8-11)

On Sunday we gather in churches for Eucharist. During the Eucharistic celebration, mysteries of salvation are taught and invited to live a life of good conduct and that of fraternal charity and love.

To keep Sunday holy the first duty that we have to do is to participate in the holy Mass.



Picture 16. 3 - Celebrating Mass



## The Holy Sacrifice of the Mass

Holy Sacrifice of the Mass is a Commemoration of the Sacrifice of Calvary.  
It is the celebration of the rite of Holy Communion.

### To keep Sunday holy

- Prepare well and participate in the Mass with love and devotion.
- Pray more than other days.
- Visit the sick.
- Help the parents more than the other days.
- Read the Bible.
- Take part in parish activities and societies.

### Goals of Eucharistic celebration

- To worship God
- To thank God
- To ask the spiritual and physical needs
- To expiate our sins

### Sins against the third commandment

- Not participating in the Holy Sacrifice of the Mass on Sundays and on the days of obligation.
- Lack of active participation in mass
- During Mass, to talk, read the Newspapers, crack jokes and engage in activities that disturb others.
- Without coming for Mass on Sundays and days of obligation to go on picnics and go to parties and other celebrations.
- To earn more money, go for business and do O.T. on Sundays without attending Mass.
- Coming late for mass and leaving the Church before the mass is over.

- To neglect the opportunities that you get on Sundays to help others
- To break the precepts of the Church of fasting and abstinence.
- Neglecting Mass and Daham Pasala on Sunday and go for tuition classes.
- To attend mass on Sunday by wearing immodest attire.

## Activity

1. Read Luke 10:27 twice or thrice and reflect on the passage and write down the messages that you receive.
2. Explain in brief how the use of nicknames are not worthy of a Christian.
3. Write 10 ways that you can love God in response to His love.
4. Write down the days and dates of Obligation for Sri Lankans.



### *For life*

- I will not use nicknames for others.
- I participate in the holy Mass every Sunday.
- I give the first place to God in my life above everything else.

Listen to me, your father, O children;  
act accordingly, that you may be kept in safety  
For the Lord honours a father above his children,  
and he confirms a mother's right over her children.  
Those who honour their father atone for sins,  
and those who respect their mother are like those who  
lay up a treasure.  
Those who honour their father will have joy in their own children,  
and when they pray they will be heard.  
Those who respect their father will have long life,  
and those who honour their mother obey the Lord;  
they will serve their parents as their masters.  
Honour your father by word and deed,  
that his blessing may come upon you.  
For a father's blessing strengthens the house of the children,  
but a mother's curse uproots their foundations.  
Do not glorify yourself by dishonouring your father,  
for your father's dishonour is no glory to you.

(Sirach 3: 1-10)

### The Fourth Commandment: Honour your Father and your Mother

Honour your father and your mother so that your days may be long in the land that the Lord your God is giving you.

(Exodus 20:12)

Home is a holy place, because Jesus was born to a family and he lived in a family. The Holy Family is the best example to all the families. The unity and the relationships among father, mother and children should be developed as in the Holy Family.

Family is the smallest unit in the society. The unity among father, mother and children gives rise to love. By sharpening the relationships built on family, the person enters into society where he serves others. The family which is concerned with each other provides good citizens to the society.



Picture 17.1 - In a happy family, children are happy and victorious

St. Paul in his letter to the Ephesians advises parents and children.

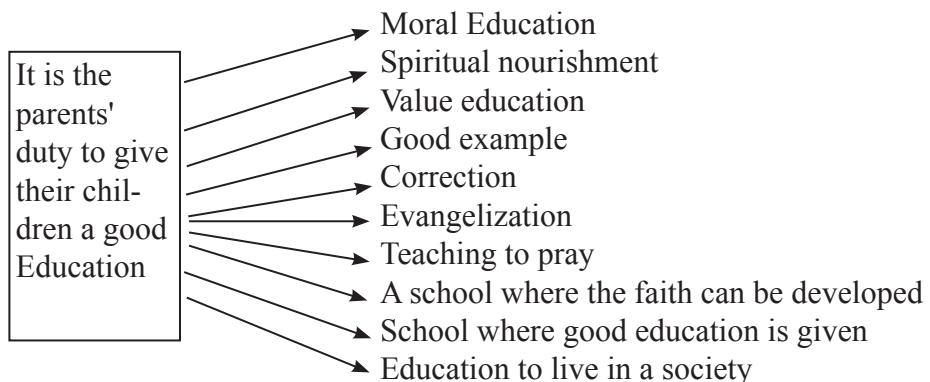
Children, obey your parents in the Lord, for this is right. Honour your father and your mother. This is the first commandment with a promise: "so that it may be well with you and you may live long on the earth." And, fathers, do not provoke your children to anger, but bring them up in the discipline and the instruction of the Lord.

(Ephesians 6:1-4)

Parents should treat their children as children of God and respect them as human beings. The parents should show them how to live according to the commandments of God and how to live fulfilling God's will. In the same way there are duties and responsibilities of children towards their parents.

## Duties and responsibilities of parents

To love their children, to give them security and protection, to teach them moral values, and to provide them with all the necessities are duties of parents.

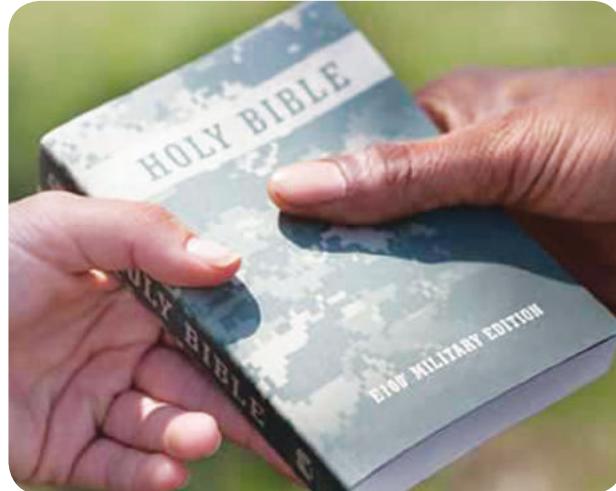


## Children's duties and responsibilities

The respect of children, whether minors or adults for their father and mother is nourished by the natural affection born of the bond uniting them. It is required by the fourth commandment of God. Respect for parents derives from gratitude towards those who, by the gift of life, their love and their work have brought their children into the world and enabled them to grow in stature, wisdom and grace. With all your heart honour your father and do not forget the birth pangs of your mother. Filial respect is shown by obedience. My son, keep your father's commandment and forsake not your mother's teaching. The fourth commandment reminds grown children of their responsibilities towards their parents. They must give them material and moral support in old age, in times of illness and loneliness. It also concerns relationship between brothers and sisters and grandparents.

For Christians a special gratitude is due to those from whom they have received the gift of faith. These may include pastors, catechists, teachers, friends and others. They have helped us to lead a life according to our faith.

(CCC 2214 -2220)



Picture 17. 2 - Love and respect for others

Children, obey your parents in everything, for this is your acceptable duty in the Lord.

(Colossians 3:20)

Hear, my child, your father's instruction, and do not reject your mother's teaching;

(Proverbs 1:8)

For the Lord honours a father above his children ... Those who respect their father will have long life and those who honour mother obey the Lord

(Sirach 3:2-6)

With all your heart honour your father, and do not forget the birth pangs of your mother. Remember that it was of your parents you were born, how can you repay what they have given to you.

(Sirach 7:27-28)

### Sins against the fourth commandment

- ★ Not looking after the parents and elders in their old age and not giving them due respect.
- ★ Harming, scolding and beating parents.
- ★ Deserting the parents.

- ★ Disobedience to parents, elders and teachers and hurt their feeling.
- ★ Misusing of the freedom, given by parents and to deceive them.
- ★ Shatter the expectations of parents and elders.
- ★ Squandering the wealth and properties of parents.
- ★ Breaking laws of the country, society, institutions and school.
- ★ Damaging the common property.
- ★ Skipping or evading one's responsibilities.

A society of love is born when families live in love. When the leaders of the society are dedicated and committed to their duties they also contribute to build a society of love. The leader of such a society makes following teaching of Jesus, a reality.

Whoever wishes to be great among you must be your servant.”

(Mathew 20:26)

Fourth commandment entails duties and responsibilities of the leaders and citizens too.

### **The duties and responsibilities of those in authority**

- ★ To fulfil all the duties and responsibilities honestly and faithfully.
- ★ To carry out their service to the country faithfully.
- ★ To treat all the citizens with justice and love.
- ★ Not to do service to obtain praise and honour from people.
- ★ Committed to their duties.
- ★ To do a good and real service to the citizens of the country together with the leaders of the Church.
- ★ To safeguard the human rights of people.
- ★ To honour the freedom of the people.

### **The duties of citizens**

- To respect and obey those who are in authority.
- To pay taxes.
- To exercise their vote.
- To do the duties, assigned without considering the salary.

- To appreciate those in authority.
- Pray for those in authority.
- Not to use the properties of the country for one's personal gain.

According to the teaching of the Holy Scripture by living according to the fourth Commandment, we can generate love not only in the family but also in the society. Out of love, we will be enthusiastic to serve others. By doing so we will be able to live happily and in peacefully. This will be a good example for other families. This example will help others to become servants of others.

## Activity

1. Write down five instances that you performed your duties towards your parents.
2. Write five instances that your parents performed their duties towards you.
3. In the future, as an adult, write five services that you can render for your parents.
4. From newspapers
  - i Quote and write five examples when political leaders fulfilled their duties and responsibilities towards the society.
  - ii Quote and write five examples when the political leaders neglected to fulfil their duties and responsibilities towards the society.
  - iii Quote and write five examples when citizens fulfilled their duties and responsibilities towards society.
  - iv Quote and write down five examples when citizens neglect their duties and responsibilities towards society.



### *For life*

Live a life of love by  
fulfilling your duties faithfully

After the festive High Mass of St. Anne's shrine at Talawila, an announcement was made over the microphones: "Those who are able to swim, please come forward quickly to save a person drowning in the sea. Others please pray for his safety."

Immediately several people from the crowd ran towards the sea. The others started to pray. There was a great silence about the place. After some time, it was announced: "The life of the drowning person was saved. Let us praise the Lord." (This is a true story.)

- ★ Why did so many people come forward to rescue the life of the drowning person risking even their own life?
- ★ Why did even the people who could not swim pray to protect his life?

### (1) Man is created in the image and likeness of God

Then God said "Let us make humankind in our image according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth. So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them and God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the air, and over every living thing that moves upon the earth.

(Genesis 1:26-28)

## (2) God gave them the breath of life

Then the Lord God formed man of dust from the ground and breathed into his nostrils the breath of life; and the man became a living being.

(Genesis 2:7)

## Fifth Commandment

You shall not murder

(Exodus 20:13)

Lord Jesus gave a new interpretation to the fifth Commandment

You heard that it was said to the men of old “You shall not murder and whoever murders shall be liable to judgement. But I say to you that every one who is angry with his brother or sister shall be liable to judgement, whoever insults his brother or sister shall be liable to the council; and whoever says, “You fool” shall be liable to the hell fire.

(Matthew 5:21-22)

Not only that, Jesus put that into practice in his life.

Then Jesus said to him “Put your sword back into its place; for all who take the sword will perish by the sword.”

(Matthew 26:52)

## **Let us protect life**

Let us give up drugs, alcohol and tobacco.

Let us prevent others from them.



Picture 18.1 - Saving another from danger

## **Let us respect life**

In the account of Abel's murder by his brother Cain, Scripture reveals the presence of anger and envy in man, consequences of original sin, from the beginning of human history. Man has become the enemy of his fellow man. God declares the wickedness of his fratricide; "What have you done? The voice your brother's blood is crying to me from the ground. And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand (Genesis 4:10-11). The Covenant between God and mankind is interwoven with reminders of God's gift of human life and man's murderous violence. "Whoever sheds the blood of man, by man shall his blood be shed; for God made man in his own image" (Genesis 9:5-6).

(CCC 2259 – 2260)

Life and physical health are precious gifts entrusted to us by God. Concern for health requires, food clothing, housing, health care, basic education, employment and social assistance. When trying to get all these requirements man can be led to the perversion of human relationships. The virtue of temperance disposes us to avoid every kind of excess; the abuse of food, alcohol, tobacco, or medicine. Those incur grave guilt who endanger their own and others' lives. The use of drugs inflict very grave damage on human life. Their use, except for curing of disease, is a grave offence.

(CCC 2288 – 2291)

## Sins against the 5<sup>th</sup> Commandment

- ★ Murder, complicity in murder, advising in murder, planning to murder.
- ★ Suicide - and attempting to suicide
- ★ Use of tobacco
- ★ Destruction of Environment
- ★ Environmental pollution (noices, water, air, etc)
- ★ Earn money by ways, detrimental to the life lives of others
- ★ Tarnishing the reputation of others.
- ★ Abortion
- ★ Makes others uneasy as a means of revenge
- ★ Make others jobless by making false accusations
- ★ Makes others part of lawsuits which are not applicable to them
- ★ Drunkenness

- ★ Use of drugs
- ★ Judging others without a cause
- ★ Anger is a desire for revenge.
- ★ Spreading diseases
- ★ Deliberate hatred
- ★ Not standing for the innocent
- ★ Not taking care of physical health
- ★ Not working for the national harmony
- ★ Reckless driving
- ★ Not standing for peace
- ★ Risking one's own life without a reason.

## Abortion

Abortion is the taking the life of a child, conceived. It is a sin because life belongs to God from the moment of conception. The holy Bible teaches:

Before I formed you in the womb I knew you, and before you were born I consecrated you. I appointed you a prophet to the nations.

(Jeremiah 1:5)

My frame was not hidden from you, when I was being made in secret intricately woven in the depths of the earth (womb).

(Psalms 139:15)



Picture 18.2 - Embryo

Human life must be protected and respected absolutely from the moment of conception . From the first moment of his existence, a human being must be recognized as having the rights of a person, among which is the inviolable right of every innocent being to life. Abortion, willed either as an end or a means is gravely contrary to the moral law. God, the Lord of life has entrusted to men the noble mission of safeguarding the life. Abortion infanticide are abominable crimes.

(CCC 2270-2271)

A priest has to get a special permission from a bishop to absolve a sinner who has committed a sin of abortion. When one goes to the Sacrament of Reconciliation to get pardon for an abortion, he has to go to that priest once again since that priest has to get that permission from a bishop. In some shrines bishop has given prior permission to priests to absolve those who have committed the sin of abortion.

## Suicide

Suicide is a sin against oneself, God and neighbour. Because one terminates the relationships adamantly.

Everyone is responsible for his life before God who has given it to him. It is God who remains sovereign master of life. We are obliged to accept life gratefully and preserve it for his honour and the salvation of our souls. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of. Suicide is contrary to love for the living God.

(CCC 2280-2281)

Let us all commit ourselves to safeguard our own life and the lives of others.

### Activity

- \* Write an essay of 150 words on the following "Human life belongs only to God. Hence we must safeguard one's own life and the lives of others."



#### *For life*

I love my life and the lives of others.

When Patriarch Jacob's son, Joseph was serving in Potiphar's house, his wife began to look fondly at him and invited to have an illegal affair with him because Joseph was a very handsome and good looking person. He did not give into her desires and refused to all what she suggested. One day in the absence of anyone, Joseph went into the house to do his work. Then she held of him by his cloak, but he left his cloak in her hand and ran outside. As soon as Potiphar came home she told him that the Hebrew servant whom he had brought, came into her and insulted her. Joseph's master took him and put him in prison.

"God can bring good out of evil." God brought victory to Joseph amidst this evil. Because of Joseph's pure heart and upright living, he was able to safeguard his purity.

- If Joseph agreed to the suggestion of Potiphar's wife, he will sin against 6<sup>th</sup> and 9<sup>th</sup> Commandments.

### (1) Sixth Commandment

You shall not commit adultery.

(Exodus 20:14)

### (2) Ninth Commandment

You shall not covet your neighbour's wife.

(Exodus 20:17)

St. Paul teaches about these two Commandments:

Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price; So glorify God in your body.

(1 Corinthians 6:18-19)

## St. Maria Goretti



Picture 19.1- St. Maria Goretti

After father's death, St. Maria Goretti took the responsibilities of her home with her mother and she was leading a devout life pleasing to God with her brothers and sisters. One day when she was alone in the house, a young man called Alessandro came to her and was trying to induce her to sin with him. As she was adamant and did not yield to his sinful desire, he stabbed her several times. When she was at the point of her death, she told her mother, "Mother on the day of my First Communion I made a promise to Jesus: even if I have to die I will not commit a mortal sin and I have kept that promise" and she died. She was 12 years old when she died.

## Chastity

Chastity is refraining and not tempting others from all sins against the 6th and the 9th Commandments. We can make others sin or arouse in them sinful thoughts by our behaviour or by our dress. Therefore we must always be alert about our behaviour and our clothing, what we dress and how we dress.

The chaste person maintains the integrity of the powers of life and love placed in him. This integrity ensures unity of the person, it is opposed to any behaviour that would impair it. It tolerates neither a double life nor duplicity in speech. Chastity includes apprenticeship in self-mastery which is a training in human freedom. The alternative is clear: either man governs his passions and find peace, or he lets himself be dominated by them and become unhappy. Man's dignity therefore requires him to act out of conscious and free choice, as moved and drawn in personal way from within, and not by blind impulses in himself or by mere external constraints. Man gains such dignity when ridding himself of all slavery to the passions. Whoever wants to remain faithful to his baptismal promises and resist temptations will want to adopt the means for doing so: self-knowledge, obedience to God's command and fidelity to prayer. The virtue of chastity comes under the cardinal virtue of temperance.

CCC 2338-2341

Married life is a blessing from God. The bodily union between a married man and a woman is right. Through that they participate in the creative act of God. Marital acts outside marriage is an act desecrating man's dignity.

Urge the younger men to control themselves.  
Show yourself in all respects a model of good  
deeds and in your teaching show integrity,  
gravity.

(Titus 2:6-7)

- Catholic should wear decently.
- Their behaviour should be decent
- Their talk should be respectful
- They should not be led by feelings.
- They should have self control to safeguard the chaste character.

You have heard that it was said, "You shall not commit adultery." But I say to you that every one who looks at a woman with lust has already committed adultery with her in his heart."

(Matthew 5:27-28)

Older women should be reverent in their behaviour, not slanderers, not addicted to drink; teaching what is good, so that they may train younger women to love their husbands and children, to be self-controlled, chaste, good managers of the household, under the control of their husbands, so that the word of God may not be discredited.

(Titus 2:3-5)

To live according to the 6th and 9th Commandments

- The married couple have to be faithful to each other.
- Challenges to family life can be overcome by prayer.

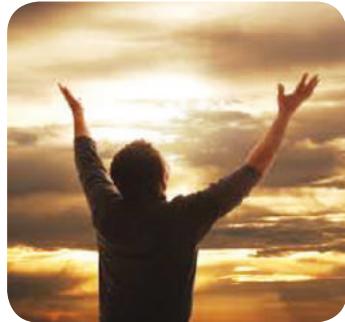
All those who are baptized are called to lead a chaste life. At the sermon on the mount, Jesus himself preached about it taking himself as an example. All Catholics have made a promise to Jesus at their Baptism to lead a chaste and exemplary lives. By leading such lives one can attain abundant blessings and graces, and at the end the heavenly kingdom.

Blessed are the pure in heart, for they shall see God

(Matthew 5:8)

### Sins against the 6<sup>th</sup> and 9<sup>th</sup> Commandments

- Breaking marriage vows (Unfaithful to each other)
- harbouring sinful desires in mind.
- Using others for one's sexual gratification.
- Using small children for sex.
- Wearing immodest clothes and arousing sinful desires in others.
- Divorce
- Watching, reading, and transmitting obscene books and films.
- Use of obscene words.
- Bad company.



19.2 - Picture  
Pray always



19.3 - Picture  
Read the Holy Bible



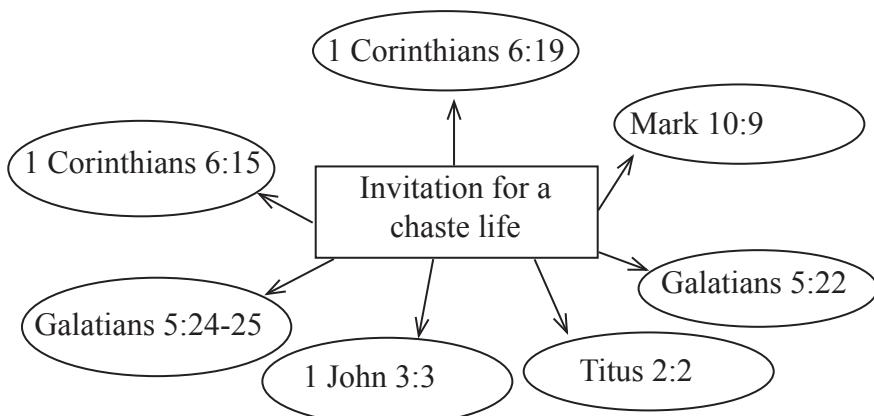
19.4 - Picture  
Participate in the Holy Mass



19.5 - Picture  
Receive the Sacraments

## Activity

Turn your Holy Bible. Write down following quotation, and meditate on them.



2. Write a poem on “pure mind for a good moral life”



***For life***

Avoid looking at impure pictures,  
listening to impure talk and talking  
about impure things.

**20**

## Material Possessions are in view of Treasures in Heaven

Chrishan : Father, How can we use our personal belongings to attain treasures in heaven?

Priest : Son, in the society some people are rich and some are poor. God has made some people rich so that they may use their wealth to earn treasures in heaven.

Chrishan : It is not clear to me.

Priest : Son, you listen to these Scripture passages very attentively. Then you will understand.

Sell your possessions, and give alms; provide yourselves with purses that do not grow old, with a treasure in the heavens, that does not fail, where no thief approaches and no moth destroys.

(Luke 12:33)

If any one has the world's goods and sees his brother in need, yet closes his heart against him how does God's love abide in him.

(1 John 3:17)

Not only these Scripture passages but also the teachings regarding 7<sup>th</sup> and the 10<sup>th</sup> Commandments tell us how to use the personal wealth to enter into the eternal kingdom.

## 7<sup>th</sup> Commandment

You shall not steal.

(Exodus 20:15)

## 10<sup>th</sup> Commandment

You shall not covet your neighbour's goods.

(Exodus 20:17)

You shall not covet your neighbour's house;... or his manservant or his maidservant or his ox or his ass, or anything that is your neighbour's.

(Exodus 20:17)

### Teachings of the Catholic Church with regard to personal wealth.

The 7<sup>th</sup> and 10<sup>th</sup> commandments forbids unjustly taking or keeping or coveting the goods of one's neighbour.

It is the teaching of the Catholic Church that every one has a right to own property sufficient to maintain himself and his family. Since God has created for the benefit of all, wealth should be shared justly and fairly when one enjoys the benefit of his own possessions he should remember that these are not solely for his own benefit but also for the benefit of others. Men are bound to help the poor. In doing so it should not always be out of one's affluence, but also out of one's essential belongings, considering the need of others.

(Catholic Family Catechism 371)

Let us pay attention to the teaching on protecting the possessions of others.

... nor thieves, nor the greedy, nor drunkards, nor revilers, nor robbers will inherit the kingdom of God.

(1 Corinthians 6:10)

To observe the 7<sup>th</sup> and 10<sup>th</sup> Commandments we should not steal other's goods, repay out just loans, to be just in our sales and purchases, to pay just wages to our employees, to fulfil our duties honestly, to honour our agreements and contracts to return what we borrow from others and return whatever belongs to others to the respective owners.

(Catholic Family Catechism 368)



Picture 20.1 - Asking pardon for sins

Jesus blesses Zacchaeus for his pledge; “If I have defrauded anyone of anything, I restore it fourfold” (Luke 19:8). Those who, directly or indirectly, have taken possession of the goods of another, are obliged to make restitution of them, or to return the equivalent in kind or in money.

(CCC 2412)

By the 7<sup>th</sup> and the 10<sup>th</sup> Commandments, God asks us to love the poor

The church’s love for the poor... is a part of her constant tradition”. This love is inspired by the Gospel of the Beatitudes, of the poverty of Jesus and of his concern for the poor. Love for the poor is even one of the motives for the duty of working so as to “be able to give those in need”. St. John Chrysostom vigorously recall this: Not to enable the poor to share in our goods is to steal from them and deprive them of life, the goods we possess are not ours, but theirs”. The demands of justice must be satisfied first of all.

(CCC 2444 - 2446)



20.2 Picture - Helping the poor

Man is not for wealth. God has given wealth for some people for the service of men. By using the personal wealth in the right way, we obtain God's blessings more and more. Therefore we should share not only our personal wealth but also our intelligence and knowledge.

Let the thief no longer steal but rather let him labour, doing honest work with his hands, so that he may be able to give to those in need.

(Ephesians 4:28)

### The sins against the 7<sup>th</sup> and 10<sup>th</sup> Commandments

- ★ Stealing
- ★ Grabbing other peoples' possessions unjustly.
- ★ Destroying other peoples' wealth.
- ★ Possess other's belongings by force.
- ★ Wasting time, food and various other things.
- ★ Not paying just wages to servants and employees.
- ★ Not doing employment honestly.
- ★ Unjust profits unjust interests, unjust commissions.
- ★ Travelling in busses and trains without tickets.
- ★ Destroying common property.
- ★ Not paying taxes, telephone bills, electricity bills etc.
- ★ Copying during examinations.
- ★ Unjust in our sales and purchases.
- ★ Not honoring our agreement and contracts.
- ★ Not returning what we borrowed.
- ★ To be jealous of the good of others.

- ★ Selling low quality goods.
- ★ Playing tricks and win in matches, etc.
- ★ Making fraud birth certificates, result sheets, etc.

## Activity

1. Write down the following Bible quotations in your exercise book and reflect on them.
  - \* 2 Corinthians 8:9
  - \* Deuteronomy 25:13-16
  - \* James 5:4
  - \* Amos 8:4-7
2. Write an article to a newspaper on the following. "As a Catholic student, I honour and live according to the 7<sup>th</sup> and the 10<sup>th</sup> Commandments."



### *For life*

Share your material and mental wealth with others. Thank God during your evening prayers for being able to do so.



21.1 Picture - Peter questioning Ananias about the sold property.



21.2 Picture - Death of Ananias

A man named Ananias with the consent of his wife Sapphira, sold a piece of property. With his wife's knowledge, he kept back some of the proceeds, and brought only a part and laid it at the apostles' feet. Peter asked "why has Satan filled your heart to lie to the Holy Spirit and to keep back part of the proceeds of the land? While it remained unsold, did it not remain your own? And after it was sold, was it not at your disposal? How is it that you have contrived this deed in your heart? You have not lied to men, but to God". When Ananias heard these words, he fell down and died. And great fear seized all who heard of it; the young men came and wrapped him up and carried him out and buried him.



21.3 Picture – Death of Sapphira

After an interval of about three hours, his wife came in, not knowing what had happened. Peter said to her, "Tell me whether you and your husband sold the land for such and such a price." And she said, "Yes, that was the price." Then Peter said to her, "How is it that you have agreed together to put the Spirit of the Lord to the test?" Hark the feet of those who have buried your husband are at the door, and they will carry you out. Immediately she fell down at his feet and died. When the young men came in, they found her dead, so they carried her out and buried her beside her husband. And great fear seized the whole Church and all heard of these things (Acts 5:1-11).

## Think about this

Ananias and Sapphira thought they can deceive everybody. With the power of Holy spirit, St. Peter knew the truth. St. Peter revealed the truth. Those who lie to God have terrible repercussions. This is a very sad story. Those were two members of the first Christian Community. Probably they wanted to be popular in the community and get

their praise. They wanted others to say that they were good, devout and generous Christians. Lying is a serious fault. Ananias and Sapphira committed the sin of deceiving others. God is truth. So his children also should be honest and truthful.

You shall not bear false witness against your neighbour.

(Exodus 20: 16)

## Living in the Truth

God is the source of all truth. His Law is truth. His faithfulness endures to all generations. Since God is “true” the members of his people are called to live in the truth

(CCC 2465)

The eighth Commandment tells since God is “true”, the members of his people are called to live in the truth and bear witness to the truth. To live in truth, one must allow the conscience to speak.

In Jesus Christ, the whole of God's truth has been made manifest. "Full of grace and truth" he came as the "light of the world". He is the truth. "Whoever believes in me may not remain in darkness. The disciple of Jesus continues in his word so as to know "the truth (that) will make you free" and that sanctifies. To follow Jesus is "to live in the Spirit of truth," whom the Father sends in his name and who leads "into all the truth" Truthfulness is the virtue which consists in showing oneself, true in deeds and truthful in words, and in guarding against duplicity and hypocrisy.

CCC 2466-2470

## Bear witness to Truth

Jesus Christ, through his life bore witness to truth.

Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I have come in to the world, to bear witness to the truth. Every one who is of the truth hears my voice."

John 18:37

The Christian is not "to be ashamed" then of testifying to our Lord. In situations that require witness to the faith, the Christian must profess it without any fear or doubt. The duty of the Christians is to take part in the life of the Church impels them to act as witnesses of the Gospel and of the obligations that flow from it. This witness is a transmission of the faith in words and deeds. Martyrdom is the supreme witness given to the truth of the faith: It means bearing witness even unto death. The martyrs bear witness to the truth of the faith and of Christian doctrine.

CCC 2471-2474

## **The sins against the 8<sup>th</sup> Commandment**

- ★ Speaking ill of others
- ★ Lying, spreading rumours
- ★ Cheating
- ★ Revealing official secrets
- ★ Not bearing witness to truth
- ★ Putting one's fault on others
- ★ Work only for one's benefits
- ★ Betraying others for one's reputation
- ★ Spreading falsehood
- ★ Giving false promises
- ★ Hiding sins at confession
- ★ Deceiving parents, teachers, employers, etc.
- ★ Teaching false facts
- ★ Charactor Assassination.
- ★ Boasting
- ★ Publishing false information.
- ★ Misleading others by telling lies.

## Professional Secrets

Politicians, government servants, doctors and lawyers are bound to keep in secret confidential information, given under the seal of secrecy. Revealing such information may have bad repercussion on those who

1. gave the information
2. received the information
3. Third party,

Such information can be revealed if and only if such an act does not harm any body. But it has to be done cautiously and prudently. Besides, there has to be a just reason to do so.

(CCC 2491)

### Activity

1. Write three messages that you get from the incident of Ananias and Sapphira.
2. List separately what should and should not be done according to the 8<sup>th</sup> Commandment.
3. Write an incident that you bore witness to the truth.
4. Write an essay in 200 words on the following topic, using the guidelines given below “Let us live a truthful life”
  - (a) living a truthful life
  - (b) necessity of keeping secrets.
  - (c) Sins against the 8<sup>th</sup> commandment.



#### *For life*

Be honest to each other in the family and lead a truthful life.

The word, Liturgy is derived from the Greek word “Leitourgia.” That word is made up of two words, “Laos” and “Ergon.” “Laos” means people. “Ergon” means a voluntary service, public service. Accordingly Leitourgy means a work done for the benefit

of people without a charge. Those days feasts and public services were considered as Leitourgia.

Pope Pius the XII in his Encyclical, Mediator Dei explains liturgy:

“The Church prolongs priestly mission of Jesus Christ mainly by means of the sacred Liturgy. Sacred Liturgy is the public worship which our redeemer as Head of the Church renders to the Father as well as worship which the community of the faithful renders to its founder, and through Him to the Heavenly Father.

(Encyclical Mediator Dei 3 and 20)

- The constitution on the Sacred Liturgy no 7 of Second Vatican Council explains liturgy:

The liturgy is the whole public worship performed by the mystical body of Jesus Christ, that is, by the Head and His members.

### **Liturgy includes**

1. Holy Sacrifice of the Mass.
2. The Sacraments.
3. The Divine Office.

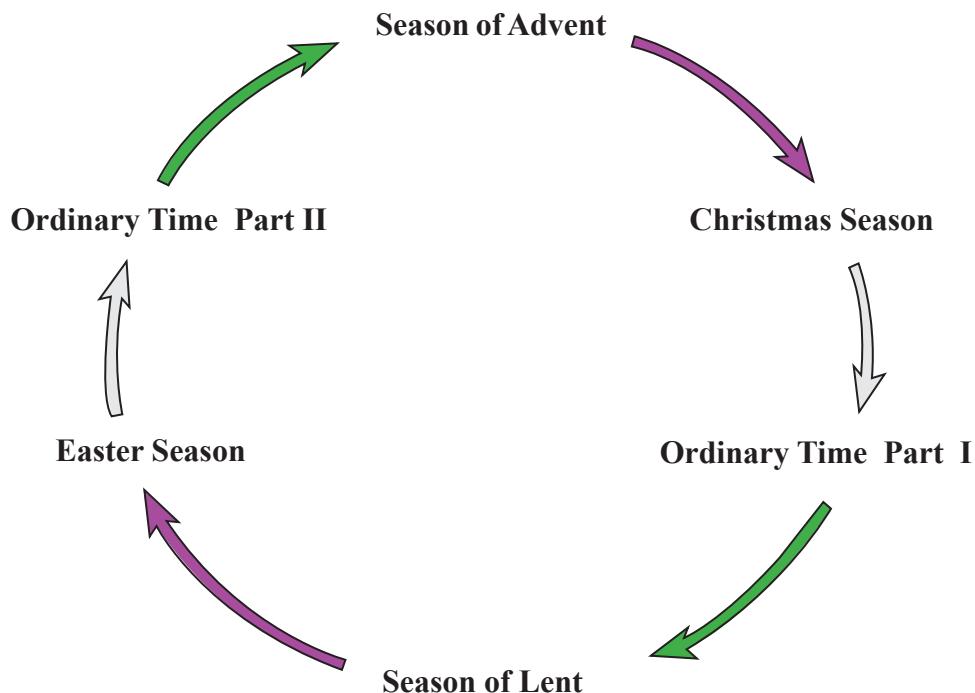
The liturgical year is very helpful to the people of God, to commemorate and live Christ's Paschal Mystery and his redeeming ministry. As in an ordinary year there are 52 weeks in a liturgical year.

Sundays of the liturgical year is divided into 3 cycles. They are First Year, Second Year and Third Year. Gospels are used differently in these 3 years.

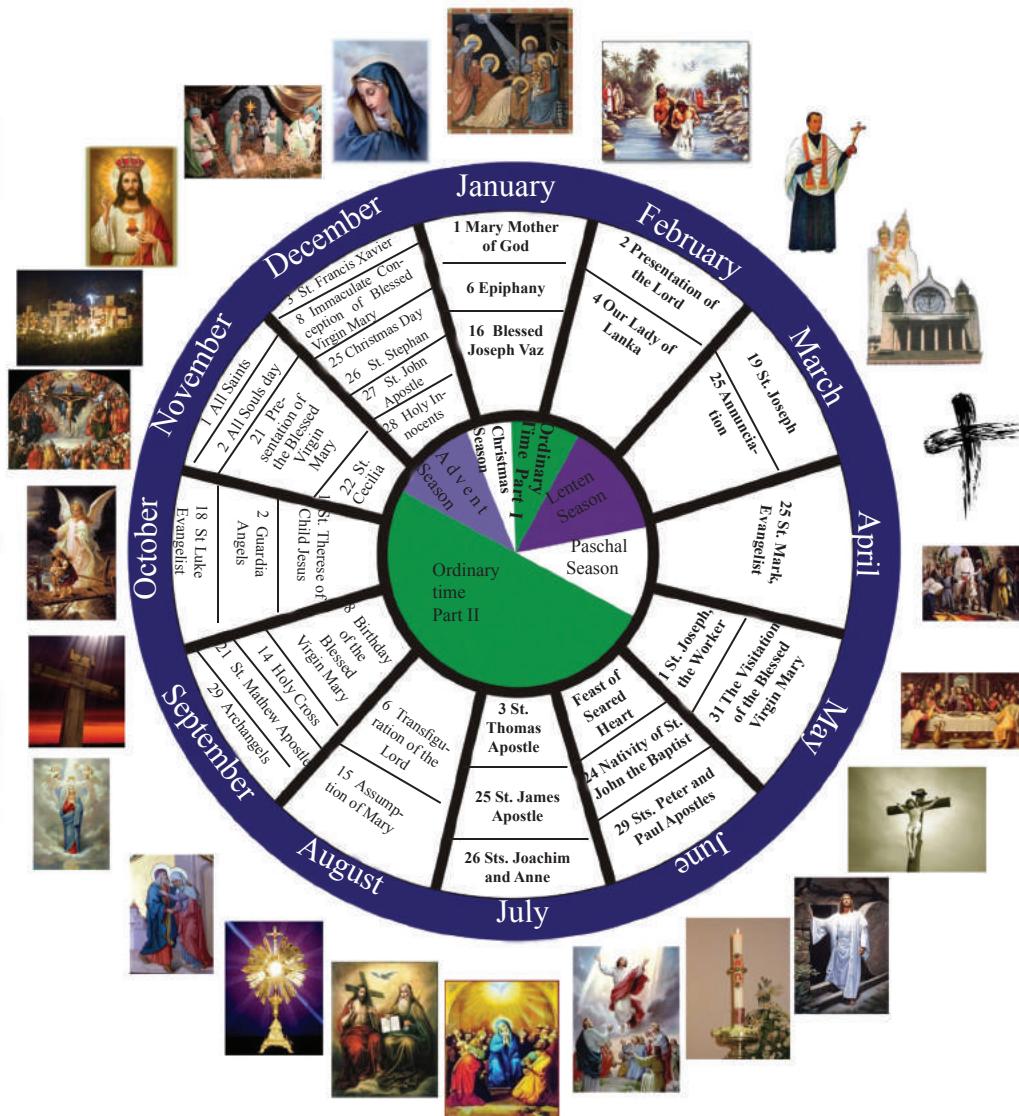
First Year	-	Gospel of Matthew
Second Year	-	Gospel of Mark
Third Year	-	Gospel of Luke

Gospel of John is used during the seasons of Lent and Easter. Liturgically the most important day of the week is Sunday. We commemorate the Paschal Mystery on that day.

## Various Seasons of the Liturgical Year.



# Feasts of the Liturgical Year



## **Advent Season**

Advent means coming. That is, coming of Jesus Christ. It is a time of hope. The Church invites all Catholics to experience a true conversion of heart in preparing for the coming of Jesus.

### **Season of Advent has two parts**

1. From 1<sup>st</sup> Sunday of Advent which falls between November 27<sup>th</sup> to 3<sup>rd</sup> December to the 16<sup>th</sup> December is a period for preparing for the Second Coming of Jesus Christ (Parousia)
2. From December 17<sup>th</sup> – 24<sup>th</sup> is a period for preparing for the historical coming or the first coming of Jesus.

Usually the Liturgical Year begins on the first Sunday of Advent.

### **Important Feasts celebrated during Advent.**

8<sup>th</sup> December: The solemnity of Immaculate Conception of the blessed virgin Mary. (If December 8<sup>th</sup> is a Sunday, it is celebrated on 9<sup>th</sup> Monday. It is a Day of Obligation.)

## **Christmas Season**

It begins on Christmas day ends on Saturday after the feast of Epiphany, i.e. Saturday before the feast of Baptism of Jesus. During this season feast of Christmas or the Birth of Jesus Christ is celebrated.

### **Special Feasts during Christmas Season**

- 25<sup>th</sup> December – Christmas Day – Solemnity of Nativity of the Lord
- Sunday after the 25<sup>th</sup> December – Feast of the Holy Family
- 1<sup>st</sup> January – Solemnity of Mary, the mother of God
- Sunday between 2-8 January- Solemnity of the Epiphany of the Lord

## **Season of Lent**

Lenten Season begins on Ash Wednesday and goes up to Holy Thursday.

- This Season remind us of the forty days and forty nights that Jesus spent in the wilderness praying and fasting before he began his public ministry.
- It is a time of prayer, fasting and alms giving.
- It is a time of reflecting and meditating on the Paschal mystery, passion, death and resurrection of Jesus Christ.
- It is a time to receive the Sacrament of Reconciliation, die to sin and rise to new life with Christ.

During the season of Lent, Holy Mother Church invites all Catholics to make the way of the cross, to participate in penitential services, to help the poor, to forgive others and to be forgiven. It is also the time for preparation for adult Baptism. Alleluia and Gloria are not sung during the season of Lent.

## **Holy Week**

Holy Week is from Palm Sunday to Easter Sunday

- Passion Sunday → Commemoration of the Lord's triumphal entry into Jerusalem
- Holy Thursday → i Chrism Mass – The bishop concelebrates with his Presbyter and Holy Oils are blessed. Due to practical reasons this mass is celebrated on Monday or Tuesday of the Holy week.
- Good Friday → ii Evening Mass of the Lord's Supper - Celebration of the Passion and death of the Lord
- Holy Saturday → The Easter Vigil service – Commemorate the resurrection of Jesus Christ

## **Easter Triduum** – Holy Thursday, Good Friday and Holy Saturday

## **Easter Season**

Easter Season begins on Easter Sunday. Easter, Solemnity of the Resurrection of Jesus from death is the greatest feast of the Liturgical Year.

40 days after Easter, the solemnity of the Ascension of Our Lord is celebrated. The feast of Pentecost is celebrated 10 days after the solemnity of Ascension of Our Lord.

During the Easter Season we celebrate the following feasts.

Solemnity of the Resurrection of Our Lord. (Easter)

Solemnity of the Ascension of Our Lord.

Solemnity of Pentecost (Feast of the Holy Spirit)

## **Ordinary Time**

There are 34 Sundays for the Ordinary Time of the Year. There are two parts of the Ordinary Time.

### **First Part of the Ordinary Time**

This is from Sunday of Baptism of Our Lord to Tuesday before Ash Wednesday.

### **Second Part of the Ordinary Time**

From the Monday after Pentecost Sunday to the Saturday before First Sunday of Advent.

During the Ordinary Time, we commemorate incidents in relation to the public life of Jesus, and we focus our attention on miracles and teachings and especially salvation, brought about by Jesus. Feasts of Our Lady and the Saints are celebrated during this season.

## **The Feasts celebrated during the Ordinary Time:**

- Solemnity of the Most Holy Trinity.
- Solemnity of Corpus Christi (Body and Blood of Christ)
- Solemnity of the Most Sacred Heart of Jesus
- Solemnity of All Saints ( 1<sup>st</sup> November)
- Solemnity of Christ the King
- Feast of All Souls (2<sup>nd</sup> November)
- Solemnity of Our Lady of Lanka (4<sup>th</sup> February)

Colour	Season	Meaning	Days used
White	Christmas Season and Easter Season	Sign of holiness, glory and joy	It is used on the feast days of Jesus Christ, Our Lady and the Saints.
Red		Sign of martyrdom, bearing witness to faith, fire and Blood.	Pentecost Sunday, feasts of Martyrs, Palm Sunday and Good Friday.
Green	Ordinary Time	Sign of hope, new life and growth.	On all week days and Sundays except in the Season of Advent and Lent and special feast days.
Violet	During the Seasons of Advent and Lent	Sign of Penance and hope	During the Seasons of Advent and Lent and for the Masses for the dead.

## Activity

1. Define Liturgy according to the constitution on the sacred Liturgy, No.7
2. Make a small booklet on the Liturgy given using the guidelines below.
  - i An Introduction on Liturgy.
  - ii Seasons of the Liturgical Year
  - iii Colour for each season and its meaning.
  - iv. Special feasts for each Season
  - v. The feast of your parish church.
3. Write two messages you receive from the Season of Advent.
4. Write five suggestions to improve the liturgical services of your parish.



### *For life*

Participate as a family in the feasts of the Liturgical Year meaningfully.

### Hymn

Praise to the Lord, the Almighty  
The King of Creation  
O my soul praise Him  
For He is our help and salvation,  
All you who here now to the altar draw near,  
Join in profound adoration.

### Reflect:

1. What is the invitation you receive from this hymn?
2. Which is the most suitable time to sing this hymn?
3. Read Psalm 122 from the Bible and reflect on it.
4. What is the message you receive from Psalm 122?

For us Catholics there is no other source of grace than Holy Mass. It is the highest liturgical act. Therefore we are bound to safeguard its holiness, dignity and solemnity.

The Holy Mass commemorates Christ's Paschal Mystery. Every Sunday and on the days of obligation we must attend the Holy Mass. Participation in the Holy Mass as a family is very important.

### **There are two main parts in the Holy Mass.**

1. The Liturgy of the Word
2. The Liturgy of the Eucharist

### **The Rites of the Holy Mass**

1. Introductory Rite
2. Liturgy of the Word
3. Preparation of the Altar.
4. Liturgy of the Eucharist.
5. Concluding rite and sending for mission.

## **Introductory Rite**

1. Entrance Hymn
2. Greeting
3. Introduction
4. Penitential Rite.
5. Lord Have Mercy
6. Gloria
7. Opening Prayer

### **1   Entrance Hymn**



Picture 23.1 - Entrance procession of Holy Mass

The Holy Mass begins with the entrance hymn. During the entrance hymn the procession enters the Church, and it reminds that the people of God are on a journey. Alter servers, carrying incense, Holy Cross and two lighted candles on either sides of the Cross walk in front of the procession. Then various ministers of the Mass, alter servers, the one who carry the book of Gospel and finally the celebrant (s) follow. The singing of the entrance hymn is a sign of unity of the people of God. It is useful for the procession to proceed and to introduce the various commemorations

of the Liturgical year. All those who participate in the entrance procession come before the altar, and genuflect or bow.

Symbols of honour at the beginning of the Holy Mass.

1. Genuflection or Bow
2. Kissing of the altar
3. Incense
4. Lighted lamps

## II. Greeting

After making the sign of the Cross, the priest greets the faithful.

## III. Introduction

The introduction is a theological orientation and it introduces to the faithful the celebration of the day, the time of the liturgical year, the theme of the liturgy of the word and if there is anything special, it is said in short.

## IV. Penitential Rite

The Penitential Rite could be done in three ways.

- Prayer (confiteor) “I confess to Almighty God”
- Three petition to Jesus with Kyrie to form a litany (Lord, have mercy)
- The rite of sprinkling with Holy water. (while a penitential hymn is sung)

## V. Lord have mercy (kyrie)

## VI. Song of the Angels (Gloria)

This is sung on Sundays and feast days. During Lent and Advent it is not sung or said.

## VII Opening Prayer (Collect)

This is the first prayer of the celebrant. This is known as “collect.” The priest as the head of the community offers it to God, the Father.

## 2. Liturgy of the Word



Picture 23.2 - Proclamation of the Gospel

### The parts of the Liturgy of the Word

- i. First Reading → listen to the Word of God
- ii Responsorial Psalm → Respond with the Word of God
- iii Second Reading → Listen to the Word of God
- iv Acclamation → Welcome Christ with praise
- v Proclamation of the Holy Gospel → Listen to Christ
- vi Homily → Application of the Word of God to life.
- vii Profession of faith (The Creed) → Proclaim our faith.
- viii Prayer of the faithful → Pray for our intentions / needs

## 3. The Rite of the Preparation of the Altar



Picture 23.3 - Preparation of the altar

The rite begins with the offertory procession. There are three purposes of offertory

- i. Bring host and wine
- ii. Offerings that could be given to the poor.
- iii. Offerings for the maintenance of the Church.

Collection is a part of the offertory procession. Symbolic offerings are not brought at the offertory procession, as they do not serve the purpose. No introduction to offerings are made. Out of the offerings that are brought, only bread (hosts) and wine are placed on the altar.

The preparation of the altar consists of two sub parts.

- i. Offertory procession and offering of the gifts.
- ii. Prayer over the gifts.

#### 4. Liturgy of the Eucharist



Picture 23.4 - Consecration

The rite has 3 parts.

- I Eucharistic prayer.
- ii Our Father, kiss of peace and Breaking of Bread
- iii Distribution of Communion and prayer after Communion

- **Eucharist Prayer**

This is the most important and main prayer of the Holy Mass. It is addressed to the Almighty God. It is a prayer, offered through the Son in the unity of the Holy Spirit.

- **The Our Father**

Pope Gregory, the Great brought this prayer (Our Father) to this place.

- **Kiss of peace**

Lord Jesus Christ after his resurrection appeared to his apostles and wished them peace. We wish each other the peace of the Risen Christ.

- **Breaking of Bread**

It signifies that Jesus broke himself and gave them to his disciples.

- **The Eucharistic Meal**



Picture 23.5 - Distributing Holy Communion

By partaking of the Eucharistic Meal, we become members of one family or one community. It is a sign of eschatological banquet at the second coming of Jesus. The whole universal church partake in this banquet.

## 5. The Rite of Sending Away for Mission

After the final blessing we are sent for a mission. We have listened to the Word of God. We have been fed with the Body and Blood of Christ. We have been united to the mystical body of Christ. Now the Church sends us out to spread the Christ's message of love to others and for us to live that message in our day to day life.

**There are three principal prayers in the Mass**

1. Collect
2. Prayer over the gifts
3. Prayer after Communion

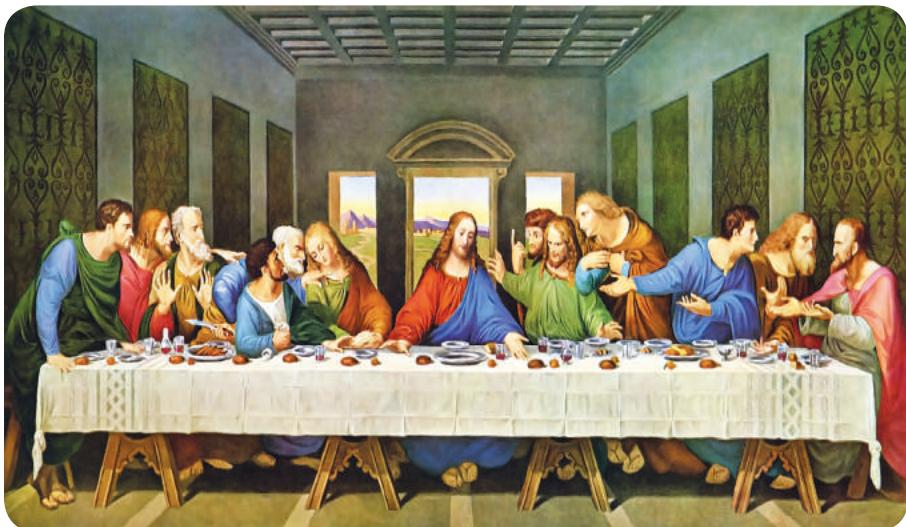
**Activity**

1. What are the two main parts of the Mass.
2. Name the rites of the Mass.
3. Name the parts of the Introductory Rite.
4. What is the main and most important prayer of the Mass.
5. Write two hymns that can be used in each of the following:
  - i. Entrance procession.
  - ii. Offertory procession.
  - iii. During Holy Communion.
  - iv. At the end of the Mass.
6. Write one prayer of the faithful under each of these headings.
  - i. for the needs of the Church.
  - ii. for the world's salvation and leaders of our country.
  - iii. for the needy.
  - iv. for the faithful of the parish.
7. Write five suggestions that you can propose to make the mass more meaningful

***For Life***



Let us prepare ourselves well to participate in the Holy Mass. Let the Mass be an encounter with Jesus. Let us experience healing, consolation, happiness and peace through the Holy Mass.



Picture 24.1  
Jesus is having the Last Supper with the disciples

## **Jesus Christ did certain things at the Last Supper**

1. Institution of the Holy Eucharist
2. Institution of the Sacrament of Holy Orders
3. Washing of the feet of the apostles
4. Pray to God using the High Priestly Prayer

Lord Jesus prayed to God using the High Priestly Prayer at the Last supper when His desciples were around Him. It is reported in the Gospel of John, chapter 17. This prayer summerizes the mission of Jesus. Unity is the theme that runs through out the whole prayer.

The High Priestly Prayer has three sections.

### **1. Praying for Himself**

Since Jesus had come from the Father and fulfilled the mission entrusted to Him, He prays to the Father that he may be glorified.

Father the hour has come; glorify thy Son that the Son may glorify thee, since thou hast given him power over all flesh, to give eternal life to all whom thou hast given him. And this is eternal life, that they know thee the only true God, and Jesus Christ whom thou hast sent. I glorified thee on earth, having accomplished the work which thou gavest me to do; and now, Father, glorify thou me in thy own presence with the glory which I had with thee before the world was made.

(John 17:1-5)

## 2. Praying for His Disciples

The disciples, chosen by Jesus belonged to God. God had chosen them and given to Jesus. Therefore, he prayed that God may protect them.

“ I have manifested thy name to the men whom thou gavest me out of the world; thine they were, and thou gavest them to me, and they have kept thy word. Now they know that everything that thou hast given me is from thee; for I have given them the words which thou gavest me, and they have received them and know in truth that I came from thee; and they have believed that thou didst send me. I am praying for them; I am not praying for the world but for those whom thou hast given me, for they are thine; all mine are thine, and thine are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to thee. Holy Father, keep them in thy name which thou hast given me, that they may be one, even as we are one. While I was with them, I kept them in thy name, which thou hast given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to thee; and these things I speak in the world, that they may have my joy fulfilled in themselves. I have given them thy word; and the world has hated them because they are

not of the world, even as I am not of the world. I do not pray that thou shouldst take them out of the world, but that thou shouldst keep them from the evil one. They are not of the world, even as I am not of the world. Sanctify them in the truth; their word is truth. As thou didst send me into the world, so I have sent them into the world. And for their sake I consecrate myself, that they also may be consecrated in truth."

(John 17: 6-19)

### 3. Praying for the unity of the Future Church

Through those disiples many may recognize Jesus in the future. Yet due to the disputes among them, they will be get devived into various groups. Having foreseen the future, he prayed to the Father for the unity of the Church.

I do not pray for these only, but also for those who believe in me through their word, that they may all be one; even as thou, Father, art in me, and I in thee, that they also may be in us, so that the world may believe that thou hast sent me. The glory which thou hast given me I have given to them, that they may be one even as we are one, I in them and thou in me, that they may become perfectly one, so that the world may know that thou hast sent me and hast loved them even as thou hast loved me. Father, I desire that they also, whom thou hast given me, may be with me where I am, to behold my glory which thou hast given me in thy love for me before the foundation of the world. O righteous Father, the world has not known thee, but I have known thee; and these know that thou hast sent me. I made known to them thy name, and I will make it known, that the love with which thou hast loved me may be in them, and I in them.

(John 17: 20-26)

## **Ecumenism**

As Jesus Christ foretold, as time passed by the Church got divided into different groups (sects). These Churches can be divided into two groups.

1. Mainline Churches.
2. Fundamentalists.

There are the seven mainline Churches, accepted by the Catholic church.

1. Church of Ceylon (Church of England / Anglican Church)
2. Methodist Church
3. Baptist Church
4. Dutch Reformed Church (Christian Reformed Church)
5. Presbyterian Church
6. South Indian Church
7. Greek Orthodox Church

Jesus Christ instituted the Church under the leadership of St. Peter to carryout the plan of salvation till the end of time, as a sign of salvation here on earth. Jesus instituted only one Church and not many Churches. It was not his will that there should be division in the Church. Yet the church was divided due to various reasons in the history. The main reasons for these divisions are human weakness and sinfulness. In the High Priestly Prayer of Jesus, He prayed to the Father for the unity of the church (John 17:20-21). Though the church is divided into various fractions, we who witness to Christ has a bounden duty to establish “one, Holy, Catholic (Universal) and apostolic Church.”

Second vatican council has promulgated two documents with regard to ecumenism:

1. Decree on the Catholic Churches of the Eastern Rite
2. Decree on ecumenism

As a result of ecumenism a few steps have been taken recently.

- The week of prayer for Christian Unity (Unity Week) is a Christian ecumenical observance kept annually between 18-25 January
- To work cordially with regard to religious and social matters.
- To participate together in spiritual and theological discussions.
- In the year 1983 the new edition of the Sinhala Bible was published with the approval of the Catholic Bishops' Conference and the Christian Churches.

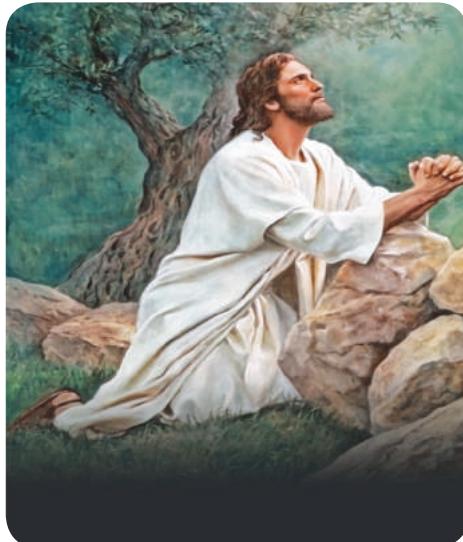
### Activity

1. Read carefully John 17:1-26 twice, reflect on it and write three message that you receive.
2. Write the three main parts of the High Priestly Prayer of Jesus.
3. Write two steps taken for the unity of Christian Churches.



#### *For Life*

Work cordially with the members of the mainline churches.



Picture 25.1 - The prayer of Jesus in the Garden of Gethsemane

Agnes : What a beautiful picture! Why did you bring it?

Theresa : Today's lesson is on the prayer in the garden of Gethsemane. That is why I brought this picture. This picture shows how Jesus prayed in the Garden of Gethsemane

Agnes : Did Jesus go alone to pray in the Garden of Gethsemane

Theresa : No. It was with his disciples that he went to pray. Jesus instructed Peter, Jacob and John, three apostles of Jesus, to be near to Him, and to pray but they slept without praying.

Agnes : Is that true? I also often go to sleep without praying. Do you do the same?

Theresa : I recite the rosary daily before going to sleep. Though Jesus asked the three disciples to pray three times on that day in the Garden of Gethsemane, what they did was to sleep without praying.

Agnes : Like you from today I will also try to say the daily rosary.

Theresa : Can you remember that our religion teacher said praying always without forgetting is a characteristic of a child of God.

Agnes : Look, the teacher is coming... Let us learn more about the prayer at the Garden of Gethsemane.

The important message of the prayer in the Garden of Gethsemane (Mark 14:32-42) is that, we must prepare ourselves in prayer for all our important moments of life.

Garden at Gethsemane is located on the western slope of mount of Olives facing Jerusalem. After the High Priestly Prayer (John 18:1). Jesus with his disciples went to the place called Gethsemane and said to the disciples:

... “Sit here while I pray”...

(Mark 14:32)

... My soul is very sorrowful, even to death, remain here, and awake”

(Mark 14:34)

Then He went a little further and he threw himself on the ground and prayed,

“Abba, Father, all things are possible to thee; this cup remove from me; yet not what I will, but what thou will”

(Mark 14:36)

## **Three things are implied from the Prayer of Gethsemane**

1. Jesus, ity human.
2. The relationship between God and Jesus Christ.
3. His passion and suffering.

Through the prayer of Gethsemane Jesus obtained the strength to let the plan of God to take place. But as the apostles did not pray, they fell into temptation. When Judas came to arrest Jesus with the chief priests, scribes and the elders:

- The apostles fled in fear.
- The ear of the chief priest's servant Malkus was cut by Peter,
- Peter denied three times that he did not know Jesus.

The experience at Gethsemane takes an important place in the account of the sufferings of Jesus.

Just like children speak to their parents, we can speak to God as His children. Jesus the Son of God prayed to the Father in all occasions. Therefore prayer should be a part of our daily lives. The Christian life depends very much on prayer. Preparing a suitable place for prayer in your house or room is helpful to pray.



- I will make prayer a part of my daily routine.
- I will pray the rosary daily as a family.
- I will participate in Holy Hours and prayer services to nourish my spiritual life.
- I will make it a habit to pray daily at a fixed time.

Picture 25.2 – Praying

## Activity

1. Write an essay on “Strengthen by prayer, let us overcome temptations”
2. What are the three things, implied from the prayer of Gethsemane?
3. Read twice Mark 14:36. Reflect on it. Write down God’s message that you received.
4. Write a prayer say asking strength to overcome temptations.

### *For Life*



Pray daily as a family to overcome temptations.