

# Nourished by the Eucharist

Keep these ideas in mind as you study **Unit 3, Session 13**.

Pope Innocent III was admired for his brilliant mind and his ability to take action. He was responsible for launching two crusades, recognizing that the Church needed to care for those who are poor, and for approving new religious orders, including one founded by Saint Francis of Assisi. **PAGE 108**

During the Council of Lateran IV, Church leaders approved decrees and helped define Church teaching, or dogma. **PAGE 109**

The Council approved many decrees, including one that required the faithful to receive Holy Communion at least once a year. Another decree was the dogma of transubstantiation, where Christ makes himself present in the Eucharist. **PAGE 109**

The Precepts of the Church are the positive requirements necessary to live a moral life, as determined by the Church. **PAGES 109 AND 318**

The Second Vatican Council allowed Mass to be prayed in the language of each individual culture, allowed the priest to face the people while celebrating Mass, and allowed people to receive both consecrated Bread and Wine at Holy Communion. **PAGE 109**

At the Council of Lateran IV, Pope Innocent III and the council of fathers further defined Church dogma, including the Church's teaching on the Eucharist. **PAGE 109**

Through the Eucharist, we remember Christ's Passion, Death, and Resurrection. We call this kind of remembering a memorial. **PAGE 110**

On the night before he died, Jesus celebrated the Last Supper with his disciples. **PAGE 110**

Before receiving Holy Communion, anyone who has committed a mortal sin is to receive absolution through the Sacrament of Reconciliation. **PAGE 111**

The Eucharist is our way of thanking God for creating us, redeeming us, and making us holy through the action of the Holy Spirit. **PAGE 111**

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