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# SOURCE AND SUMMIT

An Edge Night on the Eucharist in Scripture

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## Parent Letter

Dear Parents and Family,

This week at Edge, the Edge Night started with a high energy relay race where youth dressed up like mountain climbers. The teaching broke open different Scripture passages in the Old and New Testaments that help the youth understand the importance of the Eucharist in their daily lives. After the teaching, your son or daughter went into small groups to prepare skits on the *Multiplication of the Loaves* and the *Wedding at Cana* and discussed how these miracles of Jesus prepare us for the Institution of the Eucharist. The Edge Night concluded with a time of Eucharistic Adoration.

### Main Ideas:

- The Eucharist is the source and summit of our faith.
- The Institution of the Eucharist is foreshadowed in the Old Testament, especially in the book of Exodus in the story of the first Passover.
- At the Last Supper, Jesus institutes the Eucharist as a memorial of His Death and Resurrection, which we continue to celebrate today.

### Catechism Reference:

“The Eucharist is ‘the source and summit of the Christian life.’ ‘The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.’” (CCC 1324).

### Scripture Reference:

“For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, ‘This is my body which is for you. Do this in remembrance of me.’ In the same way also 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.’ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.” (1 Corinthians 11:23-26)

### Family Reflection Questions:

- What does it mean when we say the Eucharist is the “source and summit” of our faith?
- What miracle did you discuss in your small groups? Why was it significant?
- What is the Eucharist so important?
- What can we do as a family this week to grow in our love of the Eucharist? (read Scriptural accounts of the Eucharist, go to a daily Mass, read a story about a Eucharistic miracle, etc.)