



# Eucharistic Revival Patch

Through the Eucharistic Revival Patch and guidance of a trusted adult, American Heritage Girls will learn more about the source and summit of the Catholic faith and grow in a deeper relationship with Jesus.

*"Our world is hurting. We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith: His Real Presence in the Eucharist. The National Eucharistic Revival is a movement to restore understanding and devotion to this great mystery here in the United States."*

—USCCB National Eucharistic Revival Website

*"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration."*

—St. Teresa of Calcutta

TO EARN THE EUCHARISTIC REVIVAL PATCH,  
COMPLETE ALL THE REQUIREMENTS ON **ALL**  
**PROGRAM LEVELS** AND YOUR **PROGRAM**  
**LEVEL REQUIREMENTS.**

## ALL PROGRAM LEVELS (COMPLETE ALL)

1. Explain the meaning of the word "**Eucharist**." Why do you think this word was chosen to describe this sacrament? Find three additional terms used to describe the Eucharist and explain why we use these terms (see CCC 1328-1332). Why do we call the Eucharist the "Source and Summit of our Faith"?
2. Find two readings from the Old Testament that prefigure the Holy Eucharist. Choose and read one of the Gospel passages describing the Last Supper. Where do you hear these words in the Mass?
3. Explain what is meant by the "Real Presence of Jesus" in the Eucharist. Explain the term "transubstantiation" and how it applies to the Real Presence.

4. We keep the consecrated host in a tabernacle. Who was the first tabernacle? Which virtues does the Blessed Virgin model? How would you imitate those virtues to be more like Mary? Explain how to approach the exposed sacrament vs. the sacrament in the Tabernacle. Define the terms "**monstrance**", "**sanctuary lamp**", and "**humeral veil**" and the importance of each during Eucharist.
5. Adoration is another way we can be with Jesus in the Blessed Sacrament. Attend Adoration in person or pray in front of the Tabernacle at least two times while working on the patch. Try to reverently do so according to your Program Level and the suggested time below:
  - Pathfinders and Tenderhearts spend at least 15 minutes in prayer during each visit.
  - Explorers spend at least 30 minutes in prayer during each visit.
  - Pioneers and Patriots spend 60 minutes in prayer during each visit.
6. How should you prepare yourself to receive the Eucharist worthily? How often are you allowed to receive Holy Communion each day? What are some reasons that you should not receive Communion? How do you change this situation? How long are you required to fast before receiving Holy Communion? Discuss this requirement with your family or Troop. If you are of age and have received the Sacrament of Reconciliation, go to confession at least once while working on this patch. Learn about and practice Spiritual Communion if you are unable to receive the Eucharist.
7. Discuss with your Troop reverent ways of receiving Holy Communion. How should you prepare yourself to receive Communion? Write a prayer to help you think about receiving Jesus. Look up prayers that can be said after receiving Holy Communion. Share one with your Troop. Write your own prayer after Communion.

## PATHFINDER AND TENDERHEART

1. Find out what you can do during Adoration (prayers, listening, reading). Practice using one of these during your time in front of the Blessed Sacrament.
2. Choose two of the following options:
  - a. What does the name “Bethlehem” mean? Why is this a good name for the town where Jesus was born? Bake unleavened bread. How is this like the bread used in the Eucharist? Discuss what the communion wafer is made of. Why do we use unleavened bread (Hint: this can be found in the Old Testament readings above). Why do we use grape wine?
  - b. Make a game (such as a matching game) to help learn the names of the items used during the Liturgy of the Eucharist. Create a monstrance craft project.
  - c. With a parent or trusted adult, watch the short movie *The Veil Removed* on [theveilremoved.com](http://theveilremoved.com). Discuss with your family or your Unit what you learned.
  - d. Many of the following items are used during the Liturgy of the Eucharist. Arrange for a tour of your parish sacristy to identify these items and learn their purpose and meaning.

During Holy Mass, observe and identify how many of these items are used.

- **Cruet (decanter of flagon)**
- **Chalice**
- **Communion Cups**
- **Ciborium**
- **Paten**
- **Pall**
- **Pyx and Burse**
- **Corporal**
- **Purificator**
- **Consecration Bells**
- **Lavabo**

3. With your family, Unit, or Troop, read about Blessed Alexandrina da Costa. She survived for 13 years with her only form of nourishment being the Eucharist. Imagine just eating the Eucharist and nothing else. Discuss what you think this would be like with your family, Unit Leader, or Troop Shepherd.
4. With your family, Unit, or Troop, read the quote from Pope St. John Paul II: “We must understand that in order ‘to do’, we must first learn ‘to be’, that is to say, in the sweet company of Jesus in Adoration.” Discuss the quote with your family, Unit Leader, or Troop Shepherd; include in the discussion, how you can spend time with Jesus.

## EXPLORER

1. Practice a different devotional each time you are praying in front of the Blessed Sacrament while working on this patch (prayer, reading, meditation, etc.).
2. Choose three of the following options:
  - a. Create a gift for First Communion recipients at your church.
  - b. Design a coloring page, word find, or other puzzles or games to help younger girls learn about the Eucharist.
  - c. What does the name “Bethlehem” mean? Why is this a good name for the town where Jesus was born? Bake unleavened bread. How is this like the bread used in the Eucharist? Discuss what the communion wafer is made of. Why do we use unleavened bread (Hint: this can be found in the Old Testament readings above). Why do we use grape wine?
  - d. Make a game (such as a matching game) to help learn the names of items used during the Mass and Consecration.
  - e. With a parent or trusted adult, watch the short movie *The Veil Removed* on [theveilremoved.com](http://theveilremoved.com). Discuss with your family or Unit what you learned.
  - f. Many of the following items are used during the Liturgy of the Eucharist. Arrange for a tour of your parish sacristy to identify these items and learn their purpose and meaning.

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- g. St. Teresa of Calcutta once said, "When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now." Explain in your own words what this means. How is the Eucharistic both a Sacrament and a Sacrifice?
3. Read the quote from St. Peter Julian Eymard: "How happy Saint Joseph is to see us crowding about Jesus in His Sacrament, feeble, abandoned, persecuted, more in need of defenders and servants than in His infancy." Discuss with your family, Unit Leader, or Troop Shepherd why you think St. Joseph would be happy to see us at Adoration.
  4. Compose an Adoration prayer of faith or love and read it to Jesus the next time you pray in front of the Blessed Sacrament.
1. Read the Gospel of John 6:25-71. Explain how this passage supports the belief in the Real Presence of Jesus in the Eucharist.
  2. Read the story of Saint Juliana of Cornillon. The people had stopped receiving the Eucharist because they thought they were not good enough to receive Jesus. What very special feast did Saint Juliana help to establish? What do the words Corpus Christi mean? Work with your Troop to create a banner for your parish Corpus Christi Procession. Carry your banners together in the procession.
  3. The Eucharist is called a Sacrament and a Sacrifice. Read CCC 1362-1368. Explain how the Eucharist is also a Sacrifice. Is Jesus crucified again each time we celebrate Mass?
  4. Dive deeper into the meaning of **transubstantiation**. How long is Jesus present in the host? Is there any bread or wine remaining after transubstantiation? Is Jesus fully present in every part of the host and drop of wine?
  5. Choose four of the following options:
    - a. Create a gift for First Communion recipients at your church.
    - b. Design a coloring page, word find, or other puzzles or games to help younger girls learn about the Eucharist.
    - c. All over the world, Consecration of the Eucharist occurs every day of the year, except for two days. What two liturgical days are these? Participate in a Eucharistic procession (Corpus Christi, Eucharistic Procession for Life, etc.) or an altar of repose on Holy Thursday.
    - d. Write a prayer thanking Jesus for the gift of the Eucharist. Say your prayer in front of the Blessed Sacrament.
    - e. With permission from a parent or trusted adult, watch the short movie The Veil Removed on [theveilremoved.com](http://theveilremoved.com). Discuss with your family or your Unit what you learned.
    - f. Many of the following items are used during the Liturgy of the Eucharist. Arrange for a tour of your parish sacristy to identify these items and learn their purpose and meaning.

## PIONEER AND PATRIOT

During Holy Mass, observe and identify how many of these items are used.

- **Cruet (decanter of flagon)**
- **Chalice**
- **Communion Cups**
- **Ciborium**
- **Paten**
- **Pall**
- **Pyx and Burse**
- **Corporal**
- **Purificator**
- **Consecration Bells**
- **Lavabo**

- g. St. Teresa of Calcutta once said: "When you look at the crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host, you understand how much Jesus loves you now." Explain in your own words what this means. How is the Eucharistic both a Sacrament and a Sacrifice?
6. Research three Eucharistic Miracles. Share what you learned with your family, Unit Leader, or Troop Shepherd. Ask your parish for a book recommendation or with permission from a parent or trusted adult, visit the website created by Venerable Carlos Acutis [carloacutis-en.org](http://carloacutis-en.org).
  7. Write your own prayer of Adoration. Try to include a prayer of faith or love, Adoration, Contrition, Thanksgiving, and Petitions.

## ON YOUR OWN:

To learn more about saints with a special devotion to the Blessed Sacrament:

- **Read a story about Saint Clare** and how she protected the town of Assisi with the Eucharist.
- **Read a story about Saint Teresa of Avila** and how she taught the people that the Holy Eucharist is the whole Christ with the fullness of His humanity united with His divinity. That is why the Holy Eucharist is called the Mystery of Faith.
- **Read a story about Saint Therese of Lisieux** and learn how she declared, without reservation, that "The best means to reach perfection is through receiving Holy Communion frequently. Experience sufficiently proves it in those who practice it."



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