

## Sacraments

As I began to think about the class on Sacraments, I realized how much I had grown in my approach to teaching the Sacraments. I used to think that Sacraments were just given to us in the Scripture, all written down and ready for use. I began a journey to take a look at these wonderful gifts of the Church. They are given to us thru Sacred Tradition and Sacred Scripture, its just like a coin, you cannot have one side without the other.

As Christians we follow the example and words of Jesus and that is exactly what we do in the Sacraments. We imitate and copy Jesus actions when He was on earth, we continue Christ's ministry in history. Christ continues to be present in the world he is present sacramentally thru the power of the Holy Spirit. CCCC Nos. 1113-1116

In November we celebrate Thanksgiving. Many of us will describe the experience of Thanksgiving differently.

We all experience the Sacraments differently, we bring with us our own life's experiences and our own perceptions as we receive the Sacraments.

Sacraments are never what we know or feel about God, they are gifts given to us freely.

Sacraments are for the people of God who are on a journey

--- they are like stepping-stones

---they enable us to be in communion with God.

---they allow us to have a working and loving relationship with God,  
no matter what stage of our journey we are on.

Sacraments allow a person to enter into a religious dimension of human existence and to experience the sacred.

Sacramental ceremonies are recognized by those who participate in the rituals and rites as something that brings about some change in their lives and that change involves God.

In our secular ceremonies like graduation, marriage, or a promotion at work. It changes our lives and puts us in a different dimension.

Three main features of a sacramental experience are:

Sacred Space, this space is different from ordinary space.

Sacred Time, is experienced during prayer, Mass, when we are gathered together.

Sacred Meaning, what we experience when we receive the Body of Christ.