



Family of Faith

St. Philip Catholic Church Parent Catechesis



DATE: JANUARY 11, 2026

TOPIC: JANUARY CONTENT - EUCHARIST

MEMORY *verse*

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

- John 6:51

SAINT *of the month*

ST. THOMAS AQUINAS
JANUARY 28TH

SACRAMENT *focus*



EUCHARIST
THE SOURCE & SUMMIT
OF OUR FAITH

KEY *points*

- At every Mass, bread and wine become the Body and Blood of Jesus Christ.
- When we receive the Eucharist we are separated from sin, and united with Christ and other Christians.
- All of our Faith flows from and points toward Jesus in the Eucharist.
- Jesus instituted the Eucharist at the Last Supper, as the fulfillment of the Jewish Passover
- The Catechism refers to the Eucharist as “Sacrament of Sacraments” and the “Source and Summit” of the Christian Life.

FAITH AT *home*

- ✓ Remember Special Liturgical Days
 - Jan 1 - Mary, Mother of God Solemnity
 - Jan 6 - Feast of the Epiphany
 - Jan 11 - Baptism of Our Lord
- ✓ Heads Up! Lent begins on February 18!
- ✓ Learn memory verse & key concepts
- ✓ Pray the Pange Lingua Prayer
- ✓ Add a Statue of Mary in Your Home
- ✓ Go as a Family to Eucharistic Adoration

HELPFUL *links*

ST. PHILIP PARENT CATECHESIS VIDEOS

[www.WholeCatholicParenting.com/
st-philip-parent-catechesis](http://www.WholeCatholicParenting.com/st-philip-parent-catechesis)



WHOLE CATHOLIC DISCIPLESHIP DELIVERANCE

<https://www.discipleshipdeliverance.com/>

HOLY HEROES MASS PREP

[https://holyheroes.com/pages/
sunday-mass-prep](https://holyheroes.com/pages/sunday-mass-prep)



