

Course V. Sacraments as Privileged Encounters with Jesus Christ

		CONFORMITY YES/NO/PARTIAL	REQUIRED CHANGES Recommendations and Suggestions
1.	I. The Sacramental Nature of the Church		
2.	A. Definition of sacrament. 1. A sacrament is an efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life of grace is dispensed to us through the work of the Holy Spirit (CCC, no. 1131).		
3.	2. Eastern Churches use the word “mystery” for sacrament and celebrate them in a similar but not essentially different way.		
4.	3. Sacraments confer the grace they signify (CCC, no. 1127).		
5.	a. Grace: sanctifying and actual—gratuitous (CCC, nos. 1996-2005).		
6.	b. Sacramental grace (CCC, no. 1129).		
7.	B. The Church and the sacramental economy of salvation (CCC, no. 849). 1. Jesus Christ is the living, ever-present sacrament of God (CCC, nos. 1088-1090).		
8.	2. The Church as universal sacrament of Jesus Christ (CCC, nos. 774-776). a. The Church is the sacrament of salvation, the sign and the instrument of the communion of God and all (CCC, no. 780).		
9.	b. The Church has a sacramental view of all reality (CCC, no. 739).		
10.	c. The Church is the sacrament of the Trinity’s communion with us (CCC, no. 774).		
11.	C. Redemption is mediated through the seven sacraments. 1. Christ acts through the sacraments (CCC, nos. 1084-1085).		
12.	a. Signs and symbols (CCC, nos. 1145-1152).		
13.	b. Sacraments for healing and sanctification (CCC, nos. 1123, 1421).		
14.	c. Experiential sign of Christ’s presence (CCC, nos. 1115-1116).		
15.	2. The Church at prayer (CCC, no. 1073). a. Prayer defined; different forms (CCC, nos. 2559, 2565).		
16.	b. Essential for a believer (CCC, no. 2558).		
17.	c. Liturgical prayer and the sacraments (CCC, nos. 1137-1144).		
18.	d. Personal prayer; Christian meditation (CCC, nos. 2626-2643, 2705-2719).		

19.	II. The Sacraments of Initiation (CCC, no. 1212) A. Baptism: the sacrament which is the birth of the baptized into new life in Christ. In Baptism, Original Sin is forgiven along with all personal sins. By it we become adoptive children of the Father, members of Christ, and temples of the Holy Spirit; it also incorporates us into the Church and makes us sharers in the priesthood of Christ (CCC, nos. 1279-1280).		
20.	1. Understanding the sacrament. a. Scriptural basis. 1) The Sacrament of Baptism is pre-figured in the Old Testament at creation when the Spirit of God hovered over the waters at creation (Gn 1-2); in Noah's ark (Gn 7); in the crossing of the Red Sea (Ex 14) and the Jordan (CCC, nos. 1217-1222).		
21.	2) New Testament references: Mt 3:1-12; Mt 3:13-17; Mt 29:19; Mk 1:9-11; Lk 3:21-22; Jn 1:22-34; Jn 3:1-15; Acts 2:37-41 (CCC, nos. 1223-1225).		
22.	b. Historical development (CCC, nos. 1229-1233).		
23.	1) Baptism of blood (CCC, no. 1258). 2) Baptism of desire (CCC, nos. 1258-1261).		
24.	c. Theology (CCC, nos. 1217-1228).		
25.	2. Celebration (CCC, nos. 1229-1245). a. Baptism of adults (CCC, nos. 1247-1249).		
26.	b. Baptism of infants (CCC, nos. 403, 1231, 1233, 1250-1252, 1282, 1290). 1) The question of infants who die before Baptism (CCC, no. 1283).		
27.	c. Role of godparents (CCC, no. 1255).		
28.	3. Essential elements (CCC, nos. 1239-1240). a. Immersion or the triple pouring of water on the head (CCC, nos. 694, 1214, 1217, 1240). b. Saying the words of the formula (CCC, no. 1240).		
29.	4. Other elements: (CCC, nos. 1237-1245).		
30.	5. Effects of the sacrament (CCC, nos. 1262-1270). a. Die and rise with Christ (CCC, no. 1227).		
31.	b. Freed from Original Sin and all sins (CCC, no. 1263).		
32.	c. Adopted children of God (CCC, nos. 1265-1266).		
33.	d. Members of the Church (CCC, nos. 1267-1270).		
34.	e. Indelible character; this sacrament cannot be repeated (CCC, nos. 1272-1274).		

35.	f. Holy Spirit and discipleship (CCC, no. 1241).		
36.	6. Requirements for reception. a. For adults (CCC, nos. 1247-1249).		
37.	b. For infants (CCC, nos. 1250-1252).		
38.	c. Catechesis for baptized (CCC, nos. 1253-1255).		
39.	7. Minister of the sacrament (CCC, no. 1256). a. Ordinary circumstances. b. In danger of death.		
40.	8. Necessity of Baptism (CCC, nos. 1257-1261).		
41.	9. Implications. a. Members of Church (CCC, no. 1267).		
42.	b. Common priesthood (CCC, no. 1268).		
43.	c. Rights and duties (CCC, no. 1269).		
44.	d. Call to mission (CCC, no. 1270).		
45.	e. Ecumenical aspect (CCC, no. 1271).		
46.	10. Appropriating and living this sacrament (CCC, no. 1694). a. Reminders of our Baptism. 1) In the Church's liturgy: Easter vigil, sprinkling rite at Mass (CCC, nos. 281, 1217, 1254, 1668, 2719). 2) In pious practices: blessing with holy water (fonts in churches and homes), sign of the cross (CCC, no. 1668).		
47.	b. Prayer and reflection on the meaning of Baptism (CCC, nos. 1694, 1811, 1966, 1988, 1987, 1992, 1997, 2015). 1) Sharing in the Death and Resurrection of Christ. 2) Turning away from sin and selfish actions; ongoing conversion.		
48.	B. Confirmation: the sacrament in which the gift of the Holy Spirit received at Baptism is confirmed, strengthened, and perfected for living the Christian life and spreading the faith to others; in this sacrament we receive a permanent sign or character so it cannot be repeated.		
49.	1. Understanding the sacrament. a. Scriptural basis. 1) The book of Isaiah foretold that the Spirit of the Lord shall rest on the hoped-for Messiah (Is 11:2; CCC, no. 1286).		
50.	2) The Holy Spirit descended on the Church (Acts 8:14-17; CCC, nos. 1287-1288).		
51.	b. Historical development (CCC, nos. 1290-1292).		

52.	c. Theology. 1) Western Church (CCC, nos. 1286-1288).		
53.	2) Eastern Churches (CCC, no. 1289).		
54.	2. Celebration. a. Rite of Confirmation (CCC, nos. 1298-1300).		
55.	b. Rite of Christian Initiation of Adults (RCIA) (CCC, nos. 1232-1233, 1298).		
56.	c. Eastern Catholic Churches confirm (chrismate) at the time of Baptism and, in some cases, administer Eucharist then as well (CCC, nos. 1290-1292).		
57.	3. Essential elements of the sacrament (CCC, no. 1300). a. Laying-on of hands and anointing with chrism. b. Saying the words of the formula.		
58.	4. Requirements for reception. a. Baptized and age (CCC, nos. 1306-1308). b. Preparation, Confession, sponsor (CCC, nos. 1309-1310).		
59.	5. Minister (CCC, nos. 1312-1314).		
60.	6. Effects and implications (CCC, no. 1303). a. Perfection of baptismal grace (CCC, no. 1285).		
61.	b. Help of Holy Spirit's gifts and fruits (CCC, nos. 1830-1832).		
62.	c. Indelible character; this sacrament cannot be repeated (CCC, nos. 1303-1305).		
63.	d. Call to spread and defend faith (CCC, no. 1303).		
64.	e. Discernment of God's call (CCC, no. 1303).		
65.	f. Stewardship (CCC, no. 1303).		
66.	7. Appropriating and living this sacrament: life in the Holy Spirit (CCC, no. 1694). a. How to know the Holy Spirit's promptings and actions in your life, with the help of the Holy Spirit (CCC, no. 1694). 1) Learn Sacred Scripture (CCC, nos. 50-51, 94-95, 1066).		
67.	2) Live the sacraments (CCC, nos. 1071-1072, 1091-1092). 3) Love the Catholic Church—the Church that Christ began.		
68.	b. Prayer is the foundation for knowing and following the will and actions of the Holy Spirit (CCC, nos. 1309, 1073, 2670-2672).		
69.	C. Holy Eucharist: the sacrament which re-presents in the Mass the sacrificial Death of Christ and his Resurrection—making it possible for us to eat his Body and drink his Blood (CCC, no. 1323).		

70.	<p>1. Understanding the sacrament.</p> <p>a. Scriptural basis: Ex 12; Mt 14:13-21; Mt 26:26-29; Mk 6:30-33; Mk 14:22-25; Lk 9:10-17; Lk 22:14-20; Jn 2:1-12; Jn 6:22-59; Jn 13-17; 1 Cor 11:23ff. (CCC, nos. 1337-1344).</p> <p>1) The Eucharist is pre-figured in the Old Testament, beginning with the priest-king Melchizedek (Gn 14:18-20), Israel eating unleavened bread every year at Passover, and Yahweh providing manna from heaven (CCC, nos. 1333, 1544).</p>		
71.	b. Historical development (CCC, nos. 1324-1332, 1345).		
72.	c. Theology.		
73.	1) Signs (CCC, nos. 1333-1336).		
74.	2) Institution (CCC, nos. 1337-1340).		
75.	3) "In memory" (CCC, nos. 1341-1343).		
76.	4) Thanksgiving and praise (CCC, nos. 1359-1361).		
77.	5) Sacrificial memorial (CCC, nos. 1362-1372).		
78.	6) <i>Ecclesia de Eucharistia</i> .		
79.	2. Celebration.		
80.	a. Parts of the Mass (CCC, nos. 1348-1355).		
81.	b. Roles of priests and deacons (CCC, nos. 1566, 1570).		
82.	c. Roles of faith community (CCC, nos. 1140, 1348).		
83.	3. Essential elements.		
84.	a. Bread (unleavened in Latin Church, leavened in Eastern Churches) and wine from grapes (CCC, no. 1412; CIC, cc. 924 § 1-3, 926, 927).		
85.	b. Eucharistic Prayer (CCC, nos. 1352-1355).		
86.	4. Christ's Real Presence.		
87.	a. Transubstantiation (CCC, nos. 1373-1377).		
88.	b. Worship of the Eucharist.		
89.	1) Adoration (CCC, no. 1378).		
90.	2) Tabernacle (CCC, no. 1379).		
91.	3) Reverence (CCC, nos. 1385-1386, 1418).		
92.	5. Effects of the sacrament.		
93.	a. Union with Jesus and Church (CCC, nos. 1391, 1396).		
94.	b. Forgiveness of venial sin (CCC, no. 1394).		
95.	c. Protection from grave sin (CCC, no. 1395).		
96.	d. Commits us to the poor (CCC, no. 1397).		

88.	6. Requirements for fruitful reception. a. Baptized member of the Church who believes in the Real Presence and Transubstantiation (CCC, nos. 1376, 1385, 1387-1388). b. Free from grave sin (CCC, no. 1385). c. One hour fast from food and drink (CCC, no. 1387).		
89.	7. Other receptions. a. Frequent Communion (CCC, nos. 1388-1389).		
90.	b. Viaticum (CCC, nos. 1524-1525)		
91.	c. Eucharist two times a day (CIC, c. 917).		
92.	8. Minister of the sacrament (CCC, nos. 1369, 1566).		
93.	9. Role of extraordinary ministers of Holy Communion (CCC, no. 1411; CIC, c. 910 §2, c. 230 §3).		
94.	10. Implications. a. Ecumenical (CCC, no. 1398).		
95.	b. Love of God, neighbor, and poor (CCC, nos. 1396-1397).		
96.	c. Nourishing Christ's life in us (CCC, no. 1392).		
97.	11. Appropriating and living this sacrament. a. Active participation in Mass where the Lord comes in both word and sacrament (CCC, nos. 2042, 2181-2182).		
98.	b. Prayer of thanksgiving on receiving Jesus Christ in the Eucharist (CCC, nos. 1358-1359).		
99.	c. Reflective prayer on the meaning of Christ's Death and Resurrection, and petition for the grace to give to others of ourselves as the Lord did (CCC, nos. 1359-1361).		
100.	12. Sanctoral Cycle (CCC 1194)		
101.	13. Indulgences (CCC 1498)		
102.	14. Sacramentals (CCC 1677-1678)		
103.	15. Popular Piety (CCC 1679)		
104.	III. Sacraments of Healing A. Penance and Reconciliation: the sacrament through which sins committed after Baptism can be forgiven, and reconciliation with God and community can be effected (CCC, nos. 1422, 1425, 1428, 1446).		
105.	1. Understanding the sacrament. a. Scriptural basis: Jesus gives the Eleven the power to forgive sins (Jn 20:22-23). Examples of forgiveness (Mk 2:1-12; Lk 15:11-32; Jn 8:1-11; CCC, no. 1444).		
106.	b. Historical development (CCC, nos. 1425-1429, 1447-1448).		

107.	c. Theology (CCC, nos. 1440-1449).		
108.	2. Celebration. a. Individual confession (CCC, nos. 1456-1458, 1480, 1484).		
109.	b. Communal service (CCC, no. 1482).		
110.	c. General absolution (CCC, no. 1483).		
111.	3. Essential elements. a. Acts of the penitent: contrition and firm purpose of amendment, confession of sins, penance or satisfaction (CCC, nos. 1450-1458). b. Absolution (CCC, nos. 1480-1484).		
112.	4. Effects. a. Forgiveness of all sin (CCC, no. 1442). b. Reconciliation with God by which grace is received (CCC, nos. 1468-1469, 1496).		
113.	c. Reconciliation with the Church (CCC, nos. 1443-1445).		
114.	d. Remission of punishment for sin (CCC, nos. 1470, 1496).		
115.	e. Peace and serenity (CCC, no. 1496). f. Spiritual strength to resist temptation (CCC, no. 1496).		
116.	5. Requirements for reception. a. Contrition, both perfect and imperfect (CCC, nos. 1451-1454).		
117.	b. Confession of grave or mortal sins (CCC, nos. 1455-1457). c. Confession of venial sins recommended (CCC, no. 1458).		
118.	6. Minister of the sacrament (CCC, nos. 1461-1466).		
119.	a. The seal of confession (CCC, no. 1467).		
120.	7. Implications (CCC, nos. 1468-1470). a. Thanksgiving and amendment (CCC, nos. 1459, 1451).		
121.	b. Ongoing conversion (CCC, no. 1423).		
122.	c. Reconciliation with the Church community (CCC, nos. 1422, 1443-1445, 1469).		
123.	8. Appropriating and living this sacrament (CCC, nos. 1451, 1468-1469, 1470). a. Prayer of thanksgiving for the gift of God's forgiveness of sins. b. Reflective prayer on contrition in its fullest sense: sorrow for our sins with the resolution to avoid future sin (CCC, no. 1452).		
124.	B. Anointing of the Sick: the sacrament which gives spiritual healing and strength to a person seriously ill and sometimes also physical recovery (CCC, nos. 1499-1513).		
125.	1. Understanding the sacrament.		

	a. Scriptural basis: Jas 5:14-15 (CCC, no. 1510).		
126.	b. Historical development (CCC, no. 1512).		
127.	c. Theology. 1) Illness (CCC, nos. 1500-1502).		
128.	2) Christ the Physician (CCC, no. 1503).		
129.	3) Faith and healing (CCC, no. 1504).		
130.	4) Christ's suffering (CCC, no. 1505).		
131.	5) Disciples carry cross (CCC, no. 1506).		
132.	6) Holy Spirit's gift of healing (CCC, no. 1509).		
133.	7) Christ institutes sacrament of the sick (CCC, nos. 1500-1513).		
134.	2. Celebration. a. Individual celebration (CCC, nos. 1514-1516).		
135.	b. Communal celebration (CCC, nos. 1517-1518).		
136.	c. Viaticum (CCC, nos. 1524-1525).		
137.	3. Essential elements (CCC, nos. 1517-1519). a. Laying-on of hands; anointing forehead and hands with oil of the sick. b. Spoken words of the formula.		
138.	4. Effects (CCC, nos. 1520-1523). a. Union of the sick person to Christ in his Passion. b. Strength, peace, and courage to endure the sufferings of illness or old age. c. The forgiveness of sins. d. The restoration of health if God wills it. e. Preparation for passing over to eternal life.		
139.	5. Requirements for reception (CCC, nos. 1514-1515).		
140.	6. Minister: priest or bishop (CCC, no. 1516).		
141.	7. Implications (CCC, no. 1532). a. The Lord Jesus does not abandon or forget us; he is with us in all things. b. The Lord Jesus' healing power is still at work in the world.		
142.	8. Appropriating and living this sacrament (CCC, nos. 1522-1523). a. Prayerful reflection on the healing power of Jesus Christ. b. Prayer on accepting God's will. c. Prayer on offering up our sufferings to God.		
143.	IV. Sacraments at the Service of Communion A. Holy Orders: the sacrament through which a man is made a bishop, priest, or deacon and is given the grace and power to fulfill the responsibilities of the order to which he is ordained.		

144.	<ul style="list-style-type: none"> 1. Understanding the sacrament. <ul style="list-style-type: none"> a. Scriptural basis: Mt 16:18ff.; Mt 28:19-20; Lk 6:12-16; Mk 3:14-19 (CCC, no. 1577). <ul style="list-style-type: none"> 1) Jesus consecrates his followers at the Last Supper (Jn 17). 2) To remember him, Jesus commanded his followers, “Do this in memory of me.” His Apostles continued to celebrate the Eucharist as ordained ministers. 		
145.	<ul style="list-style-type: none"> b. Historical development—instituted by Christ (CCC, nos. 874ff.). 		
146.	<ul style="list-style-type: none"> c. Theology (CCC, nos. 1539-1553). 		
147.	<ul style="list-style-type: none"> 2. Celebration of Ordination. <ul style="list-style-type: none"> a. Bishop (CCC, nos. 1555-1561). 		
148.	<ul style="list-style-type: none"> b. Priest (CCC, nos. 1562-1568). 		
149.	<ul style="list-style-type: none"> c. Deacon (CCC, nos. 1569-1571). 		
150.	<ul style="list-style-type: none"> 3. Essential elements (CCC, nos. 1572-1574). <ul style="list-style-type: none"> a. Imposition of hands. b. Spoken prayer of consecration. 		
151.	<ul style="list-style-type: none"> 4. Effects. <ul style="list-style-type: none"> a. Indelible character; this sacrament cannot be repeated (CCC, nos. 1581-1584). 		
152.	<ul style="list-style-type: none"> b. Grace of the Holy Spirit (CCC, nos. 1585-1589). 		
153.	<ul style="list-style-type: none"> 5. Requirements for reception. <ul style="list-style-type: none"> a. Called to ministry (CCC, no. 1578). 		
154.	<ul style="list-style-type: none"> b. Baptized male (CCC, no. 1577). 		
155.	<ul style="list-style-type: none"> c. Celibacy in the Latin Church (CCC, no. 1579). 		
156.	<ul style="list-style-type: none"> d. Adequate education and formation (CCC, nos. 1578, 1598). 		
157.	<ul style="list-style-type: none"> e. Mental health screening (<i>Program of Priestly Formation</i>, nos. 5, 53). 		
158.	<ul style="list-style-type: none"> f. Lifelong commitment to personal prayer and devotion (CCC, nos. 1567, 1579). 		
159.	<ul style="list-style-type: none"> g. Servant leader in Person of Christ (CCC, nos. 1552-1553, 1548-1551). 		
160.	<ul style="list-style-type: none"> 6. Minister of the sacrament: bishop (CCC, nos. 1575-1576). 		
161.	<ul style="list-style-type: none"> 7. Implications. <ul style="list-style-type: none"> a. Servant leaders according to order (CCC, nos. 1547ff.). 		
162.	<ul style="list-style-type: none"> b. Distinctive ministries of bishop, priest, and deacon (CCC, nos. 1594-1596). 		
163.	<ul style="list-style-type: none"> 8. Appropriating and living this sacrament. <ul style="list-style-type: none"> a. Prayer for more vocations to the priesthood (CCC, no. 1548). 		
164.	<ul style="list-style-type: none"> b. Praying for bishops, priests, and deacons (CCC, no. 1547). c. Offering help and support to bishops, priests, and deacons (CCC, no. 1547). 		

165.	B. Marriage: the sacrament in which a baptized man and a baptized woman form with each other a lifelong covenantal communion of life and love that signifies the union of Christ and the Church and through which they are given the grace to live out this union (CCC, nos. 1601, 1603, 1613-1616, 1642).		
166.	1. Understanding the sacrament: Jesus raises marriage to the dignity of a sacrament. a. Scriptural basis: Jn 2:1-11; Mt 19:1-15; Mt 5:31-32 (CCC, nos. 1614-1615).		
167.	b. Historical development (CCC, nos. 1602-1620).		
168.	c. Theology. 1) Sacramental marriage (CCC, nos. 1621-1630).		
169.	2) Mixed marriages/disparity of cult (CCC, nos. 1633-1637). a) Conditions for permission/dispensation.		
170.	2. Celebration. a. Within Mass (CCC, nos. 1621-1624).		
171.	b. Within Liturgy of the Word.		
172.	3. Essential elements. a. Free consent of the couple (CCC, nos. 1625-1629, 1632). b. Consent given in the presence of the Church's minister and two witnesses (CCC, nos. 1630-1631).		
173.	4. Effects (CCC, nos. 1638-1642). a. Grace to perfect the couple's love for each other and strengthen their bond. b. Help to live the responsibilities of married life. c. Help on the journey to eternal life.		
174.	5. Requirements for reception. a. Baptism (CCC, nos. 1617, 1625, 1633).		
175.	b. No prior bond or other impediments (CCC, no. 1625).		
176.	c. Able to give free consent (CCC, nos. 1625, 1627).		
177.	d. Celebration of marriage according to Church law (CCC, nos. 1625-1637).		
178.	6. Ministers: the spouses before priest or deacon and two other witnesses (CCC, nos. 1623, 1630). (N.B. In Eastern Churches, the priest is the minister of the sacrament.)		
179.	7. The requirements of marriage. a. Unity and indissolubility (CCC, nos. 1644-1645).		
180.	b. Fidelity (CCC, nos. 1646-51).		
181.	c. Openness to children (CCC, nos. 1652-1654).		

182.	8. Divorce, declaration of nullity, remarriages (CCC, no. 1650).		
183.	9. Implications. a. Lifelong, conjugal fidelity (CCC, nos. 1646ff.).		
184.	b. Domestic Church (CCC, nos. 1655-1658).		
185.	c. Gift of children and nurturing them (CCC, nos. 1652-1653).		
186.	d. Qualities of successful marriages (CCC, nos. 1641-1658).		
187.	10. Appropriating and living this sacrament. a. Prayer for parents, relatives, and all who are married (CCC, no. 1657).		
188.	b. Praying for our lives ahead, asking God to help us know his will and to follow it in faith (CCC, no. 1656).		
189.	c. Careful preparation for marriage, remote, proximate, and immediate (FC, no. 66; CCC, no. 1632).		
190.	d. Ongoing marriage enrichment (CCC, nos. 1632, 1648).		
191.	e. Reflective prayer on married life as witness to Christ's love (CCC, no. 1661).		
192.	V. Challenges to Worship and Sacraments A. Can't a person go directly to God without the help of the Church or a priest (CCC, nos. 1538-1539)? 1. Any person can always pray directly to God. However, God established the Church as a way for him to teach us and to enrich us with his grace. Jesus Christ gave us the Church and the sacraments for our salvation (CCC, nos. 774-776).		
193.	2. Sacraments provide an encounter with Christ which is unique and graced (CCC, no. 1076).		
194.	3. Sacraments celebrate and strengthen our unity and identity (CCC, no. 774).		
195.	B. Can't God forgive us directly when we are sorry for sin (CCC, nos. 1434, 1440-1445)? 1. While God can forgive us however and whenever he wants, he knows what is best for us and has taught us through Jesus that he wants to forgive us through the Sacrament of Penance and Reconciliation (Jn 20:21-23; CCC, nos. 1421, 1442).		
196.	2. The Sacrament of Reconciliation is necessary to forgive grave or mortal sins (CCC, no. 1468), but it is not essential for the forgiveness of venial sins (CCC, no. 1493).		
197.	3. People need to confess sins to face the reality of the wrong they have done, and in and through this sacrament, they can be assured of forgiveness (CCC, nos. 1455-1457).		

198.	4. The sacrament also gives the assurance of forgiveness to a truly repentant person (CCC, nos. 1452-1453).		
199.	C. Aren't the sacraments just celebrations to mark significant moments in our life (CCC, nos. 1066, 1070)? 1. While the sacraments are usually celebrated at appropriate or significant moments or events in our lives, they are much more than simply celebrations of those moments. They are personal encounters with Christ, who acts through sacraments to help us (CCC, nos. 1088-1090).		
200.	2. Each sacrament gives a special grace (CCC, no. 1129).		
201.	D. Is there any difference between receiving Holy Communion in a Catholic Church and going to communion in a Protestant worship service (CCC, no. 1411)? 1. Yes, there are differences. a. Because of Apostolic Succession and the priesthood, Holy Eucharist in the Catholic Church is the Body and Blood of Jesus Christ. Churches without Apostolic Succession and the priesthood do not have that gift (CCC, nos. 817-822, 1411).		
202.	b. Reception of Holy Communion in the Catholic Church is a statement of belief in the Real Presence of Jesus in the Eucharist and of unity with all Catholics throughout the world (CCC, nos. 1376, 1391, 1398).		
203.	2. Because of these differences, Catholics must not take communion in Protestant worship services, and non-Catholics must not receive Holy Communion in Catholic Churches (CCC, no. 1411).		
204.	E. How do we know that any of the sacraments really work? For example, if a person dies after receiving the Sacrament of the Anointing of the Sick, does that mean it did not work (CCC, nos. 1500-1501, 1503-1505, 1508-1509, 1520-1523)? 1. The effects of the grace we receive through the sacraments is not something that can be seen or measured. 2. Each of the sacraments is effective whether we feel it or not; it is sometimes only in looking back that we can recognize how Christ has touched us and helped us through the sacraments.		
205.	3. The Sacrament of the Anointing of the Sick can have different effects. Sometimes Christ does bring about physical healing through that sacrament. Other times, the healing is spiritual in that it helps the person to be better prepared for death, to be at peace, and to be eager to be with the Lord.		