

## Food for the Journey

Viaticum, which means Food for the Journey, is the name that is used for the Holy Eucharist when a person is close to death. It gives the dying person final grace to be open to God's mercy and forgiveness.



## Getting There from Here ...

Our children sometimes don't understand how sickness or pain can bring us God's grace. Sometimes out of love for those who are hurting, children want to 'take away' the pain especially if the person who is sick is a loved one.

One way to help your child is to pray with them. Help them ask God to be merciful and kind to the person they love. You might pray this simple prayer:



*My sweet Jesus please be near*

*In my trouble, in my fear.*

*Show me how to love like you*

*Being gentle, kind and true.*

*Someone good is sick and sad*

*Feeling hopeless, feeling bad.*

*Take away their pain and sadness,*

*Give instead your joy and gladness.*

*My sweet Jesus please be near*

*Ever tender, ever dear. Amen.*



## How Much is Too Much?

Anointing of the Sick:

- \* is not like Baptism or Confirmation which can only be received once
- \* is more like Reconciliation where it can be received as necessary
- \* should be received for something serious, not for minor physical illness



- \* is especially vital for the elderly or disabled

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## The Working Parents Guide

### Sacraments on the Run



### Anointing of the Sick

Illness is never fun. It can be a real trial to deal with pain and suffering. On top of the strain of being sick, our faith leads us to peer into pain and see what gifts may be hidden there. What? How can I thank God for my illness, injury or health issues? How do I find the strength to believe that God is not punishing me or someone close to me? Sometimes all I can do is get through my day. It is easy to feel abandoned, lost, and alone when our bodies betray us. When our health begins to fail, or our age catches up with us, we sometimes forget that God is right there with us, loving us through our pain, walking beside us on our journey, which is why Jesus instituted the sacrament of Anointing of the Sick. This Sacrament give us the strength and peace that God wants us to have when we are in need. We can join our sufferings to Christ more easily with the help of this Sacrament. We are then able to model for our children the value of both suffering and sacraments.



## Why is Anointing of the Sick so Important?

The Catechism of the Catholic Church (1499-1532) reminds us:

- \*It gives us the grace to unite ourselves to Christ and to participate in His sufferings.
- \*It gives us strength, peace and courage to accept our circumstance, even if it seems unfair.
- \*It helps restore our health, or gives us the grace to approach death.
- \*It forgives our sins if we are unable to go to Reconciliation.

## Need an Oil Change?

+During Holy Week, at the Chrism Mass the Oil of the Sick, the Oil of Catechumens and Holy Chrism are blessed by the local bishop.



+Holy Chrism is used to anoint those receiving Baptism, Confirmation and Holy Orders.



+In the Rite of Christian Initiation of Adults, the Oil of Catechumens is used to anoint the person being received into the Church



+The Sacrament of Anointing of the Sick uses the Oil of the Sick. It represents the strength and power of God's grace being poured out



## What Does Scripture Say?

“Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven.” (James 5: 14-15 NRSV)

## Who Needs It?



Who gets Anointing of the Sick? It's hard to know because it is the only sacrament that rarely takes place at church. Those who are allowed to receive it include:

- \*Those who are seriously ill or had surgery
- \*Those who are chronically ill or disabled
- \*Those who have been seriously injured
- \*Those who are advanced in age
- \*Anyone seeking healing and wellness



## Hocus-Pocus! All Healed ... Right?

Well, actually, not necessarily.

Though the power of the sacraments seems magical, the reality of the sacraments is not. God comes to us in a mystical way and gives us the strength to be transformed. We may receive physical healing but Anointing always gives us the grace for spiritual healing.

## The Bright Side ...

Our circumstances may make it hard to trust in God's mercy, but we receive grace and growth when we invite God into our lives through the Anointing of the Sick.



## Rite-ly So!

A person who receives Anointing of the Sick is forgiven of their sins whether or not they are able to verbally confess them. The rite of this

Sacrament includes:



- \*Reading of the Gospel and prayer
- \*Reconciliation
- \*Anointing and laying on of hands
- \*Holy Communion, if possible