

Celebrating the Eucharist

Engage: Page 105

- ▶ Discuss your favorite family dinners. **Ask:** *Who is there? What do we like to eat? What do we talk about?*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's response. **Say:** *The meal we share with our parish family is called the celebration of the Eucharist. In this session we will learn about a special meal that we share with our parish family and why building a strong community is so important.*
- ▶ Ask your child to think about how he or she celebrates Sunday (the Lord's Day) with your family. Pray aloud the prayer together.

Explore: Pages 106–107

- ▶ Look at the picture on page 106. **Ask:** *What very special meal does this show? (the Last Supper) Who is seated with Jesus? (the apostles)*
- ▶ Read aloud Do This and Remember Me and point out the vocabulary word. **Say:** *During Mass the priest prays these words during the consecration of the bread and wine.*
- ▶ Read aloud the Reading God's Word feature. **Ask:** *What does this passage mean to you? (Jesus gives us himself in the form of bread; he is our nourishment; he gives us life.)*
- ▶ Have your child read aloud We Imitate Jesus on page 107. **Ask:** *How is Christ present with us at Mass? (He is in the people gathered, the priest, the Scripture readings, and the Eucharist.)* **Say:** *Worship is the adoration and praise we give to God. We celebrate the Eucharist regularly to worship God.*
- ▶ Read aloud the Link to Liturgy feature. **Say:** *When we sing or say these words, we are praising God.*

Art Exploration: Page 244

- ▶ Find in a magazine, in a book, or online a picture of a child receiving the Sacrament of the Eucharist.
- ▶ **Say:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what the child is wearing and doing.
- ▶ **Say:** *When we receive Holy Communion, we are one with Jesus. All Catholics are part of one big family.*

- ▶ Have your child turn to page 244. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud *The Mass Makes Us One Family*. Discuss your experiences of attending Mass in other churches or countries.
- ▶ Read aloud *Your Special Day*. Allow time for your child to write about his or her First Holy Communion. Together look at photos of your child's First Holy Communion and share your memories of that day.
- ▶ Invite your child to collect pictures from magazines and newspapers of people sharing a meal at home, in church, or in restaurants. Have your child make a collage and write words that summarize his or her feelings about First Holy Communion, such as *family, Mass, Holy Communion, sharing, or Jesus*.

Reflect: Pages 108–109

- ▶ Together look at page 108. **Say:** *We have read and talked about how Jesus gave himself to us in the Sacrament of the Eucharist. Take time to thank Jesus for the gift of himself.*
- ▶ Have your child get comfortable. Read aloud each paragraph. Pause after each one so that your child can reflect. Pray together the Sign of the Cross.
- ▶ Have your child read aloud *We Celebrate the Lord's Day* on page 109. **Say:** *Catholics all over the world celebrate the Mass on the Lord's Day in a similar way. We listen to the same readings in the Liturgy of the Word. The bread and wine become the Body and Blood of Christ in the Liturgy of the Eucharist.*
- ▶ Read aloud *Days of Celebration*. **Say:** *An obligation means a duty to do something. As Catholics, it is our special duty to attend Mass on Holy Days of Obligation, just as we do on Sundays.*
- ▶ Read aloud *Holy Days Matching* and have your child complete the activity. Check the answers together.

Respond: Page 110

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud *Ways of Being Like Jesus*. Ask your child to suggest specific ways he or she can gather for Mass and celebrate the Eucharist.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the *With My Family* suggestions. Invite your child to choose one or more to complete today.