

Celebrating the Eucharist

Engage: Page 155

- ▶ Together brainstorm things that children share with one another. (toys, treats, books)
Say: *We share our time, possessions, and good will with the people in our lives. We share our faith when we celebrate the Liturgy of the Eucharist at Mass.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud John 6:33–35. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Read aloud the paragraphs on page 155. Ask: *What can we do to let Jesus nourish us?* (pray, receive Holy Communion, go to Mass) Pray aloud the prayer. Conclude by praying together *Amen.*

Explore: Pages 156–157

- ▶ Teach your child the song “We Can Serve,” sung to the tune of “London Bridge Is Falling Down.” Say: *We can serve as Jesus served, Jesus served, Jesus served. We can serve as Jesus served, We serve others!* Continue with “We can love” and “We can help.”
- ▶ Guide your child to look up the terms *Liturgy of the Eucharist*, *altar*, and *transubstantiation* in the Glossary. Read aloud and discuss the definitions. Then read aloud page 156. Say: *The Liturgy of the Eucharist is the part of the Mass after the Liturgy of the Word.* Ask: *What is the meaning of the word transubstantiation?* (when the bread and wine are consecrated and become the Body and Blood of Jesus Christ)
- ▶ Read aloud the Did You Know? feature. Ask: *What do we do to celebrate the Lord’s Day?* (attend Mass)
- ▶ Guide your child to look up the term *holy days of obligation* in the Glossary. Read aloud and discuss the definition. Then read aloud We Attend Mass on page 157. Turn to page 267 and discuss each of the holy days of obligation.
- ▶ Read aloud the Ready for the Sacraments feature. Emphasize the importance of preparing our whole selves to receive Holy Communion.

Art Exploration: Page 158

- ▶ Find in a book or online a picture of the Last Supper.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including how he or she can identify Jesus. Say: *The Last Supper was a special time for Jesus and his followers. The story of the Last Supper reminds us of how Jesus sacrificed himself for us.*
- ▶ Have your child turn to page 158. Read aloud the introduction and discuss the question.

- ▶ Read aloud The Last Supper. Ask: ***What are some things you can do for others?*** (spend time with someone who is sick or lonely; read to a younger sibling)
- ▶ Read aloud Thank You, God and have your child complete the activity. Then read aloud the Reading God's Word feature. Discuss how Jesus sacrificed himself and why he did this for us.
- ▶ Say: ***Meals are special times we share with our families and others we care about, just as Jesus shared the Last Supper with his followers.*** Ask your child to make a place mat for each family member. Suggest that he or she draw pictures or use stickers to show favorite foods and people who are special to him or her. Proudly use the place mats at your next meal together.

Reflect: Pages 159–160

- ▶ Together look at page 159. Say: ***Fold your hands and be still with Jesus in your heart. Think about how you will feel when you receive Jesus in Holy Communion.*** Pause briefly. Then read aloud the title and the paragraph.
- ▶ Slowly pray aloud the prayer. When finished, allow time for quiet reflection. Conclude by praying together the Sign of the Cross.
- ▶ Have your child read aloud page 160. Say: ***When we receive the Eucharist, we receive the most wonderful gift ever— Jesus Christ himself.*** Invite your child to complete the activity. Then turn to Receiving Holy Communion on page 266. After reading aloud this section, practice the responses with each other.

Respond: Pages 161–162

- ▶ 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 help others. Invite your child to complete the activity. Say: ***We offer prayers during the Liturgy of the Eucharist. We can also pray with our actions by participating in the prayers, singing the songs, and paying attention.***
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 162. Together as a family, complete the page and do the activity. Pray the family prayer. Say: ***Jesus shares himself with us in the Eucharist so that we can grow closer to him. We can share our faith when we celebrate the Liturgy of the Eucharist at Mass.***