

Celebrating the Eucharist

Engage: Page 139

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud Luke 24:13–35. Then say: **The Gospel of the Lord.** Invite your child to respond, *Praise to you, Lord Jesus Christ.*
- ▶ Invite your child to describe a time when he or she had an “Aha!” moment—a moment when someone helped him or her grasp a difficult concept. Invite your child to read aloud the paragraphs on page 139. Ask: **When did the two disciples have their “Aha!” moment?** (when Jesus broke bread with them) Say: **The breaking of the bread refers to the Eucharist.**
- ▶ Say: **We welcome Jesus into our lives through the Eucharist.** Pray aloud the prayer. Pause to allow your child to reflect, then pray *Amen.*

Explore: Pages 140–141

- ▶ Invite your child to share his or her recollection of the Order of Mass. Say: **The Mass follows a certain set of steps, starting with the Introductory Rites and ending with the Concluding Rites. Music and participation from the assembly fill the celebration with life and spirit.**
- ▶ Invite your child to read aloud Christ’s Presence in the Eucharist on page 140. Ask: **What is transubstantiation?** (the phenomenon in which the bread and wine, upon consecration by a priest, become Christ’s Body and Blood) Review the definitions of *transubstantiation* and *real presence* in the Glossary.
- ▶ Read aloud The Order of Mass, then invite your child to read aloud both Introductory Rites and Liturgy of the Word. Pause to review what your child learned in those sections.
- ▶ Take turns reading aloud the sections on page 141. On a separate sheet of paper, write an outline of the Order of Mass after you read each section. Read aloud the Link to Liturgy feature. Emphasize the importance of the Eucharistic Prayer as the most solemn part of the Mass. Encourage your child to pay close attention to the Eucharistic Prayer at the next Mass he or she attends and to identify which parts of the prayer are drawn from Jesus’ words at the Last Supper.

Art Print: Page 142

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples at the Last Supper.
- ▶ Encourage your child to describe the picture in detail, including the expressions on all the faces. Say: **Jesus was surrounded by his closest friends at the most difficult time of his life.** Point out that your family members, too, support and love one another during difficult times.

- ▶ Invite your child to turn to page 142. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud *The Eucharist Calls Us to Share*. Review the definition of *memorial*. Say: ***The Eucharist is a memorial because it recalls Jesus' sacrifice.*** Ask: ***What did Saint Paul suggest we do before celebrating the Eucharist?*** (Examine ourselves.)
- ▶ Read aloud the activity directions and give your child time to complete the activity. Discuss his or her answer.
- ▶ Read aloud the Reading God's Word feature. Say: To ***truly celebrate the Eucharist and be closer to Jesus, we need to live in harmony with others.***
- ▶ Invite your child to imagine that Jesus is present at your family's table at mealtime. Invite your child to draw a table with plates holding objects that represent how your family is ready to welcome Jesus. Encourage your child to fill the table completely and to label each plate with what it represents.

Reflect: Pages 143–144

- ▶ Invite your child to find a comfortable position and contemplate the picture on page 143. Read aloud the paragraphs under *The Eucharist*. Pause to allow your child to reflect. Say: ***Let's pray a portion of this hymn of adoration of the Eucharist.*** Pray aloud the prayer. Point out that *jubilation* is another word for *joy*. Conclude by praying *Amen*.
- ▶ Encourage your child to pray in front of the real presence of Jesus in the Blessed Sacrament. Your child may attend eucharistic adoration services or simply sit before the tabernacle when he or she is in church. Explain that these can be times when your child can speak to Jesus heart to heart.
- ▶ Say: ***During the Mass, we experience Jesus as the Bread of Life.*** Read aloud *The Four Parts of Mass* and the activity directions on page 144. Invite your child to complete part 1 of the activity. If possible, provide a Mass booklet as a reference. Then invite your child to complete parts 2 and 3 of the activity and share his or her answers with you.

Respond: Pages 145–146

- ▶ Invite your child to read aloud the Faith Summary on page 145. Review the Words I Learned in this session. Read aloud *Ways of Being Like Jesus* and give your child time to reflect.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Invite your child to share his or her answers with you.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss *With My Family* on page 146, then complete the activity. Pray aloud the prayer together. During your next meal as a family, discuss together the importance of the Eucharist.