

PRIMARY

# Eucharist

We Give Thanks and Praise

online **FAMILY**  
guide



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We Give Thanks and Praise

## **online FAMILY guide**

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# Welcome!

RCL Benziger's ***Eucharist: We Give Thanks and Praise*** Family Guide will help you to prepare your child to celebrate First Eucharist. As you study the different parts of the Mass together, your child will come to understand that Catholics believe Christ is truly present in the consecrated bread and wine that we receive at Eucharist and that the Eucharist strengthens us to continue the work of Jesus through service to others.

Here are a few suggestions for using the Family Guide to prepare your child to celebrate Eucharist for the first time.

1. Plan on completing one chapter a week.
2. Set a regular and convenient time to meet each week. This will ensure that your learning sessions are a priority.
3. Plan where you will meet in your home. Choose a place where you can work together without interruptions or distractions.
4. Read the weekly lesson plan and the corresponding chapter in the child's book before your session.
5. Download the weekly lesson plan and chapter activity for each lesson. (Note: There is no activity sheet for chapter 8.)
6. Gather the supplies you need each week before the session. These are listed under Materials Needed in the family lesson plans. If you wish to incorporate materials suggested under Additional Resources in the lesson plan, check to see if they are available from your parish resource center or local library. You may want to order your own *Eucharist: We Give Thanks and Praise* music CD from RCL Benziger (RCLBenziger.com or 1-877-275-4724).
7. Encourage all family members to participate in the prayer celebrations in every chapter.
8. Participate in weekly parish celebrations of the Eucharist as a family. This will help your child recognize the importance of Eucharist in Catholic life and to begin to apply what they are learning about the Mass to the celebration of the liturgy.

Preparing your child for the celebration of First Eucharist is a privilege. Remember that you are doing much more than teaching facts about our faith. Treasure this time as an opportunity to touch your child's heart and to inspire him or her to develop a lifelong love for the Eucharist and a desire to celebrate it often.

May this time of preparation and your child's celebration of First Eucharist be a time of great blessing and joy!

# Belonging

# 1

## Introduction

The three Sacraments of Initiation – Baptism, Confirmation, and Eucharist – are signs of the presence of Jesus in the lives of people of faith. Followers of Jesus know that because of our Baptism and Confirmation, we have been called to a life of virtue and service, strengthened by the Holy Spirit. In the Eucharist, we are nourished in faith and sent forth to bring the message of God’s love to all.

As you begin the process of preparing your child to celebrate First Eucharist, it is important that you help your child develop his or her sense of belonging to the Catholic Church. You can do this by helping your child to recognize that he or she is a unique and valuable child of God. Your love, acceptance, and example will help your child learn how God and the Church cherish and welcome him or her.

### Chapter Goals

After completing this lesson your child will be able to:

- Recognize that a Sacrament is a special sign of God’s love
- Name the effects of the Sacrament of Baptism
- Identify the three Sacraments of Initiation



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Drawing paper
- Markers or crayons
- Pencil or pen
- Chapter 1 activity sheet

### Additional Resources (Optional)

- Psalm 100: We Are God’s People (from the *Eucharist: We Give Thanks and Praise* music CD)
- Just Where You Belong* (Patricia Reeder Eubank/ Ideals Publications)

# Chapter 1 • Belonging

## Beginning the Lesson

1. Turn to page 5 in the student book. Read aloud the chapter title and the verse from Galatians.
2. Ask your child to name the different groups or teams to which he or she belongs. Discuss what it feels like to be a part of each group or team.
3. Read *A New Family Member* together and discuss the first question. Emphasize that Baptism welcomes us into the Body of Christ, the Church.
4. Invite your child to draw a family portrait. Point out that each person in your family is a member of the Church and a child of God.

## Sharing the Scripture Story

1. Read together *Jesus Welcomes the Children* on pages 6 and 7.
2. Discuss the *Let's Talk* questions.
3. Invite your child to prayerfully read *Word of God* aloud. Point out that at Baptism God calls us each by name and welcomes us as members of the Church.

## Exploring Catholic Teaching

1. Read *Signs of Belonging* on pages 8 and 9 and have your child complete the activity.
2. Emphasize that we celebrate the Eucharist each time we attend Mass.
3. Summarize by reading aloud *This We Believe*.
4. Turn to page 74 in the *A Little Catechism* section of the book. Review the description of Baptism.
5. Turn to page 70 and read Statement 1 about the Blessed Trinity. Remind your child that we pray to the Blessed Trinity each time we pray the Sign of the Cross.

## Completing the Activity

1. Help your child complete the activity on page 10.
2. Discuss the *Parish Connection*. Have your child identify where the holy water fonts are placed in your church.
3. Review the chapter by having your child complete the [Chapter 1 activity sheet](#).



# Chapter 1 • Belonging

## Celebrating

1. Invite other family members to join you for the prayer celebration on page 11. Invite your child to choose who will serve as readers 1, 2, and 3.
2. Play and/or sing Psalm 100: We Are God's People from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 91 of the student book.
3. Conclude by reverently signing one another's foreheads with the Sign of the Cross as a reminder of your Baptism.
4. Invite everyone to say the following response together:
5. *Through Baptism, Lord, you have called us by name. We are your children.*

## Sharing the Home and Family Page

Read, discuss, and complete page 12.

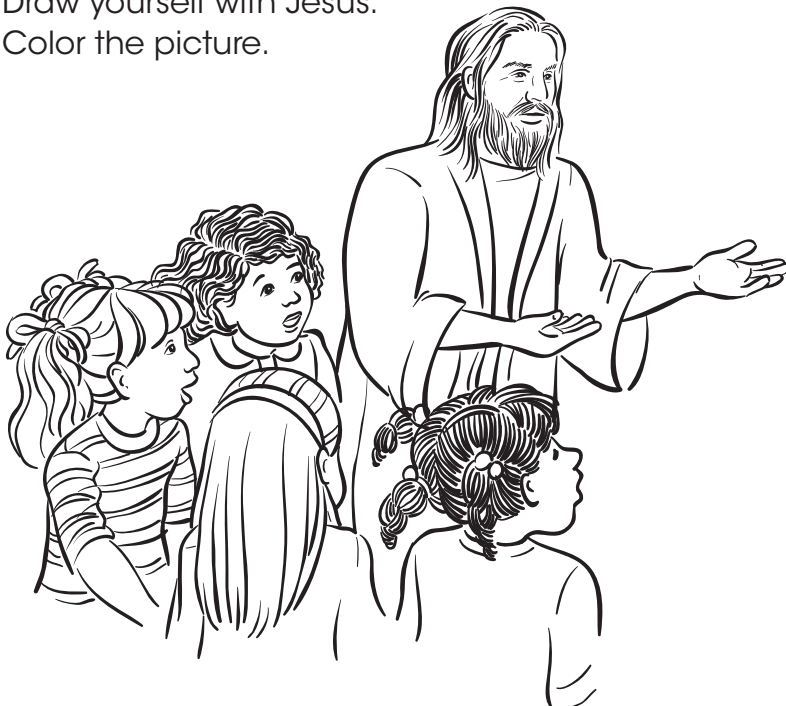
Name \_\_\_\_\_ Date \_\_\_\_\_

## Belonging to God's People

Unscramble the letters found at the end of each sentence.  
Then write the word on the line.

1. A Sacrament is a special \_\_\_\_\_ of God's love that Jesus gave to his children. *gins*
2. The Sacraments of Christian Initiation give us a share in God's own \_\_\_\_\_. *feil*
3. At Baptism, the priest or deacon says, "I baptize you in the \_\_\_\_\_ of the Father, and of the Son, and of the Holy Spirit." *mena*
4. At Confirmation, the bishop makes the sign of the \_\_\_\_\_ on your forehead with blessed oil. *srocs*
5. At Eucharist, you receive the Body and \_\_\_\_\_ of Jesus. *dBolo*

Draw yourself with Jesus.  
Color the picture.



**Jesus welcomes me to God's family.**



# Gathering

# 2

## Introduction

Catholics gather together at the Eucharist to worship as a community of faith joined as one voice raised in prayer. The assembly is a vital part of the liturgical celebration. We believe that Christ is present: in the assembly of the faithful gathered together in his name; in the Word proclaimed; in the person of the minister; and above all, in the Sacrament of the Eucharist. When the assembly prays at Eucharist we become signs of the presence of Jesus to one another and to the world.

As you share this lesson together, build on your child's longing to be with others. Explain that Jesus wants us to follow him, but he knows that we need one another to do so. Jesus gives us our parish community so that we can come together to celebrate the Eucharist, to pray together, and to be a source of strength for one another.

### Chapter Goals

After completing this lesson your child will be able to:

- Identify Sunday as the day Catholics gather to celebrate Mass
- Explain why Christians gather for Eucharist
- Describe what takes place during the Introductory Rites



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Drawing paper
- Markers or crayons
- Pencil or pen
- Chapter 2 activity sheet

### Additional Resources (Optional)

- Gathered As One* (from the *Eucharist: We Give Thanks and Praise* music CD)
- Catholic Prayers and Practices for Young Disciples including the Order of Mass* (RCL Benziger/ RCLBenziger.com or 1-877-275-4725)

# Chapter 2 • Gathering

## Beginning the Lesson

1. Open the student book to page 13. Prayerfully read together the Scripture verse from 1 Corinthians.
2. Read the story on page 13 and discuss the question. Help your child appreciate the importance of family meals.
3. Invite your child to complete the drawing activity on a separate piece of paper. When finished, invite your child to describe the significance of the family meal they drew.

## Sharing the Scripture Story

1. Together read *Christians Gather* on pages 14 and 15 and discuss the Let's Talk questions. Emphasize that when we gather for Mass today, we do many of the same things Jesus' first followers did.
2. Read aloud *Word of God*. Point out that the Body of Christ is another way we describe Church.

## Exploring Catholic Teaching

1. Invite your child to follow along as you read *Christians Today* on pages 16 and 17. Review with your child the responses to the words prayed in the Introductory Rites.
2. Ask your child to read aloud *We Celebrate*. Explain that the word **mercy** means loving forgiveness.
3. Have your child complete the activity on page 17.
4. Turn to *A Little Catechism*, pages 76 and 77, and review the Introductory Rites of the Mass.
5. Read aloud *This We Believe* on page 17.

## Completing the Activity

1. Read aloud the introductory paragraph on page 18.
2. Have your child complete the activity. Explain that the best way we can show our love for Jesus is to treat one another like a loving family.
3. Give your child time to complete the crossword puzzle on the [Chapter 2 activity sheet](#).
4. Review responses and adjust as necessary.
5. Read aloud the Parish Connection. If your child has difficulty thinking of a favorite gathering song, suggest a few familiar songs and hymns you often sing at Mass.

## Chapter 2 • Gathering

### **Celebrating**

1. Before beginning the prayer on page 19, point out the response, "Glory to God in the highest." Help your child create a joyful gesture to accompany this response.
2. Invite other family members to join you for the closing prayer. Ask your child to select the readers or proclaim the readers' parts alternately with your child.
3. When the words "Glory to God in the highest" are prayed, incorporate the gesture you created.
4. Pray together the Gloria, on page 77 of the student book.
5. Conclude by singing and/or listening to *Gathered as One* from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 94 of the student book.

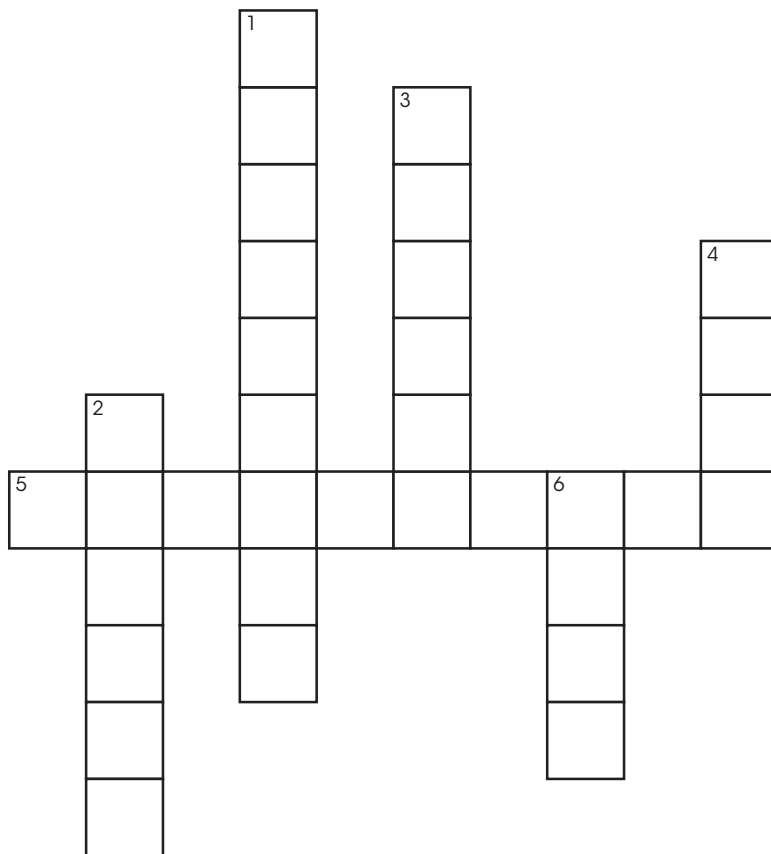
### **Sharing the Home and Family Page**

Read, discuss, and complete page 20.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Gathering as One Body

Finish each sentence. Use the answers to complete the crossword puzzle.



**Word Bank**

Mass  
Christians  
Amen  
Church  
Christ  
Eucharist

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### Across

5. The first followers of Jesus began to call themselves \_\_\_\_\_.

### Down

1. Catholics take part in a special meal called the \_\_\_\_\_.

2. You are a member of the Catholic \_\_\_\_\_.

3. We are one Church, the Body of \_\_\_\_\_.

4. Another name for the Eucharist is the \_\_\_\_\_.

6. \_\_\_\_\_ means "so be it."

## Introduction

In this chapter your child and you will learn about the Liturgy of the Word. The Scripture passages – readings from the Old Testament, the New Testament letters, and the Gospels – offer opportunities to truly listen to and respond to God’s voice. Careful and attentive listening helps us to discover how and where God is leading us each day.

Your child is only beginning to learn how to be a good listener. Children are captivated by stories that interest them and are told by good storytellers. Jesus, our greatest storyteller, tells powerful stories to teach us about God’s love and how we are called to treat one another. As you work through Chapter 3 together, help your child to develop the important skill of listening to God’s Word.

### Chapter Goals

After completing this lesson your child will be able to:

- Identify the importance of listening to God’s Word
- Explain that God’s Word is proclaimed at Mass during the Liturgy of the Word
- Recognize that Catholics are called to listen to God’s Word and act on it



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Drawing paper
- Markers or crayons
- Pencil or pen
- Chapter 3 activity sheet

### Additional Resources (Optional)

- Hear Our Prayer  
(from the *Eucharist: We Give Thanks and Praise* music CD)
- God’s Quiet Things*  
(Nancy Sweetland/  
Eerdmans Publishing Company)

# Chapter 3 • Listening

## Beginning the Lesson

1. Open the child's book to page 21. Point out the chapter title.
2. Prayerfully read the verse from Luke.
3. Read aloud Stories and discuss the first question. Then ask your child to draw a picture of their favorite story.

## Sharing the Scripture Story

1. Ask your child to listen as you read aloud Listening to Jesus on pages 22 and 23.
2. Discuss the Let's Talk questions. Help your child to appreciate that Jesus calls us to listen to God's Word carefully and to live it in our daily lives.
3. Point out Word of God. Explain that hardening our hearts means to turn away from God's Word.
4. Discuss with your child the ways that we hear God's voice each day. Examples include: in the Bible; at Mass; in religion classes; through the advice of parents; and through the words of our teachers.

## Exploring Catholic Teaching

1. Read God's Word on pages 24 and 25 and have your child complete the activity.
2. Turn to *A Little Catechism* on page 78 and review the parts of the Liturgy of the Word. Review the responses with your child.
3. Turn back to page 24. Review what happens in the Liturgy of the Word by reading together This We Believe.
4. Read aloud Catholic Practices. Explain that a creed is a statement of belief.
5. Work together to begin learning the Nicene Creed, found on page 89 of the student book.

## Completing the Activity

1. Read aloud Jesus' words at the top of page 26. Explain that the words tell us how Jesus wants us to treat others.
2. Invite your child to complete the Listen and Act activities.
3. Review chapter learning by having your child complete the [Chapter 3 activity sheet](#).



## Chapter 3 • Listening

### **Celebrating**

1. Before praying the petitions on page 27, talk with your child about people or groups that are in need of God's loving care. Work with your child to write two petitions for these persons or groups.
2. Invite other family members to join you for the prayer. Ask your child to choose the readers.
3. After the Reader 5 petition, invite your child to proclaim the petitions you wrote together. The response to all petitions is, "Lord, hear our prayer."
4. Conclude by singing and/or listening to Hear Our Prayer from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 91 of the student book.

### **Sharing the Home and Family Page**

Read, discuss, and complete page 28.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Listening to God's Word

Draw a line from each part of the Mass to the sentence that describes it.

### 1. First Reading

a. The priest explains the Word of God and helps you understand it.

### 2. Responsorial Psalm

b. You sing a song or psalm from the Bible.

### 3. Second Reading

c. You ask God's help for everyone.

### 4. Gospel

d. You listen to the lector read a story about the People of God who lived many years before Jesus.

### 5. Homily

e. This prayer says that we believe in God the Father, God the Son, and God the Holy Spirit.

### 6. Creed

f. You listen to the priest read about what Jesus said and did.

### 7. Prayer of the Faithful

g. You listen to the lector read a story about the early Christians.

# Giving Thanks and Praise

# 4

## Introduction

Grateful people are graced by the loving presence of God in their lives and feel compelled to respond. As Catholics, we give thanks and praise to God for all that is good and we are invited to return God's goodness by reaching out to others in loving service. Through the celebration of the Eucharist we praise and thank the Father for all the good gifts we have received from him, especially the gift of Jesus Christ.

As a parent, your goal is to help your child develop the good habit of remembering to praise and thank God for all that we are and all that we have. You can do this easily by openly and naturally taking advantage of daily opportunities to express your gratitude to God and encouraging your child to do the same. Remembering to praise and thank God will develop in your child a deeper desire to participate more fully in the Mass.

### Chapter Goals

After completing this lesson your child will be able to:

- Identify God's blessings in his or her life
- Recognize the celebration of the Eucharist as a great prayer of thanks and praise
- Understand why the Church thanks and praises God



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Pencil or pen
- Chapter 4 activity sheet

### Additional Resources (Optional)

- Incense, matches, and fire-safe bowl
- Malo, Malo* (from the *Eucharist: We Give Thanks and Praise* music CD)

# Chapter 4 • Giving Thanks and Praise

## Beginning the Lesson

1. Pray together the Scripture verse from Psalm 30 on page 29.
2. Share with your child that today's story is about a girl who thinks that God has given wonderful abilities to everyone except her.
3. Together read Kelly's Worry. Discuss the questions.
4. As your child talks about the gifts he or she has received from God, emphasize that God wants us to take care of the gifts he has given us.

## Sharing the Scripture Story

1. Introduce the story on pages 30 and 31 by explaining that everything we are and everything we have are signs of God's love for us.
2. Read All Good Gifts and discuss the Let's Talk questions.
3. Affirm your child's willingness to give praise and thanks to God.

## Exploring Catholic Teaching

1. Read aloud Thanking God on pages 32 and 33. Invite your child to repeat the responses after you, including the response in We Celebrate. Encourage your child to listen for these words at Mass.
2. Reinforce the importance of the Eucharistic Prayer by turning to *A Little Catechism* on page 79. Review the response and sing or repeat the Holy, Holy, Holy.
3. Explain the directions to the activity on page 33 and have your child complete it.
4. Recite the This We Believe statements together. Explain that Jesus is our mediator because he gave his life on the Cross to save all people from sin. We remember Jesus' sacrifice on the Cross each time we celebrate the Eucharist.
5. Invite your child to complete the [Chapter 4 activity sheet](#).

## Completing the Activity

1. Explain the directions to the activity on page 34 and have your child complete the page.
2. Read aloud Catholic Practices. Remind your child that the bread and wine we use at Mass are gifts of God's creation.

## Chapter 4 • Giving Thanks and Praise

### **Celebrating**

1. Invite other family members to join you for prayer. Ask your child to choose which family members will be Side 1 and which family members will be Side 2.
2. If you choose to use incense, place the incense in a small fire-safe bowl and light it. Encourage your family to watch as the incense rises. Emphasize that all our prayers, including our prayers of thanks and praise, rise to God and that God always hears them.
3. Pray together A Thanksgiving Prayer, on page 35 of the student book.
4. Sing and/or listen to Malo, Malo from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 92 of the student book. This song uses fifteen different languages, reminding us that all people are called to give thanks and praise to God.

### **Sharing the Home and Family Page**

Read, discuss, and complete page 36.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Giving Thanks and Praise

Complete each sentence.

1. Everything good is God's \_\_\_\_\_ to me.
2. Eucharist means "giving thanks and \_\_\_\_\_."
3. At Eucharist, I say "\_\_\_\_\_."

Color the thank you card. Cut it out and put it in a special place at home. It will help you remember to thank Jesus each day.

**1 = red    2 = orange    3 = yellow    4 = green**

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# Remembering

# 5

## Introduction

At the Last Supper Jesus showed his followers the depth of his love by instituting the Eucharist as the memorial of his Death and Resurrection. He asked his friends to “do this in memory of me” until he comes again. Since then, Jesus’ followers have offered the Father what he himself has given us - the gifts of his creation. By the words and actions of Christ and the power of the Holy Spirit, these gifts of bread and wine become the Body and Blood of Christ.

As you teach this chapter, focus on the sacrifice Jesus made by accepting death on the Cross. Emphasize that God showed his great love for Jesus and all people by raising Jesus to new life and giving us a share in that new life. Help your child begin to appreciate that the Eucharist remembers and makes present again the sacrifice of Jesus. This is a great mystery at the heart of our Catholic faith.

### Chapter Goals

After completing this lesson your child will be able to:

- Recognize the Eucharist as a meal of remembering
- Identify the consecration as the time in the Mass when the bread and wine become the Body and Blood of Christ
- Understand that the Eucharist is a meal of sacrifice



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Pencil or pen
- Chapter 5 activity sheet

### Additional Resources (Optional)

- We Remember* (from the *Eucharist: We Give Thanks and Praise* music CD)
- Benjamin's Box* (Melody Carlson/ZonderKidz)
- Very First Lord's Supper* (Swanee Ballman/Arch Books)

# Chapter 5 • Remembering

## Beginning the Lesson

1. Pray together the verse from Luke on page 37.
2. Share with your child, and invite your child to also share a happy family memory.
3. Read aloud Family Memories.
4. Discuss the questions. Point out that families like to recall and share happy memories again and again.

## Sharing the Scripture Story

1. Remind your child that on the night before Jesus died, he and his followers shared a special meal in which they remembered something wonderful God did for them. Then ask your child to listen closely to the story to learn more about this memory.
2. Read aloud Remembering on pages 38 and 39. Have your child underline in his or her book the memory Jesus and his friends shared at the Last Supper. (*God saved the Jewish people from slavery and gave them a new life.*)
3. Discuss the Let's Talk questions. Emphasize that at Mass the bread and wine become the Real Presence of Christ – his Body and Blood.
4. Invite your child to repeat the Word of God verse after you.

## Explore Catholic Teaching.

1. Read together A Sacrifice of Praise, on pages 40 and 41 of the student text. Remind your child that a sacrifice is something we do out of love for someone else. Discuss with your child some examples of sacrifices.
2. Ask your child to name the sacrifice Jesus made for us. (*Dying for our sins*)
3. Use the text and the This We Believe statement to help your child understand why the Mass is a meal of sacrifice. Turn to page 72 in *A Little Catechism* and read together Question 5. Ask your child to give the response in their own words in order to make sure they understand what Catholics believe about the Eucharist.
4. Invite your child to complete the activity on page 41.

# Chapter 5 • Remembering

## Completing the Activity

1. Read aloud the introductory paragraph on page 42.
2. Explain the directions to the activity and have your child complete it. Affirm your child's unselfish choices.
3. Point out the Catholic Practices box and have your child read it aloud.
4. Turn to the Our Father, on page 88 of the student book, and review it together. Explain that we also call this prayer the Lord's Prayer. Remind your child that Jesus taught us this special prayer.
5. Invite your child to complete the [Chapter 5 activity sheet](#).

## Celebrating

1. Invite other family members to join you for the prayer.
2. Have your child choose who will proclaim the four acclamations.
3. Invite all to raise their arms overhead in thanks and praise each time the words "Amen, Alleluia, Amen!" are recited.
4. Sing and/or listen to We Remember from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics to the song are on page 92 of the student book.

## Sharing the Home and Family Page

Read, discuss, and complete page 44.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Remembering Jesus

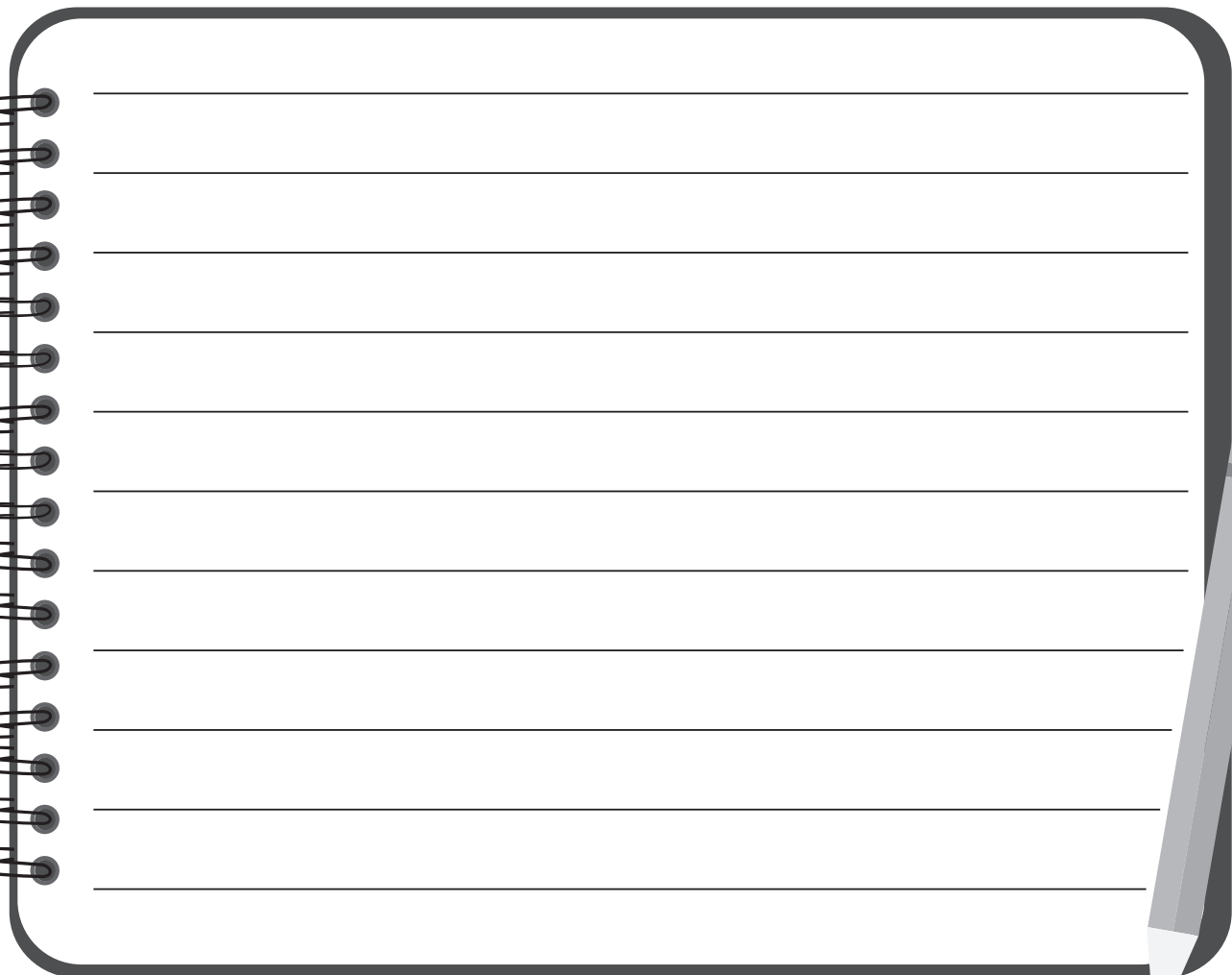
Use the words below to complete the Memorial Acclamation.

Savior      free      Cross      Resurrection

Save us, \_\_\_\_\_ of the world,  
for by your \_\_\_\_\_ and \_\_\_\_\_  
you have set us \_\_\_\_\_.

On the lines below, write a letter to Jesus.  
Thank him for his love for you.

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# Sharing a Holy Meal

# 6

## Introduction

The heart of our faith and worship centers on the celebration of the Eucharist. We gather at the Lord's Table to share in the sacredness of the Lord's Supper. We gather as sisters and brothers in Christ and are nourished by the Word and the Bread of Life. The Eucharist brings us into a deep and profound union with Christ and with each other as we await the promise of eternal life.

As you work together to complete Chapter 6, keep in mind that children can identify sacred, or holy, elements of an everyday meal they share at home with their families. However, it is important that your child understand that although family meals are special times, the Mass is a very sacred meal and is different from the meals we eat at home.

### Chapter Goals

After completing this lesson your child will be able to:

- Recognize Jesus as the Bread of Life
- Explain that the Eucharist is a meal of sharing
- Identify the consecrated bread and wine as the Body and Blood of Christ



### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Pencil or pen
- Chapter 6 activity sheet
- Candle and matches

### Additional Resources (Optional)

- Come to the Table* from the *Eucharist: We Give Thanks and Praise* music CD
- Stone Soup* (Marcia Brown/Aladdin)

# Chapter 6 • Sharing a Holy Meal

## Beginning the Lesson

1. Open the child's book to page 45 and read aloud the chapter title.
2. Together pray the verse from Psalm 34.
3. Ask your child to recall a school field trip they have participated in. Share a memory of one of your class field trips, too. Then read *The Lunch* together.
4. Invite your child to name the problem in the story. (*Katie left her lunch at home.*)
5. Discuss the questions. Emphasize the importance of sharing with others.

## Sharing the Scripture Story

1. Ask your child to study the illustrations on pages 46 and 47 and describe what they think the story is about.
2. Invite other family members to join you in reading the play *Sharing With Others*.
3. Discuss the story using the Let's Talk questions. Point out that Jesus was able to feed the crowd because he worked a miracle. Explain that a miracle is something that could not have happened without God's help. Emphasize that Jesus performed the miracle because he knew the people were hungry and he wanted them to understand that he is God's Son and truly divine.

## Exploring Catholic Teaching

1. Read together *A Meal of Sharing* on pages 48 and 49. Explain that the bread and wine we share at Eucharist is different from the food Jesus shared with the crowd in the Scripture story. At Eucharist we share the real Body and Blood of Jesus.
2. Explain that when we say, "Amen" as we receive the Eucharist, we are saying we believe that it is Christ himself that we are receiving in Holy Communion.
3. Read together the *This We Believe* statements.
4. Turn to page 70 in *A Little Catechism*. Read aloud Statement 9. Explain that through the Eucharist we become the Body of Christ.
5. Turn to pages 80 and 81 and review the Communion Rite.
6. Use the activity on page 49 to help your child become familiar with and comfortable with receiving Holy Communion.
7. Help your child review the Lord's Prayer by completing the [Chapter 6 activity sheet](#).



# Chapter 6 • Sharing a Holy Meal

## Completing the Activity

1. Invite your child to complete the activity on page 50.
2. Encourage your child to share with others as a sign of his or her readiness to receive the Body and Blood of Jesus.
3. Discuss the Catholic Practices statements. Emphasize that receiving Eucharist at Mass makes us one with Jesus and the Church.
4. Share with your child the ways your parish takes Communion to the sick, the elderly, and those in hospitals.

## Celebrating

1. Invite your family members to join you once again.
2. Light a candle as a sign of Jesus' presence with you.
3. Slowly read through the prayer, phrase by phrase, asking your child and all family members to echo you after each phrase is read.
4. After a moment of quiet reflection, invite all to join hands and pray together the Lord's Prayer.
5. Sing and/or listen to Come to the Table from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 95 of the student book.

## Sharing the Home and Family Page

Read, discuss, and complete page 52.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Sharing a Holy Meal

Use these words to fill in the blank spaces below.  
Then pray aloud or in the quiet of your heart the Lord's Prayer.

<b>Amen</b>	<b>evil</b>	<b>heaven</b>	<b>temptation</b>
<b>bread</b>	<b>Father</b>	<b>kingdom</b>	<b>trespass</b>
<b>earth</b>	<b>forgive</b>	<b>name</b>	<b>will</b>

Our \_\_\_\_\_,  
who art in \_\_\_\_\_,  
hallowed be thy \_\_\_\_\_;  
thy \_\_\_\_\_ come,  
thy \_\_\_\_\_ be done  
on \_\_\_\_\_ as it is in heaven.  
Give us this day our daily \_\_\_\_\_,  
and \_\_\_\_\_ us our trespasses,  
as we forgive those  
who \_\_\_\_\_ against us;  
and lead us not into \_\_\_\_\_,  
but deliver us from \_\_\_\_\_.  
\_\_\_\_\_.

# Serving Others

# 7

## Introduction

In this chapter your child will learn that we are challenged by receiving the Body and Blood of Christ to serve one another as Jesus did. When we receive the Eucharist we say, "Amen." This response is a sign that we understand that we are called to take on the mission of Christ and to live out his message of love. With the Eucharist as the center of our faith we can honor Jesus' command to "love one another as I have loved you" (John 15:12).

As you work together on Chapter 7, help your child come to a deeper understanding of faith. Highlight the connection between what we believe as Catholics and how we proclaim our faith through service to others, as Jesus did.

### Chapter Goals

After completing this lesson your child will be able to:

- Identify Jesus' act of humble service at the Last Supper
- Recognize that all followers of Jesus are called to serve as Jesus served
- Participate in the Eucharist's call to bring Jesus to others through Christian service

### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Pencil or pen
- Chapter 7 activity sheet
- A bowl of water
- A hand towel

### Additional Resources (Optional)

- Go Make a Difference (from the *Eucharist: We Give Thanks and Praise* music CD)



# Chapter 7 • Serving Others

## Beginning the Lesson

1. Open the student book to page 53. Prayerfully read together the verse from Galatians.
2. Recall with your child large parish events your family has attended, and how parishioners served one another at those events.
3. Read *The Parish Picnic* with your child. Invite your child to respond to the questions.
4. Emphasize that when we help others we are following the example of Jesus.

## Sharing the Scripture Story

1. Ask your child to describe what they see happening in the illustration on pages 54 and 55.
2. Read aloud *Loving Service*. Point out that by washing the disciples' feet, Jesus was teaching us that no act of service is too lowly for his followers.
3. Discuss the *Let's Talk* questions.
4. Have your child recite the Word of God verse after you.

## Exploring Catholic Teaching

1. Talk with your child about the connection between the Last Supper and Mass. Recall that at Mass we do what Jesus did at the Last Supper: we share in his Body and Blood in the Eucharist.
2. Read *We Act Like Jesus*, on pages 56 and 57 of the student book. Review the meanings of the words **mission**, **grace**, and **blessing** by looking them up together in the Glossary (on page 90 of the student book).
3. Turn to page 81 in *A Little Catechism* and review the responses that are part of the Concluding Rites.
4. Invite your child to complete the activity on page 57.

## Completing the Activity

1. Explain the directions to the *Serving Others* activity on page 58. Invite your child to complete the activity.
2. Discuss your child's responses with him or her. Affirm your child for looking for ways to help and serve others as Jesus did.
3. Invite your child to complete the [Chapter 7 activity sheet](#).

# Chapter 7 • Serving Others

## **Celebrating**

1. Invite other family members to join you for prayer.
2. Place the bowl of water and hand towel on the table.
3. Begin the celebration by washing and drying your child's hands. Have them do the same for you and for any other family members who have joined you for prayer.
4. Pray together *We Love and Serve*, on page 59 of the student book.
5. Conclude by singing and/or listening to *Go Make a Difference* from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 92 in the student book.

## **Sharing the Home and Family Page**

Read, discuss, and complete page 60.

Name \_\_\_\_\_ Date \_\_\_\_\_

# Serving Others

Color in the numbered circles to find Jesus' mission for you.

Write the letters in the correct spaces below.

Then read the sentence aloud.

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19  
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36



# Living Eucharist

# 8

## Introduction

Chapter 8 is designed to be presented after your child has celebrated First Eucharist. Its purpose is to help your child reflect on his or her experience of sharing in the Body and Blood of Christ and to recall the different parts of the Mass and their meaning. This process is called **mystagogy**. Mystagogy is a time when we grow in our understanding of God's sacramental presence in our lives.

During this session you will lead your child in a guided meditation to help him or her recall the celebration of First Eucharist. Through reflection and discussion your child will be able to articulate from his or her own experience the meaning of the Eucharist.

Keep in mind that First Eucharist is only the initial step of understanding the Eucharist in our lives. In the coming months and years, help your child deepen his or her love for Jesus' gift of self in the bread and wine we share at Mass. Participate on a regular basis at parish Masses and talk with your child frequently about how he or she is growing in his or her love for the Lord and how he or she is demonstrating that love through service to others.

### Chapter Goals

After completing this lesson your child will be able to:

- Identify the main parts of the Mass
- Describe Eucharist as mystery
- Articulate the basic meaning of Eucharist

### Materials Needed

- Eucharist: We Give Thanks and Praise* student book, primary level
- Loaf of bread
- Carafe of grape juice and a cup
- Bible
- White cloth or napkin

### Additional Resources (Optional)

- I Send You Out (from the *Eucharist: We Give Thanks and Praise* music CD)
- Instrumental music for the guided meditation
- Drawing paper
- Markers or crayons
- Miss Fannie's Hat* (Jan Karon/ Augsburg Fortress Publishers)



# Chapter 8 • Living Eucharist

## Beginning the Lesson

1. Create an environment for reflection by placing the loaf of bread, grape juice, cup, and Bible on a table covered with the white napkin or cloth.
2. Turn to page 61 in the student book and pray together the Scripture verse from Luke.
3. Read aloud A Day to Remember and have your child complete the discussion sentences. You, too, may wish to add your own sentences of recollection.
4. Consider playing soft instrumental music as you lead the meditation on pages 62 to 65.
5. Read We Remember on page 62.
6. Slowly go through each element in the celebration of the Eucharist, pausing to allow your child time to reflect on and respond to each question. As an alternative, you may wish to invite your child to draw some of his or her impressions.
7. Conclude with Dismissal on page 65. Help your child appreciate that the celebration of the Eucharist does not stop at the end of Mass. Explain that because we are part of the Body of Christ, we are called to continue Jesus' work in the world.

## Understanding Our Mission

1. Read Your Mission, on page 66 of the student book.
2. Encourage your child to give concrete and practical responses to the questions.
3. Assure your child that Jesus will help him or her to become a more loving follower through frequent reception of Jesus' Body and Blood in the Eucharist.

## Chapter 8 • Living Eucharist

### **Celebrating**

1. Invite family members to join you for prayer.
2. Ask your child to choose a reader to proclaim the reading from Luke and a leader for the prayer.
3. Begin by singing and/or listening to I Send You Out from the *Eucharist: We Give Thanks and Praise* music CD. The lyrics are on page 94 of the student book.
4. Pray A Great Banquet together. Invite each family member present to respond to the reflection question.
5. Pray the closing prayer as an echo by having the leader read a phrase, then have family members repeat that phrase.
6. Conclude by sharing a ritual meal of bread and grape juice in remembrance of your child's First Eucharist.

### **Sharing the Home and Family page**

Read, discuss, and complete page 68.

**Credits**

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