

INTERMEDIATE

Eucharist

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:

- Define the word Sacrament
- Name the effects of the Sacrament of Baptism
- Identify the three Sacraments of Initiation

Materials Needed

- Eucharist: We Give Thanks and Praise* student book, intermediate level
- Pencil or pen
- Bible
- Chapter 1 activity sheet

Additional Resources (Optional)

- Psalm 100: We Are God's People (from the *Eucharist: We Give Thanks and Praise* music CD)
- God, When Will I Ever Belong?* (Katherine D. Marko/Concordia Publishing House)



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. Talk with your child about the importance of being loved by others. Explain that the story on page 5 is about a young man who hasn't known much love in his life.
3. Read Mike's New Family together and discuss the questions. Help your child recognize the importance of unconditional love. Explain that God's love for us is unconditional.

Sharing the Scripture Story

1. Read together A New Beginning 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.
4. Read We Celebrate and explain that these words are part of the Rite of Baptism.

Exploring Catholic Teaching

1. Read Sacraments of Initiation 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 descriptions of Baptism, Confirmation, and Eucharist - the three Sacraments of Initiation.
5. Turn to pages 70 and 71 and read aloud Statement 7 and Statement 16. Point out that we first receive the Holy Spirit at Baptism.

Completing the Activity

1. Help your child complete the activity on page 10.
2. Discuss responses to the activity. Encourage your child to put his or her faith into action in daily life.
3. Review the chapter by having your child use a Bible to 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. Ask your child to divide the family members into Side 1 and Side 2.
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:

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

At Baptism, God says to you, "You are my beloved child; with you I am well pleased." The four signs of Baptism—blessed water, Sacred Chrism, a white garment, and a lit candle—are reminders to live as God's beloved child every day.

Read the following Scripture passages. Write the name of the sign of Baptism it describes. Then tell what the Scripture passage and sign mean spiritually.



"You are the light of the world" (*Matthew 5:14*).

Sign of Baptism: _____

Spiritual meaning: _____



For all of you who were baptized into Christ have clothed yourselves with Christ (*Galatians 3:27*).

Sign of Baptism: _____

Spiritual meaning: _____



"... [W]hoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life" (*John 4:14*).

Sign of Baptism: _____

Spiritual meaning: _____



"... [H]e has also put his seal upon us and given the Spirit in our hearts ..." (*2 Corinthians 1:22*).

Sign of Baptism: _____

Spiritual meaning: _____

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, intermediate level
- Drawing paper or poster board
- 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)



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 questions. Help your child appreciate the importance of family meals.

Sharing the Scripture Story

1. Together read *Gathering as Christians* 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 the Church.

Exploring Catholic Teaching

1. Invite your child to 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 *This We Believe*. Emphasize that by sharing in the Eucharist we become the Church, the Body of Christ on Earth.
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. Pray the Gloria together. The words are on page 77 of the student book.

Completing the Activity

1. Read aloud the introductory paragraph on page 18.
2. Discuss the questions together. Then have your child use drawing paper or poster board and crayons or markers to complete the activity.
3. Give your child time to complete the puzzle on the [Chapter 2 activity sheet](#).
4. Review responses and adjust as necessary.
5. Read aloud *Catholic Practices* on page 18. Discuss who participates in the entrance procession at Mass.

Chapter 2 • Gathering

Celebrating

1. Before beginning the prayer on page 19, point out the response, “Glory and praise to our God.” 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 decide who will be Side 1 and who will be Side 2.
3. When the words “Glory and praise to our God” are prayed, incorporate the gesture you created.
4. 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.

Gathering as One Body

Fill in the blanks of the puzzle by completing the following sentences.

Every Sunday (10) _____ gather for (14) _____. During the Entrance (5) _____, you stand and sing a song. We are all one (11) _____, the (4) _____ of Christ. The priest says, "In the name of the (9) _____, and of the (8) _____, and of the (7) _____ (15) _____." These words remind us of (1) _____ and the Blessed (12) _____. During the (13) _____ Act, you ask God for (3) _____. Then you sing or say "Glory to (6) _____ in the (2) _____."

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1. _ _ _ **T** _ _ _ _

2. **H** _ _ _ _ _ _ _ _

3. _ _ **E** _ _ _ _

4. **B** _ _ _ _

5. _ _ _ **O** _ _ _ _ _ _ _ _

6. _ _ _ **D** _ _ _ _ _

7. _ _ _ _ **Y** _ _ _ _

8. _ _ **O** _ _

9. **F** _ _ _ _ _ _ _

10. **C** _ _ _ _ _ _ _ _ _ _

11. _ _ **H** _ _ _ _ _

12. _ _ **R** _ _ _ _ _ _

13. _ _ _ _ **I** _ _ _ _ _ _ _

14. _ _ _ **S** _ _

15. _ _ _ _ _ _ **T** _ _ _

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, intermediate 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)
- Living God’s Word* (David Knight/ Franciscan Media)

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 questions. Explain that this week's lesson will focus on the importance of listening to and responding to God's Word.

Sharing the Scripture Story

1. Read Listen to Jesus, on pages 22 and 23 of the student book.
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. Use drawing paper to complete the booklet making 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. Read aloud Catholic Practices. Explain that a creed is a statement of belief.
4. 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 Acting on God's Word activities.
3. Read Parish Connection together.
4. Review chapter learning by having your child complete the [Chapter 3 activity sheet](#).

Chapter 3 • Listening

Celebrating

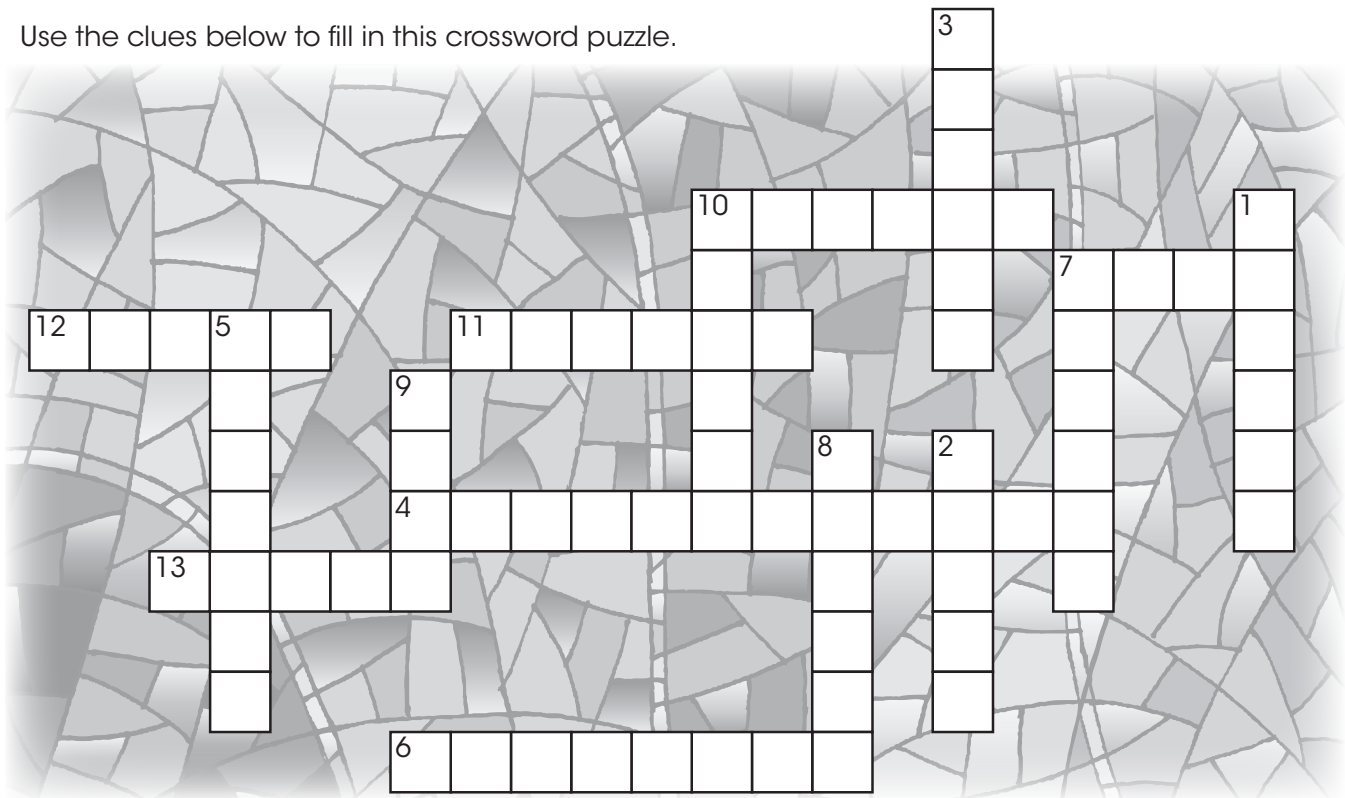
1. Before praying the petitions on page 27, talk with your child about people or groups that are in need of God's help and loving care. Work with your child to write two petitions for these persons or groups.
2. Invite other family members to join you for the prayer. Ask your child to choose the readers.
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.

Listening to God's Word

Use the clues below to fill in this crossword puzzle.



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Across

4. We pray the _____ Psalm after the First Reading.
6. The Prayer of the _____ is the last part of the Liturgy of the Word.
7. People who are "good ground" _____ God's Word and act on it.
10. The _____ is the person who reads the First or Second Reading at Mass.
11. After the Gospel, we say, "_____ to you, Lord Jesus Christ."
12. A _____ is a biblical song-prayer.
13. The _____ is a summary of what Christians believe.

Down

1. During the Prayer of the Faithful at Mass we pray, "Lord, hear our _____."
2. The _____ Reading usually tells about the People of God before Jesus.
3. The _____ Reading comes after the Responsorial Psalm.
5. The first main part of the Mass is called the _____ of the Word.
7. The talk the priest or deacon gives at Mass is called a _____.
8. _____ means *good news*.
9. The Bible is the _____ of God.
10. God speaks to you if you are willing to _____.

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, intermediate level
- Pencil or pen
- Chapter 4 activity sheet

Additional Resources (Optional)

- Incense, matches, and a fire-safe bowl
- Malo, Malo (from the *Eucharist: We Give Thanks and Praise* CD)
- Catholic Prayers and Practices for Young Disciples* (RCL Benziger/ RCLBenziger.com or 1-877-275-4725)

Chapter 4 • Giving Thanks and Praise

Beginning the Lesson

1. Pray together the Scripture verse from Psalm 30 on page 29.
2. Talk with your child about experiences of giving and receiving gifts. Then read Gifts together.
3. Discuss the questions. Focus on the many blessings God gives us every day.

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. Encourage your child to recognize the many ways that God cares for him or her.
4. Emphasize God's desire to give us every good gift by reading together the Word of God verse.

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 Liturgy of the Eucharist by turning to *A Little Catechism*, pages 79 and 80. Review the responses on those pages.
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. Affirm the gifts you see in your child. Emphasize the importance of using our gifts in positive ways as an expression of gratitude to God.
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 Prayer of Thanksgiving, on page 35 of the student book.
4. Sing and/or listen to Malo! Malo! Thanks Be to God 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

Find the words in the puzzle and circle them. Remember that the words may appear backwards, vertically, horizontally, and diagonally.

Word Bank

ALTAR	ASSEMBLY	BREAD	EUCCHARIST
GIFTS	PARISH	PRAISE	PRESENTATION
PRAYER	THANKS	WINE	

T	R	Q	Q	Z	M	A	I	R	L	H	N	G	P	D
J	R	V	I	L	E	N	H	W	H	O	J	R	Y	Y
A	R	E	Y	A	R	P	I	S	I	P	A	I	X	G
M	S	C	O	R	P	W	E	T	I	I	H	L	K	L
W	C	S	R	F	Z	W	A	K	S	R	A	P	Z	E
T	I	R	E	S	J	T	P	E	R	K	A	X	W	R
D	S	N	T	M	N	Z	D	D	X	D	L	P	O	G
R	M	F	E	E	B	V	L	A	E	Y	R	M	N	W
F	I	C	S	T	F	L	H	E	V	E	N	Y	I	G
G	Q	E	U	H	L	J	Y	R	A	L	T	A	R	I
D	R	I	B	A	O	R	L	B	X	P	C	W	X	G
P	O	M	I	N	J	A	S	Y	S	Y	N	C	T	H
H	P	D	S	K	L	G	E	Y	Z	C	M	Q	J	T
D	D	U	X	S	V	X	I	F	M	R	V	G	Y	O
P	C	C	N	E	U	C	H	A	R	I	S	T	T	P

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, intermediate 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)

Chapter 5 • Remembering

Beginning the Lesson

1. Pray together the verse from Luke on page 37.
2. Talk about happy family memories and how you keep those memories alive. Then read The Photo Album aloud.
3. Invite responses to the questions. Point out that God gives us the gift of memory to help us recall all that he has done for us.

Sharing the Scripture Story

1. Read aloud Remembering and The Last Supper on pages 38 and 39.
2. Discuss the Let's Talk questions. Emphasize that at Mass it is Christ himself, acting through the priest, that offers the Eucharistic sacrifice.

Exploring Catholic Teaching

1. Use the text on pages 40 and 41 and the This We Believe statements to help your child understand that the Mass is a meal of sacrifice.
2. Review the We Celebrate response on page 40.
3. Turn to page 72 in *A Little Catechism* and read together Question 5. Ask your child to give the response in his or her own words in order to make sure he or she understands what Catholics believe about the Eucharist.
4. Invite your child to complete the activity on page 41.

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. Explain that through the Easter Triduum the Church celebrates the Paschal Mystery (the Passion, Death, Resurrection, and glorious Ascension of Jesus Christ).
4. Invite your child to complete the [Chapter 5 activity sheet](#).

Chapter 5 • Remembering

Celebrating

1. Invite other family members to join you for the prayer.
2. Have your child choose the three readers.
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.
5. Pray together the We Remember and Give Thanks prayer.

Sharing the Home and Family Page

Read, discuss, and complete page 44.

Name _____ Date _____

A Meal of Remembering

Match the definitions in the left column with the correct answers in the right column. Place the number in the space provided.

1. The special meal eaten by Jesus and his family to remember how God saved the Jewish people from slavery in Egypt and gave them new life.

2. The meal Jesus ate with his friends on the night before he died.

3. The word we use for the offering Jesus made to God the Father by suffering and dying on the Cross.

4. The part of the Eucharistic Prayer when the bread and wine become the Body and Blood of Jesus.

5. A name for the acclamation "We proclaim your Death, O Lord, and profess your Resurrection until you come again."

6. This is both a meal of remembering and a meal of sacrifice.

7. The words Jesus said after he took bread, said the blessing, broke it, and gave it to his disciples.

8. A word that means "to make something holy, to set it aside exclusively for God."

9. The word we use for our gathering together to do what Jesus did at the Last Supper.

10. What the action of Jesus was in offering himself to his Father and doing God's will.

____ sacrifice

____ This is my Body.

____ Mass

____ consecration

____ act of praise

____ Memorial Acclamation

____ Passover

____ Last Supper

____ Eucharist

____ consecrate

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, intermediate 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. Read *The Cafeteria* together. Invite your child to name the problem in the story. (*Jason forgot his lunch money.*)
4. Discuss the questions. Emphasize the importance of sharing with others.

Sharing the Scripture Story

1. Ask your child to study the illustration on pages 46 and 47 and describe what they think the story is about.
2. Read *Sharing With Others* and discuss the Let's Talk questions.
3. 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. Encourage your child to pray the *We Celebrate* response at Mass.
3. Read together the *This We Believe* statements.
4. Discuss the *Catholic Practices* statements. Clarify any questions your child might have about Eucharist fasting rules.
5. Use the activity on page 49 to help your child become familiar with and comfortable with receiving Holy Communion.
6. 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. Discuss the connection between sharing with the poor and the Eucharist.
2. Discuss 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.
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 text.

Sharing the Home and Family Page

Read, discuss, and complete page 52.

Name _____ Date _____

Sharing a Holy Meal

The Communion Rite at Mass has several parts. Label each part with a number to put it in the correct order. Start with "1."

- ___ "The Blood of Christ." "Amen."
- ___ "Let us offer each other the sign of peace."
- ___ Time for meditation and prayer.
- ___ "Our Father, who art in heaven . . ."
- ___ "The Body of Christ." "Amen."
- ___ "Lamb of God, you take away the sins of the world . . ."

Use these words to complete the following Scripture passages:

bread **good** **hunger** **life** **thirst**

1. "Learn to savor how _____ the Lord is; . . ." (*Psalms 34:9*)
2. "I am the _____ of _____; whoever comes to me will never _____, and whoever believes in me will never _____." (*John 6:35*)

What do you think these Scripture passages mean? Write your thoughts here.



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 love 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, intermediate 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 Carnival* 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 read aloud the Word of God verse.

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 and Your Mission*, 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. Read together the *This We Believe* statement.
4. Turn to page 81 in *A Little Catechism* and review the responses that are part of the Concluding Rites.
5. 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. Discuss the *Catholics Practice* statements. Talk about ways in which your parish serves the poor.
4. 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 him or her 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 of the student book.

Sharing the Home and Family Page

Read, discuss, and complete page 60.

Name _____ Date _____

Serving Others

Think of specific ways you can love and serve others, based on the Prayer of Saint Francis.

Prayer of Saint Francis

What I Can Do

Lord, make me an instrument
of your peace:

where there is hatred,
let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

[G]rant that I may not so much
seek to be consoled as to console,

to be understood as to
understand,

to be loved as to love . . .

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, Intermediate 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 of different parts of the Mass.
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 inviting family members repeating 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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