

Frequently Asked Questions: Eucharist

1. How can I help my child prepare for the Sacrament of the Eucharist?

There are several ways you can help your child prepare for the Sacrament of the Eucharist. The first is through your example. By actively participating in weekly Mass, you show your child that this sacrament is important to you, your family, and the larger parish community. Second, it is helpful to express excitement and curiosity around your child's preparation sessions. Ask your child questions about what he or she is learning. Listening to your child tell about some of the activities he or she has participated in. This will go a long way to show your child this is an exciting time and an important sacrament.

2. How does this program provide support for the family?

The *Go Seek Find* program assists parents and supports the family by providing an engaging family page for each chapter. This family page, which is located in each activity booklet, helps parents understand some of the concepts and key words their child is learning and offers fun and simple family activities that can further reinforce the messages of the chapter in a way that involves the whole family. Additionally, the activity booklets include fun activities. If these pages were not completed during the preparation sessions, they are great activities to do together at home. If they were completed during the preparation sessions, they can still provide a great way to engage with your child and review what he or she is learning each week.

3. Are there key prayers or responses my child should know for this sacrament?

Key prayers and responses that will help your child prepare for the Sacrament of the Eucharist are any of those used during Mass. By learning these prayers and responses, your child will feel like an active participant in the Eucharistic liturgy and part of the larger faith community. Although these prayers and responses will be covered in the sessions, it is likely that your child will need additional time practicing and getting to know these by heart. Start with some of the simple responses and the Our Father, and then move on to some of the other key prayers and responses. You will find these in "The Order of the Mass and Key Words" booklet in your child's materials. It is best if you can make memorizing a game, like writing parts of a prayer on different cards and then seeing if your child can put the prayer in order.

4. How do I know my child is ready to receive the Sacrament of the Eucharist?

You play an important part in determining whether your child is ready to receive the Sacrament of the Eucharist. Along with the pastor and the director of religious education, you will take part in assessing your child's readiness. When making the important decision of readiness, it is important to consider the following: Does your child have a strong attendance record for the learning sessions and has he or she grasped the core concepts? Does she or he understand that, at Mass, the bread and wine change from ordinary bread and wine into the Real Presence of Jesus? And does your child show a desire to receive Jesus through the sacrament? If your



child is not ready for any reason, this does not constitute a “failure.” Preparation can be undertaken at any time in the future when the circumstances might be more favorable.

5. How can I help my child continue to receive the Sacrament of the Eucharist in the future?

As your child grows older, the decision of receiving the Eucharist will ultimately fall into his or her hands. However, you can provide a solid foundation for your child in their younger years by your family’s weekly participation at Mass and frequent activity within the parish community. Without this foundation, it is difficult to relay the real importance and grace associated with this sacrament. Your example is more crucial than any program or any teacher your child will encounter.

