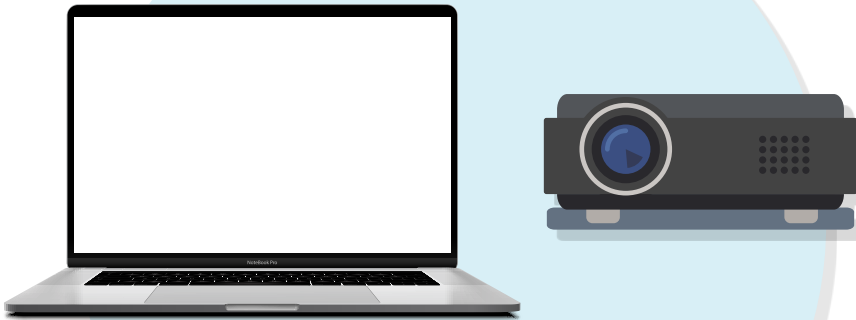
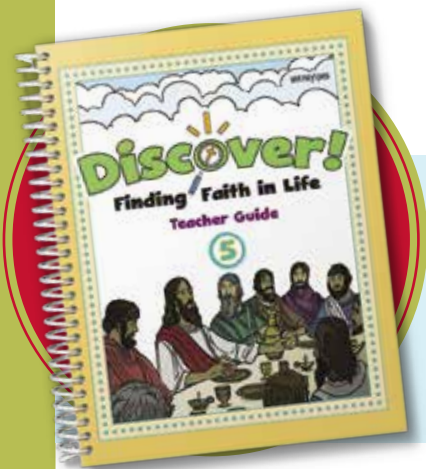


Eucharist 101

Materials Needed



- a computer with internet access
- a computer projector



This activity is taken from chapter 3 of the Grade 5 Teacher Guide in the *Discover! Finding Faith in Life* program.

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Provide an introduction or review of how to receive the Eucharist, and why we receive the Eucharist the way we do.

- 1. Show the video “Sacraments 101: Eucharist (how we receive)”** (YouTube, 4:45).
- 2. Ask the young people** to recall what Father Dwyer called the short exchange of words between the priest and the person receiving the Eucharist (*dialogue of prayer*). Ask what the words in this dialogue are. (*“The Body/Blood of Christ. Amen.”*)
- 3. Remind the young people** that “Amen” is a way of saying “truly,” “yes,” “indeed,” or “I believe.”
- 4. Explain that we should say yes** to God like we mean it—from the bottom of our hearts.
- 5. Remind the group** that the Eucharist is considered a central sacrament and is treated with special reverence.

