

The Eucharist

Core Activity

Building the Table of the Lord

1. It might be helpful for you to obtain sample pictures of altars from your library or the Internet, and show them to your students to help them develop their designs for this activity.



2. Begin the activity by dividing the class into four groups. Give each group one section of the handout “Building the Table of the Lord” (Document #: TX003193). Share the following instructions with the class:

- You are groups of artists commissioned to design the altar for a new cathedral.
- Each group is to design the new altar using the information it has been given and the introductory paragraphs for chapter 20 on pages 213–214 of *The Catholic Faith Handbook for Youth, Third Edition (CFH)*.
- Your proposals must include at least one picture of the design.
- You will present your design proposals to the class and explain what they mean.
- Use whatever materials and images you think would be appropriate.
- You will have 15 minutes to create your designs.

Display sample pictures of altars if you have obtained some.

3. After the allotted time, invite each group to come forward and present its design. Each group should talk about its design choices, which should include information provided in the group’s section of the handout as well as material from pages 213–214 of the *CFH*. Give the rest of the class the opportunity to ask questions and to make suggestions for improving each design. Post the designs on the wall in your classroom.

(This activity is adapted from the *TC: Liturgy and the Sacraments* manual.)

Core Activity Extension

Reflections on Participation in the Mass



Assign the handout “Thoughts on the Mass” (Document #: TX003194) to the participants and explain that they will not be asked to share their answers to the sentence starters on that sheet. It might be helpful to discuss how the environment of liturgy and our own perceptions shape our attitudes toward the Mass. (This activity is adapted from the *TC: Liturgy and the Sacraments* manual.)

Additional Activities

Top 10 Lists

1. Lead the students in a discussion of questions like the ones that follow:
 - What does the Third Commandment, “Remember to keep holy the Lord’s Day,” mean?
 - What choices do we make that honor God and proclaim to the world that we are created in God’s image?
 - How can we make the Mass on Sunday feel like more than just an obligation?

2. Divide the class into three groups and assign one of the following tasks to each group:
 - Create a list of the top ten excuses made for not going to Mass.
 - Create a list of the top ten reasons for going to Mass.
 - Create a list of the top ten ways we can live the Mass during the rest of the week.

3. Invite a spokesperson from each group to present the group’s list.

(This activity is adapted from the *TC: Liturgy and the Sacraments* manual.)

A Quiz on Liturgical Clothing and Colors

Using the information provided in the Did You Know? article “Liturgical Clothing and Colors,” on page 221 of the *CFH*, conduct a trivia quiz with your students. Discuss with your students the meaning of each color and what that color symbolizes both in the Church and in the larger culture. (This activity is adapted from the *TC: Liturgy and the Sacraments* manual.)

(The material labeled *TC: Liturgy and the Sacraments* is adapted from *Total Catechesis: Catechetical Sessions on Liturgy and the Sacraments*, by Therese Brown, Laurie Delgatto, Mary Shrader, and Christine Schmertz Navarro, in the Total Catechesis series [Winona, MN: Saint Mary’s Press, 2004]. Copyright © 2004 by Saint Mary’s Press. All rights reserved.)