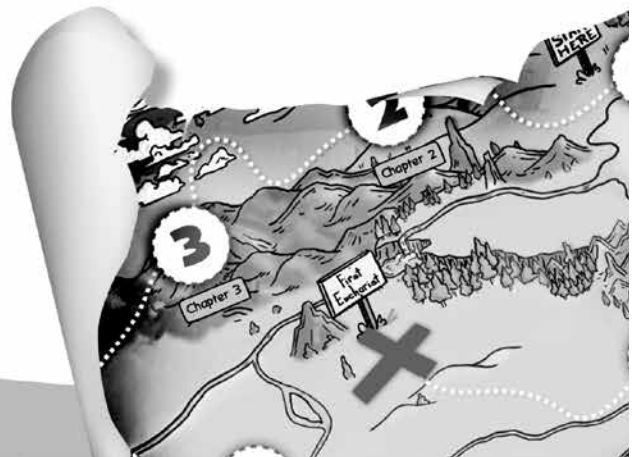


Eucharist Home Guide



**Discover God's
Treasures**

saint mary's press



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Saint Mary's Press wishes to note that the nihil obstat and imprimatur were granted to the teaching guides and the activity booklets in this program.

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Welcome

Welcome to *Go Seek Find: Discover God's Treasures!*

We at Saint Mary's Press are excited to partner with you in the important ministry of preparing your child for the celebration of the Sacrament of the Eucharist.

Through this new and unique program, your child will be led on an adventure of discovery as they explore the rich and beautiful significance of this sacrament in their life. *Go Seek Find* will engage and inspire your child, creating a spirit of excitement and joy around their journey toward encountering Jesus through the treasure that is the Sacrament of the Eucharist.

This program was developed with the real needs of your child at its center. The core text of this program is the Saint Mary's Press® *Catholic Children's Bible*. By using a Bible designed specifically for children and engaging with the Featured Stories within it, your child will explore the Sacrament of the Eucharist through the biblical lens of Jesus' life and works and learn more about their faith in language they can understand. Your child will also experience interactive core activities that bring the chapter lessons to life in a fun and memorable way. And your child will learn important information about the Sacrament of the Eucharist and reinforce this new knowledge through a variety of activities and family learning opportunities offered in the activity booklets that accompany each lesson.

Together, you and your child will *Go Seek Find* the incredible treasure that is the Sacrament of the Eucharist. May an ever-expanding awareness of Christ's presence in our lives be the source of faith, hope, and love for all of us!

With hopes and prayers for every blessing,

The Publishing Team at Saint Mary's Press

**"Ask, and you will receive; seek, and you will find;
knock, and the door will be opened to you."**

(Matthew 7:7)

Program Overview

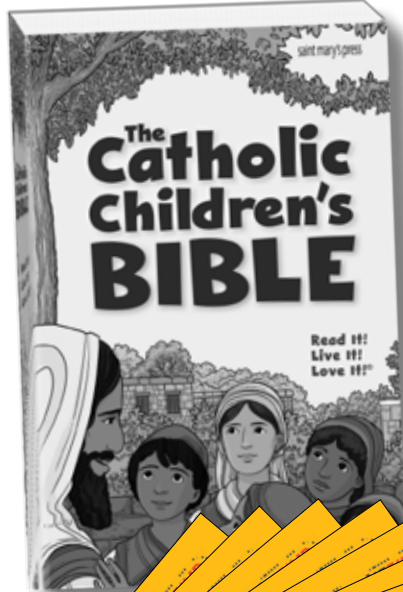
Program Outline

Chapter Number	Chapter Title	Lesson Goals	Featured Story	Key Words
1	We Are Part of the Church	<ul style="list-style-type: none"> to recognize that we are all an important part of the Church to identify the three Sacraments of Christian Initiation to name the Eucharist as the most important sacrament in the Church 	Every Baptized Person Is a Part of the Church (1 Corinthians 12:12–27)	sacraments, Sacraments of Christian Initiation, Baptism, Confirmation, Eucharist, Mass
2	Jesus Cares for Us	<ul style="list-style-type: none"> to explain that Jesus cares for us and for all people to identify the Eucharist as a way Jesus shows his care for us to name the four parts of the Mass 	Jesus Feeds a Huge Crowd (John 6:1–15)	Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites
3	We Ask for Forgiveness	<ul style="list-style-type: none"> to identify three actions that lead to true happiness to explain why we want to be in a state of friendship with God when we receive the Eucharist to articulate that we ask for God's forgiveness at Mass to prepare for the Eucharist 	Jesus Teaches Us How to Be Happy (Matthew 5:1–12)	Penitential Act
4	We Give Thanks to God	<ul style="list-style-type: none"> to recognize the importance of being thankful to identify Sunday as a special day to honor God to understand that we pray, give thanks, and praise God at Mass 	Thank God for All He Has Done for You (Colossians 3:12–17)	hymn, genuflect
5	We Learn from the Bible	<ul style="list-style-type: none"> to identify God's Word as the readings and teachings in the Bible to describe the importance of preparing our hearts for God's Word to recall that we hear God's Word at Mass in the Liturgy of the Word 	Jesus Wants Us to Hear and Accept His Word (Mark 4:1–20)	parable

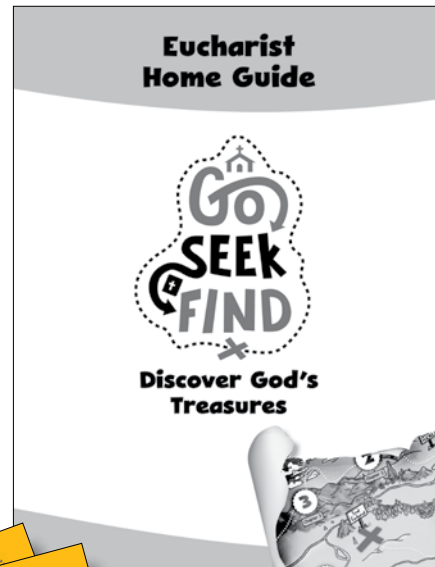
Chapter Number	Chapter Title	Lesson Goals	Featured Story	Key Words
6	We Are United in Faith	<ul style="list-style-type: none"> • to express that Jesus wants his followers to be united in faith • to identify that proclaiming the Nicene Creed together is a sign of our unity • to recognize the core beliefs expressed in the Nicene Creed 	Jesus Prays That His Followers Will Be United (John 17:9–23)	creed
7	We Celebrate the Gift of the Eucharist	<ul style="list-style-type: none"> • to recognize that Jesus gave the gift of the Eucharist at the Last Supper • to identify that the bread and wine become the Body and Blood of Jesus at Mass • to recall that the Eucharist strengthens us to follow Jesus more closely 	The Last Supper (Mark 14:12–26)	Eucharistic Prayer, consecration
8	We Pray as Jesus Taught Us	<ul style="list-style-type: none"> • to express that the Our Father was taught to the disciples and us by Jesus • to identify the meaning of the different parts of the prayer • to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist 	Jesus Teaches Us How to Pray (Matthew 6:5–13)	Kingdom of God
9	Jesus Is Present with Us Now	<ul style="list-style-type: none"> • to explain that the Risen Jesus is with us today in a special way • to recognize what occurs during the Communion Rite • to identify the proper way to receive Holy Communion 	Two Disciples Meet the Risen Jesus (Luke 24:13–35)	Holy Communion
10	We Are Sent Forth to Share Love	<ul style="list-style-type: none"> • to describe how Jesus showed us that we should serve others • to recognize some big and small ways we can serve others • to identify the Concluding Rites as the part of the Mass where we are sent forth to share God's love with others 	Jesus Washes the Disciples' Feet (John 13:1–17)	Dismissal

Program Components

The Catholic Children's Bible



Home Guide



Activity Booklets

Stickers



Treasure Map



Understanding the Components

Home Guide

Background Focus provides quick, easy-to-read insights about the theme of the chapter.

Lesson Goals shows the key desired outcomes of the chapter.


A list of **Materials Needed** helps you adequately prepare for the lesson.

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Chapter 1
1

Featured Story

Every Baptized Person Is a Part of the Church
(1 Corinthians 12:12-27)





We Are Part of the Church


Lesson Goals

- to recognize that we are all an important part of the Church
- to identify the three Sacraments of Christian Initiation
- to name the Eucharist as the most important sacrament in the Church

Lesson at a Glance

 **Go** (10 minutes)
Opening Prayer
Engage Activity

 **Seek** (30 minutes)
Featured Story
Core Learning Activity

 **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 1 activity booklet
- long strips of paper with the phrase, "I can be a good member of the Church by . . ." on each

Music Suggestions


- "We Are the Body of Christ," by Rob Baker (Tate Music Group)
- "We Are One Body," by Monica's Joy Choir, Ed Archer conducting (GIA)

Background Focus

It is human to want to belong. We constantly look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

Through our Baptism, we become an important part of a truly amazing community—the Church. We may find ourselves sometimes wondering what we have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an absolutely essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity to reflect on what it means to be a baptized member of such an important mission. As you lead your child in this reflection, allow yourself to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

 **Go (10 minutes)**

Opening Prayer

- Invite your child to turn to page 1 of the chapter 1 activity booklet.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet. Invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

The **Go** part of the lesson begins with an opening prayer that is found in the activity booklets.

Two **Music Suggestions** are offered for possible incorporation into the lesson.

After the opening prayer, an **Engage Activity** will spark interest and create excitement for the lesson ahead.

Engage Activity

- Invite your child to brainstorm a list of groups that they belong to, and record their answers on a piece of paper. Give some examples if needed. (Answers might include sports teams, family, friends, school, class, church, etc.)
- Ask your child to think about what it means to be part of a group:
 - What are some of the rules of being part of this group?
 - What does it mean to be a good group member?
- Take some time to go through the brainstormed list and ask the different questions of each type of group. If church is on the list, leave that until later.
- Tell your child that today they are going to learn about what it means to be a part of a very important group that follows Jesus. Ask if your child knows what this group is called (*the Catholic Church*). If this has been listed, put a circle around the phrase.

Seek (30 minutes)

Featured Story

- Invite your child to find 1 Corinthians 12:12–27 in *The Catholic Children's Bible* (page 1807).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1808).
- Tell them that the text between the leaves on page 1808 is a shortened version of the Scripture story on the previous page.
- Ask your child to look at the artwork on pages 1808–1809. Invite them to describe what they see in the artwork, and ask them to predict what the story might be about.
- Invite your child to read the title on page 1808, and ask them to share what it means to be baptized. If they have ever been to a Baptism, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.

The **Seek** part of the lesson invites direct interaction with the Bible and the learning of key sacrament-related themes through important Bible stories.

We Are Part of the Church

17

Chapter 1

- Read the Featured Story. Then ask several questions to check for comprehension, such as:
 - Is the body made up of one part or many parts? (*many*)
 - What are some of the different parts of the body mentioned in the Scripture verses? (*feet, hands, ears, eyes*)
 - What does the story say about us? (*We are parts of Christ's body.*)

- Have your child read the booklet and open. Answer only one part is, however, body just as are Christ's body.

Understand

- Read Understand child read it.
- Invite your child to hear, asking check for comprehension.
- Review some
 - Each part of the body for us.
 - The Bible tells us about the Body.
 - Each person has a different part.
 - God has a plan for the Church.
- Explain how the Body of Christ is made up of many parts, together they form the Church to which we belong.
- Sometimes we are baptized as another Church. (If your child is baptized in another church, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.)
- The Church is a unique gift to many different people.

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Live It!

- Read Live It! on page 1809 or read it aloud together.
- Ask your child if they understood the puzzle.
- Point out the significance and importance of each person in the Church and what a gift the Church is in that we can join with other people who are trying to use their gifts to follow Jesus. Encourage your child to pray to God to be the best member of the Church possible and to use their gifts to help the Church.

Tell It!

- Ask your child to look at the images in the Tell It! cartoon on page 1809.
- Invite your child to use the images to retell the Bible reading the best that they can.
- Have your child use some of the smaller stickers to mark parts of the Featured Story (pages 1808–1809) that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Being a Part of the Church

- Encourage your child to think of different ways that they can be a good member of the Church, and invite them to write these ways on the different slips of paper.
- Make links from the strips by joining the ends of one strip of paper together and gluing or stapling them and then connecting the rest of the strips together to create a chain. When you are finished, you will have connected links of all of the different ways your child thought of how to be a good member of the Church.
- Hang the chain somewhere in your home where your child will see them and be reminded that, as a Church, we work together to spread Jesus' message of love.

The **Find** part of the lesson relays key information about the sacrament.

Find (20 minutes)

God's Treasure of the Eucharist

- Explain to your child that Jesus gave the Church seven **sacraments** to bring us closer to him and to help us answer his call to be his followers. Invite your child to name as many sacraments as they can, and list all of the sacraments on a piece of paper. If your child has witnessed any of the sacraments, encourage them to share briefly.
- Tell your child that there are really three sacraments that begin our life in the Church, and that these three sacraments, together, are called the **Sacraments of Christian Initiation**. Circle, or write, *Baptism*, *Confirmation*, and *Eucharist* on a piece of paper, and write "Sacraments of Christian Initiation" near them. Explain that *initiation* is another word for *beginning*.
- Explain some basic information about the Sacraments of Christian Initiation, using the following as possible points to cover:
 - The Sacrament of **Baptism** gives us new life and unites us with Jesus.
 - This is a sacrament you have already received and probably don't remember.
 - In the Sacrament of **Confirmation**, a bishop or priest anoints us with holy oil, which is a sign that we are strengthened as Christians.
 - Confirmation makes our relationship with Jesus and the Church even stronger.
 - The Sacrament of the **Eucharist** is the Sacrament of Christian Initiation that you are preparing for now, as you have already been baptized. This sacrament prepares us for a lifetime of receiving the Body and Blood of Christ at the **Mass**, which helps us be the best members of the Church and followers of Jesus we can be.
 - The Sacrament of the Eucharist is the Church's most important sacrament and is why it is important to spend some time preparing and learning about this sacrament.
- Ask some of the following questions to check for comprehension:
 - How many sacraments are there? (*seven*)
 - What is the first sacrament we celebrate? (*Baptism*)

Each lesson is anchored by a **Core Learning Activity**. This activity presents an aspect of the chapter theme in a fun, engaging, and memorable way.

- Which three sacraments are also called the Sacraments of Christian Initiation and help us become a full part of the Church? (*Baptism, Confirmation, Eucharist*)
- Which Sacrament of Christian Initiation do we celebrate again and again, all throughout our lives? (*Eucharist*)
- Invite your child to turn to the activity on page 3 of the activity booklet and complete it. Give your child a few minutes to look at each symbol and then choose the one that suggests the sacrament they are preparing for now. Make sure your child puts a check mark next to the symbol for First Eucharist.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and have them share some of the key things they learned.
- Ensure that the following points are made, write them on a piece of paper, and circle them:
 - We are all an important part of the Church.
 - The three Sacraments of Christian Initiation are Baptism, Confirmation, and the Eucharist.
 - The Eucharist is the most important sacrament in the Church.
- Have your child place the chapter 1 sticker in the correct circle on the treasure map.



The **Lesson Wrap-Up** encourages recall and invites your child to mark their progress on the interactive treasure map.

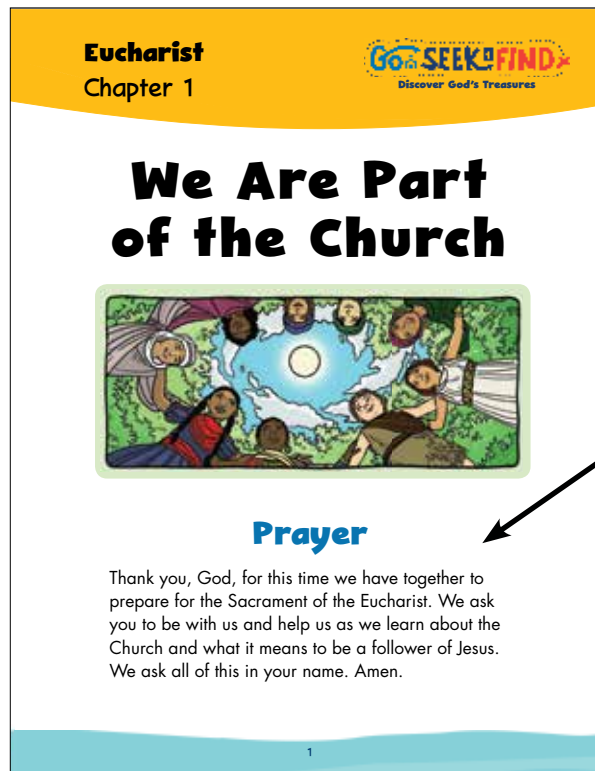
Closing Prayer

- Begin prayer by making the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read the prayer from page 1 of the activity booklet.
- Make the Sign of the Cross on your child's forehead as you say: "____, you are an important part of the Church. Spread the love of Jesus in everything that you do." Encourage your child to respond, "Amen."
- Play a piece of music, if time allows, that speaks about being part of the Church, the Body of Christ.
- End by saying: "May God bless us as we continue to learn and grow as followers of Jesus. Amen." Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Activity Booklets



Each activity booklet begins with a **Prayer** that is used as the opening prayer for that chapter's lesson.

Use the Bible passage on page 1808 of *The Catholic Children's Bible* (1 Corinthians 12:14-18,27) and the words below to complete the following Scripture verses.

God	part	one	body
Christ's	wanted	different	


"For the _____ itself is not made up of only one _____, but of many parts."


"As it is, however, _____ put every _____ part in the body just as he _____ it to be."


"All of you are _____ body, and each _____ is a part of it."

2

What sacrament are you preparing for now?
Put a check mark next to that sacrament.


☐ The Sacrament of Baptism


☐ The Sacrament of Confirmation


☐ The Sacrament of the Eucharist

3

Page 2 (on left) features an activity that relates to content discovered in the Bible.

Page 3 (on right) features an activity that relates to the sacrament content in the chapter.

The **Family Page** provides helpful information about the chapter and additional key ideas to bring the lesson to life at home.



Family Page



Background Focus

It is human to want to belong. We look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

We may find ourselves wondering sometimes what we really have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through both word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity for your child to reflect on what it means to be a baptized member of such an important mission. Allow yourself time to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

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Family Strategies

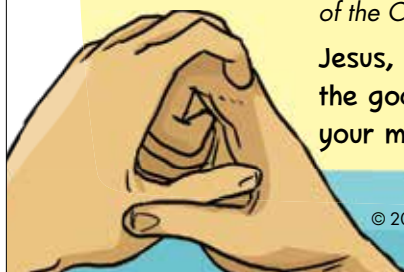
Try to carve out key technology-free times that you can spend with your child. Taking time to be fully present to your child helps build his or her self-confidence and sense of security, and it strengthens your family as well as your child's notion of what it means to be a full and active participant in a larger community.



Family Activities

- Find any objects, photos, or videos you have from your child's Baptism. Use these things to tell your child about that day, what you were feeling, and why it was important to you for her or him to be baptized.
- Create some questions that you and your child can ask other people (other family members or people you know from Church) about what it means to them to be a baptized Catholic. Videotape their responses or record them in a notebook.
- Read together the Featured Story on page 1808 in *The Catholic Children's Bible* (1 Corinthians 12:14–18,27). Invite your child to tell you what he or she remembers about the meaning of this Scripture.

Pray It!



Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Jesus, we know that we are called to bring our gifts together for the good of the Church. Help us to grow so that we may spread your message of peace and love. Amen.

Treasure Map and Stickers

A **Treasure Map** helps track progress through the chapters in a fun and engaging way that also reinforces what was learned.



Eucharist Stickers



Stickers are provided that contain key images from the different chapters. These stickers will be used to track progress on the treasure map.

Stickers are also provided to encourage engagement with the Bible and to mark verses and other meaningful content.

Key Elements of the Program

Home Guide

The home guide divides each chapter into three main parts: “Go,” “Seek,” and “Find.” The “Go” section begins with an opening prayer and continues with a short activity to engage your child in the topic of the day. The “Seek” section involves exploring Scripture related to the sacrament of focus and a core learning activity centered on the chapter theme. The “Find” section provides a deeper look into the meaning of the sacrament and concludes the lesson with a summary and a closing prayer.

Activity Booklets

A fun and colorful activity booklet is provided for each chapter. These booklets include the opening prayer used for each lesson, two activity pages that support the learning of the chapter, and a family page that offers background on the chapter topic, strategies to integrate the values of Christian life into family life, and suggested activities related to the lesson to be done at home.

Additional Booklet

The Sacrament of the Eucharist resources include an additional booklet that contains all of the key words used in the program, the Order of the Mass, and the prayers used during the Mass.

Treasure Map

The Sacrament of the Eucharist has its own treasure map. This unique and colorful resource is designed to build excitement as your child journeys through the various chapters on the way to their first celebration of the sacrament. Using stickers with key images from the Bible stories to be read in each chapter, your child will track their progress on a fun, engaging treasure map as they recall the key themes and lessons offered throughout the program.

Stickers

A sticker sheet is included in the resources for the Sacrament of the Eucharist. In addition to the stickers that allow the tracking of progress on the treasure map, there are stickers that allow your child to mark Featured Stories or key verses in the Bible that have special significance to them. This immerses your child in the Bible and helps them retain key lessons and messages throughout.

Music Suggestions

Music can add another wonderful dimension to this program. Each chapter includes two song suggestions that correspond to the chapter theme. These songs can be purchased and downloaded online. For a complete list of all of the songs for the program, please visit the online resources for this program at www.smp.org/resourcecenter/books. Of course, you may also wish to add your own favorite hymns or songs such as those that are popular in your parish community.

How to Use All These Elements at Home

The Home Guide contains everything you need to bring all the elements of *Go Seek Find* together for successful use at home. Although you may have to make some adjustments for this program to fit your time frame or the individual gifts and interests of your child, you will find a complete easy-to-use structure from which to start. The current lesson is designed to take 60 minutes from start to finish; however, this can vary depending on the unique pace at which you and your child move through the lesson.

Quickly reviewing the content and flow of a chapter before working with it will be especially helpful in making decisions about how best to tailor it for your child. Once you cover the first chapter, you will begin to find your own unique rhythm and will be able to make quick adjustments to further refine the program for a perfect fit.

If you need additional ideas to supplement the content of the lesson, you can easily add some of the activities and ideas from the Family Page in each lesson's activity booklet. If you find the lessons are running longer than the time you have, you might consider skipping the Engage Activity and saving the activities in the booklets for a different time.

You can involve the entire family in these lessons by gathering and preparing materials so that everyone can participate in the Core Learning Activity. This can make learning more fun, and it encourages learning across different ages. You will likely find that you enjoy these activities as well!

Chapter 1

Featured Story

Every Baptized Person Is a Part of the Church
(1 Corinthians 12:12–27)

Lesson Goals

- to recognize that we are all an important part of the Church
- to identify the three Sacraments of Christian Initiation
- to name the Eucharist as the most important sacrament in the Church

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 1 activity booklet
- long strips of paper with the phrase, "I can be a good member of the Church by . . ." on each

Music Suggestions

- "We Are the Body of Christ," by Rob Baker (Tate Music Group)
- "We Are One Body," by Monica's Joy Choir, Ed Archer conducting (GIA)

We Are Part of the Church



Background Focus

It is human to want to belong. We constantly look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

Through our Baptism, we become an important part of a truly amazing community—the Church. We may find ourselves sometimes wondering what we have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an absolutely essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity to reflect on what it means to be a baptized member of such an important mission. As you lead your child in this reflection, allow yourself to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 of the chapter 1 activity booklet.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet. Invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Invite your child to brainstorm a list of groups that they belong to, and record their answers on a piece of paper. Give some examples if needed. (*Answers might include sports teams, family, friends, school, class, church, etc.*)
- Ask your child to think about what it means to be part of a group:
 - What are some of the rules of being part of this group?
 - What does it mean to be a good group member?
- Take some time to go through the brainstormed list and ask the different questions of each type of group. If *church* is on the list, leave that until later.
- Tell your child that today they are going to learn about what it means to be a part of a very important group that follows Jesus. Ask if your child knows what this group is called (*the Catholic Church*). If this has been listed, put a circle around the phrase.



Seek (30 minutes)

Featured Story

- Invite your child to find 1 Corinthians 12:12–27 in *The Catholic Children's Bible* (page 1807).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1808).
- Tell them that the text between the leaves on page 1808 is a shortened version of the Scripture story on the previous page.
- Ask your child to look at the artwork on pages 1808–1809. Invite them to describe what they see in the artwork, and ask them to predict what the story might be about.
- Invite your child to read the title on page 1808, and ask them to share what it means to be baptized. If they have ever been to a Baptism, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.

- Read the Featured Story. Then ask several questions to check for comprehension, such as:
 - Is the body made up of one part or many parts? (*many*)
 - What are some of the different parts of the body mentioned in the Scripture verses? (*feet, hands, ears, eyes*)
 - What does the story say about us? (*We are parts of Christ's body.*)
- Have your child turn to page 2 in the activity booklet and complete the activity with their Bible open. Answer: "For the **body** is not made up of only one **part**, but of many parts. . . . As it is, however, **God** put every **different** part in the body just as he **wanted** it to be. . . . All of you are **Christ's** body, and each **one** is a part of it."

Understand It!

- Read Understand It! on page 1809 or have your child read it.
- Invite your child to summarize what they just heard, asking key questions about the reading to check for comprehension.
- Review some of the key points:
 - Each part of our body does an important job for us.
 - The Bible teaches that the Church is Jesus' Body.
 - Each person in the Church is important and has different gifts.
 - God has a special job for us, which helps the Church.
- Explain how we use the terms *Christ's Body* and *Body of Christ*, using the following points:
 - When we say we are Christ's Body, it means that, together, we work as members of the Church to continue Jesus's mission of love that he started when he was on earth.
 - Sometimes we use the term *Body of Christ* as another name for all of the people in the Church. (You may also wish to explain that your child may hear *Body of Christ* used as another name for the Eucharist.)
 - The Church needs each of us, sharing our unique gifts together, just like a body needs many different parts to work well.

Live It!

- Read Live It! on page 1809 or read it aloud together.
- Ask your child if they understood the puzzle.
- Point out the significance and importance of each person in the Church and what a gift the Church is in that we can join with other people who are trying to use their gifts to follow Jesus. Encourage your child to pray to God to be the best member of the Church possible and to use their gifts to help the Church.

Tell It!

- Ask your child to look at the images in the Tell It! cartoon on page 1809.
- Invite your child to use the images to retell the Bible reading the best that they can.
- Have your child use some of the smaller stickers to mark parts of the Featured Story (pages 1808–1809) that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity**Being a Part of the Church**

- Encourage your child to think of different ways that they can be a good member of the Church, and invite them to write these ways on the different slips of paper.
- Make links from the strips by joining the ends of one strip of paper together and gluing or stapling them and then connecting the rest of the strips together to create a chain. When you are finished, you will have connected links of all of the different ways your child thought of how to be a good member of the Church.
- Hang the chain somewhere in your home where your child will see them and be reminded that, as a Church, we work together to spread Jesus' message of love.

X Find (20 minutes)**God's Treasure of the Eucharist**

- Explain to your child that Jesus gave the Church seven **sacraments** to bring us closer to him and to help us answer his call to be his followers. Invite your child to name as many sacraments as they can, and list all of the sacraments on a piece of paper. If your child has witnessed any of the sacraments, encourage them to share briefly.
- Tell your child that there are really three sacraments that begin our life in the Church, and that these three sacraments, together, are called the **Sacraments of Christian Initiation**. Circle, or write, *Baptism*, *Confirmation*, and *Eucharist* on a piece of paper, and write "Sacraments of Christian Initiation" near them. Explain that *initiation* is another word for *beginning*.
- Explain some basic information about the Sacraments of Christian Initiation, using the following as possible points to cover:
 - The Sacrament of **Baptism** gives us new life and unites us with Jesus.
 - This is a sacrament you have already received and probably don't remember.
 - In the Sacrament of **Confirmation**, a bishop or priest anoints us with holy oil, which is a sign that we are strengthened as Christians.
 - Confirmation makes our relationship with Jesus and the Church even stronger.
 - The Sacrament of the **Eucharist** is the Sacrament of Christian Initiation that you are preparing for now, as you have already been baptized. This sacrament prepares us for a lifetime of receiving the Body and Blood of Christ at the **Mass**, which helps us be the best members of the Church and followers of Jesus we can be.
 - The Sacrament of the Eucharist is the Church's most important sacrament and is why it is important to spend some time preparing and learning about this sacrament.
- Ask some of the following questions to check for comprehension:
 - How many sacraments are there? (*seven*)
 - What is the first sacrament we celebrate? (*Baptism*)

- Which three sacraments are also called the Sacraments of Christian Initiation and help us become a full part of the Church? (*Baptism, Confirmation, Eucharist*)
- Which Sacrament of Christian Initiation do we celebrate again and again, all throughout our lives? (*Eucharist*)
- Invite your child to turn to the activity on page 3 of the activity booklet and complete it. Give your child a few minutes to look at each symbol and then choose the one that suggests the sacrament they are preparing for now. Make sure your child puts a check mark next to the symbol for First Eucharist.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and have them share some of the key things they learned.
- Ensure that the following points are made, write them on a piece of paper, and circle them:
 - We are all an important part of the Church.
 - The three Sacraments of Christian Initiation are Baptism, Confirmation, and the Eucharist.
 - The Eucharist is the most important sacrament in the Church.
- Have your child place the chapter 1 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read the prayer from page 1 of the activity booklet.
- Make the Sign of the Cross on your child's forehead as you say: "____, you are an important part of the Church. Spread the love of Jesus in everything that you do." Encourage your child to respond, "Amen."
- Play a piece of music, if time allows, that speaks about being part of the Church, the Body of Christ.
- End by saying: "May God bless us as we continue to learn and grow as followers of Jesus. Amen." Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 2

Chapter 2

Featured Story

Jesus Feeds a Huge Crowd
(John 6:1–15)

Lesson Goals

- to explain that Jesus cares for us and for all people
- to identify the Eucharist as a way Jesus shows his care for us
- to name the four parts of the Mass

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 2 activity booklet
- a blank piece of paper
- crayons or markers

Music Suggestions

- "Bread of Life," by David Glenn (Catapult)
- "I Am the Bread of Life," by Paul McIntyre (Paul McIntyre)

Jesus Cares for Us



Background Focus

Included among the many dimensions of faith is one that is rooted in the heart and one that is rooted in the head. Both of these aspects are crucial parts of a mature faith and must be held in balance with each other. An exclusive focus on one or the other creates imbalance and a faith that risks being cold and lifeless or superficial.

When preparing your child for First Eucharist, it can become easy to keep your focus primarily on making sure your child can articulate an understanding of the Eucharist and the many doctrines and mysteries of faith surrounding it. While this is important, you must also help your child connect to the heart of the matter: that is, seeing faith and the Eucharist as ultimately rooted in the incredible love of God, shown in word and action through the person of Jesus.

This chapter begins to look at the Eucharist as an expression of Jesus' deep care and compassion for each one of us. As you journey through this chapter, use it as an opportunity to reflect on how well you balance the head and heart dimensions of faith.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 2 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet. Invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Draw a picture of Jesus on a piece of paper (even if it is a stick figure).
- Invite your child to brainstorm as many things they know about Jesus as they can. Write their responses on the piece of paper around the picture of Jesus.
- Highlight or circle “Jesus Loves Us” or “Jesus Cares for Us,” if these have been mentioned by your child. If they have not been mentioned, write them on the piece of paper and highlight them in some way.
- Tell your child that today they are going to learn about ways Jesus shows us he cares for us by giving us the gift of the Eucharist.

Seek (30 minutes)

Featured Story

- Invite your child to find John 6:1–15 in *The Catholic Children’s Bible* (page 1665).
- Direct your child to turn the page and place an “I found it!” sticker next to the Featured Story (page 1666). Tell them that the words between the leaves on page 1666 are a shortened version of the Scripture story on the previous page.
- Ask your child to look at the artwork on pages 1666–1667. Invite them to describe what they see in the artwork and to predict what the Bible story might be about.
- Read the title on the page, and then read the Bible story to your child.
- Ask several questions to check for comprehension, such as these:
 - How many loaves were there at the beginning? (*five*)
 - How many fish were there at the beginning? (*two*)
 - What did Jesus do in the story? (*Jesus made the five loaves and two fish multiply enough to feed all of the people.*)

Understand It!

- Read Understand It! on page 1667.
- Invite your child to summarize what they just heard, asking them key questions to check for comprehension.

- Review some of these key points:
 - Jesus cared for the people and found a way to make sure they were all fed.
 - Jesus could do wonderful things like this because he is God.
 - Jesus feeds people today with the Eucharist, his own Body and Blood, at Mass.
 - The Eucharist is Bread that is Jesus himself, the Body of Christ, and that nourishes our souls and brings us closer to God.
- Explain to your child that another name for the Eucharist is *Holy Communion* and that they may hear both of these terms used to refer to the gifts of bread and wine that become Jesus at the Mass. Tell them they will learn more about this later.
- Explore John 6:35, helping your child make the connection between Jesus as the Bread of Life and the Eucharist.

Live It!

- Read Live It! on page 1667.
- Review the terms *merciful* (showing great love and forgiveness to others) and *Redeemer* (one who helps us be the best we can be), and pray the prayer together.
- Explain that Holy Communion is a gift Jesus gives us to show that he cares for us, and that when we receive Holy Communion, it helps us become more like Jesus and grow closer to God. Tell your child that this prayer is a wonderful prayer about wanting to be more like Jesus.
- Have your child turn to page 2 in the activity booklet and begin to color the frame of the prayer from Saint Richard of Chichester. If they do not finish in the time allotted, encourage them to complete it later. Consider hanging this piece of paper somewhere to remind your child to pray this prayer daily.

Tell It!

- Invite your child to look at the images in Tell It! on page 1667.
- Encourage your child to summarize the Bible reading, using the images in Tell It!
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind your child to save enough stickers to use on the remaining chapters.

Core Learning Activity

Keeping Sunday Holy

- Remind your child that Sunday is a special day of the week because it (or Saturday evening) is the day when we go to Mass and receive Holy Communion.
- Encourage your child to think of ways that your family can keep Sunday holy. Ideas might include: go to Mass, pray together, spend fun time together, share a special meal, read the Bible together, and visit relatives.
- Give your child a blank piece of paper and crayons or markers, and encourage them to write "Special Sunday" at the top of the paper. Invite your child to draw a picture of one way your family can keep Sunday holy.
- Keep this paper at home in a place where your family can see it to remind you of the importance of Sunday.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Tell your child that Jesus cares for us by feeding and nourishing us, like the huge crowd in the Bible story, in the Eucharist. Ask your child where we receive the Eucharist (*at Mass; in church*). Explain that because of what takes place in the Mass, it is the most important celebration in the Catholic Church.
- Encourage your child to share some of the sights, sounds, prayers, and actions that they witness during Mass. It may be helpful to record their input under the following headings: *See, Hear, Pray, Do*.
- Explain that the Mass always includes four main parts. Write the following on the board: *Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*.
- Briefly explain the different parts of the Mass:
 - The **Introductory Rites** is the name for what occurs at the beginning of Mass. It includes a gathering song, a procession, the Sign of the Cross, a welcome from the priest, and a prayer asking for God's forgiveness.

- The **Liturgy of the Word** is the part of the Mass when we listen to the readings from the Bible, and the priest or deacon helps us understand the Bible readings. We also pray a prayer that expresses what we believe in as Catholics. Then we pray for the Church and for all people.
 - The **Liturgy of the Eucharist** is the part of the Mass where the gifts of bread and wine become the Body and Blood of Jesus and we receive Holy Communion.
 - The **Concluding Rites** occur at the end of the Mass, where the priest blesses us and reminds us that when we leave, we are called to serve God and others.
- Invite your child to turn to page 3 in the activity booklet. Have them look at that page and discuss with them the correct answers: *Introductory Rites = the procession, Liturgy of the Word = person reading from the ambo, Liturgy of the Eucharist = a girl receiving Holy Communion, Concluding Rites = priest holding his hand, offering a final blessing*. Encourage your child to draw lines to the correct images.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made, write them on the piece of paper, and circle them:
 - Jesus cares for us and for all people.
 - The Eucharist is a way Jesus shows his care for us.
 - The four parts of the Mass are Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, and Concluding Rites.
- Ask your child to place the chapter 2 sticker in the correct circle on the treasure map.



Closing Prayer

Prepare for prayer by asking your child to think of some of the people who show care for them.

- Begin prayer by making the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to briefly name some of the people who care for them, and end by saying: "We thank you, God, for all of the people who show us care and who help us grow to be our very best. We thank you also for the gift of your Son, Jesus, who we are growing to know and love more and more."
- Read the prayer in Live It! on page 1667 of *The Catholic Children's Bible* together.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 3

Featured Story

Jesus Teaches Us How to Be Happy (Matthew 5:1–12)

Chapter 3

Lesson Goals

- to identify three actions that lead to true happiness
- to explain why we want to be in a state of friendship with God when we receive the Eucharist
- to articulate that we ask for God's forgiveness at Mass to prepare for the Eucharist

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the

Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 3 activity booklet
- computer and Internet connection (if available)
- blank piece of 8½-by-11-inch paper, crayons or markers

Music Suggestions

- "The Beatitudes Song," by The Church at Brook Hills (Brook Hills Music)
- "The Beatitudes," by The Wonder Kids (Wonder Workshop)

We Ask for Forgiveness



Background Focus

Eating together is a sign of unity and love. If we think back to some of our most happy and significant moments with family and friends, they often involve food and drink. We may also have direct experience of the importance of making up our differences before we sit down to eat together in order to preserve this sign of unity and love.

When we gather around the table at Mass, we do something similar. We ask for forgiveness and for the prayers and support of the community in the Penitential Act. This helps us prepare to receive the Eucharistic meal with awareness of the great gift that it is and honor the unity and love that it offers to us.

This chapter provides an opportunity to make the connection between being truly happy and being a person who is merciful, pure of heart, and focused on peace. Forgiveness is at the center of each of these key characteristics and is an important part of our preparation to receive the Eucharist with happy and joyful hearts.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 3 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Invite your child to read the prayer on the activity page. Respond with "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- If you have access to a computer and Internet connection, show the following YouTube video to start the lesson: "Pharrell Williams – Happy (Despicable Me 2 – Lyric Video)" (3:53). If you don't have access, skip to the next step.
- Write the word *Happy* on a piece of paper, and invite your child to think of all of the things that make them happy. If your child focuses solely on material objects, challenge them to think of people, events, actions, attitudes, and other things that bring them happiness.
- Explain that in today's Bible story they are going to learn about what Jesus said would bring true happiness, and it might be surprising.

Seek (30 minutes)

Featured Story

- Invite your child to find Matthew 5:1–12 in *The Catholic Children's Bible* (pages 1454–1455).
- Direct your child to turn the page and place an "I found it!" sticker next to the Featured Story (page 1456). Tell them that the story between the leaves on page 1456 is a shortened version of the Scripture story on the previous pages.
- Ask your child to look at the artwork on pages 1456–1457, and to see how quickly they can find Jesus on page 1457.
- Invite your child to read the title of the Featured Story and the Bible story. Explain that another name for these teachings from Jesus about happiness is the Beatitudes. Then ask several questions to check for comprehension, such as these:
 - What does it mean to be merciful? (*being kind to someone who needs help or asks for forgiveness*)
 - What does "pure in heart" mean? (*without sin*)
 - What are some of the things Jesus says will bring happiness? (*desiring to do what God requires, being merciful, being pure in heart, working for peace*)

Understand It!

- Read Understand It! on page 1457.
- Invite your child to summarize what they just heard, asking key questions about the reading to check for comprehension.
- Review these key points:
 - Jesus names the ways we should act to be truly happy.
 - He did not just teach us these things; he lived them.
 - Three ways that lead to happiness are: being a helpful and forgiving person, avoiding all sin, and working for peace.
 - When we follow Jesus' example, we will be truly happy.
- Encourage your child to think of ways they can be merciful, be pure of heart, and work for peace.

Live It!

- Read Live It! on page 1457.
- Have your child turn to page 2 in the activity booklet and complete the drawing activity described in Live It!, drawing a picture of someone having mercy, being pure of heart, or working for peace.

Tell It!

- Ask your child to look at the images in Tell It! on page 1457.
- Encourage your child to describe what is being shown in each picture and whether it is an example of mercy, purity of heart, or working for peace.
- Invite your child to answer the question, "What do each of these actions lead to?" (*true happiness*)
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

The Lesson of Forgiveness

- Hand out a blank piece of paper and crayons or markers. Remind your child that one way we become happy is by being pure of heart and trying our best to avoid sin. Ask your child what we can do when we sin (*ask God for forgiveness in our hearts and through the Sacrament of Reconciliation*).
- Instruct your child to draw either a vertical or a horizontal line dividing their paper in half. Then encourage them to think of a time they acted in a way that didn't show purity of heart, a time when they sinned. Have them think of that experience while they write the word *Sin* on one half of their piece of paper.
- Have your child think of what they learned from that experience. You may need to give them some examples, such as "I won't do that again," "I shouldn't act that way," "When I did that, I felt bad," etc. Encourage them to write what they learned on the other half of the piece of paper.
- Ask your child to tear their piece of paper in half by ripping the paper along the line they drew as best they can. It doesn't matter if it doesn't rip perfectly. Invite them to crumple up the side that describes how they felt when they sinned.
- Place an empty box or wastebasket in the center of the room or another appropriate place. Then have your child throw their crumpled-up paper into the basket. It doesn't matter if they make it in the basket or not.
- Invite your child to think about how the activity symbolizes how God forgives our sins and we are given the gift of peace because our sins are forgiven. What remains with us is the lesson and the desire not to sin again.
- Tell your child that when we ask for forgiveness in our hearts and through the Sacrament of Reconciliation, it leads to purity of heart and true happiness.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Ask your child if they remember the four main parts of the Mass (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*).
- Tell your child that during the Introductory Rites, we pray for God's forgiveness in the **Penitential Act**. Continue with the following information:
 - The Penitential Act gives us a chance to say that we are sorry for our sins and the times we have hurt our friendship with God and others.
 - We promise God in our hearts that we will try to do better.
- Ask your child if they can think of a reason that we pray a prayer for forgiveness at the beginning of the Mass. Explain to them that when we receive the Eucharist, we want to be in a state of friendship with God. Tell them that this prayer helps us prepare to listen to the Bible readings and to receive the Eucharist.
- Tell your child that, as one possibility for the Penitential Act, the priest or deacon might say, "Lord, have mercy." Ask your child if they know how the assembly responds after this (*Lord, have mercy*). Do the same for "Christ, have mercy" (*Christ, have mercy*) and "Lord, have mercy" (*Lord, have mercy*) to mirror the Penitential Act.
- Explain to your child that when we receive the Eucharist, we are forgiven our less serious, or venial, sins that weaken our relationship with God. Tell them that receiving the Eucharist strengthens us to resist serious, or mortal, sins that separate us from God.
- Ask some questions to check for comprehension, such as these:
 - Why do we pray a prayer for forgiveness at the beginning of Mass? (*It helps us prepare to listen to the Bible readings and to receive the Eucharist.*)
 - What are some of the words we say in the Penitential Act at Mass? (*Lord, have mercy; Christ, have mercy*)

- Invite your child to turn to page 3 in the activity booklet and complete the activity. Give them a few minutes to read the sentences and match the words with the correct sentences. *Answers: 1. Penitential Act, 2. mercy, 3. sin, 4. forgiveness*

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - Jesus taught us that there are actions that lead to true happiness. These include being merciful, being pure in heart, and working for peace.
 - We want to be in a state of friendship with God when we receive the Eucharist.
 - We ask for God's forgiveness at Mass to prepare for the Eucharist.
- Ask your child to place the chapter 3 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then say, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Direct your child to the Penitential Act on page 2 of *The Order of the Mass and Key Words* booklet. Tell them that this is one of the possible prayers that can be used for the Penitential Act. Pray the prayer together. (Show your child how to strike their breast one time lightly with a closed fist at the words "through my fault." Explain that this is an ancient sign of being sorry.)
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 4

Featured Story

Thank God for All He Has
Done for You (Colossians
3:12–17)

Chapter 4

Lesson Goals

- to recognize the importance of being thankful
- to identify Sunday as a special day to honor God
- to understand that we pray, give thanks, and praise God at Mass

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the

Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 4 activity booklet
- a balloon; blank pieces of paper; and crayons, pencils, or markers

Music Suggestions

- "Lord, I Thank You," by Yancy & Little Praise Party (Yancy Ministries, Inc.)
- "Thank You, Lord," by Shout Praises Kids (David C. Cook)

We Give Thanks to God



Background Focus

It has been said that a person with a grateful heart is a person who knows great joy and little sorrow. This doesn't mean that a grateful person doesn't experience sad events in his or her life. It simply means that gratitude helps a person always stay mindful of all that is good and right, even in the midst of pain and sorrow.

If you've ever met a person who is truly filled with gratitude, you know that it can be disarming. Such people challenge the fact that, too often, we get stuck on all that doesn't seem to be working well instead of all of the good that surrounds us. We're not called to blindly ignore the realities of life, but we are called to celebrate and be thankful for all of the good.

This chapter focuses on the praise and thanksgiving we offer God in our lives and, especially, in the Mass. We thank God for all of the blessings we have been given, including the gift of Jesus. Helping your child express gratitude and thankfulness prepares them for the wonderful gift of the Eucharist.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 4 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer in the activity booklet together. Invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Write the following on a piece of paper before starting the lesson, and cover it with another piece of paper: "What are you thankful for?"
- Give your child a blank piece of paper, and make sure that they have something to write with.
- Tell your child that you have written a question on a piece of paper, and they will have to create a list of as many things as possible that answer the question. However, they will have only 1 minute to complete the activity. The goal is to make the biggest list they can.
- Uncover the question, and encourage your child to write as quickly as they can. Tell them that spelling doesn't count for this activity.
- Set a timer or announce the end of 1 minute, then invite your child to count how many things they have listed.
- Explain that today they will be learning about what it means to be thankful and how we show thanksgiving to God in the Mass.

Seek (30 minutes)

Featured Story

- Invite your child to find Colossians 3:12–17 in *The Catholic Children's Bible* (pages 1864–1865).
- Direct your child to turn the page and place an "I found it!" sticker next to the Featured Story (page 1866).
- Ask your child to look at the two main images on pages 1866–1867, and ask what they think is happening in each.
- Invite your child to read the title of the Featured Story and the verses on page 1866.
- Ask your child how many times the Featured Story mentions the words *thankful*, *thanks*, or *thanksgiving* (*three*). Explain that these Bible verses are talking about qualities that Christians—those who follow Jesus—should have, and thankfulness is an important one.
- Invite your child to share why they think we should be thankful to God.

Understand It!

- Read Understand It! on page 1867.
- Ask questions about the reading or review these key points:
 - We should thank God because he has given us everything.
 - We can say, "Thank you, God," whenever something good happens.
 - At Mass we thank God for Jesus and all he did for us.
- Tell your child that we have a choice: to be focused on the good things that are in our life or on the bad things. Ask them which they would rather be focused on. Remind them that we can say, "Thank you, God," at anytime. This will help us be grateful for all of the good things in our lives.

Live It!

- Read Live It! on page 1867 together.
- Have your child turn to page 2 in the activity booklet and complete the activity. Read the directions, and invite your child to check off all of the things they are grateful for.
- Ask your child to think of and write one way they can show their thankfulness, or gratitude, through an action.

Tell It!

- Ask your child to look at the images in Tell It! on page 1867, and remind them that we can thank God at all times.
- Invite your child to share what the images might be telling us about the different ways we can thank God.
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Balloon Thank-Yous

Note: A balloon is used in this activity. If your child has an allergy to latex, you should skip this activity.

- Tell your child to take a minute to think of all of the things they are thankful for.
- Blow up a balloon and tie it.
- Explain to your child that you are going to play a game called “Balloon Thank-Yous.” Tell them that you are going to hit the balloon in the air. The goal is to keep the balloon up in the air as long as possible by taking turns hitting it. If the balloon touches the floor, it is out of play.
- Tell your child that each time they hit the balloon, they must say something they are thankful for, trying not to say the same thing twice. If they forget to say something, the balloon is taken out of play. They must stay in their chair at all times and can’t stand up.
- Count to three, and hit the balloon in the air. Be sure to say something you are thankful for each time you hit the balloon as well.
- Time how long it takes until the balloon goes out of play. If this happens quickly, restart play and try to beat your best time.
- Invite your child to think about ways the activity shows us how much we have to be thankful to God for. Of course, in real life, we can thank God again and again for the same things.
- Remind your child that telling God we are thankful is important, and it is also important to show our thankfulness and gratitude through our words and actions.

X Find (20 minutes)

God’s Treasure of the Eucharist

- Invite your child to turn to pages 2 and 3 in *The Order of the Mass and Key Words* activity booklet. Explain that the Gloria prayer is a **hymn** of praise and thanksgiving that we pray on most Sundays at Mass during the Introductory Rites. Explain that the first two lines are the song the angels sang to the shepherds when Jesus was born. Read the prayer together, introducing any vocabulary that your child might have questions about.
- Tell your child that Sunday is the Lord’s Day—a special day to honor and thank God. Continue with the following points:
 - The word *Eucharist* means “thanksgiving.”
 - During the Mass, we pray, give thanks, and praise God.
 - We thank God for all of the blessings he has given us and we thank him that Jesus is with us.
- Ask your child if they can think of any other ways we honor and praise God through our words or actions at Mass. Explain some of the following actions that express honor and praise:
 - We show respect when we **genuflect** on one knee before the altar when we enter or leave the church. (*You may wish to practice this with your child.*)
 - We stand during the reading of the Gospel to show how important it is.
 - We also praise God by singing different songs, or hymns, during the Mass.
- Ask some questions to check for comprehension:
 - Why is Sunday a special day? (*It is the Lord’s Day; it is a special day to honor and thank God for all of our blessings; we especially thank God for the gift of Jesus.*)
 - What does the word *Eucharist* mean? (*thanksgiving*)

- Invite your child to turn to page 3 in the activity booklet and complete the activity. Give them a few minutes to think about and write down different gifts from God they are especially thankful for.

Lesson Wrap-Up

- Ask your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - It is important to express our gratitude and thankfulness.
 - Sunday is a special day to honor God.
 - During the Mass, we pray, give thanks, and praise God.
- Ask your child to place the chapter 4 sticker in the correct circle on the treasure map.



Closing Prayer

- Have your child turn back to the Gloria found on pages 2 and 3 of *The Order of the Mass and Key Words* booklet.
- Model simple gestures your child can use when they come to the following specific words in the prayer:
 - *Glory*: Raise arms high into the air
 - *Peace*: Hold hands over heart
 - *Praise*: Hold hands out with upturned palms
 - *Bless*: Fold hands prayerfully
 - *Adore*: Bow
 - *Glorify*: Raise arms high into the air
- Begin prayer by making the Sign of the Cross and then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Pray the Gloria together, adding the gestures if you wish.
- Play a piece of music, if you have time, that supports the focus of the lesson, or a sung Gloria that your parish uses at Mass.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 5

Featured Story

Jesus Wants Us to Hear
and Accept His Word
(Mark 4:1–20)

Lesson Goals

- to identify God's Word as the readings and teachings in the Bible
- to describe the importance of preparing our hearts for God's Word
- to recall that we hear God's Word at Mass in the Liturgy of the Word

Lesson at a Glance

Go (10 minutes)

Opening Prayer
Engage Activity

Seek (30 minutes)

Featured Story
Core Learning Activity

Find (20 minutes)

God's Treasure of the
Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 5 activity booklet
- permanent marker, soil, clear plastic cup, grass (or other) seeds, spray bottle full of water, scoop or spoon for the soil, scoop or spoon for the seeds, wet napkins

Music Suggestions

- "Thy Word," by Cedar mont Worship for Kids, Vol. 2 (Cedar mont Music, LLC)
- "Open My Eyes," by James David Carter (WLP)

We Learn from the Bible



Background Focus

The Parable of the Sower (Mark 4:1–20) presents one of those uncomfortable challenges that Jesus often issues. It is a message that, perhaps, brings forth the difference between hearing and listening.

Hearing the Good News is easy. It simply involves paying attention to the words that are being said. It may even involve agreement with what is being said. Listening, on the other hand, seems to imply something deeper. It includes not only the act of hearing, but also some real sense of reflection and integration into one's life.

This chapter focuses on the importance of listening to God's Word and taking care that our hearts are "good soil" in which it can be rooted. As we listen to God's Word at Mass, it is good for us to challenge ourselves to see if we are just hearing the readings or if we are really listening.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 5 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer, and invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Create two columns on a piece of paper, and label one “Listening” and the other “Not Listening.”
- Ask your child to share how they know when someone is really listening to them. Encourage them to think of the words or actions of someone who is listening (*eye contact, nodding head, asking questions, etc.*). Write their responses on the piece of paper under “Listening.”
- Invite your child to share the words or actions of someone who is not listening to them (*moving around, not looking at them, talking while they are talking, etc.*). Write these responses under the correct column.
- Tell your child that in today’s lesson they will learn about the importance of listening and how we listen to and learn from the words of the Bible during Mass.

Seek (30 minutes)

Featured Story

- Invite your child to find Mark 4:1–20 in *The Catholic Children’s Bible* (pages 1532–1533).
- Direct your child to turn the page and place an “I found it!” sticker next to the Featured Story (page 1534).
- Ask your child to look at the images on pages 1534–1535, and invite them to tell what they think is happening in the pictures.
- Invite your child to read the title of the Featured Story, and tell them that this story is often called the **Parable** of the Sower. Explain that parables are stories that Jesus told to teach important lessons.
- Read the Featured Story and help your child with the new vocabulary. Ask several questions to check for comprehension, such as these:
 - What happens to the seeds that fall on rocky ground? (*they give up*)
 - What happens to the seeds that are planted among the thorn bushes? (*they don’t bear fruit*)
 - What happens to the seeds planted in good soil? (*they bear fruit*)

Understand It!

- Explain to your child that the seeds and the different kinds of soil in the story stand for something else—Jesus is not really talking about seeds and soil. Invite them to share what they think seeds and soil might represent. If they don’t guess correctly, tell them they will find out in the reading.
- Read Understand It! on page 1535 together.
- Ask the following questions to check for comprehension:
 - What do the seeds stand for? (*God’s Word*)
 - What do the different kinds of soil stand for? (*our hearts*)
 - What kind of soil do we want our hearts to be? (*good soil*)
- Invite your child to share what they think *God’s Word* is. Explain to them that this is a name for the readings and teachings in the Bible. The Bible is also called Sacred Scripture.

Live It!

- Invite your child to read Live It! on page 1535. Explain that this is a fun drawing activity they can do at another time.
- Have your child turn to page 2 in the activity booklet and complete the activity. Read the directions, and invite them to circle one good act they will do today.

Tell It!

- Ask your child to look at the images in Tell It! on page 1535.
- Encourage your child to summarize the Bible reading, using the images in Tell It! to guide their retelling.
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Hearts of Good Soil

- Prepare in advance by setting up all of the supplies: a permanent marker, soil, a clear plastic cup, grass (or other) seeds, a spray bottle full of water, a scoop or spoon for the soil, a scoop or spoon for the seeds, wet napkins. If you wish to create your own cup with seeds along with your child, make sure you have enough supplies.
- Invite your child to write their initials on the bottom of the plastic cup with the marker. Have them fill their cup three-quarters full with soil. Have your child place a small amount of grass seed on top of the soil. Then have them spray the seeds and soil with water.
- Find a place near light where your child can set the cup.
- Ask your child if the soil being used is rocky soil, soil with thorn bushes, or good soil. (*good soil*)
- Tell your child that the cup and seeds can be a reminder of how we are to make sure our hearts are “good soil” where God’s Word can grow in us. Encourage them to care for the seeds by giving them a bit of water and keeping them near light over the next week or so.

X Find (20 minutes)

God’s Treasure of the Eucharist

- Remind your child of the four main parts of the Mass, or ask if they can recall them (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*). Write each of these on a piece of paper.
- Explain that the Liturgy of the Word is the part of the Mass where we hear God’s Word in the Bible. Tell them that Sacred Scripture is a guide for our lives and that we look to them for guidance about how to be faithful to God as a follower of Jesus.

- Review some basics about the Bible, such as how it is made up of the Old and New Testaments and that the New Testament includes the four Gospels—Matthew, Mark, Luke, and John—as well as letters written to the early Church by some of Jesus’ first followers.
- Tell your child that we hear several different Bible readings during the Liturgy of the Word. Write the name of each on a piece of paper and explain in these or similar words:
 - First Reading: This is usually from the Old Testament and reminds us of God’s love for us.
 - Responsorial Psalm: This is a reading or song of a psalm from the Old Testament.
 - Second Reading: This is a reading from one of the New Testament letters that were written to the early Church.
 - Gospel Reading: This New Testament reading tells us about Jesus and his teachings.
- Explain to your child that there are a lot of words in the different readings in the Liturgy of the Word and that they might not be able to understand all of them. Assure your child that this is okay, but that they should listen anyway. Tell them that they will understand more as they grow and learn.
- Help your child understand that after the readings, the priest or deacon speaks to help us understand God’s Word and how to follow it. Ask your child if they know the name of this talk that the priest gives. (*homily*)
- Invite your child to turn to page 3 in the activity booklet and complete the activity. Give them a few minutes to color in the letters marked with an X to reveal the word *Bible*.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - God's Word is another name for the readings and teachings in the Bible.
 - It is important to prepare our hearts for God's Word.
 - We hear God's Word at Mass in the Liturgy of the Word.
- Ask your child to place the chapter 5 sticker in the correct circle on the treasure map.



Closing Prayer

- Direct your child to the words the priest or deacon says after the Gospel reading, found on page 3 of *The Order of the Mass and Key Words* booklet. Tell them that at the end of the Bible reading, you will read the part of the deacon or priest and they will respond, "Praise to you, Lord Jesus Christ."
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read Mark 4:16–20 (page 1534 of *The Catholic Children's Bible*).
- Conclude by saying, "The Gospel of the Lord," and encourage your child to respond, "Praise to you, Lord Jesus Christ."
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 6




Featured Story

Jesus Prays That His Followers Will Be United
(John 17:9–23)

Lesson Goals

- to express that Jesus wants his followers to be united in faith
- to identify that proclaiming the Nicene Creed together is a sign of our unity
- to recognize the core beliefs expressed in the Nicene Creed

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 6 activity booklet
- a computer with Internet access

Music Suggestions

- "This I Believe (The Creed) [Live]," by Hillsong Worship (Hillsong Church T/A Hillsong)
- "Profession of Faith," by Tom Booth (OCP)

We Are United in Faith



Background Focus

It can become easy for prayers that we regularly recite by heart to become words that we repeat almost as if on auto-play. We pray them correctly and with good intention, but we can lose touch with the deeper meaning of the words or the significance of praying them with others.

The Profession of Faith at Mass is one of those instances. Our statement of faith represents such a beautiful and significant moment in the Mass, but perhaps it can benefit from renewed attention. If we look around the Church as we focus on the meaning of the words we are saying, we will surely be awed by the significance of the unity of faith we are proclaiming.

This chapter teaches the importance of Christian unity and how the Profession of Faith helps us declare and celebrate that unity. As your child continues to learn this proclamation of faith, make sure to celebrate it as a time when they now proclaim for themselves a faith that was proclaimed for them at Baptism.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 6 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer, and invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Invite your child to share what the word *unity* means.
- Ask your child to think of a group of people—such as a sports team, a club, the Church, or a group of friends—and to share some of the signs that a group has unity. *(Accept all reasonable responses, such as they work together, they share the same goal, they believe the same things, they respect one another, etc.)*
- Tell your child that in today's lesson they will learn about the importance of unity in the Church and some of the ways we show our unity in faith.

Seek (30 minutes)

Featured Story

- Invite your child to find John 17:9–23 in *The Catholic Children's Bible* (pages 1694–1695).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1696).
- Ask your child to look at the images on pages 1696–1697, and invite them to point out the different things they notice.
- Read the title and the Featured Story, and then ask your child to share what they think it means when Jesus prays that all of his followers will be one. *(It means that he wants all Christians to be unified / have unity.)*
- Remind your child of the different characteristics of unity that they mentioned earlier. Show them how these characteristics apply to Christians as well.

Understand It!

- Invite your child to read Understand It! on page 1697 and ask them to summarize the key points. Make sure they cover the following:
 - Jesus doesn't want anything to keep us from loving one another.
 - When we are one, we will not hurt one another with words or actions.
 - Other people will notice our love and joy.

- Remind your child of the first lesson they had about the Body of Christ, in chapter 1. Tell them that the image of one body with many different parts is another way to recall our unity as baptized Christians. Explain that we are all different, but we are united because we share the same faith—we all follow Jesus and share in his mission of love.
- Have your child turn to page 2 in the activity booklet and complete the activity. Read the directions, and invite them to unscramble the words to discover the phrase. *Answer: United in Faith*

Live It!

- Read the directions to Live It! on page 1697.
- Pray the prayer together.

Tell It!

- Ask your child to look at the images in Tell It! on page 1697.
- Encourage your child to summarize the Bible reading.
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Unity Makes Us Strong

- View the video "Team Work – The Smart Way," available on YouTube (1:22), which contains three short segments.
- Ask your child how the three segments show the importance of teamwork and unity. Tell your child that we are not alone in our beliefs but are part of a large, worldwide Church that is united in faith.
- Encourage your child to share times when they have experienced unity in groups and times when they might not have experienced unity. Explore the difference and discuss which is better for the Church. Tie this back in to Jesus' prayer that all of his followers might be one.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Tell your child that going to Mass is a sign of unity, and knowing that Catholics in our local community and around the world are going to Mass on Sunday helps us remember how we are all connected in faith.
- Explain that another sign of unity in the Mass is the Profession of Faith that happens in the Liturgy of the Word after the homily. During the Profession of Faith, we proclaim a **creed**, which is a statement of our shared beliefs.
- Help your child understand that there are two creeds that can be used in Mass, the Nicene Creed and the Apostles' Creed. Explain that in each creed, we proclaim our belief in God the Father, God the Son (Jesus), God the Holy Spirit, the Church, and life in Heaven.
- Invite your child to turn to page 4 in *The Order of the Mass and Key Words* booklet to see the Nicene Creed. If you have time, you can read this creed,, stopping to explain certain vocabulary and meanings.
- Assure your child that they will continue to grow to understand the full meaning of this creed, but that it states our common beliefs as Catholics and shows our unity.
- Invite your child to turn to page 3 in the activity booklet and complete the activity. Give them a few minutes to number the statements of faith in the correct order that they appear in the Nicene Creed. *Answers: 3, 1, 4, 2*

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and ask them to share some of the key things they learned.
- Ensure that the following points are made:
 - Jesus wants his followers to be united in faith.
 - Proclaiming the Nicene Creed together is a sign of our unity.
 - The Nicene Creed expresses our belief in God the Father, God the Son (Jesus), God the Holy Spirit, the Church, and life in Heaven.
- Ask your child to place the chapter 6 sticker in the correct circle on the treasure map.



Closing Prayer

- Direct your child to find the Profession of Faith (Nicene Creed) on page 4 of *The Order of the Mass and Key Words* booklet.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Proclaim the Nicene Creed together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

We Celebrate the Gift of the Eucharist



Background Focus

The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the true and Real Presence of Jesus, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass.

This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to fully grasp, it is helpful to remind your child that Jesus gave us this gift of himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

GO (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 7 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer together, say, "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Ask your child to share anything they know or have heard about the Last Supper. Encourage them by asking them questions such as these:
 - Why is it called the Last Supper?
 - Who was there?
 - What happened?

Chapter 7




Featured Story

The Last Supper
(Mark 14:12–26)

Lesson Goals

- to recognize that Jesus gave the gift of the Eucharist at the Last Supper
- to identify that the bread and wine become the Body and Blood of Jesus at Mass
- to recall that the Eucharist strengthens us to follow Jesus more closely

Lesson at a Glance

-  **Go** (10 minutes)
 - Opening Prayer
 - Engage Activity
-  **Seek** (30 minutes)
 - Featured Story
 - Core Learning Activity
-  **Find** (20 minutes)
 - God's Treasure of the Eucharist
 - Lesson Wrap-Up
 - Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 7 activity booklet
- created script for guided meditation
- paper; crayons or markers

Music Suggestions

- "Bread of Life," by Catholic Kids Worship (Catapult)
- "The Table," by Chris Tomlin (sixsteprecords/Sparrow Records)

- Accept all reasonable responses, but leave unanswered questions or errors in details for later discovery.
- Tell your child that they will read about the Last Supper in today's lesson and will see how the Last Supper is connected to the Eucharist we receive each Sunday.

Seek (30 minutes)

Featured Story

- Invite your child to find Mark 14:12–26 in *The Catholic Children's Bible* (pages 1559 and 1562).
- Direct them to turn to page 1560 and place an "I found it!" sticker next to the Featured Story there.
- Ask your child to quickly search for how many candles are in the images on pages 1560 and 1561 (*four*).
- Read the title and the Featured Story, review any new vocabulary, and then ask several questions to check for comprehension, such as these:
 - What did Jesus say after he took bread, gave thanks, broke it, and gave it to his disciples? (*This is my body.*)
 - What did Jesus say after he took a cup, gave thanks, and handed it to the disciples? (*This is my blood . . .*)

Understand It!

- Read Understand It! on page 1561, and then ask your child to summarize the reading. Emphasize the following points:
 - Jesus gave us the Eucharist at the Last Supper.
 - At every Mass, the bread and wine become Jesus' Body and Blood.
 - The Eucharist strengthens us to follow Jesus more closely.
- Answer any questions your child may have about the reading and about the bread and wine becoming Jesus' Body and Blood. Tell them that we trust in Jesus' Word and that the Church has been celebrating the Eucharist ever since Jesus created the sacrament at the Last Supper.

Live It!

- Read the directions to Live It! on page 1561.
- Have your child turn to page 2 in the activity booklet and complete the prayer activity.
- Invite your child to read their prayer aloud.

Tell It!

- Invite your child to look at the images in Tell It! on page 1561.
- Ask your child to recall what Jesus said when he took the bread and the cup and gave them to his disciples. (*He said, "Take it. This is my body" and "This is my blood which is poured out for many, my blood which seals God's covenant."*)
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Last Supper Guided Meditation

- Create a guided meditation in which your child is sitting with the disciples at the Last Supper. Develop a script in advance, based on the Bible story, that you can read so that your child can use their imagination to experience the story.
- Prepare your meditation using descriptors and questions, such as the following, that encourage your child to imagine the scene as if they were there:
 - Imagine that it is dark outside and that you are sitting in the room with Jesus and the disciples. The room is only lit by candlelight. Look around the room. (*pause*) What do you see? (*pause*) What do you hear? (*pause*) Can you smell the scent of smoke from the candles? (*pause*) What does the floor feel like? (*pause*)
 - Look at Jesus and the disciples. (*pause*) What do they look like? (*pause*) Are they silent or are they talking to each other? (*pause*)
 - Suddenly the room gets quiet and the disciples turn their attention to Jesus. (*pause*) He takes a piece of bread from the table and says a prayer of thanksgiving to God (*pause*) . . .

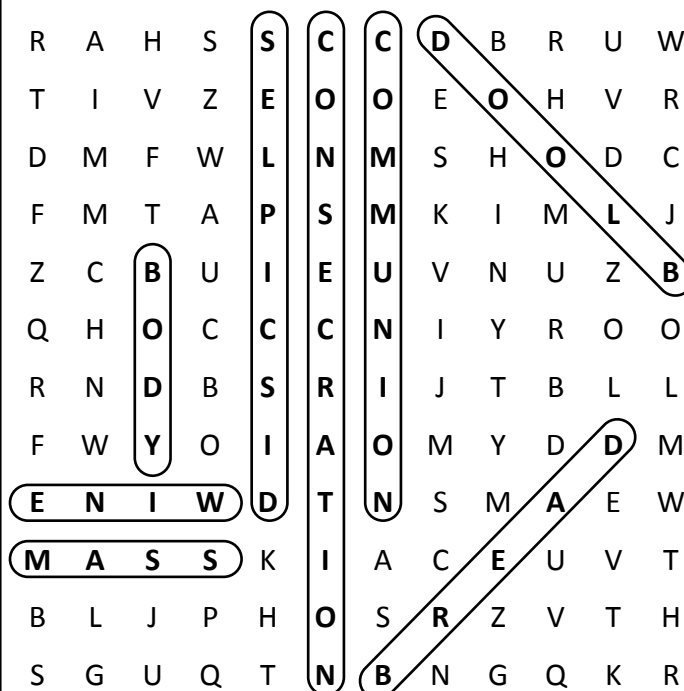
- Continue to develop a script that will lead your child in a way that helps them witness the event as if they are sitting there with Jesus and the disciples, watching their actions and reactions.
- Begin the guided meditation by explaining the process. Tell your child that they are going to go on a journey of imagination and are going to sit around the table with Jesus and the disciples at the Last Supper. Invite them to gently close their eyes and take some deep, relaxing breaths.
- Read the guided meditation script slowly, adding both short and long pauses so your child can have time to imagine themselves in the story. At the end of the story, invite them to slowly open their eyes.
- Ask your child to share what they saw, heard, smelled, felt, and so on, and what it was like to be sitting with Jesus and the disciples at the Last Supper.
- Invite your child to draw a picture of something they remembered from the story, and then invite volunteers to share their drawings with the group.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Ask your child if they remember the different parts of the Mass (*Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites*).
- Invite your child to turn to the **Eucharistic Prayer** on page 5 of *The Order of the Mass and Key Words* booklet. Remind your child that the Liturgy of the Eucharist follows the Liturgy of the Word and it begins with people bringing the gifts of ordinary bread and wine to the altar.
 - After the gifts are brought forward, the priest leads the assembly in the Eucharistic Prayer.
 - The Eucharistic Prayer is a prayer in which we give thanks to God for the gift of his Son, Jesus, and for all of the blessings in our lives.
- Invite your child to read the words of the Preface Dialogue and the Acclamation if you have time.

- Tell your child that the **consecration** is when the bread and wine, through the priest's words and actions and the power of the Holy Spirit, become the Body and Blood of Christ. Point out that the priest uses the words of Jesus from the Last Supper during this time.
- Explain that after the consecration, we proclaim the mystery of our faith (show your child the Memorial Acclamation on page 6 of *The Order of the Mass and Key Words* booklet).
 - We then conclude the Eucharistic Prayer with the Great Amen.
 - When we say *amen*, we are saying yes to the gift of the Eucharist.
- Invite your child to turn to page 3 in the activity booklet and complete the word-search activity. Remind them that the words can appear forward, backward, up and down, or diagonally. *Answers below.*



Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - Jesus gave the gift of the Eucharist at the Last Supper.
 - The bread and wine become the Body and Blood of Jesus at Mass.
 - The Eucharist strengthens us to follow Jesus more closely.
- Ask your child to place the chapter 7 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to read the short prayer they created in the activity booklet on page 2 after they receive Holy Communion.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Conclude with a quick, spontaneous prayer or the prayer on page 4 of the activity booklet.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

We Pray as Jesus Taught Us



Background Focus

Prayer is an essential part of a life of faith, and the Catholic Church has a rich tradition of prayer and a variety of forms and expressions that can guide us in this area. As people learn differently, it is also true that they are likely attracted to and utilize some forms of prayer more than others.

Children seem to be natural pray-ers and are generally open to the variety of prayers that we might introduce them to. Using this time of curiosity and openness to expose them to different ways of praying can prepare them for a rich journey of prayer throughout their lives.

This chapter focuses on the prayer Jesus taught to his disciples, the Our Father. Learning the words and meaning of the Our Father can help your child participate more fully in the Mass and have yet another prayer option for their personal prayer lives.

GO (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 8 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer, say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Ask your child to describe what prayer is, and discuss how they pray, where they pray, and when they pray.
- Tell your child that they will learn about a special prayer that Jesus taught us.

Chapter 8




Featured Story

Jesus Teaches Us How to Pray (Matthew 6:5–13)

Lesson Goals

- to express that the Our Father was taught to the disciples and us by Jesus
- to identify the meaning of the different parts of the prayer
- to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 8 activity booklet
- Large craft sticks and a small plastic bag

Music Suggestions

- "Our Father," by Christ Music Kids (Christ Music Kids)
- "Our Father," by Covenant Worship & Covenant Kids Worship (Covenant Worship)

Seek (30 minutes)

Featured Story

- Invite your child to find Matthew 6:5–13 in *The Catholic Children's Bible* (page 1459).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1460).
- Ask your child to look at the images on pages 1460–1461, and invite them to point out the different things they notice.
- Read the title and the Featured Story on page 1460, review any new vocabulary, and ask your child if the prayer Jesus taught sounds familiar.

Understand It!

- Invite your child to look at the Our Father prayer in Live It! on page 1461. Explain that these are the words we use to pray this prayer today. Read the prayer together.
- Read Understand It! on page 1461, explaining the meaning of the different parts of the Our Father. Stop after each part, making sure your child follows which part of the prayer is being explained.
- Read the different parts of the prayer randomly, and ask your child to recall the meaning of each part.

Live It!

- Tell your child that it is helpful to learn this prayer by heart. Explain that when we don't know what else to pray or say to God, we can say this prayer in our hearts at any time and in any place.
- Invite your child to turn to page 2 in the activity booklet and complete the fill-in activity. Encourage them to try to complete it first without looking at their Bible or prayer book and doing their best at spelling.
- Give them some time to complete the activity. If they are stuck after a few minutes, have them open their Bible or prayer book for help.

Tell It!

- Invite your child to look at the images in Tell It! on page 1461.
- Ask them to share which parts of the prayer are represented by the images and which parts of the prayer are not represented by the images.
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Our Father Sticks

- Prepare for this activity by writing parts of the Our Father on large craft sticks. When the entire prayer is completed and on separate sticks, place all of the sticks together in a small, plastic bag.
- Tell your child that they are going to see how quickly they put the prayer together by arranging the sticks in order.
- Give them the bag of sticks, and tell them that when you say "go," they can open their bags and begin.
- Play this game several times by having your child place the sticks back in the bags, then racing again when you say "go." If your child is fairly unfamiliar with the prayer yet, put the sticks in order together without timing. Then, as your child gains confidence, allow them to do it themselves, and time them to see if they can beat their best time.

Find (20 minutes)

God's Treasure of the Eucharist

- Explain to your child that we pray the Our Father, which is also known as the Lord's Prayer, at every Mass to prepare our hearts to receive Jesus in the Eucharist.
- Tell your child that the Our Father sums up everything that Jesus taught us. Because of this, it is the perfect prayer for the Church to pray together.

- Help your child understand that as they read more of the Bible, they will keep hearing about the **Kingdom of God**, which Jesus also mentions in the Our Father. Continue with the following:
 - The Kingdom of God is the power of God's love ruling over the world and our lives.
 - In the Our Father, we ask God to make his Kingdom grow—on earth and in our lives.
- Invite your child to turn to page 3 in the activity booklet and complete the matching activity.
Answers: 2, 1, 3, 5, 4, 6, 7

Lesson Wrap-Up

- Ask your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - The Our Father was taught to the disciples and us by Jesus.
 - Each part of the prayer has special meaning.
 - We pray the Our Father at every Mass to prepare us to receive the Eucharist.
- Ask your child to place the chapter 8 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to turn to the Lord's Prayer on page 6 of *The Order of the Mass and Key Words* booklet if they have not yet memorized the Our Father.
- Pray this prayer together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Chapter 9

Featured Story

Two Disciples Meet the Risen Jesus (Luke 24:13–35)

Lesson Goals

- to explain that the Risen Jesus is with us today in a special way
- to recognize what occurs during the Communion Rite
- to identify the proper way to receive Holy Communion

Lesson at a Glance

Go (10 minutes)

Opening Prayer

Engage Activity

Seek (30 minutes)

Featured Story

Core Learning Activity

Find (20 minutes)

God's Treasure of the

Eucharist

Lesson Wrap-Up

Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 9 activity booklet
- a small cloth or felt banner
- precut Eucharist symbols
- glue and markers

Music Suggestions

- "E-U-C-H-A-R-I-S-T," by Mary Zitnik (Ponditz Records, Inc.)
- "In Remembrance of Me," by Cheri Keaggy (Sparrow Records)

Jesus Is Present with Us Now



Background Focus

Relationships are nourished and strengthened by good communication, shared and expressed love, and quality presence. Our relationship with Jesus is not unlike others in our lives. Although we don't encounter Jesus in the same way as we do other people, he offers us a chance to have a relationship with him through communication, love, and presence.

The special presence of Jesus in Word and Sacrament is an incredible gift to us and to all of the Church. It is the way we continue and strengthen our relationship with him.

In this lesson, we read about the two disciples on their way to Emmaus. Their hearts burned as they discovered that the Risen Jesus was present with them. May our hearts and the hearts of all those preparing for the Sacrament of the Eucharist burn with joy as we celebrate the gift of our own encounter and relationship with Jesus.

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 9 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Invite your child to read the prayer, say "Amen" together, and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Invite your child to recite the Our Father that they learned more about in the last time together.
- Ask your child to share one thing Jesus might say to us if he were standing here today.
- Tell your child that they will learn in this lesson about how Jesus continues to be present to us today.

Seek (30 minutes)

Featured Story

- Invite your child to find Luke 24:13–35 in *The Catholic Children's Bible* (pages 1643 and 1646).
- Direct your child to turn to page 1644 and place an "I found it!" sticker next to the Featured Story there.
- Ask your child to look at the images on pages 1644–1645 and describe what they see. Invite them to guess why the two people look surprised.
- Explain that this story takes place after Jesus died, was buried, and the tomb was found empty. Read the title and the Featured Story.

Understand It!

- Read Understand It! on page 1645 or ask your child to read it.
- Ask your child to summarize what is being said, and ask the following questions to check for comprehension:
 - Why were the disciples sad? (*They thought Jesus was gone forever.*)
 - What happened when Jesus blessed and broke bread and gave it to the two disciples? (*They recognized that the stranger was Jesus.*)
 - What does this story tell us about Jesus and us? (*He is risen and is with us.*)

Live It!

- Invite your child to turn to page 1 in the activity booklet and complete the drawing activity.
- Read Live It! on page 1645, and invite your child to respond to the questions.

- Tell your child that although we don't see Jesus in the way the two disciples did in the story, we know Jesus is present to us today through other people, through his Word in the Bible, and in the Eucharist.

Tell It!

- Ask your child to look at the images in Tell It! on page 1645.
- Encourage your child to summarize the Bible reading, using the images in Tell It!
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapter.

Core Learning Activity

First Communion Banner

- Prepare in advance for this activity by having all of the elements for the banner precut so that your child can focus on placing and gluing them to the banner.
- Complete an image search online for examples and ideas for symbols by typing in "First Communion Banners."
- Have your child add their name by using a marker or fabric paint. You may also precut letters for their first name.

Find (20 minutes)

God's Treasure of the Eucharist

- Explain that we receive the Eucharist during a part of the Liturgy of the Eucharist called the Communion Rite. Tell your child that **Holy Communion** is another name we use for the Body and Blood of Christ. Continue with the following points:
 - *Communion* means "unity" or "oneness," and receiving the Eucharist strengthens our unity with Jesus and with the Church.
 - The Communion Rite begins with the Lord's Prayer, or Our Father, which we pray in unity with the Church.
 - We then offer one another a sign of peace, which is also a sign of our unity.

- Teach the process for receiving Communion:
 - We make a short bow from the waist as we approach the priest or minister who is distributing the Body of Christ and the Blood of Christ.
 - We can receive the Host, which is another name for the consecrated bread, in our hands (with the left hand placed palm up in the right hand) or on our tongue.
 - The minister of Holy Communion will say, "The Body of Christ," to which we respond, "Amen." We then receive the Host in our palm or on our tongue. If we take Holy Communion in our hands, we take the Host from our palm with the right hand. We then consume the Host.
 - When we receive from the cup, we bow again. The minister will say, "The Blood of Christ," to which we respond, "Amen," and take a small sip from the cup.
- Tell your child that after we have received the Eucharist, we stand and sing, or kneel and sing, and then pray silently.
- Use pages 6–7 of *The Order of the Mass and Key Words* booklet to point out the different parts and prayers of the Communion Rite.
- Invite your child to turn to page 3 in the activity booklet and complete the Communion Rite ordering activity. You can decide if they can refer to *The Order of the Mass* booklet or if you want them to try the activity first without looking. *Answers: Amen, Host, Prayer, Peace, Holy, Body, Blood*

Lesson Wrap-Up

- Ask your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that the following points are made:
 - The Risen Jesus is with us today in a special way.
 - The Communion Rite begins with the Lord's Prayer, includes the sign of peace, and is the part of Mass during which we receive Holy Communion.

- We respond "Amen" after the minister of Communion says, "The Body of Christ," and, "The Blood of Christ." We consume the Host and take a small sip from the cup.
- Ask your child to place the chapter 9 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to turn to page 6 in *The Order of the Mass and Key Words* booklet. Tell them that the "Invitation to Communion" is the final prayer of preparation to receive Holy Communion. In it, we ask that we may be ready to receive the Eucharist.
- Tell your child that you will say the words of the priest, and then they will pray the assembly's part.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

We Are Sent Forth to Share Love



Background Focus

Jesus gives us a powerful example by washing the disciples' feet at the Last Supper. This action leaves no question about our role and responsibility to others. Service, outreach, kindness, and charity are all marks of Jesus' followers.

The Concluding Rites in the Mass call us to go forward and be messengers of God's love to the world. Having been nourished by the Word and the Eucharist, we are strengthened to live as we are called to, reaching out and serving others through word and action.

In this lesson, your child will examine ways that they can continue Jesus' mission of Good News through acts of love and kindness. As we help our children explore how they can live a life of Christian service, we, ourselves, are living out this important call by serving them and sharing God's awesome love with them.

GO (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 10 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer, say, "Amen" together, and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Chapter 10




Featured Story

Jesus Washes the Disciples' Feet (John 13:1–17)

Lesson Goals

- to describe how Jesus showed us that we should serve others
- to recognize some big and small ways we can serve others
- to identify the Concluding Rites as the part of the Mass where we are sent forth to share God's love with others

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 10 activity booklet
- crayons, precut pieces of paper for service coupons
- a basket or bowl
- strips of paper
- crayons or markers

Music Suggestions

- "Serve One Another in Love," by God Prints (Sparrow Records)
- "Every Move I Make," by Shout Praises Kids (Integrity Music)

Engage Activity

- Ask your child to share what the word *kindness* means.
- Write the heading “Kindness to Me” on a piece of paper, and ask your child to think of and share examples of times when others have been kind to them.
- Write the heading “Kindness to Others” on another piece of paper, and encourage your child to think of and share examples of times they have been kind to others. Write these down on the paper.
- Tell them that today they will learn how we are called to show love and kindness to others.

Seek (30 minutes)

Featured Story

- Invite your child to find John 13:1–17 in *The Catholic Children’s Bible* (page 1685).
- Direct them to turn the page and place an “I found it!” sticker next to the Featured Story (page 1686).
- Ask your child to look at the images on pages 1686–1687 and describe what they see.
- Explain that this story takes place on the same night as the Last Supper. Read the title and the Featured Story on page 1686.

Understand It!

- Invite your child to read the content in Understand It! on page 1687.
- Ask questions about the reading or review some of the following key points:
 - Jesus did a servant’s work when he washed the disciples’ feet.
 - Jesus was showing us that we should serve other people.
 - Jesus wants us to help without being asked.
- Remind your child of the acts of kindness they listed earlier on pieces of paper. Explain that all of these are examples of how we can serve others.

Live It!

- Read Live It! on page 1687. Then invite your child to turn to page 2 in the activity booklet to complete the activity.

- Give your child some crayons and have them write down three actions of service they might do for family members, writing one action in each of the designed boxes in the activity booklet. Assist your child as necessary.
- When your child has finished, give them three slips of precut paper. Have them complete the “Service Coupon” activity described in Live It! by writing “Service Coupon” on one side of each slip of paper, and transcribing one of the actions of service onto the other side.
- Remind your child that there are many different ways that we can serve, or help, people.

Tell It!

- Ask your child to look at the images in Tell It! on page 1687.
- Encourage your child to summarize the Bible reading, using the images in Tell It!
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Tell them that they can keep any remaining stickers to be used at a later time as they explore the Bible on their own.

Core Learning Activity

Acts of Kindness

- Brainstorm with your child small acts of kindness that anyone can do on a daily basis, such as smiling, saying hello, opening the door for someone, or complimenting someone.
- Write the different ideas down on several strips of paper.
- Have your child fold the strips of paper and then drop them in a basket or bowl.
- Mix up the folded strips of paper, and then invite your child to take a folded strip of paper. Take one of the slips of paper for yourself.
- Explain that your mission is to complete that act of kindness by the end of the day. You may choose to share the acts of kindness or keep them secret.
- Continue to randomly select new acts of kindness to complete each day until all of the slips of paper have been used.

✕ Find (20 minutes)

God's Treasure of the Eucharist

- Invite your child to turn to page 7 in *The Order of the Mass and Key Words* booklet. Point out the final part of the Mass, the Concluding Rites. Read the three parts of the Concluding Rites.
- Explain that in the Concluding Rites, the priest blesses us and sends us forth to be Christ for the world. Tell your child that after we have received the Eucharist, we are united with Jesus and are called to go out and do good things: tell others about God's love, help people in need, show kindness to everyone, and forgive people when they make a mistake.
- Remind your child, using the following or similar words, that the Eucharist strengthens us to live as God calls us to live.
 - Through the gift of the Sacrament of the Eucharist and all of the sacraments, we become more like Jesus.
- We join our Christian brothers and sisters in sharing God's love and making a difference in the world through our words and actions.
- Invite your child to turn to page 3 in the activity booklet and complete the activity. Tell them that they can use some of the examples that were written on the pieces of paper, but encourage them to think of other words and actions as well.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.

- Ensure that the following points are made:
 - Jesus showed us that we should serve others.
 - We can serve others in many different ways.
 - The Concluding Rites occur at the end of the Mass where we are sent forth to share God's love with others.
- Ask your child to place the chapter 10 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to turn to the **Dismissal** on page 7 in *The Order of the Mass and Key Words* booklet.
- Tell your child that you will say the words of the priest, and then they will pray the assembly's part.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.



The Order of the Mass

On Sundays we gather as a community to celebrate the Eucharist. Although there are many parts to this celebration, it is one unified act of worship in which we give thanks and praise to God.



1. The Introductory Rites

In the Introductory Rites, we gather together and prepare ourselves to celebrate the Eucharist.

1. Entrance Chant

We stand and sing a hymn. The priest, along with others who will serve at the Mass, process to the altar.

2. Greeting

We make the Sign of the Cross. The priest welcomes us. The priest prays that God will give us blessings in the Mass. There are other similar greetings from which the priest can also choose.

Priest: In the name of the Father, and of the Son, and of the Holy Spirit.

People: Amen.

Priest: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

People: And with your spirit.

3. The Penitential Act

We pray to God to have mercy on us, with these or similar words.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in
what I have failed to do,
(We strike our breast as we say the following
two lines.)
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Lord Have Mercy

Priest: Lord, have mercy.

People: Lord, have mercy.

Priest: Christ, have mercy.

People: Christ, have mercy.

Priest: Lord, have mercy.

People: Lord, have mercy.

Priest: May almighty God have mercy on us,
forgive us our sins, and bring us to everlasting life.

People: Amen.

4. Gloria

On most Sundays, we praise God by praying or singing the Gloria.

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

5. Collect (Opening Prayer)

The priest invites us to pray. We pause for a moment of silent prayer that helps us remember that we are in the presence of God. Then the priest says a prayer and we respond.

Priest: Let us pray. . . .

People: Amen.



II. The Liturgy of the Word

The Liturgy of the Word is the part of the Mass when we hear God's Word proclaimed. Hearing and reflecting on God's Word helps make us ready to receive the Body and Blood of Christ during the Liturgy of the Eucharist.

1. First Reading

We listen closely to a reading from the Old Testament or the Acts of the Apostles. At the end of the reading, we say:

Reader: The word of the Lord.

People: Thanks be to God.

2. Responsorial Psalm

The cantor or reader sings or says the verses of a psalm from the Old Testament, and we give the response.

3. Second Reading

Again we listen closely to a Scripture reading. This reading is from the letters in the New Testament or the Acts of the Apostles. At the end of the reading, we say:

Reader: The word of the Lord.

People: Thanks be to God.

4. Alleluia or Gospel Acclamation

We stand for the Gospel Acclamation. On most Sundays, we sing, "Alleluia!" which means "Praise the Lord."

5. Gospel Reading

We listen closely to a reading from the Gospels proclaimed by the priest or deacon. Before we hear the Gospel reading we say:

Priest or deacon: The Lord be with you.

People: And with your spirit.

Priest or deacon: A reading from the holy Gospel according to . . .

People: Glory to you, O Lord.

We all make the Sign of the Cross on our forehead, lips, and heart.

After the reading we respond:

Priest or deacon: The Gospel of the Lord.

People: Praise to you, Lord Jesus Christ.

6. Homily

The priest or deacon talks to us about the Scriptures and their meaning for our lives.

7. Profession of Faith

We stand and profess our faith by proclaiming either the Nicene Creed or the Apostles' Creed.

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(We bow as we say the following two lines.)
and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver
of life,

who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic
Church.

I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection
of the dead
and the life of the world to come. Amen.

8. Universal Prayer (Prayer of the Faithful)

We pray for the needs of the Church and people everywhere.



III. The Liturgy of the Eucharist

The Liturgy of the Eucharist is the core of the Mass. The gifts of bread and wine are brought to the altar and we give thanks to God. The gifts of bread and wine become the Body and Blood of Christ, and those who are prepared to do so receive Holy Communion.

1. Presentation and Preparation of the Gifts

Altar servers prepare the altar for the gifts, and members of the assembly bring the gifts of bread and wine to the altar. We usually sing during this preparation.

The priest holds the bread above the altar and prays:

Priest: Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.

People: Blessed be God forever.

The priest holds the chalice filled with wine above the altar and prays:

Priest: Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

People: Blessed be God for ever.

The priest then prays and we ask God to accept our gifts:

Priest: Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

People: May the Lord accept the sacrifice at your
hands for the praise and glory of his name,
for our good and the good of all his holy Church.

2. Prayer over the Offerings

The priest prays over the gifts of bread and wine, and we respond "Amen."

3. The Eucharistic Prayer

This is the Church's great prayer of thanksgiving. The priest leads the prayer, and the assembly prays the responses.

Preface Dialogue

We give thanks to God by singing or saying:

Priest: The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

Then the priest sings or says the Preface of the Eucharistic Prayer.

Acclamation (Holy, Holy, Holy)

With the priest we sing or say:

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

The priest then praises God, and prays for the needs of the Church. Then he recalls what Jesus did and said at the Last Supper.

Consecration

Taking the bread the priest prays:

Priest: Take this, all of you, and eat of it,
for this is my Body,
which will be given up for you.

The priest holds up the consecrated bread, or Host, which, through the priest's word and actions and the power of the Holy Spirit, is now the Body of Christ.

The priest takes the wine and says the words of Jesus:

Priest: Take this, all of you, and drink from it,
for this is the chalice of my Blood,
the Blood of the new and eternal covenant,
which will be poured out for you and for many
for the forgiveness of sins.

Do this in memory of me.

The priest holds up the consecrated wine, which through the priest's words and actions and the power of the Holy Spirit, is now the Blood of Christ.

Memorial Acclamation

Priest: The mystery of faith.

People: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again. (Other similar acclamations can also be used.)

The priest asks God the Father to remember the Church throughout the world and help us all grow in love and unity. He finishes by holding up the Body and Blood of Christ and singing or praying:

Priest: Through him, and with him, and in him,
O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.

People: Amen.

4. The Communion Rite

The Communion Rite is the name for the part of the Liturgy of the Eucharist that begins with the Lord's Prayer. During the Communion Rite, those who are prepared can receive Holy Communion, the Body and Blood of Christ. The word *communion* means "unity" or "oneness."

The Lord's Prayer

We pray to God the Father with the prayer that Jesus taught us.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

After the priest prays a prayer to grant us peace and freedom from distress, we pray:

For the kingdom,
the power and the glory are yours
now and forever.

Sign of Peace

We are invited to share a Sign of Peace with one another.

Priest: The peace of the Lord be with you always.

People: And with your spirit.

Priest: Let us offer each other the Sign of Peace.

The Breaking of the Bread (Lamb of God)

The priest breaks the Host. During this we sing or say:

Lamb of God, you take away the sins
of the world,
have mercy on us.
Lamb of God, you take away the sins
of the world,
have mercy on us.
Lamb of God, you take away the sins
of the world,
grant us peace.

Invitation to Communion

The priest holds up the Body of Christ and invites us to receive Holy Communion.

Priest: Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

People: Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.

Communion

The priest receives Holy Communion. We then receive Holy Communion:

Priest: The Body of Christ.

People: Amen.

We may also be invited to receive the Blood of Christ:

Priest: The Blood of Christ.

People: Amen.

We return to our seats and pray quietly, giving thanks for the gift of the Eucharist.

Prayer after Communion

The priest prays a prayer after everyone has received Holy Communion. We respond "Amen."



IV. The Concluding Rites

We are blessed and dismissed by the priest.

1. Greeting

The priest invites us to pray.

Priest: The Lord be with you.

People: And with your spirit.

2. Final Blessing

The priest offers us a final blessing.

Priest: May Almighty God bless you,
the Father, and the Son, and the Holy Spirit.

People: Amen.

3. Dismissal

The priest or deacon dismisses us, inviting us to serve God.

Priest or deacon: Go forth, the Mass is ended.

People: Thanks be to God.

We sing a closing hymn and the priest and other ministers process out.



Eucharist Key Words

B

Baptism the sacrament that gives us new life in Christ and makes us members of the Church

C

Concluding Rites the final part of the Mass, during which we are blessed and sent forth

Confirmation the sacrament that seals us with the gift of the Holy Spirit and strengthens our relationship with Jesus and the Church

consecration when the bread and wine are changed into the Body and Blood of Jesus through the power of the Holy Spirit and the actions of the priest

creed a statement of our beliefs

D

Dismissal the part of Mass where the priest or deacon dismisses us, inviting us to serve God

E

Eucharist the sacrament that nourishes us with the Body and Blood of Jesus Christ

Eucharistic Prayer the Church's great prayer of thanksgiving to the Father. It includes the consecration of the bread and wine. Through the power of the Holy Spirit, at the consecration, the bread and wine become the Body and Blood of Jesus.

G

genuflect to touch one knee to the floor as an act of adoration in the presence of Jesus in the Eucharist

H

Holy Communion the Body and Blood of Jesus, which we receive in the Eucharist

hymn a song we sing during the Mass

I

Introductory Rites the beginning part of the Mass, during which we are welcomed and we pray for God's mercy

K

Kingdom of God the power of God's love reigning over the world and our lives

L

Liturgy of the Eucharist the second main part of the Mass, during which we praise and thank God, the bread and wine are changed into the Body and Blood of Jesus, and we receive Holy Communion

Liturgy of the Word the first main part of the Mass, during which the Word of God is proclaimed

M

Mass the celebration of the Eucharist

P

parable a type of story told to teach important lessons

Penitential Act a prayer in the Mass in which the Church community asks for God's forgiveness

S

sacraments seven holy signs that Jesus gave to the Church, which give us a share in God's life. The Seven Sacraments are Baptism, Confirmation, the Eucharist, Penance and Reconciliation, Anointing of the Sick, Matrimony, and Holy Orders.

Sacraments of Christian Initiation the Sacraments of Baptism, Confirmation, and the Eucharist, which begin our lives in the Church

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